

HIGH ROLLER NEWS

FEBRUARY 2022



Vol. 81

February Drill Outlook

February 2022 Drill High Roller Café

Friday

Lunch

1100-1230

Main Line Items:

Pot Roast
Stuffed Pork Chops
Rice Pilaf
Broccoli
Cheeseburgers
Chicken Wraps
Tater Tots

Additional Items:

Assorted Pies
Salad

Saturday

Breakfast

0730-0900

Menu Items:

Scrambled Eggs
Hash browns
Bacon
French toast
Biscuits and Gravy

Additional Items:

Fruit

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.

Lunch Meal Rate \$6.15

Breakfast meal Rate \$3.85

Weather

Fri



65°

29°

Sat



65°

32°

Upcoming Events

February 11-12: February UTA

February 11: Awards Ceremony and Banquet

March 5-6: March UTA

HIGH ROLLERS

New Airlift Wing Command Chief hits the ground running... literally



Story by: A1C Thomas Cox,
152nd Airlift Wing Public Affairs

NEVADA AIR NATIONAL GUARD BASE, RENO, Nev. – Colonel Jeremy Ford, 152nd Airlift Wing Commander, and Chief Master Sgt. Jefferey Linton, 152nd Airlift Wing Command Chief, took part in a demonstration of the Air Force's newest alternative PT Test components on January 12, 2022.

Linton had stepped into his new title as the wing's command chief just the day prior, the latest accomplishment of his in his service to the Nevada Air National Guard for almost 22 years.

"I am really appreciative of the opportunity to come out and meet with some of the other personnel from the wing and to get this instruction from members of the 152nd Force Support Squadron," said Linton.

"We have such a diverse population on the base, and I think that these new alternative components will better suit certain members based on their own physical abilities," he said.

Both Linton and Ford went through these new components as a demonstration to members in attendance of the proper way to perform each exercise as well as potential pros and cons that they noticed.

The new components that took effect on January 1, 2022 include:

- A High Aerobic Multi-Shuttle 20 Meter Run (HAMR) for cardio
- Hand Release Push-ups for strength
- And either a Cross-Leg reverse crunch or plank in lieu of sit-ups

"We aren't just reading about these new policy changes in some document that is coming down from Air Force, Headquarters," said Linton. "We are actually getting invested into it to see what it actually is in order to better understand some of the challenges our own members may go through when attempting these new components."

"These last couple of years have definitely been challenging for all of us," said Linton. "However, we must continue to follow the comprehensive Airman fitness model and continue to train and work on our mental, spiritual and physical fitness as it is so imperative to what we do day in and day out."



HIGH ROLLERS

152nd Chief of the 152nd

Sherdean Din distinguished as the

Airlift Wing's 152nd Chief



Photos by Airman First Class Thomas Cox,
152nd Airlift Wing Public Affairs

HIGH ROLLERS

Key Spouses hosts poster making event for families with deployed Airmen

Story by: Fred Barton,
Airman & Readiness Manager

NEVADA AIR NATIONAL GUARD BASE, RENO, Nev. – The 152nd Airlift Wing Key Spouse Team hosted a poster making event for spouses and families of the 152nd Airlift Wing to help welcome back all our Airmen getting ready to return home from down range. This event was hosted on February 5, 2022 at the Nevada Air National Guard Base's Dining Facility for about 35 family members excited, and anxiously waiting the return of their spouses, mothers, fathers, sons, and daughters from an extraordinarily successful deployment cycle.

The Airlift Wing Key Spouse team provided all the materials and light refreshments to help family members be as creative as possible. They want to show “High Roller” pride when our Airmen arrive on the tarmac after being gone for extended amount of time on this deployment cycle from family and friends.

Special thanks to the Force Support Squadron Commander, Lt. Col. John Brownell, and all the members of services for letting us use the dining facility for this incredibly special event. The Key Spouse Team is already working on the next event to support the next deployment cycle!!



HIGH ROLLERS

152nd Civil Engineer Squadron Commander flies CE members to Silver Flag



Photos by Airman First Class Thomas Cox,
152nd Airlift Wing Public Affairs

HIGH ROLLERS



Meet the High Roller Key Spouse Team, Serving the Nevada Air National Guard

Story by: Fred Barton,
Airman & Family Readiness Manager

RENO, Nev. – The U.S. Air Force Key Spouse Program (KSP) is an official Air Force Unit Family Readiness Program designed to enhance readiness, personal/family resiliency and establish a sense of Air Force community. Key Spouses are commander-appointed and serve as a vital resource to command teams in an effort to support Air Force families. The strategic vision is to increase resiliency and unit cohesion amongst military members and their families throughout the military life cycle.

