

HIGH ROLLER NEWS

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September Drill Outlook

September 2024 Drill High Roller Cafe

SATURDAY LUNCH

1100-1230

MENU ITEMS:

Chicken Enchiladas
Birria Tacos
Spanish Rice
Refired Beans
Esquites
Mixed Vegetables

SHORT ORDER:

Cheeseburgers
Chicken Wraps
Tater Tots
Tuna Melts

ADDITIONAL ITEMS:

Salad Bar
Chili
Assorted Desserts

SUNDAY LUNCH

1100-1230

MENU ITEMS:

Roast Beef
Adobo Chicken
Rice
Mashed Potatoes
Mushroom Gravy
Broccoli
Cauliflower Combo

SHORT ORDER:

Cheeseburgers
Chicken Wraps
French Fries

ADDITIONAL ITEMS:

Chicken Sandwiches
Salad Bar
Chili
Assorted Desserts

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

Weather

Sat



92°

57°

Sun



91°

57°

Upcoming Events

19-20 October: October UTA

30 October: Spouse Lift

31 October: Boss Lift

2-3 November: November UTA

7-8 December: December UTA

April 2025: UEI Capstone

HIGH ROLLERS

JOINT COMPO / JOINT SERVICE

Medical & Dental Readiness Event

10 – 12 August 2024

Guam National Guard | Barrigada Readiness Center

The Guam Army National Guard Medical Readiness Detachment (MRD) conducts a Joint Component / Joint Service Medical and Dental Readiness Event (MDRE) for Guam Army National Guard Soldiers on 10-11 August 2024 with the Nevada Air National Guard, Guam Air National Guard, United States Air Force Reserve, and United States Coast Guard.

1. Master Sgt. Erick Walczak of the Nevada Air National Guard, Lt. Col. Bruce Gallio of the Nevada Air National Guard, QTC contracted providers, Army Capt. Dan Romulo of the Guam Army National Guard, and USCG Lt. G. Snyder of the United States Coast Guard prepare to close out Physical Health Assessments.

2. Master Sgt. Erick Walczak of the Nevada Air National Guard, Senior Airman B. Cruz of the Guam Air National Guard, and Mrs. Jackie Taitano, Guam Army National Guard Case Manager check Soldiers in before seeing BH and medical providers.

3. Senior Airman J. Damian of the Guam Air National Guard, Tech. Sgt. A. Rodriguez of the Nevada Air National Guard, and Staff Sgt. B. Gutierrez Guam Army National Guard prepare for blood draws at the lab station.

4. Staff Sgt. B. Cordero of the United States Air Force Reserve and Maj A. Santos of the United States Air Force Reserve document immunizations administered.

2.



3.



1.



4.



DROP - COVER - HOLD ON

ALWAYS BE PREPARED



STAY PREPARED!

HIGHROLLERS 

Memorial Service Held for Bill Whalen at Nevada Air National Guard Base

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



Top Left: Ch. Shay Gilliam prays for friends and family of Bill Whalen during Whalen's memorial service held at the Nevada Air National Guard Base Wing Auditorium; Top Right: Chief Linton tells some stories about Whalen during Whalen's memorial service; Bottom Left: Honor Guard folds a flag in honor of Bill Whalen, former High Roller during Whalen's memorial service; Bottom Right: Col. Kyle Cerfoglio presents a flag to Bill Whalen's widow during Whalen's memorial service on August 8, 2024 at the Nevada Air National Guard Base in Reno, Nev.

Friends, family, and fellow High Rollers from the Nevada Air National Guard gathered at the Nevada Air National Guard base in Reno on August 8, 2024 to honor the life and legacy of Tech. Sgt. Bill Whalen (Ret.). The memorial service drew a substantial crowd, reflecting Whalen's significant impact on those around him.

Whalen, a beloved member of the High Rollers, was remembered for his dedication and contributions to the local community. The service was marked by heartfelt tributes and shared memories, as speakers and attendees celebrated his remarkable life.

The service included a military honor guard presentation, 21 gun salute, and a series of reflections from those who knew Whalen best. Attendees described him as a person of dedication and commit-

ment to helping those around him, both in his service and personal life.

