

SAT 97° 56° SUN 96° 55°

HIGH ROLLERS LIVIN' HIGH, FLYIN' LOW

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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.

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.



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.

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

and roll calls, and Groups and Squadrons are encouraged to follow our lead. Once you see the exercise demonstrated it's very easy to replicate in your own workspaces.

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 camp.

Livin' High, Flyin' Low, Roller 1

The Professional Development Experience

Story by Staff Sgt. Bryce Belanger 152nd Communications Flight

An open letter to our leaders: To preface, as a great leader and spokesman once said "Everything rises or falls on Leadership." This Professional Development course, with the charter "Grow Beyond Yourself," successfully built this foundation.

Nature, embrace, and foster cultural and technical diversity: First and foremost - strength lies in the differences of our people not the similarities.

Vector: Utilize programs and opportunities to expand and diversify knowledge. This topic was touched on as a source of obtaining experience from tours inside and outside a specific career field.

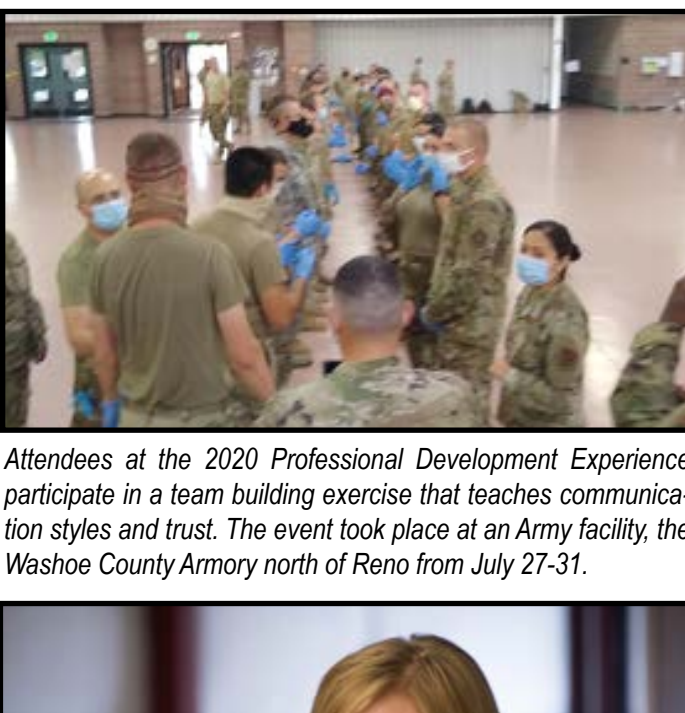
Accountability; while adapting and assessing our narrative:

Resiliency. A word we hear quite often in the military, in pair with one of the most discussed topics; accountability. When referring to the aforementioned terms, they spot light the very foundation the NVNG. Our success is predicated on the strengths and voice of each and every airman and soldier.

Grow 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.

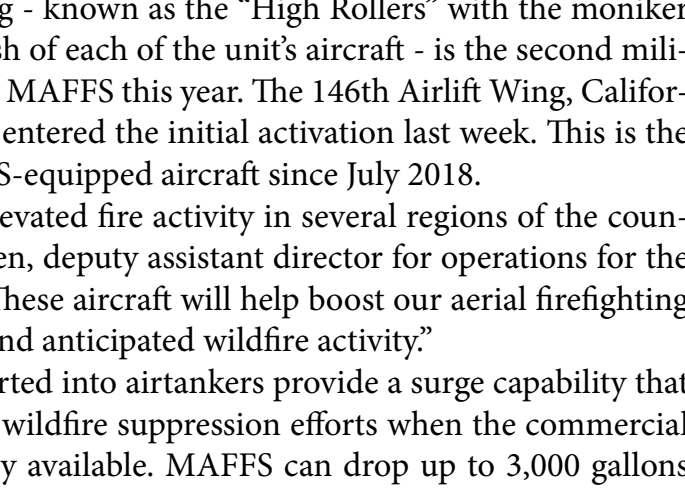
Thank you for your time, wisdom, and care. We are truly a part of the greatest, most competent, diverse, and powerful team.



