

TRUTH

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The Official Newsletter of the 166th Airlift Wing | Delaware Air National Guard

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2023 UPCOMING EVENTS

| 10-12 June | Yellow Ribbon event |
|------------|------------------------------|
| 13 June | Boss Lift |
| 15-16 June | C-130J Site Visit |
| 25-27 June | Civilian Supervisor Training |
| 17 23 Aug | UEI Capstone NCCA |

ART AND WAR

Representatives from the Biggs Museum in Dover, Del. visit the 166th to view works by painter Jamie Wyeth

By Mr. Mitch Topal, 166th Airlift Wing Public Affairs

hen most people think of war, the last thing that comes to mind is a worldclass artist in the role of a United States Airman. But in the 1960s and early 1970s, Jamie Wyeth, son of Andrew Wyeth, and grandson of N.C. Wyeth was a Staff Sergeant assigned to the Public Affairs office of the Delaware Air National Guard.

Wyeth is known for his contemporary realism style, painting well-known pieces such as Portrait of a Pig, Pumpkinhead Self-Portrait, and Portrait of JFK. His medium is typically oil or tempera on canvas and his subjects include people, animals, and unique architecture, often represented in unusual, even quirky ways. But during the Vietnam War at a time when Americans were openly questioning and distrusting

POSTAGE AND FEES PAID FIRST CLASS MAIL The SKETCH PAD

Jamie Wyeth illustration from the August 1970 issue of The DANG Truth depicting gunnery practice on the rifle range. At that time, The DANG Truth had a staff of between five and six members. (Photo courtesy of the Delaware Military Museum)

our government, Jamie deftly focused his creativity on his mission at the 166th Air Transport Group (the unit didn't receive wing status until the 1980s).

While stationed at the Delaware Air National Guard, he sketched illustrations for *The DANG Truth* that included Senior Airman Death, a grim reaper-like character to convey safety messages, as well as caricatures of pilots and senior leaders to accompany the articles. Clearly, his originality and off-beat portrayals made *The DANG Truth* quite an exceptional publication.

Social Media Links:







See "Wyeth" continued on page 2

...And that's the DANG Truth!

THE DANC TRUTH



"Wyeth" continued from page 1



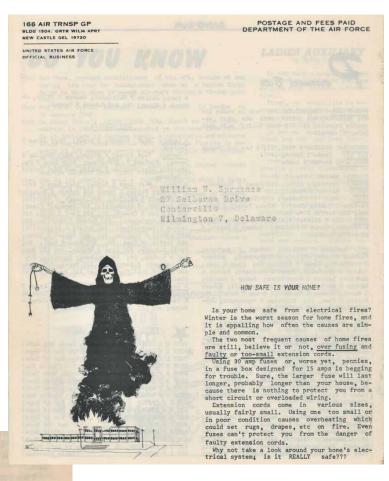
NEW CASTLE AIR NATIONAL GUARD BASE, Del -- Members of the 166th Services Flight hold a group photo session with Jamie Wyeth's Adam and Eve painting in the background. (Photo courtesy of The Delaware Military Museum)

Jamie also created two locally famous war-themed paintings for the 166th Air Transport Group. One was an oil on canvas of a C-97 Stratofreighter landing in Da Nang with mountains and jungle in the background.

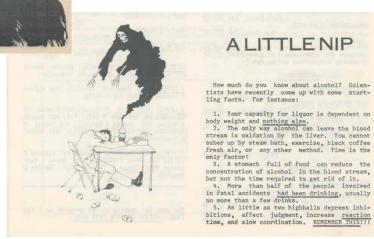
The other – and more infamous painting – truly represents an "out-of-the-box" approach to his subject matter. Painted on parachute cloth and measuring an impressive 30 feet wide by 10 feet tall, it uses symbolism to convey a message about war and a loss of innocence. There are two visuals: One is a naked Adam and Eve standing in the garden of Eden, staring awestruck at the sky as Adam lets the apple slip out of his hand. In the sky, they see a Delaware Air National Guard C-97 flying over them. The message is subtly reinforced by an

ethereal skull incorporated into the clouds just below the aircraft. Hard to discern at first, the bony head punctuates Wyeth's intended message – the dichotomy of death and innocence.

