



THE **DANG** TRUTH

Volume 2 | Issue 12

December, 2021

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

The DANG Truth is upping its game for 2022!

Welcome to the new The DANG Truth. Starting with the December, 2021 issue, The DANG Truth is brandishing a whole new look and editorial focus. With the changes in authority and command that occurred in October 2021, our new leaders want more in-depth stories, photo essays, and historical chronicals. And of course, a focus on our Airmen because you are at the core of everything we do.



The DANG Truth is a legacy that began in the early days of the Delaware Air National Guard. Public Affairs once had a dedicated team of Airmen whose primary job was to produce this newsletter. In those days, paper copies were printed on base and distributed manually to our various units.

Today, The DANG Truth is fully digital. The 166th AW PA shop produces an interactive PDF with live hyperlinks that will take you to the resources and information provided to us by the DPH, SARC, J-9, recruiting, Military One-source, the chaplain corps, and others. We'll continue to provide in-depth stories about our Airmen and their mission, including the deep well of the DANG's 75-year history.

Our goal is to provide compelling and relevant content that will interest our Airmen, retirees, and the community at large. So take a few minutes to peruse this issue. Think about what might be appealing to our DANG community. And feel encouraged to reach out to our PA shop if you have a good story. We're looking for everyone to be content creators. Remember, our story begins with YOU!

Contact the Public Affairs office at (302) 323-3408, or email mitchell.topal@us.af.mil.

Social Media Links:

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

166TH CIVIL ENGINEER SQUADRON ROLLS OUT FOR WINTER



The 166th Civil Engineer Squadron assembles for a group photo in front of a backhoe fitted with a convertible snow plow on November 2, 2021..

In preparation for the winter season members of the 166th Civil Engineer (CE) Squadron staged their annual snow parade which was capped off with a chili luncheon in the CE break room, November 2, 2021. The event marks the beginning flightline snow removal training and the subsequent equipment changeover for the winter months. The event showcased the CE equipment inventory as their Airmen maneuvered some of their biggest trucks around the base. The CES is part of the 166th Mission Support Group and encompasses the Station 33 fire house, grounds maintenance, tarmac snow removal, and heavy equipment operations.



Tech Sergeant Hilton Williams of the 166th Civil Engineer Squadron guides an OshKosh runway snow blower into its bay on November 2, 2021. The 166th CES has converted its heavy equipment in advance of the Winter season.



The 166th Civil Engineer Squadron rolls out their heavy equipment for a photo on the flightline in May, 2021.

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



Diversity and Inclusion

By Master Sergeant Faith C. Fleischman
166th AW Human Resource Advisor



MSgt Faith C. Fleischman
Human Resource Advisor
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As the Human Resource Advisor, my primary mission is to create a more diverse, equitable, and inclusive culture throughout the ANG and our Wing to enhance our organizational effectiveness. So how do we do this? By administering Diversity & Inclusion content to help create greater awareness and understanding of behaviors that effect the engagement level of all Airmen.

But what exactly is Diversity? – While you may think of only race or ethnicity when you hear the word “diversity,” diversity in the workplace actually refers to a workforce comprised of individuals of race, ethnicity, gender, age, religion, physical abilities, cultures, intellectual abilities, experiences, socio-economic statuses, and other demographics that make us unique.

What is Inclusion? - Inclusion in the workplace is when people with all kinds of differences and disabilities feel welcome and valued for their contributions and diverse mindsets. An inclusive workplace is where we can actively look for differences to create dynamic and stronger teams in a culture where everyone can contribute, thrive, and succeed. Simply put inclusion is not only having a seat at the table, but having a voice at that table that

others listen to and respect.

What is Equity? Equity in the workplace refers to a state where everyone – regardless of their ethnic background, country of origin, age, physical ability/disability, or gender – has a level playing field and what they need in order to succeed.

We can achieve this organizational culture, through awareness and skills training, that increases both the individual and the organizational maturity levels within Agility, Innovation and Resiliency. This is accomplished by facilitating Diversity & Inclusion courses on a monthly basis, each RSD, available to everyone in the Wing.

**Each RSD – Wing Executive Conference
Room: SAT & SUN 1300-1400
D&I Course offerings this FY:**

- Emotional Intelligence
- Leadership & Effective Communication
- Unconscious Bias/Blind Spots
- Micro Aggressions
- 4 Temperaments - Understanding Your Colors
- 4 Temperaments - Understanding Others Colors
- Communications Through Generations
- Conflict Management



AIRMAN SPOTLIGHT

MASTER SERGEANT RAHIM BANKS 166TH SECURITY FORCES SQUADRON UNIT TRAINING MANAGER

Master Sergeant Rahim Banks remembers a time early in his career when a master sergeant drove past him while he was walking home after RSD and asked if he had a job.

