Drill weekend weather forecast:





AUGUST, 2018 Volume 43

Have a fantastic UTA!!

Airman & Family 🚭 Chaplain 🚭 Diversity 🚭 Fitness 🚭 Jobs 🚭 Flyers 🚭 Facebook 🚭 IG 🚭 Recruiting and Retention 🚭 SARC

High Roller News

Safety Corner

By Senior Master Sgt. Macomber

High Rollers help out with the 33rd High Rollers' first-ever resupply with unique Spe-Annual Canada Goose Round-Up cial Operations Forces horsemanship exercise

Story and Photo by Maj. Joseph Jaquish 192nd Airlift Squadron



Senior Master Sgt. Angela Ash, posing with a couple of geese from the 33rd Annual USDA Canada Goose Round-Up. (Photo by Senior Master Sgt. Paula Macomber, 152nd Airlift Wing Public Affairs)

RENO, Nev. - Members of the 152nd Airlift Wing participated in the 33rd annual Canada goose round-up June 4-7 with the Nevada Department of Wildlife and the United States Department of Agriculture.

The event helped relocate 396 Canada geese away from aircraft in the Reno-Tahoe region to a safer location at Carson Lake.

Many geese don't migrate from Northern Nevada, preferring golf courses, water sources and other areas with food. This can lead to bird strikes with aircraft operating in the Reno-Tahoe region, including the 152nd Airlift Wing's C-130s.

"The Goose Round up event the USDA sponsors helps mitigate the potential for commercial, civil, and military aircraft striking birds in the Reno Tahoe IAP local area," said Maj. Tom Dorsett, chief of safety for the 152nd Airlift Wing. "The Bird Wildlife Aircraft Strike Hazard (BASH) is the Air Force program with the goal of

CLICK HERE FOR COMPLETE STORY

News from STHQ

What is Force Development?

Editorial by Master Sgt. Laura Magee NVANG State Headquarters

If you are one of those who groans when they hear Force Development then worry not, I will make it as painless as possible! As we begin our third year instituting the Force Development Program, we recognize there are still a lot of questions out there. Rather than doing a comprehensive article about the importance of force development using the biggest most comprehensive words I can find, I thought I would hit ya'll with a few highlights of what the NVANG Force Development Program is... and what it isn't. Let's start with the isn'ts...



ABOVE: A Nevada Air National Guard C-130 out of Reno passing over the Marine Corps Mountain Warfare Training Center after doing an air drop of supplies on July 12, 2018 during the HIgh Rollers' first ever unique Special Operations Forces resupply horsemanship exercise.

BELOW: The 152nd Logistics Readiness Group's Aerial Port receiving a briefing on how to do the rigging of the Marine Special Operations Command (MARSOC) gear for the air drop.



BRIDGEPORT, Calif. -- The 152nd Airlift Wing successfully completed its first-ever airlift resupply support effort during the advanced horsemanship training course last month at the Marine Corps Mountain Warfare Training Center here.

The objective of the Marine Special Operations Command (MAR-SOC), and the horsemanship course, is to teach personnel the necessary skills to enable them to ride horses, load pack animals and maintain animals for military applications in remote and danger-



Short Order and Main Lines for Sat & Sun Salad Bar both days

Saturday 1100-1230 MAIN & SHORT LINE - REGULAR MEAL: Sweet & Sour Pork / Teriyaki Chicken Fried Rice / Egg Rolls Stir Fry Blend / Fried Cabbage Dinner Rolls Soup: Tomato Basil Assorted Desserts

> SHORT ORDER LINE: Chicken Wraps / Chili French Fries / Nachos and Cheese Chicken Tenders / Burgers

Sunday 1100-1230 MAIN & SHORT LINE - REGULAR MEAL: Italian Pollock / Salisbury Steak Macaroni & Cheese Broccoli & Confetti Rice / Peas & Carrots Italian Style Vegetables Brown Gravy Dinner Rolls Soup: French Onion Asst. Desserts

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

> > **Regular Meal Rate: \$5.60**



CLICK TO VISIT OUR NEW PUBLIC PAGE



Force Development ISN'T...

CLICK HERE FOR COMPLETE STORY



<u>Free Access to Your Credit Report!</u> Did you know that federal law allows you a FREE copy of your credit report every 12 months?

When was the last time you checked your credit report?

Do you know if what's being reported about your credit to the three major credi bureaus is accurate?

Before you make any major purchase, make sure that the information on your credit report is up to date and correct.

Use the following website to get a copy of your free credit report from Experian Equifax, and TransUnion:

https://www.annualcreditreport.com

Once you obtain a copy of your report or if you need assistance doing so, feel free to contact one of the Nevada National Guard Personal Financial Counselors for a free and confidential consultation!

Northern Nevada: Norman F. Sligar, AFC[®] 775-223-7145

PFC2.NV.NG@ZEIDERS.COM

Southern Nevada: Luis F. Rosa, CFP* 702-218-1726 PFC1.NV.NG@ZEIDERS.COM ous environments.

It's a very unique course because it combines the conventional warfare tactics of the Marine Corps, modern aerial resupply with asymmetrical warfare used by Special Operations Forces and con-

CLICK HERE FOR COMPLETE STORY



Nutrition for Weight loss and Depression

By Mr. Jason Stoner 152nd Airlift Wing Recreation Specialist

Meal Prep: Plan your meals out for the whole week, make a list of the healthy foods you need to combine to make compartmentalized meals for the next seven days, keep it simple. Use a little variety, and limit or omit added, processed, and artificial sugars!

Make a schedule on a calendar that you will have to see every day. Stick to the plan! Pre-measure the portions for every meal. Combine foods with a high density of nutrients. Nuts, seeds, berries, beans, bright colored veggies, and dark leafy greens.

If it grew from the earth in some way, or came from the life in the air, fields, or waters, it's more likely to nourish your health. Shop around the perimeter of the grocery store first, as it's more likely to be the wholesome and natural foods. Practice "3-2-1", three parts greens and veggies, two parts protein, and one part starchy carbs,

CLICK HERE FOR COMPLETE STORY



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





CLICK HERE TO SEE MONTHLY FLYERS



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 cutoff 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.