

HIGH ROLLER NEWS



WHAT'S INSIDE?

March Drill Outlook.....	pg. 2
Security Forces Scope Out the Night.....	pg. 3
LRS TCCC.....	pg. 6
Who's new in the Crew?.....	pg. 8
Photo Contest!	pg. 9
Whats happening in High Roller County?	pg. 10
Denim Day.....	pg. 14
Veterans and Military Day.....	pg. 15
Yoga	pg. 20

Vol. 115

March 2025

March Drill Outlook

High Roller Café Menu

<p>SATURDAY Lunch 1100-1230 Corned Beef Irish Stew Irish Dunmurry Rice Roasted Red Potatoes Lemon Garlic Green Beans Fried Cabbage</p> <p>SHORT ORDER Cheeseburgers Chicken Wraps Potato Wedges</p> <p>ADDITIONAL ITEMS Salad Bar Minestrone Soup Assorted Deserts</p>	<p>SUNDAY Lunch 1100-1230 Dijon Baked Pork Chops BBQ Chicken Creamy Pepper Jack Pasta Baked Beans Carrots and Peas Zucchini and Squash</p> <p>SHORT ORDER Cheeseburgers Chicken Wraps Tator Tots</p> <p>ADDITIONAL ITEMS Salad Bar Minestrone Soup Assorted Deserts</p>
---	--



GO FOR GREEN
Doing well is just getting started.

WHAT IS GO FOR GREEN?

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 \$7.10, BREAKFAST MEAL RATE \$4.40

Weather

Sat	Sun
	
63°	47°
35°	35°

Upcoming Events

- 3-9 April: FRI/UEI Capstone**
- 5-6 April: April UTA**
- 3-4 May: May UTA**
- 5-8 June: June/July UTA**
- 2-3 August: August UTA**

Security Forces Scope Out the Night

Story and Photos by Tech. Sgt. Albert Valladares and Senior Airman Elijah Robinson
152nd Airlift Wing Public Affairs



RENO – Airmen assigned to the 152nd Security Forces Squadron (SFS) conducted night time training at the Nevada Air National Guard Base, Feb. 1, 2025 - Feb. 2, 2025.

“It’s not often we get the chance to train at full speed without having to worry about others.” Tech. Sgt. John Brown, assigned to the 152 SFS said. “Being able to train on an aircraft without getting in the way of the maintenance crews was a huge advantage which made training overnight worth it.”

Three training areas were set up on base: a building clearing utilizing night vision goggles (NVG) area, a linear assault on aircraft area, and a high risk traffic stop area.

The building clearing familiarizes the defenders seeing with the one eye Monocular Night Vision Device (MNVD) and the other eye unobstructed. This way of

perceiving your environment can diminish your depth perception and spacial awareness.

Getting hands on experience with the MNVD, also called the AN/PVS-14. These MNVDs give Airmen the capability to see night vision out of one eye and retain a sight picture with their “free” eye.

Airmen were tasked to clear rooms in the dark while being exposed to lit up hallways. This allowed Airmen to adjust themselves with changing lighting and environments.

The linear assault on aircraft training prepares defenders in anti-terrorism tactics on an aircraft. The SFS Airmen took what they learned from the last training area and cleared a C-130 in the dark.

The high risk traffic stops had Airmen pull over vehicles at the base parking lot. Tasked them to handle

Cont. next page

various situations, like drunk drivers and hostile suspects.

Instructors utilized the Wing Auditorium, debriefed after all the scenarios and gave insight so Airmen could improve.

Training started in the evening and concluded at 3 a.m.





USAF CONNECT

AF CONNECT APP ISSUES?

If you have been experiencing issues with the mobile app and you have an android phone...

There is an update for Android phones!

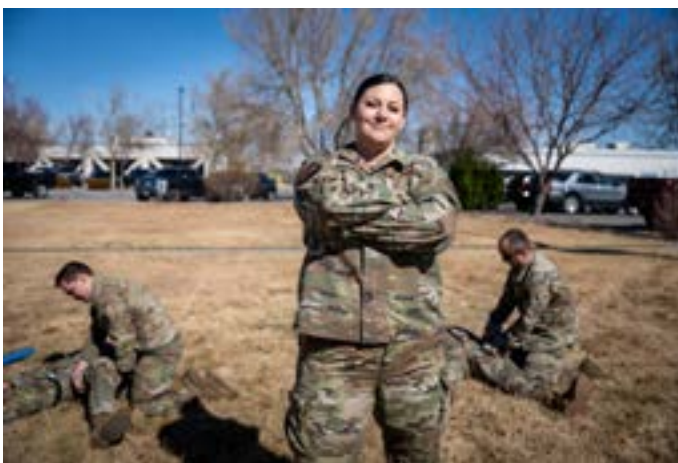
Check it out here:



Add the 152nd Airlift Wing as a favorite!