After the war, the painting was kept in storage for a couple of decades. It was simply too large to be displayed anywhere on base. Eventually, it was brought out of storage and hung in the base's dining Facility (DFAC), next to the chow line, where it accumulated a patina of



Top and bottom: Jamie Wyeth's "Airman Death" character always accompanied a safety message. Left: sketch of Col Robert F. Fuller, then Commander of the Delaware Air National Guard. (Photos courtesy of the Delaware Military Museum)





"Wyeth" continued from page 2



NEW CASTLE AIR NATIONAL GUARD BASE, Del. -- Michael John Dudich, Sandra K James, Laura Elizabeth Frave, and Eleni Zoe Leventopoulos of the Biggs Art Museum in Dover, Del. visit the 166th Operations Group Building on 11-May-2023. The museum will be holding a Wyeth exhibit and were interested in viewing the works by Jamie Wyeth while he was a member of the Delaware Air National Guard during the Vietnam War era. (U.S. Air National Guard photo by Mr. Mitch Topal, 166th Airlift Wing Public Affairs)



SSgt Jamie Wyeth painted this oil on canvas Vietnam War scene in 1970 during his tenure at the Delaware Air National Guard. (Photo courtesy of the Delaware Military Museum)

dirt and grease from years of neglect. The extraordinary painting was restored and currently resides in the 166th Operations Group lobby where it hangs high above the display cases opposite the long reception desk.

In May-2023 the Biggs Museum of Art in Dover, Del. reached out to our Public Affairs office. They were planning a Wyeth exhibition and heard about but had never seen the work he produced for the 166th Air Transport Group during the Vietnam years. The director and senior volunteers were eager to visit the base and view his paintings. Afterward, they visited the Delaware Military Museum (located at the Wilmington Readiness Center) where they were given a tour by its curator, Brigadier General (Ret.) Kennard Wiggins. The oil on canvas of the C-97 landing in Da Nang is temporarily



NEW CASTLE AIR NATIONAL GUARD BASE, Del. -- Brig Gen (Ret.) Kennard Wiggins, Curator of the Delaware Military Museum, shows representatives of the Biggs Art Museum in Dover, Del. issues of The DANG Truth containing Jamie Wyeth illustrations, 11-May-2023. Wyeth worked for the 166th Airlift Group Public Affairs office during the Vietnam War years. (U.S. Air National Guard photo by Mr. Mitch Topal, 166th Airlift Wing Public Affairs)

accessioned to the museum while 166th Airlift Wing's headquarters building undergoes renovations. The museum has many original Wyeth sketches and issues of Wyeth-illustrated *The DANG Truth* from the 1960s and 1970s that Wiggins brought out of storage for the visit.

The Delaware Air National Guard always welcomes the chance to engage with our community partners and stakeholders. It is an integral part of our public affairs mission. To have had an artist of Jamie Wyeth's caliber as a member – and still in possession of these unique artworks – gives us the chance to showcase something that serves to make us an outstanding unit.



166th Aircraft Maintenance Squadron

By Chief Master Sergeant Charles J. Weber III CMSgt 166 MXG/MXAA

he 166th Aircraft Maintenance Squadron (AMXS) is comprised of an exceptional group of highly skilled men and women who are committed to ensuring the safe and reliable operation of aircraft and support equipment. The squadron's primary responsibility is to generate aircraft by meticulously planning, coordinating, and executing the flying schedule and scheduled maintenance in a timely and efficient manner.

