



THE DANG TRUTH

December 2020

Happy Holidays from Col David H. Rice

COMMANDER'S PRIORITIES

VIRTUAL RSD

ENLISTED PROMOTIONS

Dallas Gullion to TSgt
Brandon Jaskewich to TSgt
Kirk Phang to TSgt
Matthew Leftridge to SSgt
Amber Levere to SSgt
Thomas Homier to SRA
Richard Oquendo to SRA
Santiago Ospina Diaz to SrA
Josette Santana to SRA
Bailey C. Stout to SrA
Brandan J. Hollis to A1C
Gian Aponte-Martinez to A1C
Duncan Mccloud to A1C
Quinten Mccloud to A1C

QUARTERLY OFFICER PROMOTIONS

Christopher M Farmer to Col
Caleb James Craft to Lt Col
Robert Dillon Huhn to Lt Col
Freddy Kabasele Kalonji to Capt
Isaac Evan Ralston to 1st Lt
Anthony Michael Albro to 2d Lt
Joshua Patrick Mcgoron to 2d Lt
John Anthony Tangradi to 2d Lt

RETIREMENTS

Capt Jennifer Gibney
MSgt Paul Huffman
MSgt Jesse Vien
TSgt Eric Lauppe
TSgt Edward Tangradi

As the year begins to wind down, I wanted to wish everyone a happy and healthy holiday season. 2020 started off with a bang, literally, with the Iranian missile attack on Al Asad Airbase and other Iraqi locations. Thankfully, our members all returned safely. Quickly thereafter, the pandemic came to dominate our thoughts and lives. The year has been a year unlike any other in our lifetimes. Just as Dr. Anthony Fauci predicted, the pandemic has been spiking as the weather turns cold and people are spending more time indoors.



Fortunately, there are many things to be thankful for as well. The speed in which a vaccine (or several vaccines actually) has been developed is incredible.

I am grateful to the members of the Delaware National Guard family for your many sacrifices to keep the mission going and looking out for your wingman despite the many challenges that you faced.

Tatiana and I are about to become “empty nesters” in 2021 as our youngest daughter completes her senior year in high school. This time of telework and virtual schoolwork has created a great opportunity to spend a lot of time with our two youngest—an opportunity we won’t likely get again.

Zoom and other platforms have allowed us to maintain some level of connectedness with our families and friends, some of which could not have happened otherwise.

The holidays can be a difficult time for many and the pandemic can magnify some of those anxious or unhappy feelings. Please take time for self-care. You need to take care of yourself not only physically, but also spiritually, mentally, and socially. These things don’t necessarily happen naturally, so be purposeful in seeking out these aspects of your health.

Those that know me know that I am always hopeful for a better tomorrow. I feel like 2021 is going to be an amazing year and I look forward to spending it with all of you.

Thanks,

Col. David H. Rice
166th Airlift Wing Vice Commander

Social Media Links:

Facebook: 166th Airlift Wing Instagram: @166thAirliftWing Flickr: delawareairnationalguard

...And *that's* the DANG Truth!



THE DANG TRUTH

December 2020

*Happy Holidays from
the 166th Airlift Wing!*



Chiefs Council



Chaplain Corps



First Sergeants



*Airman & Family Readiness,
Psychological Health, and
Sexual Assault Response
Coordinator*



THE DANG TRUTH



Junior Enlisted Council

166th Junior Enlisted Council Presents...

Virtual Holiday Decorating Contest

Contest Details:

Entry Application Period Nov RSD – Dec 26 2020

Rules: Contact contest POC's below

2 Prizes:

Best DANG UNIT Decorations & Best DANG Family Decorations

Contest POC:

SSgt Erin Cramer & SSgt Lorin (Laurel) Crawford – Contact us for additional contest rules and details or visit

<https://forms.gle/5V738B94hRjvsYwTA>

DISCLAIMER "DoD: THE JUNIOR ENLISTED COUNCIL IS A PRIVATE ORGANIZATION. IT IS NOT A PART OF THE DEPARTMENT OF DEFENSE OR ANY OF ITS COMPONENTS AND IT HAS NO GOVERNMENTAL STATUS"



THE DANG TRUTH

December 2020



Company Grade Officers' Council

The purpose of the Company Grade Officer Council (CGOC) is to function as a social and professional organization established to enhance morale, esprit de corps, and cooperation between its members. Members are focused on promoting an infrastructure to provide for understanding, cooperation, and professionalism for CGOs in the Delaware Air National Guard; function as a catalyst to enhance communication and foster mentorship among CGOs and senior leaders of the 166 AW; improve the professional image, development, and community service capability of CGOs assigned to the 166 AW; and identify issues affecting CGOs to senior leaders of the 166 AW.





