

HIGH ROLLER NEWS



WHAT'S INSIDE?

Nevada ANG @ Air Defender	pg. 3
Military & Family Events	pg. 6
Paving the Path (CE in Spain).....	pg. 8
Family Day	pg. 11
What's Happening?	pg. 12
NVNG School Supplies.....	pg. 15
Why Wash your Hands?	pg. 16
Base Camp Tour	pg. 19
OPERATION: Cookie Drop.....	pg. 24

August Drill Outlook

August 2023 Drill High Roller Cafe

SATURDAY LUNCH

1100-1230

MENU ITEMS:

Pepper Jack Stuffed
Chicken

Shrimp Scampi

Steamed Rice

Capellini Pasta

Corn on the Cob

Green Beans

SHORT ORDER:

Cheeseburgers

Chicken Wraps

French Fries

ADDITIONAL ITEMS:

Salad Bar

Assorted Desserts

SUNDAY BREAKFAST

0700-0900

MENU ITEMS:

Scrambled Eggs

Loaded Eggs

Sausage Patties

Home Fries

Biscuits and Gravy

Pancakes

Oatmeal

ADDITIONAL ITEMS:

Fresh 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 \$6.85, BREAKFAST MEAL RATE \$4.30

Weather

Sat



91°

62°

Sun



92°

64°

Upcoming Events

20 August: Elks Pool Party

19 August: Aces Military Appreciation Night

13-17 September: Final Reno Air Races

28 October: Nevada Day Parade

11 November: Veteran's Day Parade

HIGH ROLLERS

Nevada Air National Guard's 152nd Airlift Wing Participates in AIR DEFENDER 23

Story by: Senior Master Sgt. Paula Macomber
152nd Airlift Wing Public Affairs

The 152nd Airlift Wing partnered with nine other Air National Guard C-130 wings, the German Air Force, Romanian Air Force among other allied and partner nations at Wunstorf Air Base, Germany to provide combat tactical airlift for NATO's largest ever air redeployment exercise: AIR DEFENDER 2023 from June 12-23, 2023.

The exercise saw 25 countries, 250 aircraft and over 10,000 participants engage in two weeks of sustained air operations. Led by the German Air Force, AD 23 offered another opportunity for partner nations who value freedom and democracy to exercise collective defense, demonstrated the unified resolve of NATO to fight and win an air war over the continent of Europe, according to NATO.

For two weeks, German civil airspace was partially closed to make way for the exercise's 1,700 sorties of air combat and air mobility operations.

"AIR DEFENDER 23 was one of, if not the most meaningful experiences of my 16 years of military service," said Lt. Col. Matthew Schwegel, assistant director of operations at Wunstorf Air Base and assigned to the 152nd Airlift Wing, Nevada Air National Guard in Reno, Nev. "To execute daily formation inter-flies with our NATO allies, and to fully integrate into a German air base proved the unity and interoperability of our NATO and partner-nation alliances. Our German allies were the most gracious of hosts and the most professional of aviators that I've ever had the privilege of working with."

Two crews and one C-130H3 tail from the 152nd AW participated in multiple force-on-force, joint multinational airdrop and international sustainment missions across the continent of Europe. Air National Guard C-130s were instrumental to the deployment, sustainment and redeployment of U.S. Combat Air Forces throughout the exercise: Delivering over 1.3 million pounds of cargo and 1,800 passengers to Combat Air Force spoke locations. Supporting this effort were a contingent of 152nd maintainers, air crew tactics planners,

AD23, cont. next page



A U.S. Air Force C-130 Hercules aircraft operated by the 152nd Airlift Wing, Nevada Air National Guard, leads a two-ship formation during the first mission of exercise Air Defender 2023 (AD23) over eastern Europe, June 12, 2023. Exercise AD23 integrates both U.S. and allied air-power to defend shared values, while leveraging and strengthening vital partnerships to deter aggression around the world. (U.S. Air National Guard photo by Master Sgt. Caila Arahood)



A U.S. Air Force C-130 Hercules aircraft, operated by the 152nd Airlift Wing, Nevada Air National Guard, lands at Wunstorf Air Base, Germany, during exercise Air Defender 2023 (AD23) June 20, 2023. Exercise AD23 integrates both U.S. and Allied air-power to defend shared values, while leveraging and strengthening vital partnerships to deter aggression around the world. (U.S. Air National Guard photo by Master Sgt. Caila Arahood)

AD23, cont.



