

HIGH ROLLER NEWS



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Vol. 96

June 2023

June Drill Outlook

June 2023 Drill High Roller Cafe

THURSDAY LUNCH

1100-1230

MENU ITEMS:

Orange Chicken
Pork Chops
Onion Gravy
Roasted Potatoes
Chow Mien
Oriental Veggie Mix
Corn

SHORT ORDER:

Cheeseburgers
Chicken Wraps
French Fries

ADDITIONAL ITEMS:

Salad Bar
Assorted Desserts

FRIDAY LUNCH

1100-1230

MENU ITEMS:

Lasagna
Italian Sausage
Marinara Sauce
Linguini
Greens Beans
Carrots
Dinner Rolls

SHORT ORDER:

Cheeseburgers
Chicken Wraps
French Fries

ADDITIONAL ITEMS:

Salad Bar
Assorted Desserts

June 2023 Drill High Roller Cafe

SATURDAY LUNCH

1100-1230

MENU ITEMS:

Breaded Catfish
Chili Mac
Steamed Rice
Egg Noodles
5-Way Veggies
Broccoli
Cornbread

SHORT ORDER:

Cheeseburgers
Chicken Wraps
French Fries

ADDITIONAL ITEMS:

Salad Bar
Assorted Desserts

SUNDAY LUNCH

1100-1230

MENU ITEMS:

Brisket
Chicken
Baked Beans
Potato Salad
Macaroni Salad
Hot Dogs

ADDITIONAL ITEMS:

Assorted Chips
Assorted Drinks

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 IS \$6.85

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 IS \$6.85

Weather

Thur



74°

50°

Fri



78°

52°

Sat



82°

52°

Sun



83°

53°

Upcoming Events

3 June: Col. Michael Fugett Memorial Service

4 June: Family Day

13-25 June: Air Defender Exercise

19 August: Elks Pool Party

18 August: Aces Military Appreciation Night

HIGH ROLLERS

Nevada Air Guard group commander, pilot dies at 46

Story by: Capt. Emerson Marcus
Nevada Joint Force Headquarters Public Affairs

Col. Michael Fugett, the commander of the Nevada Air Guard's 152nd Operations Group who genuinely prioritized service more than the allure associated with being a U.S. Air Force pilot, died unexpectedly at his home Tuesday.

He was 46.

The Air Force Academy graduate, United Airlines pilot and credentialed C-130 evaluator pilot possessed the resume to back a bold bravado. But Fugett's dedication to the Air Guard and genuine care for Airmen removed all sense of hubris associated with an officer of Fugett's status.

Fugett became the commander of the Reno-based 152nd Operations Group in October 2022. The group includes about 150 Airmen and conducts airlift, airdrop, and firefighting operations.

Fugett is survived by his wife, Mindy, two daughters, Molly, 8, and Mila, 6, of Reno, and his parents Ron and Hazel.

"Michael Fugett epitomized the High Roller spirit," said Maj. Gen Ondra Berry, Nevada adjutant general, referring to the Reno Air Guard unit's nickname. "The Nevada Air Guard is well positioned today largely thanks to his efforts here in Nevada, in the nation's capital and abroad during his various overseas missions."

When the Nevada Air Guard's 152nd Airlift Wing became one of just four military units in the nation to fight fires in support of the U.S. Forest Service in 2016, Fugett left the civilian airlines to focus his attention on the firefighting mission. The USFS relies upon military C-130s to facilitate its Modular Airborne Fire Fighting System (MAFFS).



"He was instrumental in the success we've had with firefighting through MAFFS," said retired Lt. Col. Todd Hudson, who worked with Fugett during the unit's MAFFS certification. "He took MAFFS under his wing. That was probably his crowning achievement."

"He loved the camaraderie with the aircrew. He loved Ops," said Col. David Chauvin, the Nevada Air Guard chief of staff and Southwest Airlines captain. "You don't always get that in the civilian pilot sector. He was dedicated to his work. He always cared about the organization, and his Airmen, first."

Born in Castro Valley, California, Fugett was fascinated by science at an early age. In 1991, the "Oakland Tribune" quoted a 14-year-old Michael Fugett during a so-called "space city" science project with students at All Saints School in Hayward. "He's well on his way to becoming a serious scientist and admitted to being 'fascinated by food production,'" the paper reported.

