

HIGH ROLLER NEWS



Vol. 90

December 2022

December Drill Outlook

December 2022 Drill

High Roller Café

Saturday

Holiday Meal

1100-1230

Menu Items:

Prime Rib
Ham
Sautéed Shrimp
Twice Baked Potatoes
Mediterranean Orzo Pasta
Roasted Broccoli
Brussels Sprouts
Dinner Rolls
Lobster Bisque

Additional Items:

Salad Bar
Assorted Desserts

Sunday

Breakfast

0730-0900

Menu Items:

Scrambled Eggs
Loaded Scrambled Eggs
Turkey Bacon
Hashbrown
Pancakes

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, Breakfast Meal Rate \$3.85

Weather

Sat



45°

33°

Sun



40°

25°

Upcoming Events

Dec. 4: Candygram Delivery

Dec. 13: Nat'l Guard Birthday (Plumb Ln)

Dec. 17: Snacks with Santa

Jan. 7-8: January UTA

HIGH ROLLERS

Col. Justin Galli takes command of the 152nd Mission Support Group

Photos by: Senior Airman Angela Crawford
152nd Airlift Wing Public Affairs



Maj. Reed Kobernik takes command of the 152nd Maintenance Squadron

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



Accolades for the High Rollers

High Rollers,

Please see the attached memo from Brig. Gen. Miller, ANG Director of Operations. It speaks to the ability of the 152nd Airlift Wing to rapidly respond to any situation. I'd like to thank Col. Kirkwood and Command Chief Master Sgt. Linton for their outstanding leadership and all of the Airmen of the 152nd Airlift Wing for supporting this effort. - Col. David Chauvin, Chief of Staff, Nevada Air National Guard



NATIONAL GUARD BUREAU
3501 FETCHET AVENUE
JOINT BASE ANDREWS MD 20762-5157

20 November 2022

Brigadier General Allison C. Miller
Director, ANG Operations
National Guard Bureau

Major General Ondra Berry
The Adjutant General, Nevada

Dear Major General Berry

The C-130H fleet took a significant degradation with the grounding of aircraft containing four bladed propellers due to cracking in the barrel assembly recently. As a result of the grounding and ensuing negative impact to readiness, NGB/A3 and A4 teams cooperatively worked cross-component with AFRC, AMC, the engineers at the SPO, the C-130 Weapon System Council, and the maintainers at the Depot in an effort to mitigate the enterprise level impacts. A total of 70 out of 103 ANG C-130H aircraft have been grounded, affecting 8 units.

Multiple Courses of Actions (COA) were developed by my staff. The leading COA required the C-130H enterprise to pull together and preserve the readiness of our Intra-theater Airlift force while continuing FTU throughput. The most efficient means of achieving this objective was to ask units with NP2000-equipped aircraft to send available tails to Little Rock for use in a 'Queen Bee' operation while retaining only three tails at home station for training. This request was incredibly weighty as it would cause a significant impact to the unit's ability to train their own crew force and maintain readiness, requiring a sacrifice at the unit level.

Even before the 'Queen Bee' OPLAN was finalized and the COA was approved by NGB Senior Leaders, the 152 AW volunteered to send two NP2000 equipped C-130H3 aircraft to Little Rock AFB to train the FTU instructors and maintainers on the differences between aircraft variants. This is a testament to the core value of "Service Before Self" and is a gesture that brings great credibility to the State of Nevada and the NVANG.

I would like to convey my deepest gratitude to the leadership of 152nd Airlift Wing, and to the Airmen who took this proactive and decisive action. In true ANG spirit, the High Rollers led the way. This incredibly selfless and proactive action has set the entire C-130H enterprise up for success to maintain readiness and continue limited FTU production as we work to field new prop sets and get the Herks flying again. Please pass on my thanks to your leadership team and the airmen of the 152nd Airlift Wing.

Sincerely

ALLISON C. MILLER
Brigadier General, USAF
Director, ANG Operations

The
First Four Council
Presents:

Holiday

Candy Gram Sale



Show your fellow Airmen
some Holiday cheer by gifting
them a candy cane!