“No” he replied. So, the master sergeant told him about the Active Guard Reserve (AGR) program. Banks initially joined the Air Guard for financial assistance with college and to provide a path forward. He enrolled in the Community College of the Air Force (CCAF), finished his associates degree. Fourteen months later he was able to transfer all of his CCAF credits to Wilmington University, which enabled him to finish up his bachelor’s degree, all with the help of the GI bill. After receiving the opportunity on his third attempt at becoming a recruiter his message was “persistence paid off.”

Banks is now 3 classes away from completing his Masters of Science in Business Management with Wilmington University.

“So here I am coming up on 18 years later. I’m a DANG baby through and through. Raised here.

“My message to the other Airmen is to stay diligent, work hard, continue to improve and never stop learning.”

MSgt. Banks has transitioned back to with the 166th Security Forces Squadron. He remains dedicated to engaging not only with the Airmen at the 166th SFS, but to the military community at large. He is a charter member of

the Defender’s Association and served as its first president. Banks was also a founding member of the Military Veterans Student Organization at Wilmington University, which continues to this day.

One incident in MSgt Bank’s career stands out. In 2007, Banks and his roommate were at Dover AFB on ARC-V orders. One night they were in their apartment burning CDs when they heard a commotion outside.

“I looked outside, and I saw these two cops wrestling with a 6’5” 320lb guy trying to cuff him but nothing is working. So, I jump outside and helped the officers get him in cuffs using training I got here in the military,” said Banks.

“Next thing I hear are the cops yelling, ‘Stop resisting, don’t resist!’ I go out again and there’s the guy standing up and stark naked. So, I jump back out there again, got him into the vehicle, doors closed and pants up. The officers and their supervisor got my information.

“I end up deploying but upon coming back, the 512th commander came out to my post, shook my hand and coined me. Then they told my chain of command [at the 166th Air-lift Wing] who put me in for my first commendation medal for valor.

“The Dover Police Department gave me an outstanding citizen award which led to General Timmons and Governor Ruth Ann Minner coming to the state fair to coin me.

“That was one of those moments that made me realize that you should always do the right thing. If it feels right in your heart, do it.”



Master Sergeant Rahim Banks with the Air Force Commendation for his act of courage helping the Dover Police subdue a hostile actively resisting defendant on 7-October-2007.



STATION 33 FIREHOUSE: ONE OF THE BUSIEST IN THE AIR FORCE

BY MR. MITCH TOPAL, 166TH AIRLIFT WING

DELAWARE AIR NATIONAL GUARD BASE, Del. -- Our TAG wanted a story about our base fire house because they had become one of the busiest in the Air Force. After hammering out a mutual aid agreement with New Castle County, emergency response activity skyrocketed. Working primarily with two local volunteer fire companies – Minquedale station 22, and Wilmington Manor stations 28 and 32 – Station 33 made 684 runs in calendar year 2020, and 784 as of November 9, 2021 – an increase of 15% year over year, and there are almost two months to go.



Members of Station 33 and Delaware Army National Guard maintainers line up for a group photo after an emergency response lesson on the UH-60 Blackhawk on 9-November-2021. The firefighters learned enough about the aircraft so that if an emergency arose, they could handle the situation and save lives.

It wasn't my first time covering events at Station 33. Prior to the COVID-19 lockdowns, I had escorted numerous base tours, many of which included a tour of the fire house. The kiddoes seemed to like it even more than touring one of our C-130s. I had also interviewed one of the firemen when he returned from a deployment to Iraq and produced a photo essay when they took possession of their new Rosenbauer Panther P-23 water cannon, a 77,000 lb. behemoth designed to fight aircraft fires.

When I walked into the Station 33 fire house on the morning of 9-November for the 0700 briefing, the smell of breakfast was wafting through the air. Scrambled eggs, cheese, sausages, and hot sauce. Lots of hot sauce. Varieties that range from the bottom to the top of the Scoville scale.

I dropped my camera gear at a desk as-

signed to me for the day – a day for 166th Airlift Wing PA to ride along, observe and document what was to be a “typical” day for Station 33 – then headed into the kitchen for the morning briefing with Chief Jim Knightly.

“Hey Mr. Topal, do you want some eggs?” asked Patrick Burns, Assistant Chief of Operations for C Shift.