After graduating with a Bachelor of Science de-



Fugett, cont. next page

Fugett, cont.

gree in civil engineering from the U.S. Air Force Academy in 2000, Fugett completed multiple active duty assignments that included tours of duty at various locations in southwest Asia and Japan. In east Asia, Fugett also flew repatriation flights that transported prisoner of war remains from the Vietnam War, a conflict his father served.

In 2012, Fugett joined the Nevada Air Guard as an evaluator pilot and chief of standardization and evaluation in the 152nd Operations Group. He also served as commander of the 779th Expeditionary Airlift Squadron during the Nevada Air Guard's deployment to southwest Asia in 2018, and subsequently as the commander of the 192nd Airlift Squadron in Reno.

Fugett compiled more than 4,100 flying hours, including 800 in combat.

"Colonel Fugett was a great pilot," said Chief Master Sgt. Cameron Pieters, Nevada's senior enlisted leader who deployed overseas and fought fires with Fugett. "I don't say that because he is no longer with us. He was a great pilot. He could maneuver the C-130 into any airspace at any time."

Pieters recalled one instance during a C-130 training flight when Fugett was asked to perform a 60-degree bank while pulling 2 Gs at an altitude of 200 feet.

"He did it with ease," Pieters said.

Pieters also recalled another moment during the Paradise Fire in 2021 when the USFS asked Nevada aircrew to drop slurry to save threatened structures.

"As we got to the drop off location, the escape he (the lead plane) had for us was all smoked in," Pieters said. "He wanted us to climb and make a right-hand turn. But that was not an option -- can't fly into smoke -- it would severely damage the engines. Instead of climbing right, Mike went left, asked for flaps 50 percent, he put all power in and raised nose up until we got to obstacle clearance speed. We get to about 120 knots and climbed over a mountain to get out of the valley."

"That was the only way to get out of it. Had he not had the training, experience, fortitude and intuition, situational awareness, we probably would not be talking about it today. He saved our lives that day."

Fugett's recent military service also included a stint at State Headquarters working as the Ne-



vada Air Guard's director of strategic plans and programs. In that post, Fugett worked closely with Nevada's congressional delegates to acquire facility and aircraft upgrades for the Nevada Air Guard.

His dedication to service was on display during an interview Fugett gave with local media in Reno in 2021. As the Caldor Fire threatened homes near Lake Tahoe, Fugett spoke frankly, as he was known to do, with local media.

"So, the Caldor, yes, it is one we have been fighting. But we've been fighting 26 fires up and down the west coast," Fugett said in front of video cameras in 2021. "The drop isn't over when you pull and 3,000 gallons are out of the plane. Now, I must figure out how to escape out of there. I'm low to the ground. I am heavy...and I am (flying) very slow."

The dangerous aspect of his job was offset, though, when he would receive thanks from grateful citizens.

"When someone comes up to you and says, 'Hey, you saved my home a couple of nights ago,' it is all worth it," he said.

The funeral mass with C-130 fly over is scheduled for Saturday, June 3 at 1300 at St. Rose of Lima Catholic Church, 100 Bishop Manogue Dr., Reno, Nevada followed by a memorial service at 1500 at the Nevada Air National Guard Base in Reno for friends and family.

A support page has been created for the Fugett family. For information, visit <https://www.meal-train.com/trains/09vym5>.





Military & Family Readiness Events

Event	Date/Time of Event	Must RSVP by date	Location of Event	Point of Contact	Air or Joint Event
VA SAVE Suicide Prevention	2 June 23 1000 and 1300	26 May 23	Air National Guard Base Small Air Terminal Class	Fred Barton	Air (7)
Job Fair	8 June 23 1300-1500		NAS Fallon	Justine Brinkman 775-426-3333	All Hands
Strong Bonds Date Night	25 June 23 1700-2100	20 June 23	Renaissance Reno Downtown Hotel	Chaplain Crandell Fred Barton	Air
Annual ELKS Lodge Pool Party	19 August 23 1000-1500	4 August 23	Reno ELKS Lodge	Fred Barton	Joint (21)
Back to school supplies event	5 August 23 0900-1100	28 July 23	Still working on a location!!	Fred Barton	Joint
Strong Bonds Date Night	27 Aug 23 1700-2100	21 August 23	Renaissance Reno Downtown Hotel	Chaplain Crandell Fred Barton	Air

