

HIGH ROLLER NEWS



Vol. 92

February 2023

February Drill Outlook

February 2023 Drill High Roller Café

Saturday

Lunch

1100-1230

Menu Items:

Fettuccini Shrimp Alfredo
Pasta w/Chicken &
Mushrooms
Broccoli
Peas and Carrots
Garlic Breadsticks
Cheeseburgers
Chicken Wraps
French Fries

Additional Items:

Salad Bar
Assorted Desserts

Sunday

Lunch

1100-1230

Menu Items:

Philly Cheese Steak
Buffalo Chicken Wings
Pizza Baked Potatoes
Cauliflower Bites
Creamed Spinach
Mozzarella Sticks
Nachos

Chicken Wraps
Variation of Fries

Additional Items:

Salad Bar
Assorted Desserts

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 \$6.85

Weather

Sat



48°

30°

Sun



44°

25°

Upcoming Events

8 April: The Hunt is on! Kids Easter Egg Hunt

10-16 April: MAFFS Spring Training

30 April - 5 May: Mustang Roller Readiness Exercise

13 May: Military Spouse Appreciation Lunch

19 August: Elks Pool Party

HIGH ROLLERS

152nd Airlift Wing and Nevada chapter of the United Service Organization (USO) help support Marines and Sailors stranded in Reno due to harsh weather

Story and Photos by: Fred Barton
152nd Airlift Wing Military and Family Readiness Manager



On January 12, 2023, wing leadership was notified that 400 Marines and Sailors on their way to Bridgeport Marine training command were going to be stranded in Reno due to the amount of snow, harsh weather conditions, and no power or services in Bridgeport, Calif., the base was unable to receive the incoming Marines and Sailors.

Once getting that word, the wing leadership and the USO jumped into action, by arranging food and lodging for the Marines and Sailors.

Thanks to Maintenance Group, we were able to get the Fuel Cell Hangar prepared to accept the 400 Marines and Sailors to have a warm place to rest, store their equipment and sleep. Family Programs in coordination with the USO was able to get food and snacks to make their stay just a little more comfortable.

Additionally, Family Programs and Base Services set-up movies, hot coffee, hot chocolate, and water throughout their stay with us here in Reno.

This is just another example on how the USO finds a way to not only support the Nevada Air National Guard, but other branches of the military under very unique situations.

A big shout out to Lorri Mills (Base Yellow Ribbon coordinator), Maintenance Group, the Logistics Readiness Squadron and Base Services for all the support they provided during the Marines' and Sailors' stay with us.



152nd Airlift Wing hosts base tour for local community group

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



On Friday, January 27th, the base hosted a local group of community members for a base tour. The Maintenance Group Commander, Col. Catherine Grush kicked off the event with a welcome brief. The group went on to tour the 152nd Airlift Wing's Aircrew Flight Equipment, a C-130, the Fire House and got to take a look at the Modular Containerized Small Air Training Set (MCSATS--or indoor shooting range).

These types of community interactions are vital to the Nevada Air National Guard's existence. This meets one of the state's five priorities, "Community." The members of our community welcome these types of interactions.

"I wanted to take a minute to thank you and all others involved for such a fabulous opportunity to tour the base and take in all your expertise, knowledge and care for leading our group last Friday!" Alisha Hatch, Assistant General Manager for Regency at Presidio, said, "What a fabulous treat for our community to get to be welcomed by such a nice group of individuals. We greatly appreciate your time for us and thank each and every one of you for your service to our Country, and local community. We are blessed to have such amazing service men and women amongst us."

For more information on base tours, contact the Public Affairs Office at 775-788-4515.





NVANG

Annual Awards & AOY Banquet

In honor of Amn, NCO, SNCO, 1Sgt,

Honor Guard and CGO member of the Year

SATURDAY 1800HRS | FEBRUARY 4TH 2023

DINNER | NO HOST COCKTAILS

152nd Air Base

Dining Facility

1776 National Guard Way

Attire: Business Casual &
Nominees in Service Dress

Dinner to include Soup, Salad,
Prime Rib, Chicken and Dessert

Civilians \$50

E1 - E4 \$25

E5 - E6 \$35

E7 - E9 \$45



CW1 - CW5 \$45

O1 - O3 \$45

O4 - O5 \$55

O6 - Above \$65



www.nevadaeangus.org



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



What's happening in High Roller Country!??

RECENT PROMOTIONS



Lt. Col. Catherine Grush was recently promoted to Colonel.
Congratulations Col. Grush!!



Lt. Col. Jenelle Kimsey was also recently promoted to Colonel.
Congratulations Col. Kimsey!!

SAYING GOODBYE



Chief Master Sgt. Darren Pruden retired last month from the Nevada Air National Guard. We wish him well in retirement.



Chief Master Sgt. Ruben Telles also retired last month from the Nevada Air National Guard. We wish him well in his retirement.

Congratulations to all!

HIGH ROLLERS

BLOOD DRIVE

Because of you, life doesn't stop.



Nevada Air National Guard Blood Drive

Sunday February 5th, 2023
8:30 AM – 2:00 PM

Donate on the Vitalant Bus (Near Sanga)
1776 National Guard Way
Reno, NV 89502

>>>To book your appointment<<<
Call **Tracy Woodfolk @ 775-788-4792**
or **SCAN QR CODE** → → →

 **DONATE BLOOD**
vitalant.org 877-25-VITAL



All donors will receive a Nevada "I bleed Silver and Blue" as a token of thanks.



vitalant 



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.

MILITARY SPOUSE *Appreciation Luncheon*

Saturday 13th May
11am - 1pm
Doors Open at 10:45am

152d Airlift Wing | Base Dining Facility
1776 National Guard Way

Guest Speakers | Lunch | Prizes

Please RSVP by Friday 5th May

<https://invitations.afit.edu/inv/anim.cfm?i=715997&k=056047007250>



NEVADA NATIONAL GUARD

JOIN US FOR THE 11TH ANNUAL

POOL Party



**NEVADA NATIONAL GUARD
FAMILIES PICNIC AND POOL PARTY**

AUGUST 19, 2022

10:00- 3:00 PM

FREE HOT DOGS / HAMBURGERS WITH ALL THE TRIMMINGS WATER AND SOFT DRINKS.

**ENJOY THE DAY...THE POOL...
AND ...THE FOOD !**



NVANG
MAINTENANCE
GROUP, WILL BE
SPONSORING
"A WATER-GUN"
COMPETITION
DURING THIS EVENT

<https://einvitations.afit.edu/inv/rsvp.cfm?i=717827&k=056045017950>

POC:

Fred Barton
M&FRPM

fred.barton@us.af.mil

OR

Ana Gauna

Soldiers and Family
Readiness Specialist

ana.m.gauna.nfg@mail.mil

SCAN ME



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




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