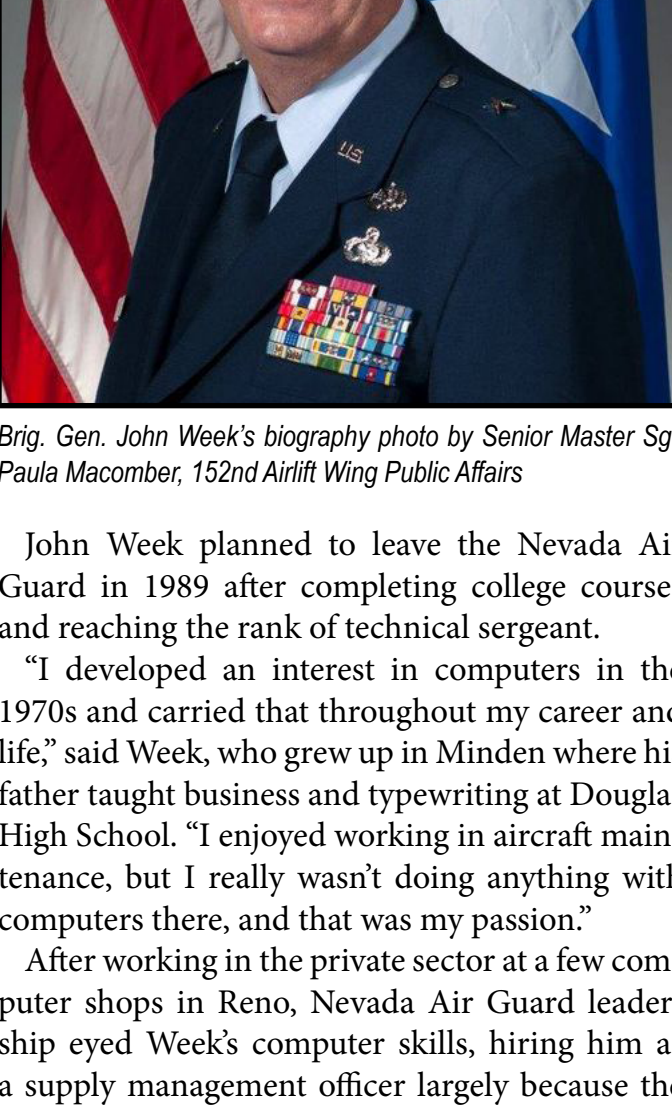


Nevada National Guard News

Self-described ‘computer geek’ rises to rank of Nevada Air Guard general

By 1st Lt. Emerson Marcus  
152nd Airlift Wing Public Affairs



Brig. Gen. John Week's biography photo by Senior Master Sgt. Paula Macomber, 152nd Airlift Wing Public Affairs

John Week planned to leave the Nevada Air Guard in 1989 after completing college courses and reaching the rank of technical sergeant. "I developed an interest in computers in the 1970s and carried that throughout my career and life," said Week, who grew up in Minden where his father taught business and typewriting at Douglas High School. "I enjoyed working in aircraft maintenance, but I really wasn't doing anything with computers there, and that was my passion."

After working in the private sector at a few computer shops in Reno, Nevada Air Guard leadership eyed Week's computer skills, hiring him as a supply management officer largely because the

squadron sought to transition many processes in an increasingly digital workforce.

"I was impressed with his computer skills and his plain and down to earth personality," said retired Brig. Gen. Larry Cerfoglio, who at the time was the commander of the 152nd Resource Management Squadron. "He thrived in supply, and developed many changes."

Three decades later, Week was promoted to the rank of brigadier general during a ceremony 10 a.m. Wednesday, Jan. 27th in the Nevada Air National Guard Base wing auditorium in Reno. The ceremony was broadcasted live on the Nevada Guard's Facebook page. Week will remain in his position as the director of the Nevada Guard's joint staff.

His general officer promotion was the culmination of a journey that almost didn't happen.

"I didn't see myself as officer material," Week said with a laugh about his decision to commission and stay in the Nevada Air Guard. "Chief Master Sgt. (Charlie) Goldbach convinced me to apply for any officer position that opened. I also wasn't sure how I would do in supply. Maintenance and supply aren't known to get along. It's the nature of the beast."

