

Table with 3 columns: FRI, SAT, SUN. Rows: Sun icon, Temp High/Low.

Chaplain's Corner

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



Surrounded by bagels, Capt. Michelle Dieters, 152nd Airlift Wing SARC, listens to Maj. Ch. Donny Crandell during a Worry Free Wednesday event on January 17, 2018...

Wednesdays at the Nevada Air National Guard base are not what they used to be. Since its inception a few years ago, every other Wednesday is "Worry Free," thanks to the efforts of Ch. Maj. Donny Crandell of the 152nd Chaplain Corps and Ms. Randee Hill, the 152nd Airlift Wing's Director of Psychological Health (DPH).

Some common Wednesday topics are: "Events, issues and hidden issues" and "Gratitude Can Change Your Life." "Events, issues and hidden issues" was a

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WHAT'S FOR LUNCH?

Salad Bar Friday & Sunday only

- Friday 1100-1230
MAIN & SHORT LINE - REGULAR MEAL:
BBQ Ribs / Chicken & Sausage Jambalaya
Black Eyed Peas
Succotash / Green Beans w/Mushrooms
Dinner Rolls
Soup: Southern Gumbo
Asst. Desserts
SHORT ORDER LINE:
Chicken Wraps / Chili
Cheese Burgers / Buffalo Chicken Tenders
French Fries / Nachos and Cheese

- Saturday 0730-0900
MAIN LINE - BREAKFAST MEAL:
Scrambled Eggs
Loaded Scrambled Eggs
Bacon / Sausage Patties
Waffles
Biscuits & Gravy
Assorted Fruit

- Sunday 1100-1230
MAIN & SHORT LINE - REGULAR MEAL:
Spicy Sausage Tortellini / Honey Chicken
Red Mashed Potatoes
White Rice
Glazed Carrots / Spinach
Soup: Cream of Broccoli
Asst. Desserts
SHORT ORDER LINE:
Chicken Wraps / Chili
Cheese Burgers
French Fries / Nachos and Cheese

NEW Regular Meal Rate: \$5.60
Breakfast 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.

PT Testing

NO BASE-WIDE PT TEST THIS UTA!!!

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 Rollers in the News

Outstanding High Rollers Recognized
By Senior Master Sgt. Paula Macomber
152nd Airlift Wing Public Affairs



The 2017 Nevada Air National Guard Outstanding Airmen of the Year with leadership at the awards banquet at the Eldorado Resort Casino in Reno on January 6, 2018. (Photo By Tech. Sgt. Timothy Emerick)



The 2017 Honor Guard Member of the Year, Senior Airman David Almada, shares a funny story as he accepts his award from Brig. Gen. Ondra Berry. The Nevada State Command Chief, Chief Master Sgt. Michael Drisdale and the Adjutant General, Brig. Gen. William Burks both smile in response to the story at the 2017 Outstanding Airmen of the Year Banquet at the Eldorado Resort Casino in Reno on Saturday, January 6, 2018. (Photo By Tech. Sgt. Timothy Emerick)

Nevada Air Guardsmen, family members, friends and supporters gathered at the Eldorado Resort Casino's main ballroom here in Reno on Saturday, January 6, 2018 to honor their outstanding Airmen of the year. It was a packed house of nearly 300 people. Capt. Sarah Searles, of the 192nd Airlift Squadron, opened the event by singing the National Anthem.

Prior to the announcement of the winners, State Command Chief, Chief Master Sgt. Michael Drisdale gave a few remarks.

"It is important to recognize these Airmen for their outstanding service to their unit, community and country. All nominees are deserving Airmen and have worked very hard to get to this point. We congratulate each and

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First Joint Training in AMATS Course for 192nd Airlift Squadron

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



A C-130J from the Marine Aerial Refueler Transport Squadron (VMGR) 252 out of Marine Corps Air Station (MCAS) Cherry Point, N.C., sits to the left of one of the 152nd Airlift Squadrons C-130H on the Nevada Air National Guard base flightline while the crews do mission planning for their Advanced Mountain Airlift Tactics School (AMATS) flight training.

Marines with the Marine Aerial Refueler Transport Squadron (VMGR) 252 out of Marine Corps Air Station (MCAS) Cherry Point, N.C., the oldest continually active squadron in the Marine Corps, along with their J-model C-130 arrived here in Reno on Wednesday, January 10th. They came here to partake in Advanced Mountain Airlift Tactics School (AMATS) training with the 192nd Airlift Squadron "High Rollers" at the Nevada Air National Guard base.