A U.S. Air Force C-130 Hercules aircraft, operated by the 152nd Airlift Wing, Nevada Air National Guard, lands at Wunstorf Air Base, Germany, during exercise Air Defender 2023 (AD23) June 20, 2023. Exercise AD23 integrates both U.S. and Allied air-power to defend shared values, while leveraging and strengthening vital partnerships to deter aggression around the world. (U.S. Air National Guard photo by Master Sgt. Caila Arahood)



A U.S. Air Force C-130 Hercules aircraft, operated by the 152nd Airlift Wing, Nevada Air National Guard, lands at Wunstorf Air Base, Germany, during exercise Air Defender 2023 (AD23) June 20, 2023. Exercise AD23 integrates both U.S. and Allied air-power to defend shared values, while leveraging and strengthening vital partnerships to deter aggression around the world. (U.S. Air National Guard photo by Master Sgt. Caila Arahood)

medics and air crew flight equipment technicians, all of whom seamlessly integrated into the expeditionary airlift group at Wunstorf.

“If there’s one takeaway I have from the experience, it’s that despite our different cultures, we really have more in common with our NATO partners and allies than I ever realized,” Schwegel said. “We’re cut of the same cloth and share the same societal and military-professional values.”



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.





Military & Family Readiness Events

Event	Date/Time of Event	Must RSVP by date	Location of Event	Point of Contact	Air or Joint Event
Back to school supplies event	5 August 23 0900-1100	28 July 23	Still working on a location!!	Fred Barton	Joint (51)
Military Appreciation Night	19 August 23 1835	14 Aug 23	Greater Nevada Field	Fred Barton	Joint
Annual ELKS Lodge Pool Party	20 August 23 1000-1500	5 August 23	Reno ELKS Lodge	Fred Barton	Joint (30)
Strong Bonds Date Night	27 Aug 23 1700-2100	21 August 23	Renaissance Reno Downtown Hotel	Chaplain Crandell Fred Barton	Air (21)
Strong Bonds Weekend Retreat (Open)	22-24 Sept 23	15 Sept 23	Renaissance Reno Downtown Hotel	Chaplain Crandell Fred Barton	Air

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



Paving the Path: 152nd civil engineers utilize Multi-Capable Airmen concept and improve Spanish air base and increase squadron readiness

Story by: Staff Sgt. Michelle Brooks
152nd Airlift Wing Public Affairs

Airmen from the Nevada Air National Guard's 152nd Civil Engineer Squadron (152 CES) traveled to Moron Air Base, Spain for Deployment for Training (DFT) June 17-July 2, 2023.

The group of 28 engineers were tasked with main projects which included: constructing a communications storage facility, demolition of 150 yards of railroad tracks, asphalt, and crushed stone to create a concrete pavement approach for an existing ramp and unloading for semi trucks, removal of debris, in addition to clearing airfield obstructions, which included a finishing grade, eliminating three airfield waivers that were hazardous to aircraft operations. 152 CES also worked on other smaller projects while there.

"The Nevada Air Guard came in and hit the ground running; they were motivated and excited to get started," stated Capt. Theresa Bowie, Civil Engineer officer with the 201st Red Horse Squadron, Fort Indian Town Gap, Pa. and duration staff Officer In Charge of DFT operations at Moron Air Base stated, "This is a unique environment that we're working in, and they've been resilient, flexible, and persistent. We've really come together to ensure we've maintained focus and are on track for our projects."

In addition to extreme heat which ranged over 100 degrees daily during the projects, the 152 CES faced other challenges during the DFT which tested their resilience, while also increasing readiness for future operations.