The backbone of the AMXS Squadron and mission are the Airlift and Special Mission Aircraft Mission person-

nel, also known as Crew Chiefs. The C130 Crew Chief's duties include performing ground handling, servicing operations, and aircraft inspections, including preflight, thru-flight, postflight, hourly postflight, and special inspections, as well as isochronal inspections. The crew chief also troubleshoots, maintains, and repairs aircraft structures, engines, hydraulic, and other related systems, components, and equipment. They are also responsible for coordinating maintenance plans and schedules to meet operational requirements, as well as supervising and assisting in launching and recovering aircraft. Moreover, the crew chief reviews maintenance data collection summaries to determine trends and production effectiveness while performing staff and supervisory management functions.

has successfully supported Operations DEEP FREEZE and ARTIC EAGLE in the frigid tundra of Antarctica and Alaska, as well as Operations FREEDOM SENTINAL and INHERENT RESOLVE in the hot deserts of the Middle East. Their flexibility in performing their duties anywhere in the world showcases the outstanding professionalism of the airmen serving in the 166 AMXS.

The AMXS will play a critical role in the recapitalization of our current C130H2.5 aircraft to C130H3 aircraft over the summer of 2023. In addition to preparing



NEW CASTLE AIR NATIONAL GUARD BASE, Del. -- Members of the 166th Aircraft Maintenance Squadron (AMXS) stand for a group photo behind a Delaware Air National Guard C-130H2.5, 4-October-2022. (U.S. Air National Guard photo by Mr. Mitch Topal)

Each member of the 166th AMXS team is an integral part of the production management process. Managing the day-to-day operations, hour-by-hour aircraft unscheduled repair cycle, and coordinating between various maintenance functions requires constant communication and coordination. Therefore, continuous lines of communication are maintained with the Ops Group to avoid any misunderstandings. Additionally, regular meetings are held to prioritize resources for needs and improvements to work areas to foster a professional environment that enables the men and women of the 166th AMXS to perform their duties to the best of their abilities.

Crew Chiefs are capable of performing their duties in some of the harshest environments on Earth. The crew and launching out the 2.5 aircraft, the crew will also have to fly to Savannah ANG to inspect and accept the H3 aircraft.

In conclusion, the men and women of the 166th Aircraft Maintenance Squadron are highly skilled professionals who are dedicated to ensuring the safe and reliable operation of aircraft. Their tireless efforts enable them to generate aircraft by planning, coordinating, and executing the flying schedule and scheduled maintenance in a timely and efficient manner. Furthermore, they serve as an essential part of the production management process, fostering a professional environment that enables them to perform their duties and ensure mission success.





Promotions & Retirements

June - July 2023

Promotions

Britney Hines to AMN Chance Turane to AMN Connor Atkinson to A1C Joshua Paul to A1C Juarez Davila to SrA Matthew Orgeron to SrA Kelly Leibolt to SSgt Jeramie O'connor to SSgt Zachary Rice to SSgt Rashaad Brown to TSgt Tyrone Coleman-Downer to TSgt Matthew Devern to TSgt Jovon Farrell-Newman to TSgt Lizette Ordonez to TSgt James Pierce to TSgt Joseph Traverso to TSgt

Retirements

Col David H. Rice JFHQ/HQ/SATA Lt Col Anthony J. Carunchio 142 AS MSgt Christopher J. Menapace 142 AS MSgt Terri L. Sanchez 166 AW MSgt Susan M. Springsteen 166 OSS TSgt Brian M. Naldzin 166 AMX







A historical perspective by BG (Ret.) Kennard Wiggins, Curator of the Delaware Military Museum

Flying Space A in a C-97

liked airplanes, and I especially enjoyed the opportunity to fly in them and see the world. Our mission was strategic airlift. That meant big and heavy loads, taken long distances. We flew high value cargo and loaded either through the clamshell doors in the bottom rear or a big freight door that hinged up on the starboard side of the craft. The C-97 had a double-decker fuselage, but the lower deck wasn't deep enough to stand erect in. It was for fuel, and baggage. A built-in flight stair took you to the first lower deck and then a short ladder took you upstairs to the main cabin.

This was the single best perk of being in the Air National Guard. The C-97 was a crew airplane with a pilot, co-pilot, navigator, flight engineer and a loadmaster. The crews generally treated me as an equal, and did not stand on rank or position. Somehow, when you boarded, you felt like a member of the team, even though there wasn't much for me to do. When we landed at a base the aircraft commander would almost always ask for "aircrew integrity" at the billeting office so everyone could stay together (vs. billeting for officer and enlisted separately). I frequently took advantage of trips that were posted on the flying schedule usually a month or two in advance. It was always a big adventure then.