“Sure,” I said. The briefing was informal, and the men continued to cook and eat.

I plated a good-sized portion of cheesy scrambled eggs, then perused the hot sauce collection for something that was hopefully near the middle of the Scoville index.

“If my mouth starts burning uncontrollably, I guess I’m in the right place,” I quipped as I grabbed a seat at the table. “You may have to call Wilmington Manor to assist.”

The men laughed. I finished my eggs then plated a second helping. Nobody went hungry in this house. If people kept eating, they kept cooking.

“This kitchen is a no rank zone,” said Chief Knightly explained.

“Everyone should feel free to speak their mind with no judgment. I remind people that this is a fire house, not a fire station. We’re a brotherhood and we treat each other like family as you would at home,” he added.

Knightly was a Master Sergeant who became a full-time title five civilian fire chief upon his recent retirement from the Air Guard.

After some introductions and casual conversation, I was brought out to the garage and given a set of gear to try on. The fire helmet, turnout pants and jacket fit perfectly.

“If we get a call, don this gear, and stick close to the driver after we arrive on scene. He’ll let you know where you can deploy with your cameras to get the shots you need without getting in the way,” explained Patrick Burns.

I thanked him then took a selfie.

Quickly, I removed the bulky gear, placed it next to my assigned seat in the fire truck, then headed back to my assigned desk to work offline. There was no public Wi Fi.

An hour later Chief Burns came in to let me know they were planning to take one of the trucks out for some recon into a couple of high-density residential areas and to be ready to depart at 10:00. I grabbed the two GoPro cameras that were stashed inside my camera bag, set them for time-lapse recording and mounted them inside the cab. I also checked the settings on my trusty D-810 to take the still photos. Burns said that they had no calls the previous day and were hoping they’d get one so that I could grab some exciting footage for the video and feature story I had planned.

It wasn't to be. The weather was too nice for car crashes and not cold enough for house fires, which were often caused by



Firehouse continued from page 4

improper use of fuel-based heaters that people foolishly brought inside to keep warm.

At 10:00 things started to move quickly. Men were getting their gear and heading into the garage. I picked up my D-810 and climbed into the back seat of Engine 33 before we raced off.

Our first stop was at the student housing complex at Wilmington University. We stepped out of the truck. The men scoped out the scene while I took a few photos.

Patrick Burns explained, “The first place we went to was Wilmington University because we have a mutual aid agreement with Wilmington Manor. We go into the higher hazard areas which are the most frequent kind of calls. And the hazard being that they are multi-residential with more people living there which gives them more of a priority.

“What we were looking at was hydrant location and pre-fire planning. We need to make sure the hydrant locations are correct on all our maps so that when there’s a call, we know exactly where they are. We sometimes find that they aren’t marked correctly so we can move it on the map.

“We were on a call a while back at night and the hydrant wasn’t immediately visible. We went back today to confirm its location and found that it was obscured by shrubs. There was also an entry gate that could have blocked our ingress. Knowing what



Assistant Chief Patrick Burns and Staff Sergeant James Pierce compare hydrant locations on the ground with those indicated on an online map to ensure that any discrepancies are corrected, 9-November-2021.

When they were satisfied with what they learned, the firefighters and I headed back to the truck.

“Do you like tacos? Asked Jesse Cowell, the firefighter that was sitting next to me in the back.

“Sure do,” I replied.

“Great. We’re heading to Rivera to pick up some lunch,” he added.

Rivera Taco Express, a small food truck, catered to first responders, LE and military members with a sizeable discount.

The proprietor handed us several bags, which we took then climbed into the truck and headed back to base.

After lunch, Patrick Burns invited me to ride along with them to the Delaware National Guard’s army aviation hangar where their fleet of UH-60 Blackhawks are housed. They had planned to do some fire and rescue training with some of the Blackhawk maintainers.

The firefighters climbed into several vehicles (including the Rosenbauer P-23), while I rode in Engine 33 with the same crew I’d been with all morning. We raced across New Castle Airport, traversing runways and taxiways, to get to the army aviation hangar. The ride filled me with an adrenaline rush. As a kid, I never imagined I’d be doing something like this for a living. I felt like an 8-year-old playing in the world’s biggest toy box!

Station 33 provides all the fire and emergency services for New Castle Airport, the 166th Airlift Wing, and Delaware National Guard Army Aviation in addition to their mutual aid agreements with Minquedale and Wilmington Manor.