This commander program promotes partnerships with unit leadership, Key Spouses, family members, the Airman & Family Readiness Center (A&FRC) and other community and helping agencies. In March 2009, the KSP was standardized across the Air Force to address the needs of all Air Force families. The KSP provides service-minded volunteers an opportunity to contribute to their communities, with a special emphasis on support to families throughout all phases of the deployment cycle.

WHY IS THE KEY SPOUSE PROGRAM IMPORTANT?

- Promotes individual, family, and unit readiness and resiliency
- Establishes and maintains continuous contact with spouses and families
- Encourages peer-to-peer Wingman support amongst spouses and families
- Builds family links to leadership
- Provides an informal sounding board to leadership
- Strengthens leadership's support team

WHAT ARE THE KEY SPOUSE PROGRAM OUTCOMES?

- Increased awareness of installation and community resources
- Identified/resolved issues at lowest levels
- Enhanced up and down information flow
- Prepared and supported families during separations/deployments
- Increased sense of unit support
- Improved quality of life amongst unit families
- Increased readiness and retention
- Enhanced individual and family resilience
- The goal is to have a cadre of trained volunteers who can support your unit's military families in an official capacity.

The Commander's Guide provides commanders with information and resources to help units manage their official KSP. The guide is designed to provide a practical approach to develop an effective unit KSP, with tips and tools to assist commanders in recruiting, interviewing, and selecting unit Key Spouse(s) and Key Spouse Mentor(s).

The KS and KSM Guides provide volunteers with guidance, information, and resources on how to meet the expectations of their role and vision set forth by their unit commander.

HIGH ROLLERS



 **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>

High Roller Fire Department and Army Guard show off for North Valleys High School Career Day



Photos by Airman First Class Thomas Cox,
152nd Airlift Wing Public Affairs

HIGH ROLLERS

CELEBRATING DR. MARTIN LUTHER KING JR.

Article by: Master Sgt. Adam Willett,
152nd Equal Opportunity Office

RENO, Nev. -- Black History Month is an annual celebration of achievements by African Americans. It is a time for recognizing their immeasurable impact on United States history.

The Association for the Study of African American Life and History (ASALH) theme for 2022 is, "Black Health and Wellness."

The annual celebration is credited to Dr. Carter G. Woodson, "The Father of Black History." February was chosen to correspond with the birthdays of Frederick Douglass and Abraham Lincoln. The first official observance came in 1976, from President Gerald Ford whose words established Black History Month.

He proclaimed: "In the Bicentennial year of our Independence, we can review with admiration the impressive contributions of Black Americans to our national life....[T]o help highlight these achievements, Dr. Carter G. Woodson founded the Association for the Study of Afro-American Life and History. We are grateful to him today for his initiative, and we are richer for the work of his organization."

Ten years later in 1986, the U.S. Congress, in a joint resolution of the House and Senate, designated the entire month of February as "National Black History Month." The resolution authorized and requested President Ronald Reagan to issue a proclamation in observance. The Presidential Proclamation 5443 noted that "the foremost purpose of Black History Month is to make all Americans aware of this struggle for freedom and equal opportunity."

"We are not makers of history. We are made by history."

-Dr. Martin Luther King Jr

If you would like more information on how to celebrate diversity in your work area please visit www.deomi.org or contact the 152nd Equal Opportunity Office in BLDG 56, call 788-4649, or email Master Sgt Adam Willett, EO Director, adam.willett@us.af.mil

HIGH ROLLERS 

The Blended Retirement System

Continuation Pay



The National Defense Authorization Act in 2016 created the Blended Retirement System, or BRS. Service members covered under the BRS may be eligible to receive a one-time, midcareer bonus payment in exchange for an agreement to perform additional obligated service. This one-time bonus payment is in addition to any other career field-specific incentives or retention bonuses.

Continuation Pay Basics

Continuation pay is a direct cash payout, like a bonus, available to service members covered under the BRS. It is targeted at the midcareer mark, payable between completion of eight years of service, but before completion of 12 years of service (calculated from a service member's Pay Entry Base Date). Most service members under BRS will be eligible for continuation pay, but each service determines the timing and the amount. This pay is in exchange for a commitment of a minimum of three additional years of service. If a service member receives continuation pay and does not fulfill the service agreement then some of the continuation pay may have to be given back or refunded.

Key Considerations



Eligibility. This one-time payout is available to active-duty, National Guard, and Reserve service members covered under the BRS with between eight and 12 years of service who are able to enter into an agreement to perform additional obligated service.