The FFC will be selling candy canes
for \$1 each on Saturday Decemeber 3
during lunch at the DFAC and
delivering them to Airmen across the
base on Sunday December 4.



ATTENTION:

ANY MEMBER THAT WISHES TO PARTICIPATE CAN EITHER (1) VOLUNTEER ON YOUR OWN TIME; OR (2) BE PUT ON AN AT DAY BY YOUR COMMANDER--BUT YOU MUST WORK A FULL DAY OF ANNUAL TRAINING (FOR EXAMPLE: AFTER THE EVENT, RETURN TO YOUR WORK CENTER TO FINISH OUT THE WORK DAY).

JOIN US FOR

Feast with a Hero event at Bodines Restaurant Dec. 10 | 7 a.m. – 2 p.m.

5650 S. Carson St.

Bring your family and friends!
Enjoy a break from holiday
shopping with a meal served
by local first responders.



**All restaurant proceeds that day
go to the Holiday with a Hero program.**

Learn more about us at: www.holidaywithahero.com



SNACK'S WITH SANTA

NEVADA NATIONAL GUARD FAMILY EVENT

SATURDAY, 17 DECEMBER 2022

9:00AM - 11:00AM



[HTTPS://EINVITATIONS.AFIT.EDU/INV/ANIM.CFM?I=699733&K=04684B0E7854](https://einvitations.afit.edu/inv/anim.cfm?i=699733&k=04684B0E7854)



2022 Reno, Nevada - Veterans Day Parade

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



Soldiers and Airmen from the Nevada National Guard participated in the Veteran's Day Parade in downtown Reno on November 11, 2022.

STAY OFF THE "NAUGHTY LIST"

CATCH A Lyft

Santa doesn't want you to end up in jail! Use the QR code below to book your Lyft ride if you have been taking in the holiday cheer and feel even the slightest bit impaired!

IT'S JUST NOT WORTH IT!



SCAN THE CODE OR USE THE CODE: ROLLER22

AVAILABLE ALL WORKDAYS (INCLUDING DRILL WEEKENDS)

1630-2000 FROM BASE (ONLY) TO YOUR DESTINATION

SPONSORED BY THE 152AW NCO COUNCIL

AND PROVIDED BY



HIGH ROLLERS



Christmas Angel trees

BRINGING CHRISTMAS JOY TO KIDS IN LOCAL AREA

We will be sponsoring two Angel Trees this year. The first is the Salvation Army Angel tree. I will not be displaying individual tag ideas this year but the tags are not for a specific child but are only suggestions, so choose any gift you would like to give. The Salvation Army has expressed a need for gifts for children ranging in ages 8-17. In my experience, gifts for teenagers are the most needed. If you would like to participate, please bring in an unwrapped gift to the finance office by 16 December.

Our second Angel Tree is for homeless or extremely disadvantaged high school students in our area. I have specific tags with their Christmas wishes and you can choose and sign out your Angel tree tag in the finance office. This may be the only gifts these kids receive for Christmas. Please drop these gifts off in the finance office by 16 December

If you would like to contribute to either Angel Tree but do not have time to shop, please contact Master Sgt. Caroline Cousineau in the finance office or call 788-4684.



DEPARTMENT OF THE AIR FORCE
OFFICE OF THE CHIEF OF STAFF
UNITED STATES AIR FORCE
WASHINGTON DC 20330



SEP 23 2022

Airmen & Families –

We are in awe of the talent in our Air Force. We see it every day and want to remind you how valuable you are. We especially appreciate our base visits when we get a chance to interact directly with you and witness first-hand how you are thriving at the mission and in life. Thank you for making us the most dominant Air Force in the world.

We also know that none of us are immune to life's challenges. Some we can see coming, while others surprise us. Some are professional and some are personal. Whatever it is, our Air Force team is built to help. Our culture encourages seeking help and ensures we have support in place for you and your families when those life challenges do surface. Reaching out for help is simple and can be tailored to your specific needs.