Inside the Army Aviation hangar, several Blackhawk UH-60s were in various phases of maintenance. One of the maintainers led our group to one of them, and started to open the various covers and hatches, revealing the technical wizardry that makes it fly. There were hydraulic and fuel system lines, engines and

See Firehouse continued on page 6



Assistant Fire Chief Patrick Burns of Station 33 shift C watches a maintainer point out the engine, electrical and hydraulic systems on top of a UH-60 Blackhawk helicopter during a hands-on briefing on the potential hazards they might encounter when responding to an emergency, 9-November-2021.

we’re getting into before the call helps everything run smoother and possibly saves lives.”

When finished notating where the hydrants were located as well as the ingress and egress points, we climbed back into the cab and headed south on Route 13. Soon, we arrived at Castlebrook, a sprawling apartment complex with several multi-residential units. Again, we jumped out and surveyed the area.



Firehouse continued from page 5

gear boxes, radar components and bundles of electrical wires.

Soon, the men were climbing all over the helicopter.

Patrick Burns explained, “So, as we did before, it was pre-fire planning. We were learning things while in a cool calm environment where we’re getting professionals to teach us all about it so that when an emergency happens and they’re not around, we can handle it ourselves – at least in the capacity that we need to. So, we’re not going to be pros at it, but we can safely recover someone or understand the hazards that we need to mitigate with that type of aircraft. We do the same thing with the Air Guard’s C-130s.”

After about an hour, the men seemed satisfied with what they’d learned. I asked them to line up in front of the Blackhawk for a group photo before we exited the hangar and climbed back into the fire-

fighting apparatus. The diesel engines started up and we raced down the runway, taxiways and into the Station 33 fire house apparatus bay.

The growth and success of Station 33 comes with the support of leadership.

“That’s a great thing for the military, for the airport, and for the community. Leadership throughout the base from Chief Knightly up to the TAG has been a great part of that – to allow us to get more experience and to allow us to become more seasoned firemen,” he said.

“It also helps us out in the community which has become a recruiting tool. Before, when we posted a full-time position, we’d get very few applicants. Now, we get 20 or 30 because people see us out in the field. It’s going to change this department even more in the next five to ten years.”

“We hope to get more in the area. I see that happening in the future. We need to

become better ourselves and then build our relationships with them.”

Although their primary purpose is to provide fire prevention and protection services for structural and aircraft responses, on both the civilian and military sides of New Castle Airport, Station 33 also have the chance to save lives in the surrounding communities.

“I would say that about 95% of our emergency call volume is off this base,” explained Burns.

The mutual aid agreement with New Castle County while also providing fire and emergency services to the DRBA for Wilmington Airport and Army Aviation, all contribute to Station 33’s evolution to becoming one of the busiest firehouses in the United States Air Force.

As for the ride-along during a bona fide call, I was invited to come back any time.



For SNCOs and FGOs

WHO: SNCO (E7 – E9) & FGO (O4 – O6)

WHEN: JANUARY 1 – MARCH 31

WHAT: AIRMAN SUBMIT THEIR FORCE DEVELOPMENT PLANS INCLUDING FUTURE GOALS

WHERE: NG.DE.DEARNG.MBX.AIR-COMMAND-STAFF@MAIL.MIL

WHY: PROVIDES AIRMEN AN OPPORTUNITY TO BETTER UNDERSTAND FORCE DEVELOPMENT OPPORTUNITIES, PLANS REVIEWED & FEEDBACK FROM SENIOR LEADERS

DE ANG FORCE DEVELOPMENT

★ **START SHAPING YOUR FUTURE!**



Promotions & Retirements

November - December 2021

Promotions

- Carla Riner to Brigadier General
- Peter Irungu to Captain
- Bret Gordon to Captain
- Aniekan Nkanga to Captain
- Germaine Gibson to Captain
- Philip Smith to Captain
- Montavia Hawkins to Captain
- Bryson A. Baese to TSgt
- Candyce A. Collier to TSgt
- James C. Klinefelter to TSgt
- Timothy H. Townsend to TSgt
- Jose F. Viera to TSgt
- Helen S. Zena to TSgt
- Prince J.A. Antoine to SSgt
- Lee E. Carlson to SSgt
- Abigail R. Connor to SSgt
- Brett D. Ham to SSgt
- Joseph D. Merkel to SSgt
- Bonita C. Mullen to SSgt
- Frankie J. Stephens to SSgt
- Cody A. Barnett to SrA
- Ryan A. Hubschmidt to SrA
- Kelly A. Leibolt to SrA
- Jeramie W. Oconnor to SrA
- Alexis T. Eichhorn to A1C
- Meghan E. Lane to A1C
- Alexa M. Nunezalcoer to A1C
- Juanita Posada to A1C

Retirements

- CMSgt Gerald Babcock 166 SFS
- CMSgt Glenn Proska 142 AS
- SMSgt Joseph Neisser 166 AW
- MSgt James Burns 166 AMXS
- SSgt James Maclaren 166 CES





Colonel Lynn K. Robinson Jr.