"Being in another country, there is a different way of constructing buildings and a different way of laying concrete pavement," said Maj. Brent Nasset, 152nd Civil Engineer Squadron Officer in Charge of the DFT, "We had issues from material on-site that was available to us, and some of the design for what we were doing was not fully finished or vetted. We had to recreate and rework designs. That caused a delay because we had to buy materials off of the Spanish market. It's all metric and it's all different building materials than we're used to. It created some constraints and also it's work that we haven't done a lot of."



Members from the 152nd Civil Engineer Squadron pour concrete during construction of a concrete pavement approach at Moron Air Base, Spain June 26, 2023. The 152nd engineers were in Spain for Deployment For Training, a program which provides valuable training opportunities for CE Airmen not normally available in their home station, resulting in expanded skillsets, increased readiness, and a more versatile force

The DFT provided the 152 CES Airmen the opportunity to enhance and test their skills. Senior Airman Jordan Yurmanovic, an apprentice heavy equipment operator in pavements and equipment with the 152nd civil engineers, experienced his first DFT with the civil engineers. "This was my first time out of the country and it was a great experience and team effort," said Yurmanovic, "I was the only heavy equipment operator, and I was able to apply my knowledge to help my team and this base. It was hard and challenging work, but I am proud of what we got done in Spain."

Many of the Airmen assigned to various projects were tested in a discipline in which they had

CES, cont. next page

CES, cont.

limited experience. For example, of the 16-person crew assigned to concrete work, only two members had experience in that specialty. Similarly, the structural crew working on the communications storage building were from various other specialties including power production, plumbing and HVAC. Through these training experiences, the civil engineers were able to increase their collective capacities and versatility as a squadron. This not only helped the Airmen on the team, the base in Spain, and it also highlights the concept of Multi-Capable Airmen (or MCA), Airmen trained in expeditionary skills and capable of accomplishing tasks outside of their core Air Force specialty. Specifically, these personnel are often trained as a cross-functional team to

provide support to Agile Combat Employment force elements. They are enabled by cross-utilization training and can operate as part of a team in an expeditionary environment to accomplish mission objectives within acceptable levels of risk--which carries on the Air Force Doctrine 1-21 the Air Force's first doctrine publication on Agile Combat Employment, implemented by Air Force Chief of Staff Gen. CQ Brown, Jr. in December of 2021.

"This is a great opportunity for our squadron," said Nasset. "It's a great opportunity for the members to experience something they don't normally do during home station. A lot of people were training, so that took time to get everyone spun up, but everyone worked hard to lean in and accomplish the mission."



152 AIRLIFT WING

CATHOLIC MASS

SCHEDULE

EACH SUNDAY OF UTA

1200HRS WING AUDITORIUM

LECTORS NEEDED

CONTACT CHAPLAIN CORPS FOR DETAILS

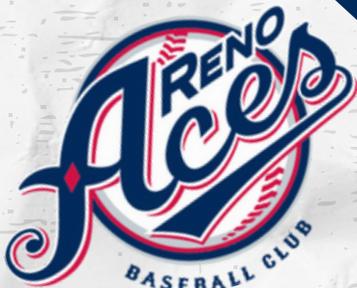
BEGINNING IN SEPTEMBER!



Come Join Us For



***Military
Appreciation
Night***



**AS THE RENO ACES TAKE ON THE LAS VEGAS AVIATORS ON
AUGUST 19, 2023**

GREATER NEVADA FIELD



**SCAN THE QR CODE OR USE THE
LINK BELOW TO REGISTER!**

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vp.cfmi=776778&k=0566440E7C5F](https://einvitations.afit.edu/inv/rs vp.cfmi=776778&k=0566440E7C5F)**

FAMILY DAY 2023

Photos by: Staff Sgt. Angela Crawford
152nd Airlift Wing Public Affairs



What's happening in High Roller Country!??

RECENT PROMOTIONS



Maj. Chris LeRoy was promoted to Lieutenant Colonel last month!
Congratulations Lt. Col. LeRoy!!



Airman 1st Class Jordan Yurmanovic (Yuri) was promoted to Senior Airman while TDY to Moron Air Base in Spain.
Congratulations Yuri!

SAYING GOODBYE



Chief Master Sgt. Shawn Plunket also took his final flight.
We wish him well in his retirement!

Congratulations to all!