THE DANG TRUTH



Stephanie Davis
Sexual Assault Response Coordinator

SAPR SUPPORT

Season's Greetings 166th Airlift members! The holiday season can be an increased time of stress for victims and survivors of sexual assault and their family members. No matter the time; the DNG SAPR team is here to assist with reporting, resources and support. COVID-19 has altered how we interact; it has NOT stopped our dedicated response in support survivors. If you have any questions, please feel free to reach out at (302) 250-1802 (m) or stephanie.davis.13@us.af.mil.



Safe Helpline App

Free support anytime, anywhere for survivors of sexual assault

PIN-protected self-care plans, exercises, and journaling to help with trauma.

Secure, confidential, and anonymous.

Easily connect to all of Safe Helpline's support services.

safehelpline.org

Download on the App Store or get it on Google Play.



THE DANG TRUTH

MENTORING AND YOUR CAREER

SMSgt Joe Neisser, 166th Airlift Wing Human Resources Advisor



SMSgt Joe Neisser,
HRA 166th Wing

Not all mentoring comes in the form of a mentor/learner format. That was the case during our November UTA. I wanted to give some Airman the experience of the board process in the Air Force. We had received our members to be boarded and I also asked for members to sit on the board that had never had the opportunity to serve in that role. The response

was overwhelming, and I received more candidates than needed.

As the process began the panel started with prepared interview questions to ask the Airman being presented to the board. The panel was quickly challenged by the scenario's

presented and soon found the prepared questions inadequate for the exercise. By the third board interview I noticed the panel writing their own questions to engage more effectively in the board process, many times thinking on the spot and outside the box.

The Airmen who were able to experience the board process were grateful and I hope this better prepares them for future opportunities. I kept the panel behind and we did a recap of the experience of what it was like to sit on a board. Overwhelmingly the response was positive and all felt they were able to have a positive takeaway from the experience. I try to offer growth experiences for our Airmen.

If you are presented the opportunity to attend one of the offerings from the HRA take advantage of it and enjoy the experience. Why is this important? I spent 24 years in the military before I ever had to go before a board.



THE DANG TRUTH

December 2020

The Delaware Air National Guard 166th Federal Installation Wing Safety

“Let’s Talk Safety”

Christmas in Delaware

Historic “Old” New Castle have homes built in the 1800s, still standing! Right next to each other! Got Risk Management!?

Home Fires, and Auto Accidents/Mishaps common in Delaware during December.



MSgt Kathleen Cassedy, B.S. OSH
Safety and Occupational Health Manager



Home Fires:

1. How many strings of lights are required on a tree? Depending on who you ask, as many as you need to make sure Asia sees the tree here in Delaware! **When power strips are burdened with several strings of Christmas lights they overheat.**
2. When Christmas lights (internal and external), are pulled out of a container after being stored for over a year, most likely in a shed or garage exposed to freezing then hot then cold temperatures, **will have a high potential of being frayed, bulbs broke exposing wires.**
3. If you are the individual that buys a “Real” tree the last week of November, have it set up by December 1st, no matter how much you keep your tree watered it will have a level of dryness. If you are like me and have a “Fake” tree, although I do not have to keep my tree watered I do have to **follow the same safety practices against potential fire hazards. That little sucker will go up in flames just like any other tree, just not as fast!**
4. **The heat source.** It is important to keep the tree well away from a heat source. Some examples of but not limited too are space heaters, candles, LED, or just plain old open flame.