Attendees at the 2020 Professional Development Experience participate in a team building exercise that teaches communication styles and trust.



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

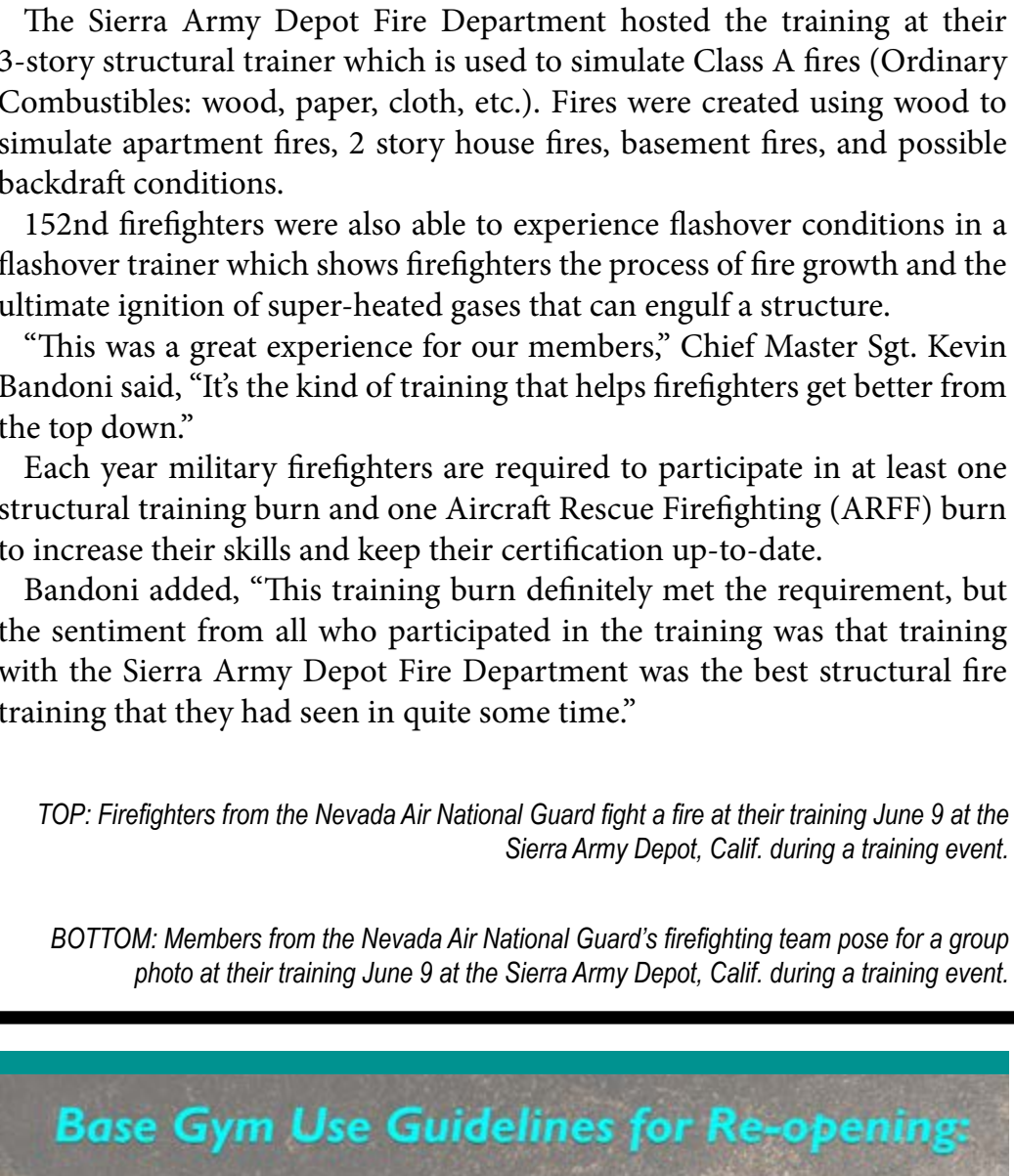


Photo by Airman 1st Class Michelle Brooks | 152nd Operations Group Loadmasters ready a C-130 for firefighting by loading the Modular Airborne Firefighting System (MAFFS) equipment.