166th Airlift Wing Commander

*Requests the honor of your presence
at a*

Retirement Ceremony

in honor of

Senior Master Sergeant Joseph Neisser Jr.

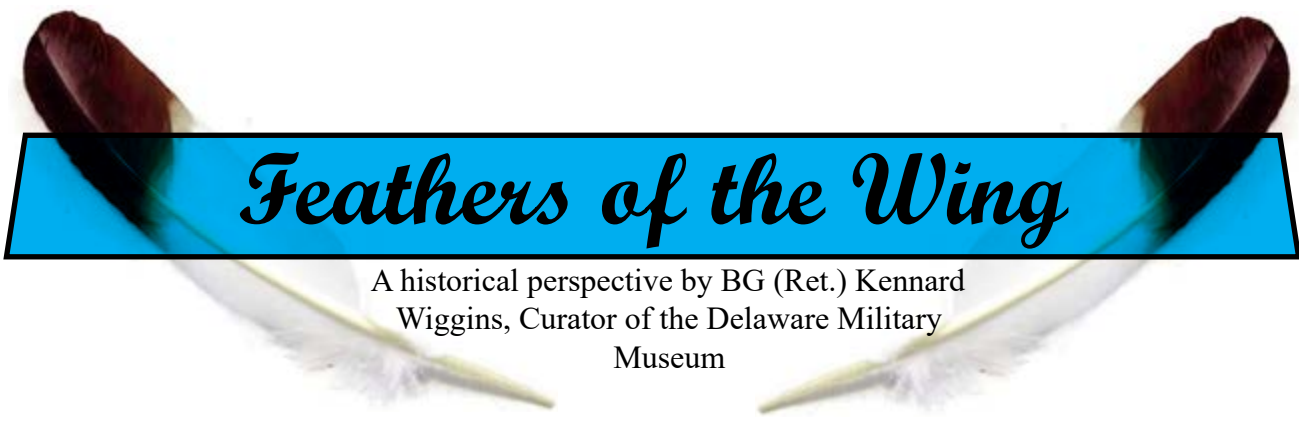
*on Sunday, the ninth of January
at three o'clock in the afternoon*

*in the Loeffel Room, Bldg. 2600
New Castle County Airport, Delaware*

*R.S.V.P. by 3 January 2022
(410) 845-3032 or
(302) 323-3500
Carrie.Dupuis@us.af.mil*

*Military: Duty Uniform
Civilian: Business Casual*

*No response is required from Delaware National Guard members and retirees below O-6/W-5/E-9
Reception immediately following the ceremony*



Feathers of the Wing

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

Delaware Air National Guard Genesis

Brig Gen Kennard R. Wiggins Jr. (DE ANG Ret.)

The Delaware National Guard was reorganized after World War II war as separate battalions of anti aircraft artillery. But it had added a brand-new element to the force which had never existed before. Mirroring the emergence of an independent Air Force from the Army Air Corps, the Delaware National Guard added an Air National Guard organization.

Organizational meetings were held at the National Guard Bureau attended by Brig Gen Paul Rinard, the Adjutant General, accompanied by Col John B. Grier, the U.S. Property and Fiscal Officer as early as March of 1946. Their first task was to recruit veterans for this new unit. General Order Number 9 dated 8 July 1946 outlined an organization that included:

- 142nd Fighter Squadron, S.E. 32 Officers – 127 Enlisted Men
- 142nd Utility Flight of 142nd Fighter Squadron – 6 Officers – 29 Enlisted Men
- Detachment “C” 208th Air Service Group (Fighter) - 8 Officers – 1 Warrant Officer – 168 Enlisted Men
- 142nd Weather Station (Type A) -3 Officers – 5 Enlisted Men

The 142nd was the heir to the lineage of the 342nd fighter Squadron which had flown P-47s and P-51s in New Guinea, the Philippines and Shima as part of the 348th Fighter Group, Fifth Air Force.