While serving as a company grade officer at the Nevada Air National Guard Base supply shop, Week also put his computer skills to work as a member of the base network implementation team.

"We didn't have a local area network on the base," he said. "There were a few PCs scattered around the base, but no internet access. There was not enough manpower at the time. They basically

looked around the base for anyone with experience with computers."

Following a decade in supply and helping the Nevada Air Guard transition into the internet age, Week took command of the 152nd Maintenance Squadron. After three deployments to Iraq and moving up the ranks, Week eventually became deputy commander, 152nd Maintenance Group, in 2008.

In 2011, Week was named the director of staff, Nevada Air Guard. A few months into his tenure as director of staff, three Nevada National Guard soldiers and one civilian were killed, with several others injured, in a shooting at the IHOP in Carson City. Donations poured in to support those affected by the shooting. Carson-Tahoe Hospital requested someone from the military to ensure proper distribution of funds, and Week volunteered, which eventually turned into a stint as secretary of the Carson-Tahoe Hospital Foundation board of directors. From 2013-2015, he served as the board's president.

"I enjoyed my time on the Carson-Tahoe Hospital Foundation board of directors," Week said. "I think it's important, as members of the Nevada Guard, for us to serve our community in various ways. That was one way for me to do that."

In 2014, Week left state headquarters and returned to the wing in Reno as commander of the 152nd Mission Support Group.

"When you're in aircraft maintenance you think of yourself as the support asset, which is true, but without the mission support group you're not going to get the job done," Week said.

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COVID-19 News

Nevada Guard supports county health districts ramp up vaccination efforts

By 1st Lt. Emerson Marcus  
152nd Airlift Wing Public Affairs

The Nevada National Guard ramped up operations this week at community based collection sites around the state in support of county health districts — not just for testing as it has done since last April, but now also for vaccination distribution.

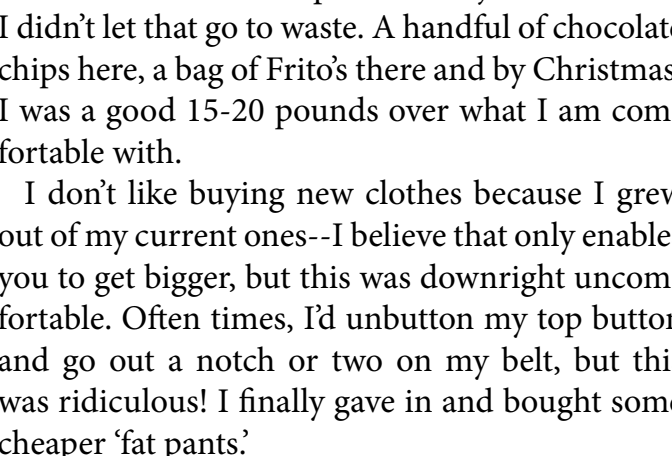


Photo By 1st Lt. Emerson Marcus | The Nevada National Guard ramped up operations at community based collection sites around the state this week in support of county health districts. Photo shows entrance to the testing and vaccination site at the Livestock Events Center in Reno, Jan. 15, 2021.

"As we see a decline in demand for testing and a spike for vaccinations, we are beginning to convert our operations to meet that demand," said Capt. Titus Roberson, officer in charge at Washoe County's testing site at the Livestock Events Center in Reno.

Similar drive-thru operations include the Cashman Center in Las Vegas, the state's largest site dedicated solely to vaccinations. Nevadans wanting vaccinations must make appointments through their county health district before arrival at each site. Availability is based on tier status of each county health district.

Guardsmen began assisting Washoe County with vaccinations on Wednesday and continued operations Friday. The goal is to eventually get to a point where the health district distributes up to 2,400 vaccinations per day in Washoe County, said Mast Sgt. Michael Link, non-commissioned officer in charge at the Livestock Events Center testing and vaccination site.

"Vaccination is the way forward to get back to any sort of normalcy," said Link, who has worked at the testing site since last April. Link, a traditional or part-time Guardsmen with the 152nd Civil Engineer Squadron, temporarily left his full-

time employment last year working facilities and grounds maintenance at the Truckee Meadows Water Authority.

"TMWA (my employer) has been completely supportive of me leaving to help with the testing and vaccination missions here at Livestock Events Center," Link said. "They understand how important this is for our community."