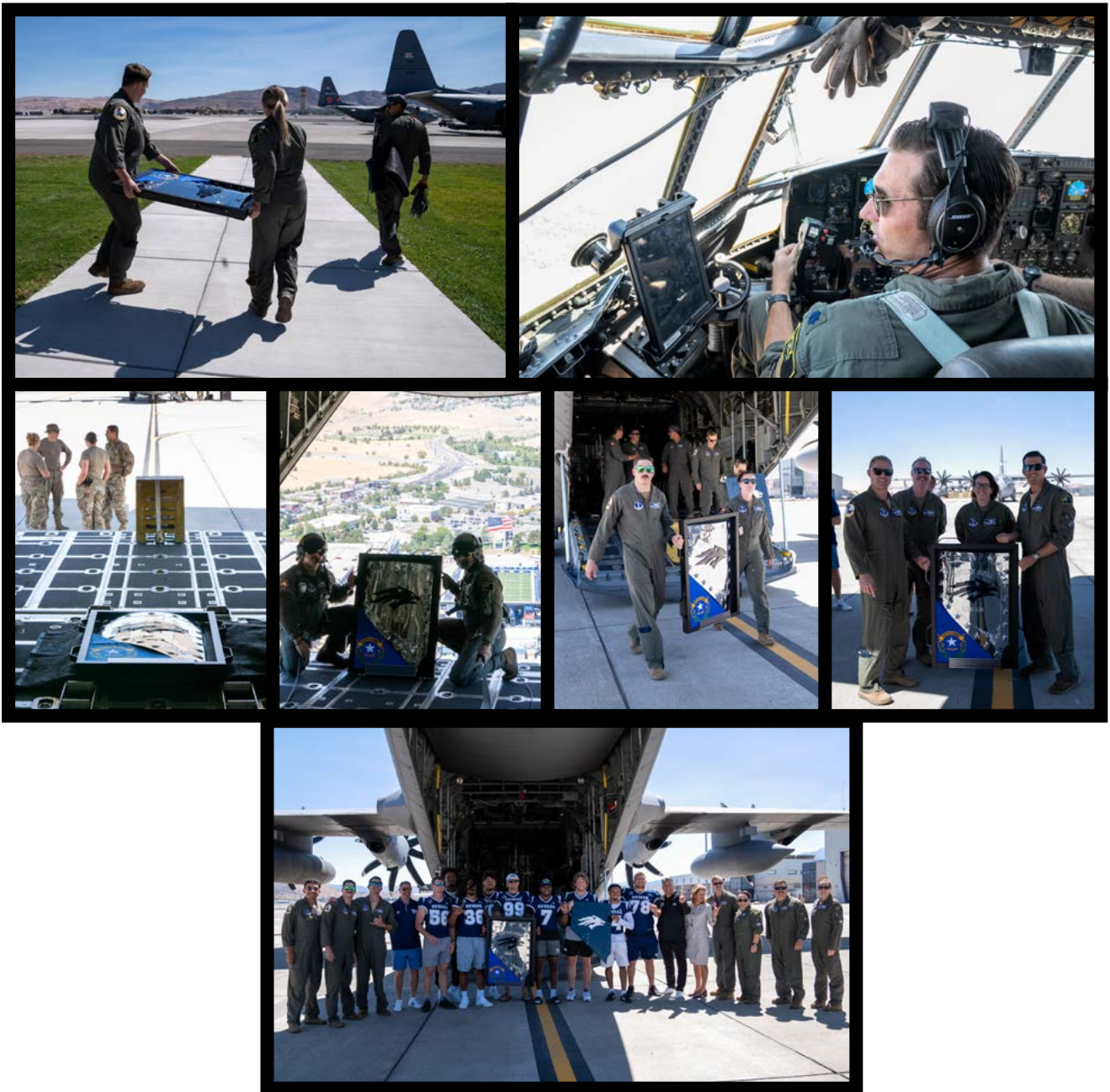
Whalen's legacy will be remembered not only through the memories shared at the service but also through the continued work and camaraderie of the High Rollers and community members he so deeply influenced.