Nevada Air National Guard

FAMILY DAY

SUNDAY

JUNE 4, 2023

1100-1630



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HIGH ROLLERS



Nevada Air National Guard Base gets antenna upgrade

Story by: Lt. Matthew Lee Greiner
152nd Airlift Wing Public Affairs

RENO, Nev. (May 31, 2023) – The 152nd Communications Squadron (152CS) with the 152nd Airlift Wing, Nevada Air National Guard, and the 130th Engineering Installation Squadron (130EIS) with the Utah Air National Guard broke ground on the antenna upgrade project at the Nevada Air National Guard base on April 26.

“The project will double the radio spectrum analysis footprint,” said Tech. Sgt. David Almada, installation spectrum manager, assigned to the 152CS. “That means we are doubling our radio coverage. It will improve the radio communication on base exponentially.”

The vast majority of shops on base utilize radio communication. This project will impact security forces, fire department, logistics, civil engineer squadron, maintenance, operations, engine shop, aerospace ground equipment, medical, vehicle operations, communications, safety and the wing.

Almada said, “This project replaced antennas, relocated antennas, and provided a plan to fix antennas and antenna towers.”

Twenty-two antennas were replaced to include the associated wiring and hardware. Lighting protection was added where it was previously missing.

The locations and structures impacted is: building 2 – aerospace ground equipment; building 9 – maintenance hangar; building 84 – operations / command post; building 700 - vehicle maintenance; building 300 – fuel operations; building 88 - civil engineer squadron; building 800 - fire station, building 200 - aerial port; and building 500 – communications, security forces, and public affairs.

Almada said the initial request for this project was in 2016, the engineering site survey was in done in 2022, and the pre-site survey was complet-



ed March 27, 2023.

The installation team composed of 23 Airmen assigned to the 130EIS started work on April 24 and scheduled to complete the installation on June 2.

Almada said the total cost of this project is \$250,000.

Tech. Sgt. John Geister, team chief, assigned to the 130EIS said, “The outcome of this project will ensure efficient and effective radio frequency systems, enabling seamless communication for mission-critical operations.”



2023 NVANG MHAM Events



The NVNG J9 is hosting various events, activities, and resources this **Mental Health Awareness Month (MHAM)** for Soldiers, Airmen, family members, and NVNG civilian staff to participate in. Some events are shown below, and others are on the virtual calendar that can be accessed by scanning the QR code. **#ConnectToCare** this May by going to one or all of the events!

Upcoming Events

Mobile Vet Center on 2-3 June
from 0800 to 1700 @ the parking lot
across from BLDG 56

VA's S.A.V.E. on 2 June
from 1000 to 1130 &
1300 to 1430 @ TBA

safeTALK on 3 June
from TBA @ TBA

Therapy Dogs on 3 June
from 0800 to 1700 @ the Air Base



**U.S. Department
of Veterans Affairs**
VA Sierra Nevada Health Care System



NEVADA NATIONAL GUARD
Warrior Wellness and Support Services

Show Me the Science

Why Wash Your Hands?

Handwashing in Communities: Clean Hands Save Lives

Story submitted by: Maj. Michelle Palmer
152nd Medical Group



Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water.

How germs get onto hands and make people sick

Feces (poop) from people or animals is an important source of germs like Salmonella, E. coli O157, and norovirus that cause diarrhea, and it can spread some respiratory infections like adenovirus and hand-foot-mouth disease. These kinds of germs can get onto hands after people use the toilet or change a diaper, but also in less obvious ways, like after handling raw meats that have invisible amounts of animal poop on them. A single gram of human feces—which is about the weight of a paper clip—can contain one trillion germs 1. Germs can also get onto hands if people touch any object that has germs on it because someone coughed or sneezed on it or was touched by some other contaminated object. When these germs get onto hands and are not washed off, they can be passed from person to person and make people sick.

Washing hands prevents illnesses and spread of infections to others

Handwashing with soap removes germs from hands. This helps prevent infections because people frequently touch their eyes, nose, and mouth

without even realizing it. Germs can get into the body through the eyes, nose and mouth and make us sick. Germs from unwashed hands can get into foods and drinks while people prepare or consume them. Germs can multiply in some types of foods or drinks, under certain conditions, and make people sick. Germs from unwashed hands can be transferred to other objects, like handrails, table tops, or toys, and then transferred to another person's hands.

