

HIGH ROLLER NEWS

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Vol.105

April 2024

April Drill Outlook

April 2024 Drill High Roller Cafe

SATURDAY LUNCH

1100-1230

MENU ITEMS:

Marry-Me Chicken
Spaghetti with Meat Sauce
Mixed Veggies
Parmesan Cauliflower
Garlic Breadsticks

SHORT ORDER:

Cheeseburgers
Tuna Melts
Chicken Wraps
French Fries

ADDITIONAL ITEMS:

Salad Bar
Chili
Assorted Desserts

SUNDAY BREAKFAST

0800-0930

MENU ITEMS:

Scrambled Eggs
Loaded Scrambled Eggs
Sausage Patties

Bacon
Hashbrowns

Biscuits
Pancakes

ADDITIONAL ITEMS:

Fruit Bar

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 \$7.00, BREAKFAST MEAL RATE \$4.35

Weather

Sat



49°

26°

Sun



49°

28°

Upcoming Events

13 April: Military Ball (in Las Vegas)

13 April: EANGUS/NGAUS State Conf. (in Las Vegas)

12 or 14 April: Army/Air Golf Tournament (@ Red Hawk in Reno)

5-11 May: MAFFS Spring Training

20 May: Army/Air Golf Tournament (in Las Vegas)

18-21 August: EANGUS 53rd Annual Conf. (Detroit, Mich.)

23-26 August: NGAUS 146th Annual Conf. (Detroit, Mich.)



Nevada Air National Guard Hosts Retired RF-4C Pilot in Reunion Celebration

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



Lt. Col. Jeffrey Zupon (Ret.), former High Roller; Brig. Gen. William Burks (Ret.), former Adjutant General for the State of Nevada; Alex Turner, III; Lt. Col. Thomas Dorsett, 152nd Airlift Wing Chief of Staff; Col. Bryan Turner (Ret.); Command Chief Master Sgt. Jeffrey Linton, 152nd Airlift Wing; Lt. Col. Alexander P. Turner, Jr. and State Command Chief Master Sgt. Sherdean Din, pose in front of the RF-4C (#65-886) aircraft on display at the Nevada Air National Guard Base on March 5, 2024.

The Nevada Air National Guard welcomed retired Lt. Col. Alexander P. Turner, Jr., a distinguished F-4 pilot with 26 years of service in the United States Air Force (USAF), for a special reunion celebration on March 5, 2024. Turner, Jr., who is approaching his 90th birthday later this year, was honored at the event, joined by his sons, Col. Bryan Turner (Ret.) and Alex Turner, III.

The gathering, held at the 152nd Airlift Wing in Reno, commenced with former colleagues and friends paying tribute to Turner, Jr.'s remarkable career. Notable attendees included Brig. Gen. William Burks (Ret.), former Nevada National Guard Adjutant General, and Lt. Col. Jeff Zupon (Ret.), a former maintainer of the RF-4C aircraft in the Nevada Air National Guard.

At the heart of the celebration was the RF-4C (#65-886), the aircraft piloted by Turner, Jr., prominently displayed at the unit's front gate. The history of this

Turner, cont. next page



Lt. Col. Alexander P. Turner, Jr. gazes with admiration at the RF-4C (#65-886) aircraft on display at the Nevada Air National Guard Base on March 5, 2024.



On the right-side of the ladder--Lt. Col. Alexander P. Turner, Jr., with his wife, Joan Turner and sons, Bryan Turner--on ladder (Colonel - Retired [now]) and Alex Turner, III--on the ground pose in front of RF-4C (#65-886) Turner's wingman with his wife and child on left-side.

Turner, cont.

jet, was delivered to Mountain Home Air Force Base, Idaho in July 1966 by Turner, Jr. and his back seater.

Despite the aircraft's mysterious whereabouts for several years by the Turner family, it was rediscovered in 2000, having served in the Nevada Air National Guard during Desert Storm. Col. Bryan Turner's revelation, courtesy of his squadron mate Jeff Zupon, reunited the family with their cherished "airplane," now a symbol of their legacy within the unit.

The mini-reunion party brought together retired members of the Nevada Air National Guard, honoring their shared history of service.

