43°

46°



Chaplain's Corner

When we withdraw it makes Welcome home High Rollers!!! things worse

By Maj. Donny Crandell 152nd Airlift Wing Chaplain

marriage minute



That's because the person who pushes the issue generally gets more frustrated and angry each time the withdrawer pulls

away. And that makes the pursuer push harder—which makes the withdrawer withdraw more, leaving the issue completely unsolved. So what can you do?

- Remember you're a team—you're talking to find a solution, not to win
- Start an important discussion gently and talk calmly—raising your voice doesn't help • If your partner withdraws, don't push
- the issue. Take a time out and reschedule discussion • Talk with your partner about the fact

that avoiding a problem won't make it go

- away • Look for evidence that the withdrawer cares about you—it's usually the issue,
- Withdrawing can be reduced when pushing is reduced

CLICK FOR MORE FROM CHAP. C

C130 News

Air Force colonel closes out chapter, reaches new heights

By Staff Sqt. Arielle Vasquez 386th Air Expeditionary Wing Public Affairs



Col. Adrienne Williams, 387th Air Expeditionary Group commander, stands with fellow aircrew members out of the Missouri and Nevada Air National Guard, (left to right: Missouri Capt. Robby Walling, Nevada Capt. Reed Kobernick, Col. Adrienne Williams, Nevada 1st Lt. Kenneth Leeper and Nevada Staff Sgt. Brett Gilmore) after completing her fini flight at an undisclosed location in Southwest Asia on March 1, 2019. During her career, Williams flew approximately 2,300 hours. (USAF photo by Tech. Sgt. Robert Cloys)

When Col. Adrienne Williams, 387th Air Expeditionary Group commander, was only 10 years old, she knew she wanted to follow in her father's footsteps by serving in the world's greatest Air Force.

The military way of life was never new to her. Williams spent majority of her childhood in Colorado Springs, Colorado where her father, retired United States Air Force Col. Kenneth Fleming, worked. From an early age, her parents provided her with a stable foundation and inspiration to shoot for her dreams, no matter what the obstacle may be.

"My parents always told me, 'you can be and do anything you want to do, just believe in yourself, Williams said. "Around third grade, I attended a USAFA graduation. Toward the end of the ceremony, all the kids were allowed to run on the field and catch the

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BASE-WIDE PT TEST



vice 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 desig-

1. It is mandatory policy that all Uniformed Ser-

nated 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 sug-

gest that use of other than the DTMO contracted CTO ... is authorized or encouraged. 4. The payment options are provided for situations when the CTO ... cannot be used.

5. Par. 1035 applies to those who violate policy. Please see the JTR, para. 1100, para. 2400, para. 3000-B, para. 3045, para. 4130.

OBTAIN AIRFARE RECEIPTS

A receipt is required to be submitted, to support For More Finance Info:

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152nd Airlift Wing Public Affairs



152nd Airlift Wing C-130 carrying Nevada Air National Guardsmen and equipment • Remember that your action will cause returns March 6, from a four-month long deployment overseas.



152nd Airlift Wing leadership shakes the hands of Airmen returning from a four-month long deployment on March 6.



Capt. Kyle Carraher greets his family upon his return March 11, from a four-month long deployment overseas.



A large group of family, friends and fellow guardsmen and women gather to welcome home a group of High Rollers that returned March 19, from a four-month long deploy-

Chief Master Sgt. Jelinski-Hall visits Nevada and leaves a lasting impact

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



Resource Advisor, Senior Master Sgt. Angela Ash during the Top 3 Meeting after her tour around the base. Jelinski-Hall was a guest speaker and sat on a panel during the March unit training assembly in honor of Women's History month. (Photo by Senior Master Sgt. Paula Macomber, 152nd Airlift Wing Public Affairs) NEVADA AIR NATIONAL GUARD BASE, Nev.--Retired Chief Mas-

ter Sgt. Denise Jelinski-Hall, visited the Nevada Air National Guard base during the March unit training assembly. In honor of Women's History Month, Senior Master Sgt. Angela Ash, the 152nd Airlift Wing's Human Resource Advisor, wanted to bring a speaker to the base that would inspire and motivate the Airmen. She couldn't think of a better person than Ielinski-Hall. From the moment Ash heard about this woman, who had achieved the highest enlisted position ever held by a woman in the United States

Military, she knew that Jelinski-Hall would bring some wise words to the Airmen of the Nevada Air Guard. "When I was working at National Guard Bureau, I worked in Family Programs and our team got invited to a 'United through Reading' event.

I was fortunate enough to be seated with the Chief and her family. That was my first 'in person' introduction to her—even though I had heard about her long before that—when she became the highest enlisted woman to the Joint Chiefs of NGB. I was mesmerized and curious about her." Ash said she wanted the Nevada Air National Guard Airmen to know they could achieve great things, "Chief is an extraordinary woman—but

she is a regular woman and I wanted the Airmen to know that a regular person could achieve great things. Especially our young airmen who are just starting off. All of them have the potential to get to that position. CLICK HERE FOR COMPLETE STORY

Become a Pilot or Combat Systems Officer...



WHAT ARE WE EATING?

SALAD BAR SATURDAY AND SUNDAY Lunch

Saturday 1100-1230 MAIN LINE - REGULAR MEAL: **Sweet & Sour Chicken Vegetable Chow Mein** Beef & Broccoli

Kung Pao Brussels Sprouts / Bok Choy

Rice / Dinner Rolls **Egg Rolls** Soup: Miso Soup **Assorted Desserts**

SHORT ORDER LINE: Chicken Wraps / Cheese Burgers Chili / French Fries / Nachos & Cheese

> Lunch Sunday 1100-1230

MAIN LINE - REGULAR MEAL: Swedish Meatballs / Chicken Cordon Bleu Peas and Carrots / Roasted Dill Potatoes **Lentil Mascarpone Dinner Rolls** Soup: Mushroom Soup

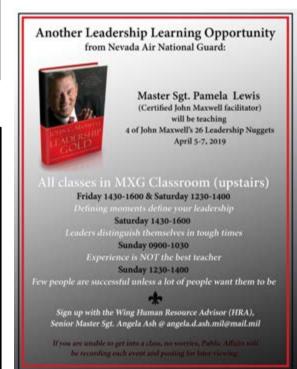
Chicken Wraps / French Fries Chili / Cheese Burgers / Nachos & Cheese

Assorted Desserts

SHORT ORDER LINE:

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.

Regular Meal Rate: \$5.60





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Communications Flight attends Inaugural Cybersecurity Conference held at UNR

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



Tech. Sgt. Thomas Bruce, Master Sgt. Dan McMillan and Senior Master Sgt. Tregg Jackson, 152nd Communications Flight members networking with industry partners at the University of Nevada's First Annual Cybersecurity Conference at Joe Crawley Student Union April 2. (Photo by Senior Master Sgt. Paula Macomber, 152nd Airlift Wing Public Affairs)

RENO, Nev. — The University of Nevada, Reno held its inaugural Cybersecurity Conference at the Joe Crowley Student Union here on Tuesday. The 152nd Communications Flight sent a group of Airmen to attend the conference and network with local professionals.

A cyber transport specialist in the infrastructure shop from the 152nd Communications Flight, Tech. Sgt. Thomas Bruce, was interested in meeting other professionals from the community. "At the base level, we don't have as much

control over our systems as most companies do. My biggest goal in attending was meeting other professionals and establishing con-CLICK HERE FOR COMPLETE STORY



For the hotel location members can contact Services' billeting office at:

775-788-9320 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.