Removing germs through handwashing therefore helps prevent diarrhea and respiratory infections and may even help prevent skin and eye infections.

Teaching people about handwashing helps them and their communities stay healthy. Handwashing education in the community:

- Reduces the number of people who get sick with diarrhea by 23-40% 2, 3, 6
- Reduces diarrheal illness in people with weakened immune systems by 58% 4
- Reduces respiratory illnesses, like colds, in the general population by 16-21% 3, 5
- Reduces absenteeism due to gastrointestinal illness in schoolchildren by 29-57% 7

Not washing hands harms children around the world

About 1.8 million children under the age of 5

Handwashing, cont. next page

Handwashing, cont.

die each year from diarrheal diseases and pneumonia, the top two killers of young children around the world 8. Handwashing with soap could protect about 1 out of every 3 young children who get sick with diarrhea 2, 3 and almost 1 out of 5 young children with respiratory infections like pneumonia 3,5. Although people around the world clean their hands with water, very few use soap to wash their hands. Washing hands with soap removes germs much more effectively 9. Handwashing education and access to soap in schools can help improve attendance 10,11,12.

Good handwashing early in life may help improve child development in some settings 13. Estimated global rates of handwashing after using the toilet are only 19%6.

Handwashing helps battle the rise in antibiotic resistance

Preventing sickness reduces the amount of antibiotics people use and the likelihood that antibiotic resistance will develop. Handwashing can prevent about 30% of diarrhea-related sicknesses and about 20% of respiratory infections (e.g., colds) 2, 5. Antibiotics often are prescribed unnecessarily for these health issues 14. Reducing the number of these infections by washing hands frequently helps prevent the overuse of antibiotics—the single most important factor leading to antibiotic resistance around the world. Handwashing can also prevent people from getting sick with germs that are already resistant to antibiotics and that can be difficult to treat.

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13. 14.

Last Reviewed:

September 10, 20

Show Me the Science - Why Wash Your Hands? | Handwashing | CDC <https://www.cdc.gov/handwashing/why-handwashing.html#print/1/3>



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

High Rollers,

When resilience is needed, a spouse or partner can be a lifesaver for our mental & spiritual health. For those who are in a relationship, I offer the following excerpt from Bill Morelan, Married for Life:

“Marriage is not fifty-fifty – you both have to give more. Being married gives you the chance to serve another person every day, in ways both large and small. Don’t just give 50 percent, being content to pull your half of the load and worrying about whether your partner is pulling their half; give 100 percent of your effort. Whatever you do, don’t keep score. Marriage is not a contest in which you and your spouse are pitted against one another. Rather, God has placed you on the same team so that you can strive together toward victory. Be loving and go the extra mile”

We have two more dinner nights coming up, please sign up on the attached flyer QR code and join us for a great time at one of the nicest hotel/restaurants in Reno.

Chaplain Crandell
X 4651
Cell – 209-324-4904



Strong Bonds Resiliency Training “Speed of Trust”

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If interested, or have questions,

Please contact
Chaplain Crandell

donald.crandell@us.af.mil

Or

Fred Barton

fred.barton@us.af.mil

This resilience training is open, and available to all
Nevada Air National Guard members
and significant others



SCAN ME

Scan QR Code w/your phone
for registration for
all training events

1. **7 May 2023**, 1700 - 2100 – “3 Key’s to Success” **RSVP by 30 April 23**
2. **25 June 2023**, 1700-2100, “What does Commitment look like” **RSVP by 20 June 23**
3. **27 August 2023**, 1700 – 2100, “Dealing with Anger and Stress” **RSVP by 21 August 23**

Meal and Training Materials will be Provided

<https://einvitations.afit.edu/inv/rsvp.cfm?i=752589&k=0564400C735E>
Cut and paste link above into browser for registration for all training events

REGISTER NOW SPACE IS LIMITED TO 50 ATTENDEES ONLY



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CLINICAL/MEDICAL HEALTH

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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.

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POOL Party



**NEVADA NATIONAL GUARD
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OR

Ana Gauna

Soldiers and Family

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TEC-U

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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)

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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.



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|----------------------|--------------|-------------------|-----------------------------|--------------------------------------|---|
| 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 |



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.



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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.

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