



Drill weekend weather forecast:

**SAT** 39°  
19°

**SUN** 35°  
16°

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### Chaplain's Corner

## Changing the Emotional Climate of your Relationship

By Ch. Maj. Donny Crandell  
152nd Airlift Wing Chaplain

### marriage minute



Gary Smalley, in his book *The 5 Love Languages* says, "the key to changing the emotional climate of your marriage is to express verbal appreciation for the things you like about the other person."

This might include such ideas as: Thank you for being a good provider; you look sharp in your uniform; thanks for helping the kids with their homework; you can always make me laugh; thanks for doing a great job with our banking; thank you for keeping our cars maintained; etc.

Remember what Mark Twain once said, "I can live for two months on a good compliment." Let's keep in mind that verbal

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## Nevada Guard dominates Excellence in Diversity awards again

By 2nd Lt. Emerson Marcus  
Nevada National Guard State Historian



This courtesy photo shows three of the four National Guard Bureau Excellence in Diversity Awards presented Wednesday, Oct. 24, 2018, at the National Guard Diversity and Inclusion workshop at the Camp Richardson Professional Education Center here. The Nevada National Guard took three of the four awards given, including best Army unit, best Air unit and the Army individual award.

The Nevada National Guard took three of four National Guard Bureau Excellence in Diversity Awards today at the National Guard Diversity and Inclusion workshop at the Camp Richardson Professional Education Center here.

Nevada winners included:

State, Territory and District of Columbia: Nevada National Guard.

Air National Guard Unit: The 152nd Airlift Wing, Nevada Air National Guard.

Individual Army National Guard Soldier: Sgt. 1st Class Benjamin Pagni.

The only award Nevada did not garner at the annual award ceremony was the Army National Guard Unit award for best unit or organization, given to the South Dakota Army National Guard.

"It gives me great pride and joy concerning the receipt of three of this year's Excellence in Diversity Awards from the National Guard Bureau," said Brig.

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### PT Testing

BASE-WIDE PT TEST

**NONE THIS MONTH**

### 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

For More Finance Info:

[CLICK TO VISIT THE FINANCE PAGE](#)

### High Roller News

## Nevada Air Guard completes \$11 mil ops building modernization

By 2nd Lt. Emerson Marcus  
152nd Airlift Wing Public Affairs



Lt. Col. Steve Mills, 192nd Airlift Wing Squadron commander, along with Nevada Air National Guard leadership, hold a ribbon cutting to commemorate the opening of the 152nd Operations Group's refurbished operations building. (Photo by Senior Airman Baylee A. Hunt, 152nd Airlift Wing Public Affairs/Released)

When the then-152nd Reconnaissance Group constructed its operations building in 1976, the unit flew F-4 aircraft, the Cold War dominated international policy and Reno's population was a third the size of today.

Much has changed.

The 152nd Airlift Wing ushered in a new era Saturday with the ribbon cutting and opening of its refurbished operations building located on the east side of the Nevada Air National Guard Base facing the flight line and the unit's eight C-130 H aircraft.

"The only thing better than a brand new building is a new old

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## Meditation- What it is and why it matters

By Mr. Jason Stoner  
152nd Airlift Wing Recreation Specialist



It's my great hope, as your Recreation Specialist, to positively influence your understanding and attitude concerning both overall, and focused mindfulness.

So, what's mindfulness? First, I feel it's an overused, "hippy-dippy" term with no real substance anymore because people largely think it means whatever they want it to, and it "automagically" makes them Zen.

Wrong!

To be accurate, being mindful, is continuously being aware of what thoughts and feelings are naturally arising in your mind, where your body is in space, (proprioception), and your immediate environment, in a calm and alert manner. Not just when you're in the mood, either. Always!

Mindfulness is sitting or lying stone-still; it's active, or walking meditation. It's taking back the management position from the body and brain and their abilities, or inabilities, as the case may be. The management job rightfully belongs to your consciousness. This is also, hopefully, governing your will power. How Do I know it's not? Because you lost your attention in the first six seconds of reading this! I know because the average person loses their attention six to ten times every minute. It's called concentration, right?!

