Weather forecast:



NEWS HIGH ROLLERS

August, 2020

Welcome to Summer

LIVIN' HIGH, FLYIN' LOW

Airman & Family 🕒 Chaplain 🕒 Diversity 🚭 Fitness 🚭 Jobs 🚭 Flyers 🚭 Facebook 🚭 IG 🚭 Recruiting and Retention 🚭 SARC

Col. Hammons' NOTAM

NOTAM: Resilience and Connection

By Col. Jacob Hammons Commander, 152nd Airlift Wing High Rollers,

These past few months have been trying for all of us. Whether the pandemic and social unrest has impacted you personally, financially, or psychologically, living in such uncertain times has made it difficult for all of us at a basic human level. There are obvious knock-on effects to readiness this stress induces, but today I want to focus on the necessary steps we must take as a Wing to increase our Resiliency.

As you may remember, last November we conducted our first-ever Resilience Tactical Pause (RTP). It was truly a team effort across the Chaplain Corps, Director of Psychological Health (DPH), Mayor's Challenge members, and Wing facilitators that garnered extremely positive feedback. Since then, the need for resilient Airmen has only grown due to COVID-19 and social unrest. To that end, I have directed Maj. Merridy Young to lead our Resilience Task Force. Maj. Young brings a wealth of knowledge, training, experience, and passion to this

position. Her mandate was to help increase "connectivity" throughout the Wing. It's a simple plan, but one that is deep-rooted in our psychology and brings a myriad of benefits to the Wing through increased readiness, trust, and motivation.

The 2-Minute Tactical Pause: The concept we are starting this drill is not a program or a training regimen; it's a simple act that anyone can perform. This exercise, which practices connection with yourself and others, is called The 2-Minute Tactical Pause. The Goal of this simple, practical exercise is to promote a Positive Culture of Professionalism through Connection.



and roll calls, and Groups and Squadrons are encouraged to follow our lead. Once you see the exercise demonstrated it's is very easy to replicate in your own workspaces. This will lay the groundwork for our annual RTP, which will take place after the UEI (Unit Effectiveness Inspection), date TBD. The Taskforce will identify and train facilitators in preparation for the FY21 RTP.

I hope that you all have a GREAT drill and enjoy reconnecting with Airmen you may not have seen in a while. Be safe, Be Kind and I look forward to seeing you around campus.

Livin' High, Flyin' Low, Roller 1

We will roll out The 2-Minute Tactical Pause at Wing-level meetings

The Professional Development Experience

Story by Staff Sgt. Bryce Belanger 152nd Communications Flight

An open letter to our leaders:

once said "Everything rises or falls on Leader- topics; accountability. When referring to the ship." This Professional Development course; aforementioned terms, they spot light the very with the charter "Grow Beyond Yourself," suc- foundation the NVNG. Our success is predicatcessfully built this foundation. There are many ed on the strengths and voice of each and every leadership seminars you can matriculate or airman and soldier. In order to successfully lead, sources of material to review, but you must le- you must learn to follow and seek accountability. verage this information with application. The A leader must admit and accept their mistakes various topics covered by guest speakers, group as a price of progress. A leader must ask themdiscussions and mentors alike, had a common selves what they are missing. A leader must adtopic. I would like to share my experience, my mit their weaknesses and blind spots. This will interpretation, and my opinion on this Profes- lead to a more inclusive, resilient, and adaptable sional Development course and the topics cov- organization. ered.

Resiliency. A word we hear quite often in the To preface, as a great leader and spokesman military, in pair with one of the most discussed



uture, embrace, and foster cultural and technical diversity:

ferences of our people not the similarities. This future of an organization. Leaders must leverage topic was covered quite frequently, which high- partnerships to advance mission readiness and lights the impact of this message. This idea execution. This common theme of this topic seems to almost explain itself, as it has been in- was molding and mentoring the next generation grained by word, and by the priorities set by our of leaders, while growing and seeking mentorleadership. This topic is crucial to shaping the ship yourself. culture and having a direct impact on our airman and soldiers, and to propel the NVNG into unfathomable success. Nurturing, embracing, and fostering cultural and technical diversity – quite powerful. In essence, this translates to utilizing the differences and indifferences of each member, to empower the greatest and strongest warfighters while facilitating an environment for their decision-making to succeed.