My very first overseas trip was to Torrejon AFB Spain, near Madrid in January 1968. Our aircraft commander was Major Vito Panzarino and our Navigator was Major Phil Goettel. We flew via the Azores, where we had a crew rest at Lajes AFB. Our cargo was a jet engine, which began to leak fuel when we got airborne. The airplane filled with fumes which were not only an irritant, they were downright dangerous if the fuel happened to get to a live wire or a hot connection. We'd have had one of those mysterious explosions over the ocean and no one would ever know what our fate had been. We sopped up the fuel with rags and bagged it up.

Late at night flying across the Atlantic under a starry sky was magical. I would hang around the cockpit and stare out the windows. When the pilot got up for a potty break I was invited to take his seat and take the wheel by the co-pilot. I was in hog heaven! He showed me how to correct course through changing the gyro setting and as I was trying this out, we had an engine-out situation! I couldn't help but think that somehow I had goofed up something. It was a relatively routine situation. We could easily



A Delaware Air National Guard C-97 in flight. (Photo courtesy of BG (Ret.) Kennard Wiggins

complete the mission on three engines. There was some cockpit talk about setting down in Lisbon. No one aboard had ever been there and it would have been a novelty, but it would have created a diplomatic tangle and likely a big hassle, so according to procedures presumably, we pressed on to Madrid.

The first guy I saw (at around 0430) when we landed was a fellow I went to High School with – Ray Hughes, who was working on the flightline at Torrejon. I visited the Prado Museum and other local sights. I enjoyed a memorable meal at Botin's restaurant near the Plaza de Major with Ray Hale as my guide. Botin's dated from the Middle Ages and its specialty was roasted boar. The kind with an apple in its mouth, as displayed in the front window. Hemingway was a regular there.

Returning homeward, we stopped once again in Lajes for fuel and a crew rest. We were greeted by the base commander and learned that we had been named their transient "aircrew of the month" and were the first ANG outfit to earn the honor, I suppose because of the in-flight emergency earlier and the way the crew professionally dealt with the situation. We were treated to a steak dinner at the finest restaurant in downtown Agra, dining with the mayor and the base commander. I think the tab for a dozen or so of us was about \$20 at that time.

As a starving student I had some time, but very little money. But I did manage some weekend trips to San Francisco which enchanted me, and further visits to the Azores.





Airman & Family Readiness Program 302-323-3327



Friday, Jun 16, 2023

10am

Jungle Jim's Waterpark

36944 Country Club Road, Rehoboth Beach, DE

Kids, grab your parents - it's time for SUMMERTIME - FAMILY TIME!!

Family time is an essential factor that helps to create strong bonds, love, connections, and relationship among family members. It builds character in our Youth! Block out some family time and join us for Family Fun Day at the Waterpark.

The event is at <u>no cost</u> and open to all ages of our DE ARNG and DE ANG dependent children, along with their parent/quardian.

The RULES:

- Kids must bring their parent to accompany them. And Parents must bring the kids to join in the fun!
- Limited Splash adventures first come, first served. PLEASE Only register if you are really going to come! The ticket costs are very high and the DNG Youth Foundation is paying your entrance fee for your enjoyment.
- Transportation to the waterpark is on your own.
- Lunch is available for your purchase at the waterpark.
- You must arrive to the park <u>NO LATER THAN 1100 hours</u> to have your admittance funded.

All the Fun is funded by the nonprofit ~ DNG Youth Foundation.



https://www.signupgenius.com/go/409094DA8AA29A3FF2-camp5

You may need to register on a non-government device

The event is put on with the support of our Community Partners.







For questions, please email dngyf@yahoo.com



SCAN ME

The Delaware National Guard Youth Foundation (DNGYF) is a 501 (c) 3 non-profit corporation with a mission to develop discipline, character, and resilience in our Delaware National Guard youth through prevention programs, education, a activities that enhance and build young leaders within our military community. DISCLAIMER: The Delaware National Guard does not endors in individual companies or agencies. The information provided herein is distributed to our soldiers and airmen in 1 event they may wish to take advantage of the stated offer or event. This meansage is not an endorsement for company/organization or its affiliates named within the content of the message.