Roberson, who temporarily left his full-time employment in September at the Reno-Tahoe International Airport, said he began noticing a decrease in testing demand with an increase for vaccinations in mid-December. That's when county personnel began vaccinations for medical professionals and first responders. With the demand in vaccinations, Guardsmen have seen their role increase as well. On Friday, two lanes were open for drive-thru testing while four were open for vaccinations.

In Washoe County, that currently includes educators in the Washoe County School District. Citizens aged 70-and-up are expected to begin vaccinations later this month, Roberson said. About 60 Nevada Army and Air Guardsmen are working at

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Airlift Wing Fitness and Dieting Success Stories

I shed those pesky quarantine pounds--you can too; here's how  
A book and diet review: *The Fast Metabolism Diet*, by Haylie Pomroy

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

RENO, Nev., To say I gained a few pounds over the quarantine last year would be an understatement. Here I was working from home—right in the next room were cupboards of 'junk food' and I didn't let that go to waste. A handful of chocolate chips here, a bag of Frito's there and by Christmas, I was a good 15-20 pounds over what I am comfortable with.

I don't like buying new clothes because I grew out of my current ones—I believe that only enables you to get bigger, but this was downright uncomfortable. Often times, I'd unbutton my top button and go out a notch or two on my belt, but this was ridiculous! I finally gave in and bought some cheaper 'fat pants'.

I knew I needed to do something, but what? How do you lose weight? In all my life, I have been fairly slender; even though, I felt fat at times, I never was at a place where I literally NEEDED to drop weight. I gave blood 3 times in 2020, all three times, I noticed my cholesterol was much higher than normal, but that had to be something else? No, reality is that when you get fat, your cholesterol will go up. I am no doctor, but that cannot be good.

One day I ran into a co-worker in the hallway and I told him I was trying to lose weight and he said that he and his wife had read *The Fast Metabolism Diet*, by Haylie Pomroy and did the diet. He said for the first time in many years, they felt

- great and had lost that uncomfortable 'belly fat.'
- I went home that night and downloaded the book. Once I started reading it, I really had a hard time putting it down. Finally, a 'diet' that makes sense to me. Pomroy was born with food allergies, an autoimmune disease and fragile X syndrome; when a horrific car accident led her to learning how food affects you and how to heal yourself from many different types of ailments using food.
- Although, not a doctor, she was on her way to become a veterinarian and changed her degree to nutrition because of her passion for finding answers in food. The book provided me insight to a dieting strategy that I wasn't sure I could maintain, but for four weeks, I was willing to give it a try.
- Here are the high points of the diet:
- You will eat 5-6 and sometimes 7 meals per day EVERY DAY
  - Eat every 3-4 hours four times per day
  - Eat within 30 minutes of waking up
  - Only eat the foods allowed on your 'phase' (explained in the book)
  - You also commit to: no refined sugar, no caffeine, no dairy, no wheat, no corn, no soy, no alcohol, no dried fruit or fruit juices, no artificial sweeteners no fat free or diet foods.
  - You must drink ½ your body weight in fluid ounces per day in water.
  - You must stay on the plan the full 28 days.
- There are other rules (eating organic, eating nitrate free, following the phases in order and only exercising 3 times per week). This sounded like a

lot of rules, but it's only for four weeks.

Not that I have ever been that great of an 'eater'—known in middle school to take the coins my grandad had hidden (just for me) and eat \$1.05 worth of Eskimo Pie ice cream bars for lunch, but I do feed my family healthy foods now.

As I embarked on the diet, eating within 30 minutes of waking was probably the most difficult part because, honestly, who wants to jump out of bed after waking up to prepare a meal? Not me, I like to start my day a little slower. My strategy for this was to have the food ready, waiting by the stove, so that I could pop up, throw on my robe and head to