One of our greatest sources of strength to meet the unique challenges of military life comes from our connection with others across a *Spectrum of Resilience* (see attached). Every one of us has a stake in taking care of ourselves and each other, through our connections and with the help of a multitude of resources available to you and your families. The *Spectrum of Resilience* starts with the resilience skills we use to take care of ourselves and expands from there to supportive opportunities and resources available to all of us. These resources span across family and friends, peer connection and support groups, support entities from front-line leaders to chaplains, and then to clinical and medical health services. Engaging with these resources early and in the right places along the spectrum supports a healthy body, mind, and community which strengthens our ability to cope with stress. Well-being can be nurtured regularly, even in advance of stress. When life stressors become overwhelming, we encourage the full use of the *Spectrum of Resilience* engaging at the point you feel most comfortable to gain the support you need.

The *Spectrum of Resilience* also emphasizes our individual responsibilities as Wingmen to our co-workers, friends, and families. Be present and ready to help your Wingman should you see that there could be a need. That is the embodiment of community, connection, and care that we all (at any rank) deserve and want in our culture. Being proactive by setting the example with your own resilience and supporting your fellow Airmen through the *Spectrum of Resilience* will help grow and maintain a more ready and fit force. A force that is ready to face whatever the future holds in our mission and in our lives.

Each one of us has the responsibility to foster a healthy climate by connecting with our fellow Airmen and their families, leading by example, providing guidance, and knowing what resources exist. Familiarize yourself with the *Spectrum of Resilience*, seek out the help you need at any level, and be a support, help, or bridge for others.

Thanks for all you do for our Air Force!

JoAnne S. Bass
Chief Master Sergeant of the Air Force

Charles Q. Brown, Jr.
General, USAF
Chief of Staff



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.

What's happening in High Roller Country!??

RECENT PROMOTION



Airman 1st Class Maria Dent gets promoted to Senior Airman during November's roll call with the 152nd Airlift Wing Staff. Congratulations Senior Airman Dent!!

FAREWELL



Maj. Meagan Sharp retires from the Nevada Air National Guard. Congratulations Maj. Sharp and a great career.

HIGH ROLLERS

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



FOR MORE INFO CONTACT: MR. LAWRENCE MCCOY

Email: 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

E Pluribus Unum: Out of Many, One

Honoring the Past, Securing the Future

Article Courtesy of: 152nd Equal Opportunity Office

On December 7, 1941, in a two-hour surprise attack on Pearl Harbor, Japanese warplanes sank or damaged 18 warships and destroyed 164 aircraft. Over 2,400 servicemen and civilians lost their lives.

The next day, before a joint session of Congress, President Franklin D. Roosevelt spoke to the nation and war was declared on Japan. Senators and representatives who — no more than 48 hours earlier — were champions of isolationism and critics of FDR were now in full support of the war.