Airman Teaches Life-Saving Skills, Promotes Deployment Readiness

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



RENO, Nev. — Tech. Sgt. Brittni Rangel, an Equipment Manager assigned to the 152nd Logistics Readiness Squadron (LRS), taught members in her squadron Tactical Combat Casualty Care (TCCC) at the Nevada Air National Guard Base, Reno, Nevada, Feb. 19, 2025.

As part of the requirements for future deployments, the 152nd Airlift Wing requires at least 90 percent of personnel per squadron to be trained on various skills. Rangel; one of five who are qualified to instruct TCCC in the wing, took it upon herself to get

her squadron caught up with the requirements.

“I can only train eight Airmen at a time,” Rangel said. “The regulation requires there can only be eight attendees per class.” Rangel hopes to train over 100 personnel before the month of June to get the 152nd LRS into the 90 percent requirement. She hopes her efforts will inspire other Airmen to take the course to instruct others to spread throughout the entire wing.

Even though Rangel works as an equipment manager in her squadron, she has always had an interest in

Cont. next page

the medical field. She currently studies public health and epidemiology and recommends the importance of TCCC to Airmen.

“Twenty-four percent of people can be saved by non-medical personnel performing basic TCCC before medics arrive.” Rangel added. “You too can learn and save a life.”



WELCOME TO THE HIGH ROLLER TEAM! NEW ENLISTEES!

New Enlistees:

Cantera, Misela	2/1/25	E-5	2A5X1	152 AMXS
Aweke, Bethel	2/4/25	E-1	1N0X1	152 IS
Bernard, Joseph	2/7/25	E-2	1N1X1	152 IS
Jiminez, Osvaldo	2/6/25	E-3	2A5X1	152 AMXS
Jenks, Jacob	2/6/25	E-3	2A5X1	152 MXS
Henrichsen, Logan	2/4/25	E-3	2A5X1	152 AMXS
Garcia, Ingrid	2/7/25	E-3	2T2X1	152 LRS
Obrien, Lucas	2/7/25	E-3	1A1X2L	192 AS
Hernandez, Cristian	2/14/25	E-3	2A7X3	152 MXS
Cortes-Burbano, Sophia	2/19/25	E-1	2T2X1	152 LRS





Nevada National Guard
Adjutant General Photography

CONTEST

Criteria Photo Contest :

01. Showing YOUR unit's mission
02. Visual storytelling
03. Overall photo quality

Submit your photo to the
State PAO via text
775-287-5592 or email at
emerson.marcus@us.af.mil

**TAKE A SHOT 40 BE A
QUARTERLY WINNER**

**PHOTOS WILL BE
DISPLAYED AT
COMMAND SUITE**

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
152cksp@gmail.com



What's happening in High Roller Country!??

PROMOTIONS



Tech. Sgt. Kelly Burns and Tech. Sgt. Brittany Hunt were both promoted to the rank of master sergeant!

Congratulations to you all!!

HIGH ROLLERS

Healthy Relationships

In his book, *The Seven Principles for Making Marriage Work*, Dr. John Gottman notes the importance of “turning into” our relationships in times of trouble, instead of becoming adversaries. When our partner is frustrated or annoyed with us, we can lessen the chances for escalation by simply listening or even paraphrasing back what you heard your partner say: “It sounds like you are upset with me. Let’s figure out how we can communicate better.” (No sarcasm!)

When our partner seeks to start a conversation with us, it is called “making a bid for our attention.” It can start out feeling negative “I wish you would try to remember to gas the car up before you come home!”, or it can be very innocent, “Honey, we need to talk about our son’s grades.” Either, way, our partner is trying to engage us in a discussion or at least have our attention for a while. We have choices on how to respond.

1. We can fire back with an angry response, “Why don’t YOU gas up the car once in awhile!?”
2. We can shut them down by walking away. (No resolution.)
3. We can ignore—and for many people this means just focusing on whatever screen they happen to have in front of them. (Phone, iPad, computer.)

All those options are turning away from your relationship. And if these are your standard responses when your partner makes a bid for your attention, your relationship suffers. No communication, no trust, no affection.

Conversely, if we reply in a way that engages our partner, we can create a dynamic where there is trust and regard for our partner and the relationship. Example: Your partner is slamming drawers and cupboards while fixing dinner. This is probably a bid for your attention. (Something is upsetting them.)

Your response, “Okay, I think maybe something is wrong. How can I help?”

This low-threat response increases your chances for a healthy discussion.

Dr. Gottman writes that happy relationships can be surprisingly simple. When your partner is upset, be an active listener. Don’t minimize their pain. And don’t ever tell your partner to “Calm down!”

Once you have learned to “turn into” your relationship, you may find that it becomes your natural response and improves your chances for healthy conversations.

For more on Dr. Gottman’s research on healthy relationships, stop by the DPH’s office and take a look at his book, *The Seven Principles for Making Marriage Work*.