142d Tactical Fighter Squadron was originally constituted as the 342d Fighter Squadron at Mitchell Field, New York on 24

September 1942. During World War II, the squadron was based at Australia, New Guinea, Wake Island, Noemfoor Island, Philippine Islands and Japan and was inactivated on 10 May 1946. It was awarded the Presidential Unit Citation for outstanding performance of duty in action against the enemy in New Britain. Campaigns include: Bismarck Archipelago, Luzon, New Guinea, Northern Solomons, Ryukyus, Southern Philippines, West Pacific.



Top: Gathering of Airmen at the Wilmington Armory to found the DANG. Below: Early F-47 fighter aircraft of the DANG taxi for takeoff.



Original 142nd Fighter Squadron patch from 1946.





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MILITARY ONE SOURCE

Keeping Joy in the Holidays

The holiday season is a time to celebrate and enjoy family and festivities. While family gatherings, gift shopping, and social activities can be fun, they also might leave you feeling overwhelmed. Military OneSource can help make this holiday season peaceful and joyful for you and your family by:

- **Managing increased stress** – we have resources to help service members and their families embrace the season’s joy and keep stressors at a minimum.
- **Coping with being far away from loved ones** – Service members and their families can talk with a counselor about ways to cope with being away from family over the holidays. You can meet with a counselor wherever you are, via video, phone, or online chat.
- **Get parenting tips** – Discuss ways to create a memorable holiday for the kids, manage their expectations, and get creative gift and activity ideas.
- **Work through loss** – The holidays can be difficult when dealing with the death of a loved one, a divorce, or declining personal health. Counselors can offer you support and ways to cope and help you prepare for a future of new experiences.

Rediscover the joy this holiday season. Non-medical counseling is available in person, by phone, via video, or online chat. Call Military OneSource at 800-342-9647 or chat with us online to schedule an appointment with a licensed counselor.

Link to this article <https://www.militaryonesource.mil/health-wellness/healthy-living/managing-stress/keeping-joy-in-the-holidays/>.



RESTRICTED REPORTING

A victim can file a Restricted Report **EVEN** if...

- The allegation has been inadvertently or previously disclosed to command by the victim, suspect, or third party;
- The matter has been reported to law enforcement, to include MICOs, by anyone other than the victim; or
- An investigation is initiated, in progress, or closed

Victims may elect to make a Restricted Report of sexual assault at all times, except when personally reported to law enforcement, previous filed unrestricted report for the same incident.

(Ref. DoDI 6495.02, Change 6, Nov 10,2021)

**NEW
UPDATE**



Stephanie Davis
166 AW SARC
(302) 250-1802

HAVING TROUBLE SLEEPING?

Try these tips from our Director of Psychological Health



Sleep is important for both our physical and mental health. Quality sleep can be especially challenging during the holiday season when traveling to and from different time zones, entertaining houseguests, and staying up late to ensure

your kinds do not eat Santa's fresh-baked cookies. If you depend on a good night's sleep as much as I do, it might not surprise you to learn that the rate of car accidents, workplace injuries and heart attacks goes up significantly when we lose an hour of sleep each year. The opposite happens when we gain an hour. Sleep allows your body and mind to recharge. Amongst other things, it:

- Boosts your immune system
- Sharpens your brain function, improves memory, concentration and productivity
- Improves heart health, decreases risks of heart disease and stroke
- Increases metabolism, prevents weight gain, helps to regulate blood sugar and reduces risk of diabetes
- Helps with your workouts and physical/athletic achievement
- Improves mood, social interactions and decrease risks for depression and anxiety

While all of this is true, it still doesn't solve the problem of how to get a good night's sleep. The good news is there are lots of things that you can try to optimize both the quality and quantity of your sleep regardless of the time of year. Below are some suggestions:

- **Establish a realistic bedtime** - Stick to it every night, even on the weekends
- **Create a calm, inviting environment in your bedroom** - Add things that relax you and remove things that create stress. Consider introducing some great scents such as lavender, vanilla and sandalwood, bergamot to the room. Sprays and diffusers are options. Make sure you have a comfortable sleep environment – including mattress, blanket, and pillows. It's worth the investment
- **Take time to clear your mind before bed** – Use of a journal, sketchbook or notepad can help drop your worries
- **Keep a notepad by the bed** - If something is on your mind, write it down and let it go
- **Eliminate natural and artificial light in your bedroom** - Your body naturally releases melatonin which helps you feel tired when it gets dark. Limit “blue” light and consider a “screen ban” on televisions, computers and tablets, cell phones,