Studies have verified that on average, an adult human brain has 60-70,000 thoughts per day. We know 80-90% of the thoughts scrambling in your head are the same thoughts you had yesterday, and the day before, and back and back. We also know 90% of those worn-out, repetitive thoughts are only 50% true and accurate! The brain typically forgets certain types of details, and also fills in blanks. No, I didn't fabricate those stats, those are scientifically verified test results, based on large, long term studies.

Mindfulness is an active discipline, not a trendy word. Without it, you eat too much, too fast, and too often. Without it, you drink too little water, wonder why you're grumpy or sad for no reason,

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## Become a Pilot or Combat Systems Officer...

DO YOU HAVE THE RIGHT STUFF?"

There will be a Hiring Board for C-130 Pilots and Combat Systems Officers over November 4th of UTA drill. We are looking for highly motivated, hard-charging individuals who want to join the best tactical airlift unit. While given the opportunity to excel at Undergraduate Pilot Training or Combat Systems Officer Training as an Officer in the Nevada Air National Guard. Applications must be received by 15 October 2018.

Visit the link below and click on the application workbook hyperlink.  
<http://www.152aw.af.mil/MEMBERS/Current-Job-Openings>

For questions contact Maj Steffens: charles.d.steffens2.mil@mail.mil or Capt Schwegel: matthew.h.schwegel.mil@mail.mil

Requirements:  
• Preferred age no older than 28 for Pilot applications  
• Graduated in your final Bachelor's degree semester  
• Competitive AFOSI Scores  
• Flight time as Pilot  
• 152nd Air Base Training Office at (775) 788-6511 to schedule your 152AW

**EXTRA! EXTRA!  
READ ALL ABOUT IT**

[CLICK HERE TO SEE MONTHLY FLYERS](#)

## WHAT ARE WE EATING?

SALAD BAR SATURDAY ONLY  
Lunch

Saturday 1100-1230

MAIN & SHORT LINE - HOLIDAY MEAL:

- Roasted Turkey / Prime Rib / Tri-tip
- Gravy / Stuffing
- Glazed Sweet Potatoes
- Roasted Red Mashed Potatoes
- Peas w/Mushrooms & Onions
- Green Beans w/Almonds
- Cranberry Sauce
- Cheesy Dinner Rolls
- Fried Shrimp Cocktail
- Soup: Lobster Bisque
- Assorted Desserts

Breakfast

Sunday 0700-0830

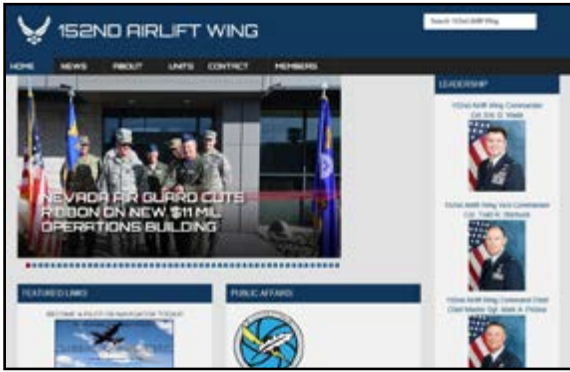
MAIN & SHORT ORDER BOTH LINES:

- Scrambled Eggs
- Bacon / Sausage
- Hash Browns

Holiday Meal Rate: \$9.10

Breakfast Meal Rate: \$3.45

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.



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### AWARDS BANQUET

In honor of the AMN, NCO, SNCO, 1st Sgt, Company Grade Officer and Honor Guard Member of the Year

SATURDAY 5 JANUARY 2019  
ATLANTIS-RESORT-CASINO  
NO HOST COCKTAILS AT 1900,  
DINNER AT 1900  
DRESS: NEVADA CASUAL

Dinner by the Atlantis Resort & Casino: Garden Salad, Tortellini Primavera, Chicken Chasseur, Assorted Vegetables, Baked Rolls and an assortment of Pastries, Cakes and Dess.

Tickets cost \$20 please purchase from Chief Martini (788-4655) Chief Driscoll (887-7313) MSgt Sherri Clark (788-4701) SMSgt Michelle Jeffries (555-362-9143) SrA Kristina Bloodgood (887-7237) or Ms. Pam Kimberlin (887-7326)

**SAFE TRAVELS  
HIGH ROLLERS!**

### 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](mailto: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 provides 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.