The Nevada Air Guard's transition from RF-4C Phantom II aircraft to the C-130 Hercules aircraft, a transition completed in 1995, underscores their commitment to evolving aviation capabilities while preserving the heritage of their past achievements.



Col. Bryan Turner (Retired), Bryan's son--Maj. Bryce Turner (USAF Thunderbirds Pilot #8), Lt. Col. Alexander P. Turner, Jr., and Alex Turner, III.



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

**AIR NATIONAL
GUARD**

» **NON PRIOR: UP TO \$50,000**

» **PRIOR SERVICE: UP TO \$75,000**

» **RE-ENLISTMENT: UP TO \$90,000**



**AIR NATIONAL
GUARD**

**State Command Chief Din
&
Wing Command Chief Linton**

**cordially invite ALL enlisted
personnel to attend an Enlisted Call for the**

Nevada Air National Guard:

When: Saturday, April 6, 2024



E1-E4: 1300-1350



E5-E6: 1400-1450



E7-E9: 1500-1550

WHERE: Building 56 | Wing Auditorium



FREE WEBINAR

Overcoming Mental Health Stereotypes in the Military

The Office of the Command Chief will provide webinars during your RSDs on Sundays @ 1300 EST from April through September on different topics. These topics will focus on resiliency, leadership and soft skills presented by dynamic speakers. Please sign up and take advantage of these professional development opportunities....Developing “Mission Ready Airmen”!

Disseminate this to the LOWEST level of your formations.

BELOW IS THE INVITE AND DESCRIPTION FOR THE UPCOMING WEBINAR.

7 April @ 1300: Overcoming Mental Health Stereotypes in the Military

Presenter:
Todd Simmons - Retired Command Chief, Air University and Founder of Courageous Leadership Alliance INC.

Join us for a compelling webinar titled “*Overcoming Mental Health Stereotypes in the Military*” featuring Todd Simmons, former Command Chief of Air University and a 25-year Air Force veteran. In this enlightening session, Todd will share his unique “WHY NOT ME” philosophy, which he successfully employed for over two decades to overcome and navigate mental health challenges.

COLUMBIA
SOUTHERN
UNIVERSITY

AIR NATIONAL
GUARD

LIVE

WEBINAR

OVERCOMING MENTAL
HEALTH STEREOTYPES
IN THE MILITARY

Join us for a compelling webinar titled "Overcoming Mental Health Stereotypes in the Military," featuring Todd Simmons, former Command Chief of Air University and a 25-year Air Force veteran.

In this enlightening session, Todd will share his unique "WHY NOT ME" philosophy, which he successfully employed for over two decades to overcome and navigate mental health challenges.

APRIL 7TH

1:00 PM EST

REGISTER NOW

eventbrite



TODD SIMMONS
Columbia Southern University

Nevada Civic Leaders Fly with High Rollers

Story and photos by Staff Sgt. Michelle Brooks | 152nd Airlift Wing Public Affairs



A Nevada Air National Guard C-130 Hercules flies over Pyramid Lake, Nev. during a civic leader flight April 4, 2024. Civic leader flights are designed to encourage the community about the mission of the Air National Guard and highlight the importance the role the community plays in supporting the lives of Airmen and their families.

The members of the 152nd Airlift Wing invited civic leaders from the surrounding communities to share the mission of the Nevada Air National Guard and provide the opportunity to fly on a C-130 Hercules on April 4, 2024.

“Opportunities like this civic leader flight allows our wing to enlighten, educate, and inspire our community leaders about the mission of the Nevada Air National Guard,” said Chief Master Sgt. Jeffrey Linton, Command Chief Master Sergeant for the 152nd Airlift Wing, “These leaders are instrumental in bolstering collaborative relationships in our community—in addition to ensuring there is a strong support system for our Airmen serving these missions as well as their families.”

There were 91 civic leaders who attended the event, which was preceded by a briefing by Lt. Col. Matthew Schwegel, who also was flying one of the aircraft that day. Schwegel, who formerly served in the U.S. Army as an infantryman, gave direct accounts of the importance



Civic leaders from surrounding communities pose for a group photo in front of a Nevada Air National Guard C-130 Hercules after an orientation flight over Pyramid Lake, Nev. at the Reno-Tahoe International Airport, Reno, Nev., April 4, 2024.