and other electronic devices

- **Avoid caffeine, and large meals in the hours leading up to bedtime** – Avoiding these activities will limit sleep disruptions
- **Limit alcohol use** - Despite common belief, alcohol does not help with sleep. In fact, it does the opposite. It impairs your ability to move through the needed sleep cycles
- **Refrain from using tobacco** – It is a stimulant. If using tobacco, minimize use 6 hours before bedtime
- **Stay physically active** - Spend time outside every day when possible. Sunshine and Vitamin D are good for your physical and mental health
- **Exercise during the day** – Exercise can help you wind down in the evening and prepare for sleep
- **Minimize daily naps** – If necessary, limit naps to 20 minutes. Consider meditation as a way to distress and relax
- **Use caution when using over-the-counter supplements** - Herbal supplements such as melatonin may help with sleep issues, but use caution as supplements may contain restricted Air Force substances. Consult with your doctor. Any product containing CBD is strictly prohibited
- **Keep it cool** - The ideal temperature for sleep is 65 degrees
- **Take a hot bath or use other relaxation techniques before bed** - Add some lavender oil for extra stress relief
- **Practice gratitude** - Take a moment to reflect on the good things in your day. Say your prayers
- **Seek out the support of a professional** – Ask for help if you are dealing with stress, or symptoms of anxiety, depression or PTSD

There are numerous mental health and physical conditions that can impact your sleep and you might want to discuss sleep issues with your medical and/or mental health provider.

For additional information about sleep, refer to the resources below:

- Sleep Deprivation and Deficiency article from the National Heart, Lung, and Blood Institute <https://www.nhlbi.nih.gov/health-topics/sleep-deprivation-and-deficiency>
- Military One Source Chill Drill Relaxation App
- <https://www.militaryonesource.com/health-wellness/healthy-living/managing-stress/chill-drills-by-military-one-source-app/>
- Travel and Sleep article from the Sleep Foundation <https://www.sleepfoundation.org/travel-and-sleep>

Sweet dreams!

- If you or someone you know requires mental health support, contact your Wing Director of Psychological Health, Mrs. Baker at 302-323-3382 or lakenya.baker@us.af.mil.



Safety



November 2021 Safety Message:

8 Seasonal Safety Tips

Fall brings some hazards we need to be cautious about. But with the right fall safety tips, you can still enjoy everything you love about this time of year. Living in the mid-Atlantic area means we get to enjoy four beautiful seasons, each with their own amazing features. But it's important to understand how to stay safe in specific weather conditions. These essential fall safety tips will help make sure you enjoy the season to the fullest and avoid unnecessary injuries or accidents.

- 1. Be Cautious of Back-to-School Traffic :** School is back in full swing, which means that there's more traffic on the roads in the morning and late afternoon. You might have noticed it takes a little longer to get to work now. Be alert when you're crossing the street or driving in a school zone. People can be absent minded in the morning as they rush around trying to get their kids to school and make it to work on time.
- 2. Don't be Fooled by Falling Leaves:** The fall is a gorgeous time of year- those green leaves turn to wonderful shades of brown, yellow, red, and orange and fall to the ground in those piles we love to jump in. But falling leaves can pose a hazard, no matter if you're driving or walking. Leaves can be very slippery, which is a big trigger for autumn slip and falls. Jumping in piles of leaves can also be dangerous and lead to injury if you're not cautious. You never know what kind of garbage or debris ended up in that pile you just raked. This is especially important if you live on a busy street.
- 3. Get Your Fire Safety up to Speed:** This time of year, when the temperature starts dropping, means we're putting away our bathing suits and getting our boots out. It also means we're firing up our heating equipment. Your furnace and heaters have been sitting untouched all summer long. Turning them on at the first sign of chilly air without properly inspecting and servicing them can be a big fire hazard. Be sure to get an inspection of your heating systems and anything else that hasn't been used in a while. If you have a wood burning fireplace, make sure you follow the proper safety procedures when using it. Keep the screen shut and make sure that the flu is clean, open, and free from debris. Fall is also a time when a lot of people like to break out their candle collection and get cozy on a chilly evening. However, misuse of candles is one of the biggest causes of house fires. Always make sure you blow out your candles before you leave a room and never leave open flame unattended.
- 4. Avoid Slip and Falls from the Rain:** In the fall, we get a lot of rain. And rain can often cause surfaces to be slippery, especially when it's cold and takes the water longer to evaporate. This is a recipe for harmful slip and falls that can leave you with serious injuries. When you're outside, double check everything before you use it or walk on it. For example, if you need to clean out your gutters, examine the ladder before you climb it. The rungs could be wet and slippery, causing a potential slip and fall.
- 5. Be Prepared for Unexpected Cold Weather:** Since the mid-Atlantic area weather can be fickle the temperature could be hot one day and cold the next. In fact, it could drop at any minute. Always be prepared if you're going out for the night, especially if you're going to be outdoors for any period of time. Make sure you have an extra jacket, scarf, or hat in case the temperature drops unexpectedly. If you don't have an emergency car kit in your vehicle, now is a good time to make sure you have one in there before winter start!
- 6. Wash Your Hands Constantly:** While the fall brings back some of our favorite things, it also brings the cold and flu season! Wash your hands frequently and use hand sanitizer if you can't wash them. Any time you touch a publicly used item, like a railing, gas pump handles, doorknobs, make sure you lather up and avoid touching your face.
- 7. Make Sure Your Batteries Are in Order:** Test your batteries and replace them if necessary. Make sure you have backups on hand in case of power outages or other emergencies. Make sure your smoke detectors, carbon monoxide detectors, and other important emergency devices are in working order and have fresh batteries.
- 8. Wear Something Reflective When Walking at Night:** It's getting darker earlier, but that doesn't mean that the dog still doesn't need to be walked or that you should abandon your fitness program. At this time of year, it's starting to get dark before we even get home from work, which doesn't leave much time outside in the daylight. Make sure you wear reflective clothing if you're out at night. You should also put reflective materials on your dog's collar or leash to make sure they're visible to people driving by.