Continued on page 6



"Let's Talk Safety" *(continued from page 5)*



Auto Accidents:

1. *Texting.* It is one thing to have a phone conversation while holding a cell phone to your ear with one hand and actually operating a vehicle with the other, but to text a conversation while you are operating your vehicle is careless and absurd! If there is a steering wheel in front of you, you most likely are sitting in an automobile (electrical or fuel). Put all distraction, either physical or emotional, away until you get to your destination.

Statistical Notes on Texting:

- 1 out of every 4 car accidents in the United States is caused by texting and driving.
- Texting while driving is 6x more likely to cause an accident than driving drunk.
- Texting while driving causes a 400 percent increase in time spent with eyes off the road.
- Of all cell phone related tasks, texting is by far the most dangerous activity.

2. *Distractions.* Depression can sit in during the holidays, I know for me, being from Wyoming, December in general can be pretty rough. I find myself daydreaming, thinking, being distracted. Drinking alcohol is, in most cases, increased during the entire holiday season. Let's be cognitive of our thoughts, and emotions.

The Safety Culture:

The target of an effective and efficient safety culture is the creation of a safe and healthy working environment.

- Safe Conditions
- Safe Practice
- Safe Acts

Supervisors, Chiefs and Superintendents hit the target every time with positive leadership.

Here is how.....

- Accountability
- Ownership
- Purpose
- Giving Reason or Justification



THE DANG TRUTH

November 2020



Chaplains' Corner



Laughter is the best medicine: Ha! Haha! Hahaha!!! Hahahahaha!!

Turn the corners of your mouth up into a smile and then give a laugh, even if it feels a little forced.

Benefits: Stimulates many organs, activates and relieves your stress response, soothes tension, improves mood and immune system, increases personal satisfaction, & it is oodles of FUN!



Tips to improve your sense of humor:

1. Find simple items that make you chuckle - photos, comic strips, comedy videos, joke websites
2. Make it a habit to spend time laughing with friends who make you laugh and return the favor
3. Libraries and bookstores have joke books to add to your repertoire
4. Know what isn't funny - don't laugh at the expense of others/ some forms of humor aren't appropriate - be discerning

Consider trying laughter yoga. In laughter yoga, people practice laughter as a group (in-person or virtually). Laughter is forced at first, but it can soon turn into spontaneous laughter.

- Information from <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>

Link to laughing opportunities:

<https://www.fatherly.com/play/funniest-knock-knock-jokes-kids/>

*Knock, Knock
Who's there - Tank
Tank who?
You're welcome!*

*Knock, Knock
Who's there?
A little old lady who?
Wow, I didn't know you
could yodel!*

Link to laughing opportunities:

<https://www.fatherly.com/play/funniest-knock-knock-jokes-kids/>

**Chaplain Susannah Tulloch and Gus -
your canine resiliency team.**





THE DANG TRUTH

Strong Bonds *Couples* Training Event February 12-14, 2021

Register today for our
**February 2021 Strong Bonds
Couples Weekend Training Event**

8 Habits of a Successful Marriage

- This event is open to Airmen of the **Delaware Air National Guard** and their spouses
- Five meals and hotel rooms will be provided
- Location: To be determined
- Childcare will **not** be provided for this event
- Registration deadline is **February 7, 2021**

Please contact Chaplain Guy to register for this event:
william.guy.4@us.af.mil or 302.463.6883

This event is contingent upon mission, funding and state status of COVID-19





THE DANG TRUTH

December 2020

Delaware housing and mortgage assistance programs



Federal funding for the programs is set to expire on December 30!

The programs provide assistance for renters and homeowners who are struggling financially as a result of the COVID-19 pandemic. Eligible renters can apply to receive up to \$8,000 in financial assistance, and eligible homeowners can apply to receive up to \$10,000 in financial assistance.

Additional information and application materials are available at www.destatehousing.com/covid19

**CORONAVIRUS
(COVID-19)**



**CORONAVIRUS
(COVID-19)**



DELAWARE HOUSING ASSISTANCE PROGRAM



**UP TO
\$8,000**
EMERGENCY ASSISTANCE
FOR RENTERS

- ▶ For eligible renters affected by shutdowns, closures, layoffs, reduced work hours, or unpaid leave due to COVID-19 public health emergency.
- ▶ Payments made directly to the property owner.