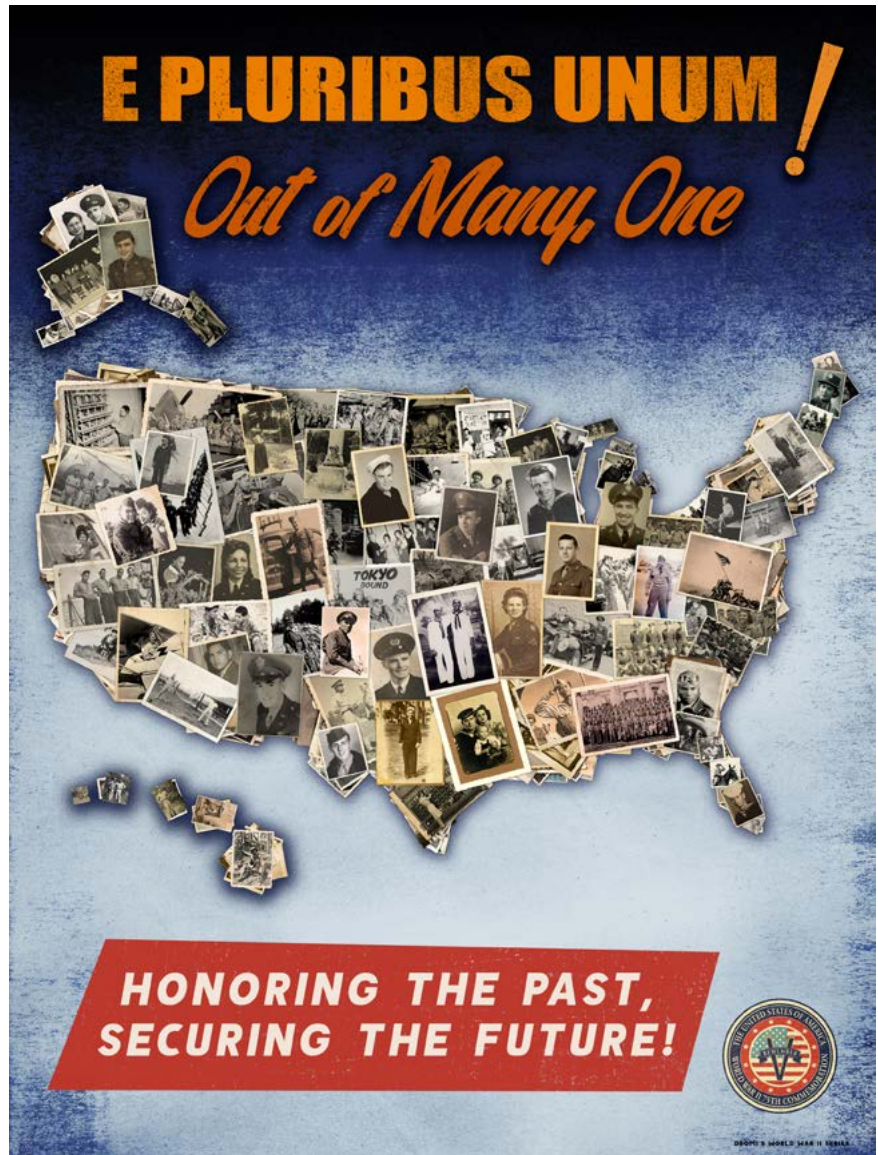
The United States faced a mammoth job. It had to prepare to fight on two distant and very different fronts, Europe and the Pacific. America needed to quickly raise, train, and outfit a vast military force. Contributions from all Americans, young and old, men and women, would be necessary to build up what President Roosevelt called the “Arsenal of Democracy.” Americans answered the call.

The Armed Forces consisted largely of men and women drawn from civilian life. They came from every state in the nation and all economic and social strata. Over 16 million would serve before the war’s end.

The defense industry boomed to meet the demands. Large numbers of people moved across the country to take up war work. During the war 17 million new civilian jobs were created and industrial productivity increased by 96 percent. Additionally, Americans supported the war efforts in a wide range of volunteer efforts that included food and gas rationing, victory gardens, scrap metal drives, paper drives, and rubber drives.

Americans, from all walks of life, came together to win World War II.

“I need not repeat the figures. The facts speak for themselves.... These men could not have been



armed and equipped as they are had it not been for the miracle of production here at home. The production which has flowed from the country to all the battlefronts of the world has been due to the efforts of American business, American labor, and American farmers, working together as a patriotic team.”

--President Franklin D. Roosevelt, Navy Day speech, October 27, 1944

If you would like more information, please visit www.deomi.org or contact the 152 Equal Opportunity Office in BLDG 56 Room 34, call 788-4649, or email Master Sgt. Adam Willett, EO Director, adam.willett@us.af.mil.





Coats for Kids



Dec. 1 - Dec. 14

The Recruiting Office
will be collecting
cold-weather clothing for
the students of Duncan
Elementary School and
Traner Middle School.



WHAT THEY NEED:

COATS
SWEATERS
BEANIES
SCARVES
SOCKS
GLOVES

SIZES MOST NEEDED:

KIDS
4-12

ADULT
SMALL-XLARGE

Drop-Off Location:
Recruiting Office Bldg 56 Room 13
POC SrA Crawford 788-4545




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.

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

HIGH ROLLERS

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