Civic Leaders, cont. next page

Civic Leaders, cont.

of the C-130 to move personnel and cargo in support of ground forces effectively based on its diverse capabilities and ability to fly at low altitudes. Schwegel described the current missions of the versatile Hercules in airlift and airdrop capabilities.


The civic leaders were able to see the C-130 capabilities firsthand flying very low over Pyramid Lake, Nevada. The participants were treated to breathtaking views of the lake as the ramp was lowered while flying. The group was also offered a chance to sit in the flight deck during the flight.

“I have so much more appreciation for what the Nevada Air National Guard does after this great experi-

ence,” said Mitch Bailey, employed by the United States Department of Agriculture. “What a thrill of a day. I definitely have a renewed admiration of our military and I must say, a better understanding of just how awesome the Nevada Air National Guard truly is. Thank you to all that provided this unbelievable opportunity for me and the rest of us that were able to experience this today!”


Civic leader flights are designed to encourage the community about the mission of the Air National Guard and highlight the importance the role the community plays in supporting the lives of Airmen and their families.





BLOOD DRIVE

Because of you,
life doesn't stop.





EARTH DAY GIVEAWAY

Earth Day Giveaway!
Donate April 1 - 20
for a chance to win
one of 20 \$400 gift cards
Donor Rewards program opt-in required

Nevada Air National Guard Blood Drive

Saturday, April 6

8:30 am – 2:00 pm

Donate inside the Bloodmobile
Near Sanga

Please sign up today. Contact
Tracy Woodfolk @ 775-788-4792
Tracy.Woodfolk@us.af.mil
Or scan QR code.

Before you donate: Eat. Hydrate. Bring your photo ID

SCAN ME



APPOINTMENT LINK



152d Medical Group

Spam Musubi Sale

0700 - SANGA

Saturday

06

April

\$3 each - Venmo & Cash

POC: MSgt Pascua



venmo

WELCOME TO THE HIGH ROLLER TEAM! NEW ENLISTEES FROM JANUARY!



All new enlistees above:

A1C Mason Campbell – 3E7X11 – CES | A1C Robin Enget – 2A5X1 – AMXS
A1C Sean Moran – 2A5X1 – AMXS | A1C Austin Wilt – 1N4X2 – IS
AB Noah Sandstrom – 3P0X1 - SFS

Not pictured because they are from LV and did their enlistment virtual:

A1C Anthony Kim – 4N0X1 – MDG

Not pictured because their enlistment was virtual and Prior Service:

A1C Sintes-Jones – 3E7X1 – CES – Prior Service Active Duty Air Force
SrA Dy – 3F5X1 – MXG – Prior Service Active Duty Air Force
SSgt Ball – 3E7X1 – CES – Prior Service Nevada Army National Guard

*You are cordially invited to attend
the cake cutting ceremony for the
76th Anniversary
of the
Nevada Air National Guard*



Date: Friday, April 12, 2024

Time: 1300-1400

Location: 1776 National Guard Way, NVANG Base
@ Quad Area Near Flagpole



2024 JOINT PROCLAMATION

April is designated as Sexual Assault Awareness and Prevention Month. Preventing and responding to sexual assault remains a fight that demands our attention every day. Sexual assault and sexual harassment erode the fabric of our National Guard, breaking the sacred trust of our Nation, Service members, civilians, and their families.

Trust is key to building an environment of prevention. Leaders at all levels must invest in developing individual character and promoting cohesive and inclusive teams within our organization. Commitment to and living our National Guard core values exemplifies the inherent responsibilities of discipline we vowed to uphold.

This year's National Guard Bureau theme, "Forging Forward with Change," and the Army's theme, "Change Through Unity: Empower. Protect. Prevent." and Department of Defense Sexual Assault Prevention and Response Office and Air Force's theme, "STEP FORWARD. Prevent. Report. Advocate." highlight the important work that has been accomplished since the 90-day Independent Review Commission was ordered by Secretary of Defense Lloyd J. Austin III. The themes also emphasize the work still being done to cultivate a culture in which everyone plays an active role in keeping one another safe and taking action when we see warning signs or risk factors. The National Guard continues to take bold actions on victim care and support, accountability, prevention, and on climate and culture so that we can eradicate sexual assault and sexual harassment once and for all.