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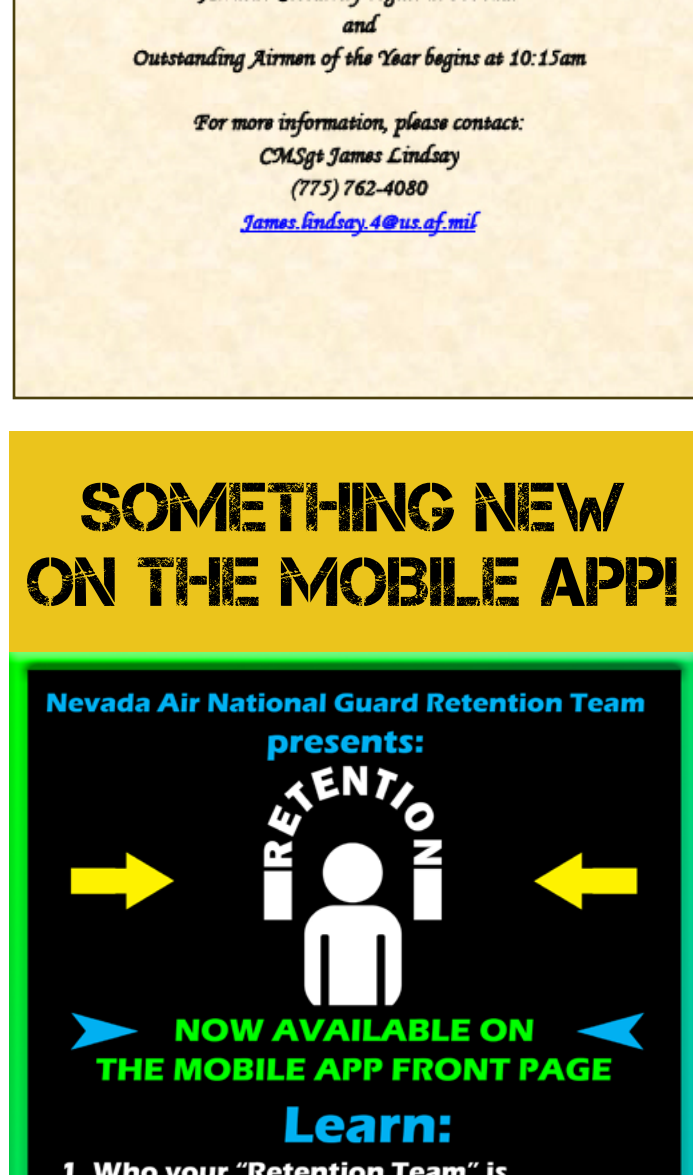
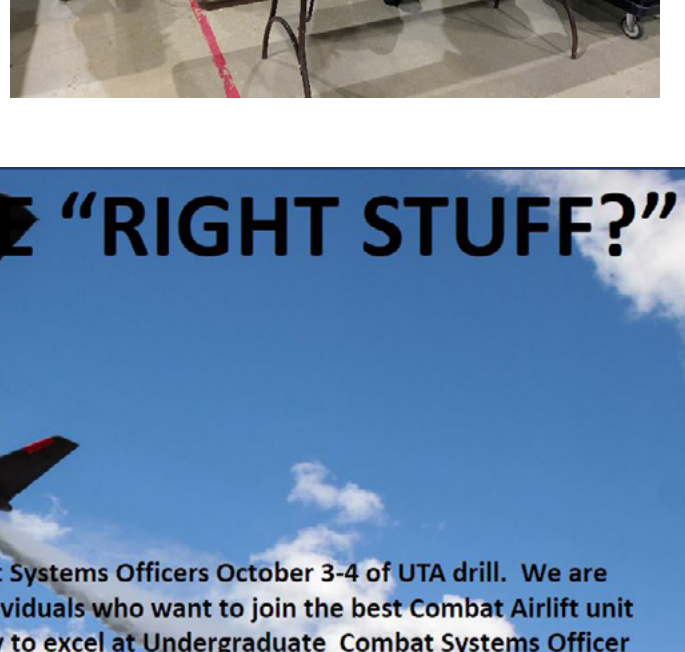
Airman & Family Readiness

Rain, Snow, and Sunshine, the Northern Nevada USO Staff and Volunteers treat Airmen and Soldiers working the fight against COVID-19 to a FREE hot meal

By Fred Barton, Manager  
152nd Airlift Wing Airman & Family Readiness

RENO, Nev., Even during a global pandemic, and Reno receiving more snow in the last two days than we have in the last couple of years, the USO is always working side by side with service members around the world, including members of the Nevada National Guard on the frontlines supporting the fight against COVID-19. Since April 2020, the Northern Nevada USO has been supporting Nevada National Guard Airmen and Soldiers in support of our Governor's mission, with tasty, nutritious, and fulfilling lunch-time meals twice a month.