ector:

and diversify knowledge. This topic was touched on as a source of obtaining experience from I will apply and ensure these values are dissemitours inside and outside a specific career field.

ccountability; while adapting and assessing our narrative:



avigate our path

To quote the same leader and spokesman, "Change is inevitable, growth is optional". Lead-First and foremost - strength lies in the dif- ers must know how to navigate and direct the

row beyond yourself

Push your boundaries. Don't allow comfort and complacency to define your role. Get uncomfortable. Push yourself on education and experiential learning -- giving yourself the ability to fail or succeed in order to grow.

This Force Development opportunity was inspiring. The topics covered can be discussed at such length, as they are vital to the success of a leader and any organization. I would like to Utilize programs and opportunities to expand thank the mentors and leaders for providing this experience. With the lessons and topics covered, nated and continue to grow my leadership role with the knowledge imparted from this course.

Thank you for your time, wisdom, and care. We are truly a part of the greatest, most competent, diverse, and powerful team.

Attendees at the 2020 Professional Development Experience participate in a team building exercise that teaches communication styles and trust. The event took place at an Army facility, the Washoe County Armory north of Reno from July 27-31.



Staff Sgt. Arata-Lees (top) and Senior Airman Zbella (bottom) ask questions of the mentors during the Prof. Dev. Experience Q&A Mentor Time.



The entire Prof. Dev. Experience Group photo at the conclusion of the Prof. Dev. Experience Q&A Mentor Time.

Nevada Air Guard preps for first firefighting activation since 2018

Story and photo by 2nd Lt. Emerson Marcus 152nd Airlift Wing Public Affairs



Photo By Airman 1st Class Michelle Brooks | 152nd Operations Group Loadmasters ready a C-130 for firefighting by loading the Modular Airborne Firefighting System (MAFFS) equipment.

RENO, Nev. - One military C-130 aircraft of the 152nd Airlift Wing, Ne-

mons, commander, 152nd Airlift Wing. "We also enjoy working with the Forest Service and other federal and state agencies. This mission helps save life and property of our nation's citizens."

The 152nd Airlift Wing - known as the "High Rollers" with the moniker appearing on the tail flash of each of the unit's aircraft - is the second military unit to activate with MAFFS this year. The 146th Airlift Wing, California Air National Guard, entered the initial activation last week. This is the first activation of MAFFS-equipped aircraft since July 2018.

"We're experiencing elevated fire activity in several regions of the country," said Kim Christensen, deputy assistant director for operations for the USDA Forest Service. "These aircraft will help boost our aerial firefighting capabilities for current and anticipated wildfire activity."

Military C-130s converted into airtankers provide a surge capability that can be used to augment wildfire suppression efforts when the commercial airtankers are not readily available. MAFFS can drop up to 3,000 gallons of fire retardant in less than 10 seconds across a quarter-mile line. The system slides into the back of the military aircraft, and retardant is released through a nozzle on the rear left side.

In addition to the 152nd and 146th airlift wings, two other military units train and operate the USDA Forest Service's MAFFS mission: the 153rd Airlift Wing, Wyoming Air National Guard, and the 302nd Airlift Wing, U.S. Air Force Reserve Command, at Peterson Air Force Base in Colorado. The National Interagency Fire Center, or NIFC, located in Boise, Idaho, is the nation's support center for wildland firefighting. Eight different agencies and organizations are part of NIFC, including the Bureau of Land Management, Bureau of Indian Affairs, U.S. Fish and Wildlife Service, National Park Service, U.S. Forest Service, National Weather Service, U.S. Fire Administration and the National Association of State Foresters.

vada Air National Guard, equipped with the Modular Airborne Firefighting System, or MAFFS, is set to deploy Wednesday to assist the USDA Forest Service for largescale wildland firefighting in the western U.S.

The aircraft will be operational beginning Thursday at McClellan Airbase in Sacramento.