This is the first time the High Rollers have hosted the Marine Corps for "joint" flight training with members of another service branch in the AM-

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Feature / Personality

Master Sergeant Rebecca Varnum, the new Logistics Readiness Squadron First Shirt

By Airman 1st Class Matthew Greiner
152nd Airlift Wing Public Affairs

Sometimes life is hard, things don't go the way you planned, and you need some help. When this happens, the Air Force has a person to help you out, that person is the First Sergeant. Military minds have long known of the importance of having a dedicated person to help soldiers with their problems. According to the U.S. Air Force, History of the First Sergeant dates back to the 17th century and the Prussian Army.

Master Sgt. Rebecca E. Varnum, is the new First Sergeant for the 152nd Logistics Readiness Squadron. She is waiting for her school dates, and after completing four weeks of online school, and two weeks in residence she will sew on the First Sergeant diamond.

Varnum has always had a spirit of service, and wanting to help her country. In high school she wanted to join the Air Force, but life situations

CLICK HERE FOR COMPLETE STORY

EXTRA! EXTRA! READ ALL ABOUT IT

CLICK HERE TO SEE MONTHLY FLYERS

Medical News

The importance of wiping down gym equipment

Submitted by Master Sgt. Jessica Bean
152nd Medical Group
Written By Annakeara Stinson of the Elite Daily American online news

Do you know about the Importance of cleaning gym equipment? Even though it may appear clean, it is actually teeming with germs and harmful bacteria. Studies have shown that a typical piece of equipment has more than 1 million germs per square inch. A typical treadmill has 74 times more bacteria than a public bathroom faucet. Even more horrifying, an average set of free weights has 362 times more germs than a toilet seat.

One study shows that free weights were the most germ-laden, presumably because they get wiped down the least between uses. In fact, more bacteria was found on the exercise equipment than all of the other surfaces that were compared to in the study, which was commissioned by FitRated from EmLab P&K, CLICK FOR COMPLETE STORY

Shrink Rap February 2018
Please provide feedback: www.surveymonkey.com/r/DPH-PRS
Attached: How to Get Along with Any Boss
Taking Constructive Criticism Like a Champ
Tips to Help You Get Along With Your Boss
What to Do if You Don't Get Along with Your Boss
Good work relationships are essential to having an effective workplace and add to the level of satisfaction we get from our jobs. Relationships are a vital part of home, work and leisure. Strong, mutual relationships provide us with a support system, stress respite, feelings of belonging and being accepted, and add immeasurable meaning to our lives and our jobs. Healthy relationships help us weather the storms life throws at us and comfort us in times of great need.
And then there are the other relationships. You know...the ones that are the source of stress, contribute to insomnia and suck the joy right out of your day. We can't all be blessed with gifted bosses. So, how can we manage to survive and thrive with the one we have without cutting loose the job that goes with it?
The attached articles provide more information....
And.....
If you are blessed with a boss who has good supervisory skills, don't be bashful about letting them know how much you appreciate their efforts!

CLICK HERE to go directly to DPH'S page on the 152nd AW public page

CHECK IT OUT THE NEW PUBLIC PAGE!

152ND AIRLIFT WING 152ND CENTURY GUARD BATTALION
HOME NEWS ABOUT UNITS CONTACT MEMBERS
HAUNTED HANGARS PROVES SUCCESS EVEN UNDER SHROUD OF VOTING CONTROVERSY
CLICK TO VISIT OUR NEW PUBLIC PAGE

Nevada Air National Guard Retention Newsletter
We are NO LONGER ACCEPTING Fall Textbook Reimbursement Packets. They were due 06 February 2018.
RETENTION INFORMATIONAL BRIEFINGS
The Retention Office would like to offer available UTA messages for all members regarding pay and all benefits for our Guard Members. Please call us your members to see if they would be interested in attending these meetings if we put the hand work on us!
What you're in it... get us some ideas for topics! :)
New Website for Tuition Waivers and Textbook Reimbursements
Blended Retirement System
The BRS launched on January 1, 2018. This system retains the strength of the current pension-based system while incorporating a robust defined contribution plan that actively encourages—and also rewards—saving
UCAs, please tell your members that the UCA briefing this month is open to anyone interested in hearing about Education benefits.
UCA QUARTERLY MEETINGS
February 11, 2018 TMCC VA Representative Guest Speaker, UCA House Keeping, and new SAV requirements
May 6, 2018 TBA (Ideas?)
ALL MEETINGS WILL BE LOCATED IN THE CE CLASSROOM ON THE PUNDY OF DEEL @ 100.

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

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 other RUTA lodging is provided by 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.