ELIGIBILITY INFORMATION AT
www.destatehousing.com/covid19

DELAWARE MORTGAGE ASSISTANCE PROGRAM



**UP TO
\$10,000**
EMERGENCY ASSISTANCE
FOR HOMEOWNERS

- ▶ For eligible homeowners affected by shutdowns, closures, layoffs, reduced work hours, or unpaid leave due to the COVID-19 public health emergency.
- ▶ Payments made directly to the mortgage servicer.

ELIGIBILITY INFORMATION AT
www.destatehousing.com/covid19

de.gov/coronavirus

de.gov/coronavirus



THE DANG TRUTH

November 2020



Airmen and Family Readiness



Thrift Savings Plan

Airman and Family Readiness: FREE TSP webinars

Thrift Savings Plan Webinars – November & December 2020 Free Webinars

Free live webinars held multiple times a week. Free 24/7 viewing on YouTube at [tsp4gov](https://tsp4gov.com).

Experts from the Federal Retirement Thrift Investment Board, the agency that administers the TSP.

- TSP Morning session: 10:00 a.m. EST and Afternoon session: 1:00 p.m. EST
- TSP Contributions Dec 3, Dec 15
- TSP Investment Funds Dec 1, Dec 9
- TSP Loans Dec 1
- TSP In-Service Withdrawals Dec 9
- TSP Post-Service Withdrawals Dec 2, Dec 16
- TSP Death Benefits Dec 17
- To Retirement & Beyond (Part I & Part II) Dec 8
- New to the TSP or need a refresher? Ask away. Dec 10
- 2020: What has changed at the TSP? (One Day Only) Dec 14

Visit tsp.gov/webinars to register with password TSPweb. All dates and topics are subject to change and / or cancellation. Additional dates and topics may be added.

TSP media files are now available:

1. Welcome to the TSP! Here's What You Need to Know
2. Once You're Gone, You're Gone
3. The Cost of Taking a TSP Loan
4. How the TSP Fits into FERS

Please feel free to download at <https://www.tsp.gov/agency-service-reps/media-gallery/>

For more info on other Personal Financial Readiness training, please reach out to: Airmen and Family Readiness at 302-323-3327 or rebecca.price.6@us.af.mil or kelly.harp.1@us.af.mil

Airman and Family Readiness: Office: 302-323-3327/ Cell: 302-530-6706



THE DANG TRUTH

December 2020

Stay connected during the coronavirus crisis
WITH THE AIR FORCE CONNECT APP

Team DANG,

Have you downloaded the AF Connect app from the App Store or Google Play yet?

The need for up-to-date information in an instant is imperative during this time of constant change and frequent updates.

This app will keep you up-to-date with push notifications as well as accurate and timely information at the touch of a button.

Click the following links to download on your respective device and see the following screenshots on how to add the 166th Airlift Wing's tab as a favorite.

App Store (Apple Devices):

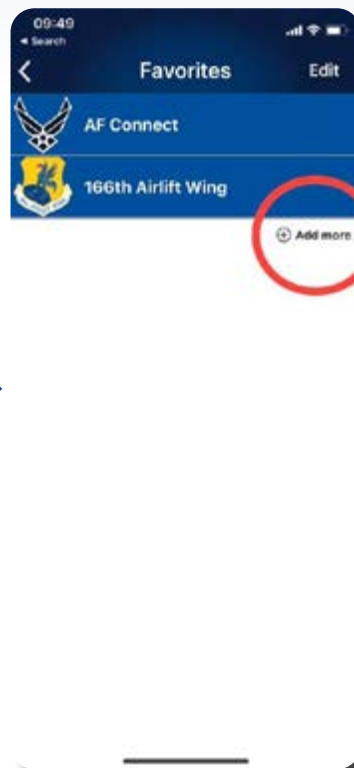
<https://apps.apple.com/us/app/usaf-connect/id1403806821>

Google Play (Android Devices):

<https://play.google.com/store/apps/details?id=com.m360connect.usaf>



1. Tap on "FAVORITES"



2. Tap on "Add more"
then select "166th
Airlift Wing"



3. See these tiles
appear that point to
important links