HIGH ROLLERS 

BLOOD DRIVE

Because of you, life doesn't stop.



NV Air National Guard Blood Drive

Sunday August 13th
8:30am – 2:00pm



All donors will receive a Nevada T-Shirt and will be entered for a chance to win 1 of 5 \$5,000 prepaid gift cards.

Donate inside the Bloodmobile
(Near Sanga)

>>>To Sign Up<<<

Contact **Tracy Woodfolk @ 775-788-4792**

Tracy.Woodfolk@us.af.mil

Or **SCAN THE QR CODE** →→→→→



DONATE BLOOD

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vitalant

Nevada National Guard Family programs provides Backpacks and school supplies for the children of the Nevada National Guard

By Fred Barton
152nd Airlift Wing Military and Family Readiness



The Nevada Air National Guard Family Programs, and Army National Guard Child and Youth coordinator are hoping to make the cost of sending their kids back to school this year a little easier on National Guard families.

On Saturday, August 5, 2023, Mr., Fred Barton, the Nevada Air National Guard, Military and Family Readiness Program Manager, Ms. Lorri Mills, the Yellow Ribbon and Reintegration coordinator and Ms. Sonnet Soto, the Northern Nevada Army National Guard Child Youth Coordinator, and other volunteers distributed 250 backpacks at the Discovery and Sci-

ence Museum, downtown Reno, to Airmen, Soldiers, National Guard Families, and retirees. The backpacks were loaded with school supplies like binders, paper, pencils, and pens, and assorted other supplies for the up-coming 2023 - 2024 school year.

Special thanks go to Operation Home Front for providing all the backpacks, and paper, Ms. Lorri Mills for picking up and sorting all the school supplies and the Daughters of the American revolution, for filling all the backpacks with materials.

Leftover school supplies will be available during August Guard drill weekend.



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. 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>



JOIN US FOR THE 11TH ANNUAL

POOL Party



**NEVADA NATIONAL GUARD
FAMILIES PICNIC AND POOL PARTY**

AUGUST 20, 2023

10:00- 3:00 PM

FREE HOT DOGS / HAMBURGERS WITH ALL THE TRIMMINGS WATER AND SOFT DRINKS.

**ENJOY THE DAY...THE POOL...
AND ...THE FOOD !**



<https://einvitations.afit.edu/inv/rsvp.cfm?i=717827&k=056045017950>

POC:
Fred Barton
A&FRPM
Fred.barton@us.af.mil



NVANG Welcomes Base Camp Group

By Senior Master Sgt. Paula Macomber
152nd Airlift Wing Public Affairs



The Nevada Air National Guard welcomed a before/after care group called “Base Camp” to the base for a tour on July 26, 2023. The kids were able to get a tour of the indoor shooting range, the fire house, a C-130 and demonstrations by the Operations Group’s Aircrew Life Support team.

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 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

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!

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”

Sponsored by the 152^d Airlift Wing Chaplain Staff

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

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



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

REGISTER NOW SPACE IS LIMITED TO 50 ATTENDEES ONLY



Strong Bonds Couples and Singles Training “Speed of Trust”

This is a weekend retreat at a local hotel

22 September 2023, Reno, NV

Registration for this event ends on 15 September 2023



Scan QR Code w/your phone
for registration

- ✓ Time away to relax and play!
- ✓ Adult conversations!
- ✓ Relaxing Hotel!
- ✓ Easy drive from home!
 - ✓ Tasty meals!
 - ✓ Great Training!
 - ✓ Meet new friends!

If interested, Please contact

Chaplain Crandell

(209)-324-4904

donald.crandell@us.af.mil

or

Fred Barton

(775) 287-4768

fred.barton@us.af.mil

<https://einventions.afit.edu/inv/rsvp.cfm?i=775471&k=0566470D7C56>

Lodging, Meal's and Training Materials Provided

REGISTER NOW SPACE IS LIMITED TO 50 MEMEBRS

Sharp Shooters in the Community

By Senior Master Sgt. Paula Macomber
152nd Airlift Wing Public Affairs



The Nevada Air National Guard 232nd Combat Training Squadron's Sharp Shooters (232 CTS) volunteered to help out Aug. 5, 2023 at a local "Back to School" event. The volunteers helped get backpacks and school supplies to local children. They helped distribute 2,700 backpacks with supplies and there were two hundred volunteers, 28 of which were members of the 232nd CTS.