"With all our various missions in support of our state and nation, wildland firefighting ranks as one of the most rewarding," said Col. Jacob Ham-

Nevada Air National Guard Firefighters train at Sierra Army Depo

Courtesy story and photos by 152nd Civil Engineer Fire Fighters

Firefighters from the 152nd Civil Engineer Squadron's Fire Fighter section participated in structural live fire training at the Sierra Army Depot, Calif. on June 9th as part of the 2020 super drill.

The Sierra Army Depot Fire Department hosted the training at their 3-story structural trainer which is used to simulate Class A fires (Ordinary Combustibles: wood, paper, cloth, etc.). Fires were created using wood to simulate apartment fires, 2 story house fires, basement fires, and possible backdraft conditions.

152nd firefighters were also able to experience flashover conditions in a flashover trainer which shows firefighters the process of fire growth and the ultimate ignition of super-heated gases that can engulf a structure.

"This was a great experience for our members," Chief Master Sgt. Kevin Bandoni said, "It's the kind of training that helps firefighters get better from the top down."

Each year military firefighters are required to participate in at least one structural training burn and one Aircraft Rescue Firefighting (ARFF) burn to increase their skills and keep their certification up-to-date.

Bandoni added, "This training burn definitely met the requirement, but the sentiment from all who participated in the training was that training with the Sierra Army Depot Fire Department was the best structural fire training that they had seen in quite some time."

TOP: Firefighters from the Nevada Air National Guard fight a fire at their training June 9 at the Sierra Army Depot, Calif. during a training event.

BOTTOM: Members from the Nevada Air National Guard's firefighting team pose for a group photo at their training June 9 at the Sierra Army Depot, Calif. during a training event.

Base Gym Use Guidelines for Re-opening

Here are some thoughts for basic practices for better gym hygiene:

Everyone coming to use the gym MUST have had their temperature checked at the gate that day

- Please, be conscious of the designated entrance and exit
- Please, be mindful to sneeze or cough into your towel or elbow
- Everyone using the gym MUST wash their hands with soap & water before using facility eqt.
- Please wipe down the drinking fountain after use
- Criticall Anyone using any equipment MUST sanitize equipment & touch points after each use
- Wearing latex or nitrile gloves is optional while exercising inside
- Stationary equipment will be used according to social distancing practices Please limit time on stationary equipment, (treadmills, elliptical, bikes, striders, stairs), to (30)
- minutes max, to fairly allow more members the opportunity to exercise
- Only (20) members maximum occupancy in the gym at any time, to observe social distancing
- Group fitness class participation is limited to (4) members per class
- Shower rooms remain closed w/o access for the time being
- Members are encouraged, as always, to enjoy outdoor exercise whenever possible Members are highly encouraged to regulate themselves in these practices, for everyone's health,
- wellness and safety FACE COVERINGS:
- Face coverings are NOT recommended for use WHILE exercising due to risk of hypoxia, fainting, and heart attack
- Members spotting another member should wear a face covering
- Practice of wearing face coverings before or after exercise session is at leadership's direction



EFFECTIVE IMMEDIATEL

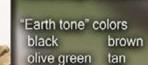
All individuals on DoD property, installations, and facilities are authorized to wear cloth face coverings when six feet of social distance cannot be achieved.

THIS DOES NOT APPLY WITHIN PERSONAL RESIDENCES

Authorized masks when in uniform:







Issued Neck Gaiters

"Medical type" masks

Note: Cloth masks should be washed daily Avoid touching an applied mask

Remember! Wear of a mask is NOT to protect



Relaxation / Distraction Resources

Calming Music, Interactive Visuals, Mediation & More...

- SAFE SPACE <u>https://www.vibrant.org/safespace/</u>
- CALM <u>https://blog.calm.com/take-a-deep-breath</u>
- BODY SCAN <u>https://soundcloud.com/mindfulmagazine/3-minute-body-scan-</u>
- GROUNDING https://www.therapistaid.com/worksheets/grounding-
- > BREATHING
 - https://youtu.be/RvrXXf1bFRA
 - https://www.stopbreathethink.com/
- PHONE APPS
 - > Breathe2Relax > Mindfulness Coach > Life Armor Virtual Hope Box Sanvello PTSD Coach
- Be Artistic...
 - > PUZZLES <u>https://www.jigsawplanet.com/</u>
 - COLORING <u>https://printablefreecoloring.com</u>
 - DOODLING https://www.kennedy-center.org/education/mo-willems/

Activities...