We remain "National Guard Strong" because trust matters!

We hereby proclaim that April 2024 be declared Sexual Assault Awareness and Prevention Month across the National Guard

Tony L. Whitehead
SEA, U.S. Air Force
Senior Enlisted Advisor to the
Chief, National Guard Bureau

Daniel R. Hokanson
General, U.S. Army
Chief, National Guard Bureau

STARBASE High Sierra Hosts STEM Day Camp for Nevada National Guard 4th, 5th and 6th Grade Children

Story and photos by Senior Master Sgt. Paula Macomber | 152nd Airlift Wing Public Affairs



The Nevada Air National Guard STARBASE High Sierra welcomed 13 children of Nevada National Guard service members, who embarked on a journey through the realms of science, technology, engineering, and mathematics (STEM) on April 2, 2024 at the Nevada Air National Guard Base.

From the start of the day until the last experiment, the children delved into several hands-on activities. From the wonders of buoyancy experiments to the intricacies of a coding workshop, every moment was filled with the thrill of discovery and the promise of unlocking new realms of understanding.

“My favorite part of the day was the Engineering Design Process,” said Waylon M., “Where we created a safety device for an egg that was going to ‘crash’ into a wall. That was the most fun part of the day for me.”

They had special visitors throughout the day. Brig. Gen. D. Rodger Waters, Director of the Joint Staff for the Nevada National Guard, stopped in for a quick visit. Also, the Adjutant General of the State of Nevada, Maj. Gen. Ondra Berry made an appearance.

“If you have STEM, if you know STEM, you can do anything,” Berry said as he addressed the group.

But it wasn’t just about lessons and activities; nour-

ishment for both body and mind was provided in equal measure.

Established in 1991, STARBASE has dedicated itself to igniting a passion for STEM education, particularly among fifth graders in Title 1 schools. Through immersive experiences and hands-on activities, they strive to cultivate a love for learning and pave the way for future generations of innovators.

“We were thrilled to host the STEM Day Camp for the children of our Nevada National Guard members,” said Tiffany Young, the Program Director. “This event provides an exciting opportunity for young minds to explore the fascinating world of STEM while having fun and making new friends. This was our first of what is to become an annual event to serve the children of our Nevada National Guard members.”

As the day ended and the conversations faded into the evening, one thing was clear—the Nevada Air National Guard STARBASE High Sierra had not just hosted a camp; they had sparked a flame of curiosity that would illuminate the path to a brighter future for these young pioneers.





**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

Remembrance, cont.

documents and for those who made them. Under the name “Julien Keller,” he worked endlessly without pay.

Kaminsky said, “I’ll always remember our biggest request for documents: 300 children, more than 900 different documents to make in three days. I had to stay awake as long as possible, fight against sleep. The math was simple: in 1 hour, I made 30 fake documents. If I slept one hour, 30 people would die... We couldn’t stop. We finished the documents but just in time.”

His work cost him his vision in his right eye. Kaminsky continued to aid people in

crisis with his forgery until the 1970s.

He lived by this testament, “All humans are equal... Whatever their origins, their beliefs, their skin color. There are no superiors, no inferiors. That is not acceptable for me.”

He died in Paris, France, on January 9, 2023, at 97 years old.

If you would like more information on how to celebrate diversity in your work area 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.





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

FSS Fun Fact #2 - Annual Review of Personnel Records

By: Senior Master Sgt. Amy Baker
152nd Force Support Squadron

High Rollers,

Did you know that each year on your birthday you will receive an email from myFSS containing a birthday message? This message has two purposes. One, it's to wish you a happy birthday and two, it's reminding you to review your personnel records. It is mandatory for you to update your records at least annually, when deploying, or when a life changing event occurs (e.g., marriage, divorce) so, please do not disregard those birthday messages. A few critical items requiring review:

Servicemembers' Group Life Insurance (SGLI): You can obtain more information about your Servicemembers' Group Life Insurance (SGLI) and Family Servicemembers' Group Life Insurance (FSGLI) via the SGLI Online Enrollment System (SOES). SOES can be accessed by logging into Milconnect and clicking the SOES link under the Benefits tab.