Jeanne Morrow, DPH, 152nd AW

APRIL

Sexual Assault

Awareness & Prevention

2025

SUN	MON	TUE	WED	THU	FRI	SAT
No Federal Endorsement is implied for any of these nongovernmental resources.		1 Wear Teal & Review the History of SAAM	2 Watch <u>"The Invisible War"</u> *	3 Download the NVNG Connect App	4 Review the <u>Survivors' Bill of Rights</u>	5 Review the NGB SVC Program
6 Review Nevada's OMLA	7 Visit @SAPRNevada	8 Wear Teal & Listen to The Kit*	9 Fact: Can Text 911 in Washoe & Clark counties	10 Watch a Survivor's Story*	11 Review Gisele Pelicot's Story*	12 Listen to <u>"Til it Happens to You"</u>
13 Review Operation Mend	14 Download the BeyondMST App	15 Wear Teal & Review Victim Services	16 Review Art. 6b Rights	17 Visit SAPRNevada	18 Read/Listen Chanel Miller's Statement*	19 Download the myPlan Safety App
20 Review <u>Risk Factors</u> & Warning Signs of those in Crisis	21 Learn about <u>Recovery</u> *	22 Wear Teal & Read <u>"Not That Bad"</u> by Roxane Gay*	23 Watch <u>Reporting Options - No One is Alone</u>	24 Review <u>Victims of Crime Program</u>	25 Consider <u>Watching The Tale</u> *	26 Reflect on what you've learned this SAAPM
27 Review Safe Helpline	28 Watch <u>"I Am Vanessa Guillen"</u> *	29 Wear Teal & Learn of <u>Denim Day</u> *	30 Denim Day - Wear Red, White & Denim	Some of the links include content that is graphic and sensitive in nature, it may be disturbing for some, those links are marked with an asterisk.		

Background: The Denim Day campaign was originally triggered after a ruling by the Italian Supreme Court where a rape conviction was overturned because the justices felt that since the victim was wearing tight jeans she must have helped her rapist remove her jeans, thereby implying consent. The following day, the women in the Italian Parliament came to work wearing jeans in solidarity with the victim. The Italian Supreme Court has since overturned their findings, and there is no longer a "denim" defense to the charge of rape.



Note: SAPR Training for civilian employees will be held in the Wing Auditorium at 1400 with a group photo at 1345 by the static display on the base.

The wearing of denim is voluntary and participants must have the approval of their supervisors. The jeans must be professional in appearance and not torn, ripped, or frayed. Appropriate duty uniforms and business attire are still required if conducting official business meetings or business outside of their work locations.

Recognition of this campaign by the Sexual Assault Prevention and Response Program of the of U.S. Department of Defense (DoD) and 152d AW does not imply or constitute DoD endorsement of the Peace Over Violence Program or DenimDay.org.

Sexual Assault
Awareness Month

Veterans and Military Day at the Legislature (VAMDAL)



You're Invited!
Wednesday, March 19, 2025

This day-long event in Carson City raises awareness and shows appreciation for Nevada's military and veteran communities.

8:00-9:00 AM

Coffee/Networking near Veterans Memorial
on the Capitol Complex Grounds

9:00-10:00 AM

Opening Ceremony
Save Your Seat: [HERE](#)



10:00-12:00 PM

United Veterans Legislative Council
Save Your Seat with Your Legislator [HERE](#)

12:00 PM

FREE Lunch on the Carson City State Archive Library Hall

VAMDAL is held in partnership between the Nevada Department of Veterans Services, Nevada National Guard and the United Veterans Legislative Council.

152d Continuous Improvement and Innovation – CI²



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 CI2 - Continuous Improvement and Innovation

CI² Portal: Continuous Improvement & Innovation Portal (CI²) - home1 (dps.mil)

GET HOME SAFE ON THE HIGH ROLLERS

SCAN QR CODE OR USE
PROMO CODE: ROLLER22

AVAILABLE ALL WORKDAYS, 1630-2400 FROM BASE
(ONLY) TO YOUR DESTINATION



PROVIDED BY



HIGH ROLLERS



Join 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 Reno, 2023).

\$250 digital lifetime (LIMITED TIME OFFER)

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

SIGN UP NOW



**JOIN
TODAY!**

SIGN UP TO OUR NEW MEMBERSHIP

SIGN UP TO OUR NEW MEMBERSHIP

NEW MEMBERSHIP

SIGN UP TO OUR NEW MEMBERSHIP

OUR NEW MEMBERSHIP

SIGN UP TO OUR NEW MEMBERSHIP



Southwest

\$1000 GIFT CARD!!



\$2500 GIFT CARD!!

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.



AIR NATIONAL
GUARD

**EARN UP TO
\$90,000**

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

See ID Card Office Online (IDCO): <https://idco.dmdc.osd.mil/idco/>



MILITARY HEALTH SYSTEM


MHS GENESIS

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.
 - 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 **152** 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 (david.hill.14@us.af.mil) at 775-788-4575 or SrA William Mendez (william.mendez.4@us.af.mil) at 775-788-9320.



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

**HAVE YOU EVER CHECKED OUT
THE WING'S PUBLIC WEBSITE?**

HERE IS THE LINK:



ENJOY!