The memorial concluded with a reception where friends and family had the opportunity to share personal stories and celebrate Whalen's life in a more informal setting.

Bill Whalen's contributions to the Nevada Air National Guard and his enduring influence on those who knew him will be remembered for years to come.

Nevada Air Guard, University of Nevada, Reno partner for sesquicentennial

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



To commemorate the University of Nevada, Reno's 150th birthday, the 152nd Airlift Wing, Nevada Air National Guard, flew the university's Sesquicentennial Commemorative "Battle Born" Shield over the greater Reno-Tahoe area and Mackay Stadium the day before the first game of the Football Season.

Following the flight, the Nevada Air Guard "High Rollers" will present the shield to UNR President Brian Sandoval; Nevada Athletics Director Stephanie Rempe; Nevada football head coach Jeff Choate and Todd Renwick, Nevada football operations director at the Nevada Air National Guard Base in Reno.

The shield will be carried onto the field before each of the Nevada football home games this year.

ABOUT THE SHIELD: The Battle Born Shield was designed by John Galloway and manufactured by Vincent Chang, the shield is engraved by Scott Morisotto of E3 Engraving.

The Battle Born Shield was commissioned and manufactured in 2024, the Sesquicentennial Anniversary of the founding of the University of Nevada. The state-shaped shield is surrounded by 20 stars, the sum

Shield, cont. next page

Shield, cont.

of the numbers 1, 8, 7, and 4, the year the University of Nevada was established: Oct. 12, 1874. The shield weighs 18.96 pounds, in homage to the inaugural year of the University of Nevada's football program: 1896. The shield's height is 36 inches, in honor of Nevada's admission to the Union on Oct. 31, 1864, as the 36th state. The words "Battle Born," just as on the state flag, acknowledge Nevada having attained its statehood during the Civil War. As well as being silver, the circumference of the shield is 107.8 inches and 47 inches diagonally, in recognition of Nevada as a leader in the nation's silver production and the Mackay School of Earth Sciences and Engineering, 107.8682 and 47 being the atomic weight and atomic number of silver, respectively. The reverse side of the shield includes an

explanation of the acronym ATYR, a metaphor for an athlete's brevity of time spent at the University, and a dedication to the American Armed Forces, which is in keeping with the University of Nevada's motto, Omnia Pro Patria, "All for Our Country." CL, imposed behind ATYR, is the Roman Numeral representation for 150.

The shield embodies a powerful message from the coach: it underscores the finite nature of opportunities. By reflecting on their time on the football field, players are encouraged to consider how they will make their mark during their tenure at the University of Nevada. The shield serves as a constant reminder of the importance of seizing every moment and leaving a lasting legacy.



**GET HOME SAFE ON
THE HIGH ROLLERS**

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PROMO CODE: ROLLER22

AVAILABLE ALL WORKDAYS, 1630-2400 FROM BASE
(ONLY) TO YOUR DESTINATION

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HIGH ROLLERS

Recommended Earthquake Safety Actions



Federal, State, and local emergency management experts and other official preparedness organizations agree that the actions described below will reduce injury and death during earthquakes.

In most situations, if you feel shaking or get an earthquake alert, immediately:

DROP where you are, onto your hands and knees. This position protects you from being knocked down and allows you to stay low and crawl to shelter if nearby.

COVER your head and neck with one arm and hand.

- If a sturdy table or desk is nearby, crawl underneath it for shelter.
- If no shelter is nearby, crawl next to an interior wall (away from windows).
- Stay on your knees; bend over to protect vital organs.

HOLD ON until the shaking stops.

- Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts.
- No shelter: hold on to your head and neck with both arms and hands.

If you are unable to drop to the ground, sit and bend over, covering your head and neck with your hands and arms. If you use a cane, keep it with you even if you go under a table to help you get back up. If you use a wheelchair or walker with wheels (a rollator), **LOCK** your wheels (or set the brake) and remain seated until the shaking stops. Always **COVER** your head and neck with your arms, a pillow, a book, or whatever is available and **HOLD ON** until shaking stops. For other accessibility recommendations see [EarthquakeCountry.org/accessibility](https://www.earthquakecountry.org/accessibility).