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

"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-

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.

"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.

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.

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.

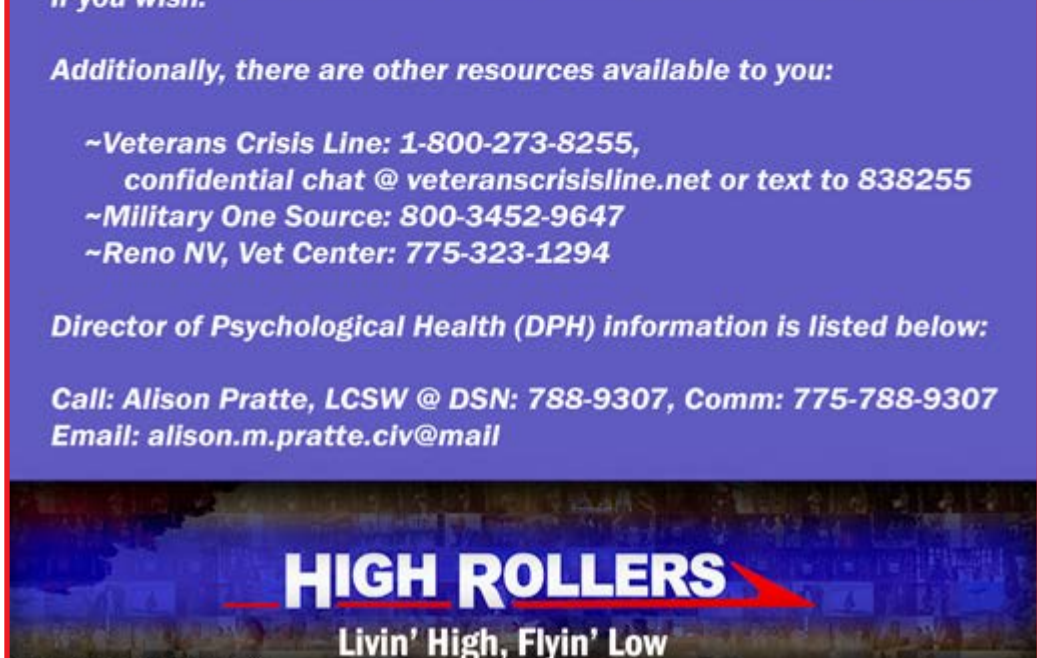
The Sierra Army Depot Fire Department hosted the training at their 3-story structural trainer which is used to simulate Class A fires (Ordinary Combustibles: wood, paper, cloth, etc.). Fires were created using wood to simulate apartment fires, 2 story house fires, basement fires, and possible backdraft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

EFFECTIVE IMMEDIATELY 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: Camouflage (matches uniform), 'Earth tone' colors, black, brown, olive green, tan...

Relaxation / Distraction Resources Calming Music, Interactive Visuals, Meditation & More... SAFE SPACE https://www.vibrant.org/safespace/ CALM https://blog.calm.com/take-a-deep-breath/ BODY SCAN https://soundcloud.com/mindfulmagazine/3-minute-body-scan-meditation... Be Artistic... PUZZLES https://www.printableplanet.com/ COLORING https://printableplanet.com/ DOODLING https://www.kennedy-center.org/education/mo-williams/ Activities... VIRTUAL TOURS Museums - https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours... Available 7 days a week - Military Crisis Line 1-800-273-8255

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 @ veteranascrisisline.net or text to 838255 ~Military Vet Center: 800-3452-9647 ~Reno NV, Vet Source: 775-323-1294 Director of Psychological Health (DPH) information is listed below: Allison Pratte, LCSW @ DSN: 788-9307, Comm: 775-788-9307 Email: allison.m.pratte.civ@mail

PT Testing BASE-WIDE PT TEST NONE UNTIL OCTOBER 2020

High Roller Social Media @nevadaairguard @152AW Public Affairs @NUNationalGuard @152AW

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

High Rollers Livin' High, Flyin' Low