Special thanks to the Gary Sinise Foundation "The Lt. Dan Band" for his continued support to the Airmen and Soldiers of the Nevada National Guard, and the USO Staff and Volunteers for supporting this great event for our National Guard members. The Gary Sinise Foundation and the USO are committed to continue providing wholesome meals to our Guard members for the rest of the year, so be looking for a great meal coming your way soon!!



DO YOU HAVE THE “RIGHT STUFF?”

There will be a Hiring Board for C-130 Combat Systems Officers October 3-4 of UTA drill. We are looking for highly motivated, hard-charging individuals who want to join the best Combat Airlift unit in the country. This comes with the opportunity to excel at Undergraduate Combat Systems Officer Training and as an Officer in the Nevada Air National Guard. Applications (hard copy and electronic) must be received by 30 August 2020.

Requirements:

- Preferred age no older than 33 for Applications
- Enrolled in your final Bachelor's degree semester
- Flight time preferred
- Competitive AFQT Scores
- Call our Base Training Office at (775) 788-4511 to schedule test ASAP

For questions contact: [152.OG.Officer.Hiring@us.af.mil](mailto:152.OG.Officer.Hiring@us.af.mil)

Nevada Air National Guard Retention Team presents:

NOW AVAILABLE ON THE MOBILE APP FRONT PAGE

Learn:

1. Who your "Retention Team" is
2. Unit Career Advisors for each unit
3. Federal and State Education Benefits
4. JOB OPPORTUNITIES

You can even directly contact retention through the app!

CHECK IT OUT TODAY!

Strong Bonds Couples Training

“Solving Problems Together”

Sponsored by the 152nd Airlift Wing Chaplain Staff

14 February 2021, from 1700-2100

Registration for this event ends on 8 February 2021

Scan QR code w/your phone for registration

Meal and Training Materials Provided

REGISTER NOW SPACE IS LIMITED TO 22 COUPLES

If interested, Please contact

Chaplain Crandell

(209) 324-4904

[donald.crandell@us.af.mil](mailto:donald.crandell@us.af.mil)

Or

Fred Barton

(775) 287-4768

[fred.barton@us.af.mil](mailto:fred.barton@us.af.mil)

PT Testing

BASE-WIDE PT TEST

BE READY!

Finance Forum

USE DTS/CTO FOR ALL RESERVATIONS

1. It is mandatory policy that all Uniformed Service Members and DoD civilian employees use an available DTMO contracted CTO for all official transportation requirements.
2. The eligible traveler must contact the responsible Service/Agency/DoD Component designated official if there is not an available DTMO contracted CTO for the official travel.
3. Payment construction comparisons provided below should in no way be interpreted to suggest that use of other than the DTMO contracted CTO is authorized or encouraged.
4. The payment options are provided for situations when the CTO cannot be used.
5. Par. 1035 applies to those who violate policy.

Please see the JTR, para. 1100, para. 2400, para. 3000-B, para. 3045, para. 4130.

For More Finance Info:

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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 800-424-9098

NATIONAL HUMAN TRAFFICKING HOTLINE 1-888-373-7888

FOR MORE INFORMATION GO TO: <https://CTIP.defense.gov>

Lodging Information

For the hotel location members

can contact Services' billeting office

at: 775-788-9320

or [152.AW.Lodging.Org@us.af.mil](mailto:152.AW.Lodging.Org@us.af.mil)

Members must sign-in with the hotel representatives to ensure they are accounted for in the rooms. Failure to sign-in or not showing up for a confirmed reservation will result in no by-name notification to AW/CC. The cut-off day for reserving a room is COB three days prior to drill. The cut-off day to cancel reservations is COB two days prior to drill.

Members are authorized Friday night stays if they are outside the commuting distance. Please see the map on OneHome.

Members on any type of orders will make their own reservations and pay for it on their GTC. Services provides at least two base billeting list updates during the month to provide a list of members who are currently signed up for lodging.

All RUTA lodging requests must be submitted NLT 72 hours before needed and all RUTA lodging is provided at Stead. If member goes elsewhere or does not notify Services in advance, charges will not be reimbursed. If a member is on any type of orders, the member will make their own reservations and pay for it on their GTC. The member then will be reimbursed on their travel voucher with the receipt.