U.S. West Coast residents are encouraged to download the MyShake app to receive earthquake alert messages on their cellphone.

A small jolt might turn out to be the start of a large earthquake, so always protect yourself immediately!



How to Protect Yourself in Various Settings

Indoors: Drop, Cover, and Hold On. Avoid exterior walls, windows, hanging objects, tall furniture, televisions, and cabinets with heavy objects or glass. Do not try to move more than 5-7 feet before getting on the ground. Do not go outside during shaking! (Exterior building materials and glass can fall and may hit you as you exit.) If seated and unable to drop to the floor: bend forward, Cover your head with your arms, and Hold On to your neck with both hands.

In bed: Do not get out of bed. Lie face down to protect vital organs, and Cover your head and neck with a pillow, keeping your arms as close to your head as possible, while you Hold On to your head and neck with both hands until shaking stops. You are less likely to be injured by fallen and broken objects by staying where you are.

In a multiple-floor building: Drop, Cover, and Hold On. Avoid windows and other hazards. Do not use elevators. Do not be surprised if sprinkler systems or fire alarms activate.

In a classroom: Drop, Cover, and Hold On. Laboratories or other settings may require special considerations to ensure safety. Students should also be taught what to do at home or other locations.

In a stadium or theater: Drop to the ground in front of your seat or lean over as much as possible, then Cover your head with your arms (as best as possible), and Hold On to your neck with both hands until shaking stops. Then walk out slowly, watching for anything that could fall during aftershocks.

In a store: Drop, Cover, and Hold On. Getting next to a shopping cart, beneath clothing racks, or onto the bottom shelf of a large multi-shelf unit to provide extra protection from falling objects.



What NOT to do!

Many people still think “getting in a doorway” is safe, however this is out-of-date advice that should never have been recommended. We now understand that doorways: are not stronger than any other part of the house; do not provide protection from falling or flying objects; and will not be a safe space in the rare case of building collapse.

BREAKING NEWS

● **LIVE**

Key Spouse Program Rebranded

The Department of the Air Force recently announced the Key Spouse Program is changing to the Commander's Key Support Program.

The updated program expands opportunities for Airmen, federal employees and family members to contribute to their units, allowing anyone interested, irrespective of marital status, to hold roles as long as volunteer duties do not conflict with primary responsibilities. Volunteers will now be identified as Key Support Liaisons.

In addition to a new name, the program incorporates new readiness, resource and connectedness objectives designed to help commanders meet the needs of the modern family.

For more information contact:

Angie Solberg
Key Support Mentor
(775) 781-0027
152cksp@gmail.com



What's happening in High Roller Country!??

RECENT PROMOTIONS



1st Lt. Jesse Lemos was promoted to captain!
Tech. Sgt. Thomas Siler was promoted to master sergeant!

AWARDS



Chief Paul Bright was presented with the Drennan A. Clark Order of Nevada Medal.

Congratulations all around!