"It's really important that our community has everything it needs for school, that helps them build up the confidence they need to have a successful school year," Chanel Smith, program supervisor for the Whitney Recreation Center, said. "We just don't have items for the kid, we have things for the parents as well."

Some of the things geared toward parents were job interviews and haircuts. Eighty-five youth registered for haircuts, hairstyles with 5 barbers/hairstylists. There were over 100 applicants for Clark County Safe-keep--some participants were hired on the spot.

Smith continued, "This event would NOT have

been possible without any of you (the volunteers). The community of Whitney appreciates you, as do I. Thank you, and thank you again. A quote I was given from a dear friend is, 'Your community has all you need.' And it's true."

Airmen volunteering in the community not only helps the community, but it also instills a certain sense of pride in the Airmen from seeing the impact that they provide by volunteering.

"I take great pride in my participation in the Clark County School District Back to School Event," Master Sgt. Bryan Bledsaw, Sharp Shooter from the 232nd Combat Training Squadron said. "The opportunity to make a meaningful contribution to our community and dedicate my time to the youth of Nevada has been incredibly fulfilling. I was in awe of number of children attending the event. I found myself overwhelmed with a sense of accomplishment, knowing that I was making a positive impact in the Las Vegas community."





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CALL THE PA OFFICE:

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SPECIAL DELIVERY

GIRL SCOUT COOKIES!



By Senior Master Sgt. Paula Macomber
152nd Airlift Wing Public Affairs

It all started with a phone call. The Girl Scouts of Northern Nevada (GSNN) called the 152nd Airlift Wing Public Affairs shop one day and asked if they could donate about 1,000 boxes of Girl Scout Cookies to the Nevada Air National Guard.

More phone calls ensued and on Monday, July 31st 1,100 boxes of cookies were delivered to the Dining Facility on base.

These cookies came to us by the “Gift of Caring Program” which is described below:

As a way to recognize hometown heroes like local firefighters, police officers, military troops, or community service organizations, Girl Scouts of the Sierra Nevada encourages girl scout troops to participate in the Gift of Caring Program.

During order-taking and cookie booth time, customers can purchase additional packages of cookies to be donated to a council-designated organization or military group.

In 2022 the GSNN Gift of Caring program donated more than 4,000 boxes of Girl Scout Cookies to non-profits throughout Nevada, including Blue Star Moms!

Operation Cookie Drop:

This was what they said, “We’ve got cookies! And thanks to you, so do our military service members. Buying Girl Scout Cookies doesn’t mean you have to eat them ALL... you can donate them to troops! With Operation Cookie Drop, Girl Scouts learn the importance of giving back to their community and—in some small way—thank our military personnel. Donating is also an excellent way for customers with dietary restrictions to support Girl Scouts in their neighborhoods. If you can’t eat ‘em, treat ‘em! Donated cookies go to troops from the Sierra Nevada region.”

The High Rollers can pick up a box of cookies at the DFAC this weekend as they eat their lunch.

A big huge “thank you” goes out to Girl Scouts of Northern Nevada! Thank you so much!

★ 152 MXG Breakfast Burrito Sale ★



Saturday UTA – 12 August

0630-0900 (or sold out)

Main Entrance of the MXG Hangar

- \$5/ea (Cash Preferred; Venmo Accepted)
- Eggs, Hash Browns, Cheese, and Bacon (optional)
- POC: CMSgt Jennifer Harrell (775-788-4626)

Brought to you by the 152 MXG Morale Committee



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

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 |



LEGACY

HIGHROLLERS

WITH OVER 20 YEARS OF MILITARY SERVICE

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.



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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Fighting for Premium Free
Healthcare for DSG, MDAY
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Scholarships &
Emergency Grants

E4 and below 1 year FREE
membership
Coupon code E4BELOW



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WWW.NEVADAEANGUS.ORG

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
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1 in 3

diarrhea-related
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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