DELAWARE NATIONAL GUARD Delaware National Guard Exploring 4-H Day Camp

Hosted in partnership by DNG-J9 CYS, the DNG Youth Foundation and Delaware 4-H





AUGUST 7-11, 2023

0900-1600 hours Daily
University of Delaware New Castle Cooperative Extension

461 Wyoming Road, Newark, DE 19716

DE Guard Youth ages 8-12 will enjoy the <u>Delaware National Guard Exploring 4-H Camp</u> on August 7,8,9,10 & 11, 2023, at the University of Delaware, New Castle Cooperative Extension Office. This camp is open to Delaware National Guard Youth only. Campers will explore the diverse projects areas that 4-H has to offer to include but not limited to: Outdoor Adventures, Wood Science, Food and Nutrition, Robotics, and Animal Science. The camp will be operated by the Delaware 4-H with support from DNG-J9 Child & Youth Services Coordinator. Space is limited to 25 Youth who must be a registered DEERS dependent of a current DE ARNG or DE ANG member. The <u>cost is free to our Families, but fees are funded</u> (\$220 per child) by DNG-J9 CYS (Army youth) and the DNG Youth Foundation (Air youth). Lunch and Snacks will be provided daily!

ELIGIBILITY: Delaware National Guard youth, Ages 8-12, served are defined as DEERS-eligible dependent, child, or legal dependent of a current Delaware Army or Air National Guard Member. Age is determined as the child's age on the first day of camp (08/07/2023).

Initial registration for a DE Guard Kids camper slot is at the below SIGN-UP link.

Once eligibility is verified, then 4-H will be the main point of contact for this camp activity.

REGISTRATION LINK → https://www.signupgenius.com/go/409094DA8AA29A3FF2-deguard2

For more information about this FREE camp, contact <u>delawaremilitary4-H@gmail.com</u> or Mick Devlin in DNG-J9 Child & Youth Services 302.326.7518

You may need to register on a non-government device.

The event is put on with the support of our Community Partners.









SOLDIER I AIRMAN I FAMILY I COMMUNIT

4-H Military Partnerships are supported by the U. S. Department of Agriculture, National Institute of Food and Agriculture, 4-H National Headquarters; U.S. Army Child, Youth and School Services; U.S. Air Force Child and Youth Programs; U.S. Navy Child and Youth Programs; and the University of Delaware Cooperative Extension 4-H Program through grant funding at Kansas State University.

The Delaware National Guard Youth Foundation (DNGYF) is a 501 (c) 3 non-profit corporation with a mission to develop discipline, character, and resilience in our Delaware National Guard youth through prevention programs, education, and activities that enhance and build young leaders within our military community. DISCLAIMER: The Delaware National Guard does not endorse individual companies or agencies. The information provided herein is distributed to our soldiers and airmen in the event they may wish to take advantage of the stated offer or event. This message is not an endorsement for this program of the program



NATIONAL GUARD

HOLISTIC WELLNESS CHALLENGE





CONNECTION IS KEY

May 2023





PARTNERS

FAMILY





FRIENDS

TEAMMATES

All types of relationships foster connectedness, which improve overall health and performance

FACTS & FIGURES: DID YOU KNOW?

Relationship problems were the **most common stressor** reported among National Guard members; more than financial, legal, or workplace stress

Relationship difficulties were reported in **42%** of suicides and **44%** of suicide attempts in the National Guard

A study of National Guard members found **lower relationship satisfaction** at six months post-deployment was significantly related to **greater suicide risk** at 12 months

STRONG TIES SUPPORT STRONG LIVES

- Less anxiety, depression, stress, and suicidal thoughts
- · Better sleep, healing, and heart health
- Healthier food, alcohol, drug, and tobacco choices
- Greater sense of purpose and ability to cope

CONTACT US

For more information on healthy relationships or other wellness topics, email us at: $\underline{\mathsf{ng.ncr.ngb.mbx.integrated-prevention-branch@army.mil}}$