- VIRTUAL TOURS
 - Museums
 - https://www.travelandleisure.com/attractions/museums-
 - galleries/museums-with-virtual-tours National Parks • https://www.travelandleisure.com/trip-ideas/national-parks/virtual-national-parks-tours

 - STORIES ONLINE https://www.storylineonline.net/
- WORKOUTS on FB LIVE https://www.facebook.com/planetfitness

Available 7 days a week - Military Crisis Line 1-800-273-8255

CPT Jeremiah Trapp LCSW Director of Psych Health - North Office: (775) 887-7210 <u>niah p trapp.mil@mail.mi</u>

Ms. Tara Pushkin, LCSW Director of Psych Health - South Office: (702) 856-4936 tara pushkin civ@mail.mil

Ms. Alison Pratte, LCSW Director of Psych Health - Ai Office: (775) 788-9307 alison m. prati

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Nevada National Guard Behavioral Health Team

PT Testing



BASE-WIDE PT TEST NONE UNTIL OCTOBER 2020

Finance Forum

USE DTS/CTO FOR ALL RESERVATIONS

1. It is mandatory policy that all Uniformed Service Members and DoD civilian employees use an available DTMO contracted CTO ... for all official transportation requirements.

2. The eligible traveler must contact the responsible Service/Agency/DoD Component designated official if there is not an available DTMO contracted CTO ... for the official travel.

3. Payment construction comparisons provided below should in no way be interpreted to suggest that use of other than the DTMO contracted CTO ... is authorized or encouraged.

4. The payment options are provided for situations when the CTO ... cannot be used.

For More Finance Info: CLICK TO VISIT THE FINANCE PAGE





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are prioritized for MEDICAL personnel High Altitude Training Masks Masks with ANY of the following printed wording brand logos

Unauthorized masks:

N95 - Being in short supply, these masks

profane/derogatory/racist imagery

you from infection, but to prevent the spread of the virus to others. These measures are meant to alleviate the risk of contamination from ASYMPTOMATIC carriers who may not know their status.



152nd Airlift Wing Director of Psychological Health Availability

Supportive services are available to Nevada Air National Guard members, family and significant others during the quarantine.

We are currently working on a Telehealth platform, and that should be available by next week. Please feel free to make an appointment if you wish.

Additionally, there are other resources available to you:

~Veterans Crisis Line: 1-800-273-8255, confidential chat @ veteranscrisisline.net or text to 838255 ~Military One Source: 800-3452-9647

~Reno NV, Vet Center: 775-323-1294

Director of Psychological Health (DPH) information is listed below:

Call: Alison Pratte, LCSW @ DSN: 788-9307, Comm: 775-788-9307 Email: alison.m.pratte.civ@mail



Lodging Information

For the hotel location members can contact Services' billeting office at: 775-788-9320 or usaf.nv.152-aw.list.lodging@mail.mil

Members must sign-in with the hotel representatives to ensure they are accounted for in the rooms. Failure to sign-in or not showing up for a confirmed reservation will result in by-name notification to AW/ CC. The cut-off day for reserving a room is COB three days prior to drill. The cut-off day to cancel reservations is COB two days prior to drill.

Members are authorized Friday night stays if they are outside the commuting distance. Please see the map on OneHome.

Members on any type of orders will make their own reservations and pay for it on their GTC. Services pro-vides at least two base billeting list updates during the month to provide a list of members who are currently signed up for lodging.

All RUTA lodging requests must be submitted NLT 72 hours before needed and all RUTA lodging is provided at Stead. If member goes elsewhere or does not notify Services in advance, charges will not be reimbursed. If a member is on any type of orders, the member will make their own reservations and pay for it on their GTC. The member then will be reimbursed on their travel voucher with the receipt.