Record of Emergency Data (RED): This document contains emergency contact information should you become severely ill, injured, wounded, or deceased. It also allows you to designate the Person Authorized to Direct Disposition (PADD) of your remains, beneficiaries for Death Gratuity (DG) and Arrears of Pay (AOP). You can obtain more information about your RED on myFSS or update via AFPC Secure applications: <https://w45.afpc.randolph.af.mil/AFPCSecureNet40/CheckPortal.aspx>.

Defense Enrollment Eligibility Reporting System (DEERS): Contains information for each uniformed service member (active duty, retired, or a member of a Reserve Component), US-sponsored foreign military, Department of Defense (DoD) and uniformed services civilians, other personnel as directed by the DoD (including the patient population serviced through the Military Health Services System), and their eligible family members. DEERS registration is required for TRICARE eligibility and enrollment. Incorrect information in the DEERS database can cause problems with TRICARE claims as well as other health care benefits, so it is critical to maintain your DEERS information.

Air Force Personnel Accountability and Assessment System (AFPAAS): When emergencies or natural disasters occur, it is imperative to account for you and your family members. Please validate your information in the AFPAAS website. You can obtain more information about AFPAAS on myFSS or validate your AFPAAS via AFPAAS.

FSS has created how-to guides to assist you with updating your information in the various systems mentioned above. Should you have any questions, please call Customer Service at 788-4523.



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:

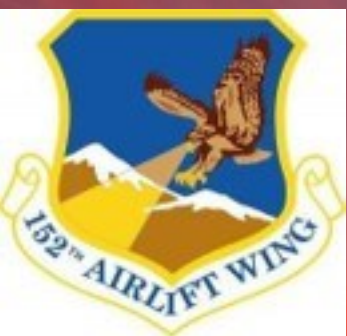
- Google "MHS GENESIS Patient Portal" or scan the QR Code below if you wish to access from your phone.
 - If accessing from your phone, you will need the Microsoft Authenticator app 
 - After scanning the QR Code, be sure to open it up in a browser so you can navigate to the Authenticator application.
- 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.





Strong Bonds Resiliency Training



Sponsored by the 152^d Airlift Wing Chaplain Staff

If interested, contact
Chaplain Crandell
at
Donald.crandell@us.af.mil

Or
775-788-4651

25 May 2024
1700-2100
RSVP by 17 May 24

If interested, contact
Fred Barton
at
Fred.barton@us.af.mil

Or
775-788-4585

Building Resilience & Making Airmen and Spouses Stronger!

<https://einvitations.afit.edu/inv/rsvp.cfm?i=848284&k=0A654A0B7353>



Training Materials and Dinner will be Provided

REGISTER NOW SPACE IS LIMITED TO 50 MEMBERS

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

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.

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



NEVADA NATIONAL GUARD

2023

JOINT MENTORSHIP PROGRAM



WHAT IS THIS PROGRAM?

This program's goal is to continue to develop and enhance force development by providing opportunities for leadership and personal development.

WHAT ARE THE BENEFITS OF THIS PROGRAM?

As a mentor, you can help another person to grow and develop as well as share experience and knowledge.

As a mentee, you acquire additional skills, knowledge or abilities and improve networking/access to influential people!

WHAT IS THE TIMELINE?



Applications for Mentor and Mentee
Deadline: 15 April



Mentor and Mentee Pairing: 28 April



Training for Mentors: 01 May



Pairing Ceremony Beginning of May



Mentorship Duration: May - December

HOW DO I SIGN UP?

**INTERESTED IN
BEING A MENTOR?**



CLICK/SCAN HERE

**INTERESTED IN
BEING A MENTEE?**



CLICK/SCAN HERE



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





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.

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



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>

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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.

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For more information and a video demonstration of how to wash your hands, visit the CDC handwashing website:

www.cdc.gov/handwashing