TIPS FOR STRENGTHENING RELATIONSHIPS

- Talk regularly. Take 15 minutes a day to connect with one other
- Listen intently. Put down electronic devices and give your full attention
- Share openly. Express your thoughts and feelings
- Think selflessly. Keep the other person's needs in mind
- Work together. Divvy up chores and responsibilities
- Have fun. Do enjoyable activities together
- **Create rituals**. Establish traditions together
- **Give space**. Allow time for individual interests
- Offer support. Focus on encouraging statements vs. critical comments



NATIONAL GUARD

HOLISTIC WELLNESS CHALLENGE





FACTS & FIGURES: DID YOU KNOW?

10.4% of National Guard suicides and **10.5%** of suicide attempts reported financial stress, 2021

3% of National Guard members who died by suicide reported excessive debt/bankruptcy, 2022

FINACIAL STRESS IMPACTS OVERALL WELL-BEING





Mental

- **◆**Depression
- **↑** Anxiety
- ♠ Mood changes

Physical

- **♣**Blood pressure
- **Headaches**
- **♣**Sleep

Social

- Connection
- Sense of security
- ♠ Relationship issues

CONTACT US

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WARNING SIGNS FOR FINANCIAL STRESS



- Living paycheck to paycheck
- Making expensive purchases
- · Missing payments
- · Bouncing checks
- · Receiving collection notices
- Using credit to subsidize personal budget
- Having no savings

TIPS FOR BETTER MONEY MANAGEMENT

- Create a budget. Track income, expenses, and savings monthly
- Reduce spending. Pack
 a lunch, buy in bulk, use
 coupons, carpool, and evaluate
 subscriptions
- Avoid late fees. Set-up automatic bill pay to ensure timely payments
- Pay off debts. Focus on highest interest rates first
- Consult family members.
 Develop shared spending and saving habits
- Establish an emergency fund. Save and maintain easy access to 3-6 months of living expenses
- Check credit score. Monitor credit history on a yearly basis
- Seek support. Meet with a financial counselor



NATIONAL GUARD

HOLISTIC WELLNESS CHALLENGE



SLEEP IS CRITICAL TO MISSION READINESS

CHALLENGE your Service members to adopt at least one of the recommended resources this month to improve sleep

FACTS & FIGURES: DID YOU KNOW?



Adults 18-60 years old should get **7 OR MORE HOURS** per night



64% of Service members report LESS THAN 7 HOURS per night, which is double the civilian population



Being AWAKE FOR 17 HOURS is like having a blood alcohol level of 0.05%; 24 hours is 0.10%; drunk driving is 0.08%



Only 26% of leaders
ENCOURAGE SLEEP
according to Army survey



GOOD SLEEP HABITS can promote quality and duration of sleep



TACTICAL NAPS (20-30 mins), SLEEP BANKING (prior to sleep loss activity), and MODERATE CAFFEINE (200-300mg) can help support health or sustain performance until sleep debt is erased

SLEEP OPTIMIZES WELLNESS

- Improves performance: Leads to more energy, better balance, fewer injuries, and shorter recovery times
- Enhances mental readiness: Improves decision-making, problem-solving, memory, and attention to detail
- Manages stress: Enhances coping skills, reaction to change, and response under pressure
- **Controls emotions**: Manages mood swings, frustration, impulse, and risk-taking behaviors
- **Regulates hormones**: Impacts appetite, food choices, and risk of health issues like diabetes and weight gain

TIPS FOR BETTER SLEEP



- Be consistent. Go to bed at the same time every night and get up at the same time every morning, even on weekends
- Create calm. Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature
- Remove electronics. Put away TVs, computers, tablets, smart phones, and gaming devices
- Avoid stimulants/ depressants. Do not consume large meals, caffeine, nicotine, or alcohol before bedtime
- Get exercise. Being active during the day can help you fall asleep more easily (ideally finish exercise at least 3 hours before bed)
- Reserve the bed: Use your bed for sleeping and intimacy only
- Seek support: Contact a doctor, if sleeplessness persists

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