HIGH ROLLERS

Join our

SPECIAL MEMBERSHIP

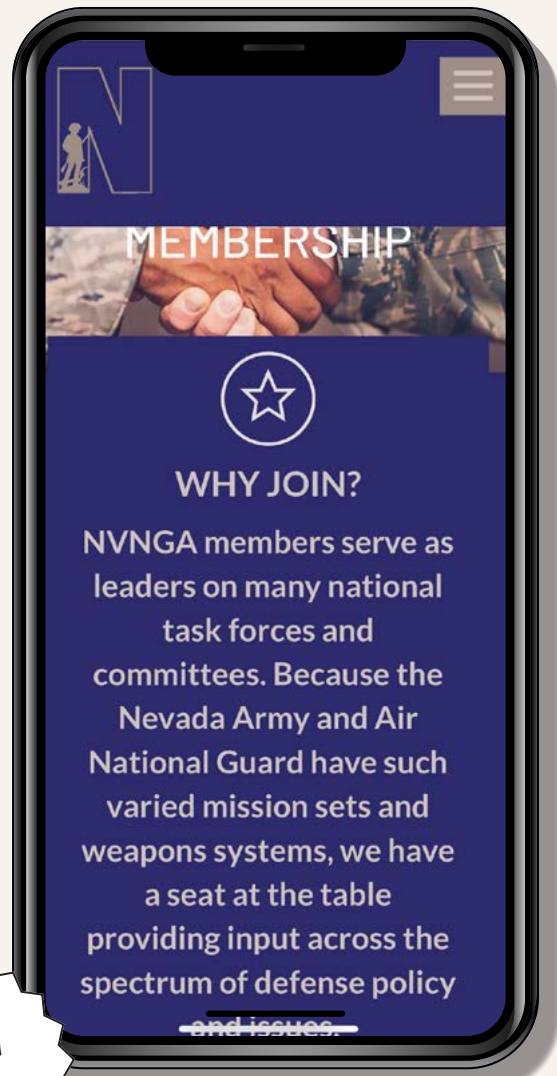


Nevada National Guard Association works for you! The local chapter of the National Guard Association of the United States (NGAUS), NNGA lobbies for members here in Nevada, recently gaining tuition waiver assistance for family of service members, a Tax Free Holiday every Nevada Day Weekend and putting Nevada on the map hosting two of the past three NGAUS conferences (Las Vegas, 2021, and Reno, 2023).

\$250 digital lifetime (LIMITED TIME OFFER)

To become a member, visit:
<https://www.nganv.org/membership-form>

SIGN UP NOW



JOIN TODAY!

SIGN UP TO OUR NEW MEMBERSHIP

Nevada National Guard Presents

Yoga for Mental Wellness

Mindful Resilience Yoga
with **Nikky Randel**, RYT-200,
Mindful Resilience and Trauma
Sensitive Yoga Instructor



Scan to view upcoming dates
and for registration.
New dates added monthly.

YOGA PROMOTES MENTAL WELLBEING BY REDUCING STRESS, ENHANCING MOOD, AND INCREASING SELF-AWARENESS THROUGH MINDFULNESS PRACTICES. IT IMPROVES CONCENTRATION, EMOTIONAL BALANCE, AND RELAXATION, LEADING TO BETTER SLEEP AND INCREASED RESILIENCE IN FACING LIFE'S CHALLENGES.



AIR NATIONAL
GUARD



**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

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.



TIME IT TAKES A HACKER TO BRUTE FORCE YOUR PASSWORD IN 2024

How did we make this? Learn at hivesystems.com/password

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	3 secs	6 secs	9 secs
5	Instantly	4 secs	2 mins	6 mins	10 mins
6	Instantly	2 mins	2 hours	6 hours	12 hours
7	4 secs	50 mins	4 days	2 weeks	1 month
8	37 secs	22 hours	8 months	3 years	7 years
9	6 mins	3 weeks	33 years	161 years	479 years
10	1 hour	2 years	1k years	9k years	33k years
11	10 hours	44 years	89k years	618k years	2m years
12	4 days	1k years	4m years	38m years	164m years
13	1 month	29k years	241m years	2bn years	11bn years
14	1 year	766k years	12bn years	147bn years	805bn years
15	12 years	19m years	652bn years	9tn years	56tn years
16	119 years	517m years	33tn years	566tn years	3qd years
17	1k years	13bn years	1qd years	35qd years	276qd years
18	11k years	350bn years	91qd years	2qn years	19qn years



› Hardware: 12 x RTX 4090 | Password hash: bcrypt

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.



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Mental Fitness
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Wellness



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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



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U.S. DEPARTMENT OF DEFENSE



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RECOGNIZE INDICATORS

PHYSICAL AND BEHAVIORAL SIGNS OF COERCION, LACK OF FREEDOM OR FREE WILL, MONITORED, OR FEARFUL.

REPORT SUSPICIONS

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ADDITIONAL RESOURCES INCLUDE:

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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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membership

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NVEANGUS

WWW.NEVADAEANGUS.ORG

**HAVE YOU EVER CHECKED OUT
THE WING'S PUBLIC WEBSITE?**

HERE IS THE LINK:



ENJOY!