Safety and Occupational Health Points of Contact:
 State Safety Manager: CW3 Christopher L. Slicer,
 326-7100 christopher.l.slicer@army.mil
 State Safety Specialist: CW2 Mark Schroeder, 329-7016,
mark.m.schroeder@army.mil

FOR MORE INFORMATION SEE THE NATIONAL SAFETY
 COUNCIL/DELAWARE OFFICE OF HIGHWAY SAFETY
 NOVEMBER EDITION OF "SAFETY MATTERS"



Lt Col Anthony Giamello, Chaplain 166th AW/HC.



A message from the 166th AW Chaplain Corps

In its day, the Titanic was the world's largest ocean liner. Weighing 46,328 tons it was considered unsinkable. Yet, late during the night of 14-15 April 1912, the unthinkable happened to the unsinkable. Near midnight, the great Titanic struck an iceberg, ripping a three-hundred-foot hole through five of its sixteen watertight compartments. It sank in two and a half hours killing 1,513 people. Before the Titanic sank, warning after warning had been sent to tell the crew that they were speeding into an ice field, but the messages were ignored. In fact, when a nearby ship sent an urgent warning, the Titanic was talking to Cape Race about the time the chauffeurs were to meet arriving passengers at the dock in New York and what dinner menus were to be ready. Preoccupied with the trivial, the Titanic responded to the warning, "Shut up. I am talking to Cape Race. You are jamming my signals!" Why did so many die that night? Perhaps the crew disregarded the danger of the weather; there were not enough lifeboats

on board; and the radio operator of nearby California was off duty; perhaps those responsible did not heed the warnings; they were preoccupied with other things!

Sometimes we believe that our 'ship' is unsinkable, our life is completely planned and the unthinkable can never happen to us. The reality is each and every day is a gift to be lived, not a problem to be solved. As we approach these holy days of Advent, Hannukah and Christmas may we not be so preoccupied with trivial things that miss the real reason for the season. I encourage you, if you are a person of faith to lean into your religious tradition so that you can get the most out of this glorious season.



166th Chaplain Corps

Senior Religious Support Team



Chaplain, Lt Col Giamello



MSgt Mell



How Can We Serve You?

- **Worship** (Bldg 2821, Meditation Room)
 - ❖ Catholic Mass – Sunday of RSD at 0830
 - ❖ Protestant Service – Sunday of RSD at 1000
- **Meditation Room** (Bldg 2821)
 - ❖ Available for reflection with books and resource materials
- **Counseling**
 - ❖ Spiritual Counseling (with Chaplains)
 - ❖ Crisis/Personal Counseling (with Chaplain or Staff)
- **Unit Engagement** (can be requested if desired)
- **Ceremony Invocations – Promotion, Retirement, etc.**
 - ❖ Request Form on the Wing Sharepoint Chaplain Section
- **Religious Accommodations**
- **Strong Bonds**

Contact the Chaplain Corps
 Jason.mell@us.af.mil
 Chaplain Office: 302-323-3367 (leave a general voicemail)



Chaplain, Capt Guy



SSgt Kallner



SrA Scholz

Communication with ALL Chaplains and Staff is privileged communication
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Team DANG,

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