Amount. Active-duty service members (including AGR/FTS personnel) may be eligible for a continuation pay multiplier of 2.5 to 13 times their monthly basic pay. Members of the National Guard or Reserves in drilling status may be eligible to receive a multiplier of 0.5 to 6 times their monthly basic pay (as if serving on active duty).



Pay rates. Pay-rate multipliers may be based on service-specific retention needs, specialty skills and hard-to-fill positions, similar to career field incentives and re-enlistment bonuses. Each service will determine and publish its own guidance on continuation pay.



Investing. Continuation pay, along with other specialty pays, bonuses and incentives, can be invested into your Thrift Savings Plan, or TSP, account, up to the annual maximum allowed by the IRS. <https://www.irs.gov/retirement-plans/plan-participant-employee/retirement-topics-401k-and-profit-sharing-plan-contribution-limits>. Note, if you hit the maximum too quickly, you could lose out on government automatic and matching contributions.

Resources

- Learn more about the BRS at <http://militarypay.defense.gov/BlendedRetirement>.
- Project your retirement benefits using the Blended Retirement System calculator at <https://militarypay.defense.gov/Calculators/Blended-Retirement-System-Standalone-Calculator/>.
- Explore Military OneSource and other financial resources at <https://www.militaryonesource.mil>.
- Locate an accredited Personal Financial Manager or Counselor at your installation's Family Center, or search at <http://www.militaryinstallations.dod.mil> or <https://finred.usalearning.gov/pfcMap>.

Join the conversation with the Office of Financial Readiness online at <https://finred.usalearning.gov> and social media @DoDFINRED:



Download the SenSe app through your phone's app store. Download on the App Store or Get it on Google Play.



FY 2022 2ND QTR

Mass Attacks & Terrorism

With recent mass attacks on the public in Tokyo, Afghanistan, Burkina Faso, Peru, and many other countries around the globe, it's evident that mass casualty terror attacks are still as common as ever.

BEFORE:

- See something, say something;** Watch out for people behaving strangely, suspicious packages, or people using strange communications or signals. Observe warning signs in individuals you know, such as an increase in anger or violent behaviors.
- Always have an exit plan;** Identify multiple exits, and the fastest way to them. Know what rooms are able to be locked in the event you have to hide.
- Know lifesaving skills;** Practice your first-aid skills, how to subdue an assailant (when applicable), and how to comfort individuals in a traumatic situation.

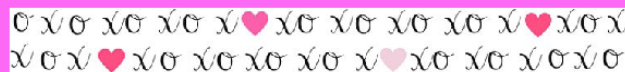
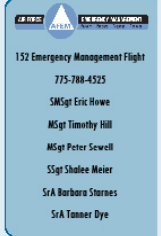
DURING:

- Run, Hide, Fight;** Seek safety, and help those around you to get to safety also. When you're safe, call 911 and give them as much info as possible. If you have to hide, lock and block the doors & windows, turn off the lights, and keep quiet. Fight only as a last resort, but if you have to fight commit and be aggressive. Use whatever makeshift weapons you can find, and don't stop until the attacker is subdued.

AFTER:

- Help the Wounded;** Once you know the threat is over, take care of yourself first and then help provide immediate care. Ensure 911 has been called and is en-route.
- Comply with Law Enforcement;** When officers arrive on scene, remain calm and follow their exact instructions. Keep your hands visible and empty; they don't know who the threat is and if it's been mitigated.
- Communicate;** Let your family and friends know you're okay and safe, and to stay away from the danger area. Try not to cause speculation on social media, as it might confuse news outlets and investigators.
- Consider Professional Help;** These events are traumatic, and your mental health is just as important as your physical health. Talk about what happened, and be there for others who may have been affected as well.

CBRN: What are the consequences if the perpetrator of a mass casualty incident uses CBRN agents? On March 20th 1995, A doomsday cult known as Aum Shinrikyo released several packages of sarin nerve gas in the Tokyo subway system. It killed 12 people, and injured over 5,000. It required thousands of checkpoints across the nation, and dozens of raids on cult compounds to find and capture the assailants.



Galentines girls night out

February 11 Plumb Lane Armory
6:00pm—9:00pm @ 685 E. Plumb Ln.

Join us for:	Activities:	Have fun:
Food & Mocktails	Self-care practices	Enjoy a night away from home
Learn about self-care	DIY sugar scrub	Have fun at the photo booth
Take home gift bag	Create a charcuterie board	Meet new ladies
	...and more!	

GALENTINES IS ABOUT FRIENDSHIP

So let's get together and celebrate—Galentine's

Bring your bestie, your mom, your sister, or any lady who supports and cares for you

RSVP with your SFRS:

Kim Brooks (775)420-6645 Ana Gauna (775)527-6333 Nicole Hardeman-Swindle (775)297-1811

