



THE DANG TRUTH

February 2021

COMMANDER'S PRIORITIES

OPSEC Training Completion
COVID Vaccinations, Influenza shots – MDG Clinic, TBD

WING / MAJOR EVENTS

5 February – Friday:

0900-1000 9G Sync Riley Room
1300-1400 Unconscious Bias Exec. Conference Room

6 February – Saturday:

0730-1400 TEAMS - TAP Pre-Separation Brief, Quarterly Brief and AES
0745 Wing Commander ALL CALL in front of the Main Hangar, on the non-flight line side
0830 CATM Course: SAT and SUN M9 and M4 – Classes are full
1000-1100 Base Quarterly Training Meeting FY21 QTR 2, EOC Conference Room, 166 CFT
1130-1230 Chat and Chew, CES Training Classroom, Bldg. 2803
1300-1400 Emotional Intelligence, Executive Conference Room
Col (S) James Chaikowsky Promotion - Time /Date TBD
Atkinson Award Ceremony for AES - Time /Date TBD

7 February – Sunday:

730-1200, TEAMS - TAP Pre-separation Brief, MXG and CES
0800-1530 RODEO in Loeffel Room, 60 slots – Class is full
1230-1330 TEAMS - PFR Touchpoint – Pre-deployment – MXG, CES (Congressionally mandated for all deployers over 30 days)
1400-1500 TEAMS - Pre-Deployment Tricare Brief – MXG, CE, AES
1400-1500 Zoom - PFR Touchpoint USAF: Retirement Planning/ TSP – Congressionally mandate for those at the 2 year mark and under BRS – must register with alicia.calderon@us.af.mil

ANCILLARY TRAINING

OPSEC Training (videos or PDFs available)

PROMOTIONS

Robert C. Adams TSgt
Paul J. Freebery, Jr. TSgt
Mark A. Gede to TSgt
Aaron M. Cathey to SSgt
Jonathan R. Cortez to SSgt
Nina Duenkel to SSgt
Trey S. Gates to SSgt
Justin W. Krieger to SSgt
Lizette A. Ordonez to SSgt
Robert T. Sinning to SSgt
Tyler M. Hastings to SrA
Savannah L. Kuehn to SrA
Rawle A. London, Jr. to SrA
Jesse A. Mcnier to SrA
Dalton J. Sanger to SrA

RETIREMENTS

MSgt Kevin Heimbach
MSgt Henry Young
TSgt Edward Tangradi

Delaware National Guard Airmen and soldiers provide support to D.C. law enforcement after the inauguration of President Joe Biden.



NEW CASTLE AIR NATIONAL GUARD BASE, Del. - Delaware National Guard Citizen Airmen and Soldiers assigned to Task Force Griffin gather for a group photo on the 166th Airlift Wing flight line at the Delaware Air National Guard Base, New Castle, Del., Jan. 20, 2021. More than 40 Guardsmen provided additional support to local law enforcement agencies leading up to the 59th Presidential Inauguration. (U.S. Air National Guard Photo Illustration by A1C Brandan Hollis)



HOME SAFE

On January 25, 2021 hundreds of Delaware National Guard Soldiers and Airmen returned from their deployment to our Nation's Capitol, in support of local law enforcement and security for the Presidential Inauguration. Nearly 450 Guardsmen were activated during this period.

Welcome Home!

Social Media Links:

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

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



THE DANG TRUTH

February 2021

FEBRUARY IS





THE DANG TRUTH

166TH AIRLIFT WING FIRST SERGEANT COUNCIL ON THE HISTORY OF THE FIRST SERGEANT

By MSgt Katy Laurie, 142d AES/CCF

1. The First Sergeant is a time honored and trusted position, unique among enlisted professions. But what is the origin of the First Sergeant?



2. The 17th century Prussian Army Feldwebels seem to have been the genesis for what was later called the First Sergeant in the U.S. Armed Forces. They were the apex of the noncommissioned echelon of rank, and they were the overseers of the company's enlisted personnel. They kept the Hauptman (company commander) informed of everything that went on in the company — whether NCOs were performing their duties in a suitable manner, if their training was properly accomplished, and that all were accounted for at the end of the day. By the 18th century practice was brought into the Continental Army by Baron von Steuben, a former Prussian officer who was appointed by General George Washington as inspector general. The Baron's implementation Feldwebels provided discipline and training, preparing the army at Valley Forge in the winter of 1778. Due to Baron von Steuben's contributions, the Continental Army was able to return to the campaign in the spring as far more efficient and organized force,

directly contributing to our independence.

3. The beginning of the First Sergeants, as you know the position in today's Air Force, was born with the creation of our service in 1947. Unlike the Army Air Corps, it became a position and not a separate rank. They did not need to be the highest NCO in the unit.

The "first" First Sergeants were in the personnel career field, AFSC 73170. In the earliest days of the Air Force until 1961, they held the ranks of SSgt to SMSgt. Staff Sergeant First Sergeants were primarily woman serving in WAF units. After that point, First Sergeants were identified with their own AFSC in lieu of personnel technicians. The newly defined role emphasized the position of the First Sergeant as an advisor to their commander.

4. In the Air Force, a first sergeant is often referred to as "Shirt," or "First Shirt." The true origins of this term are unknown. The common theory is that 19th century federal troops stationed on the American frontier wore their shirts into tatters and fervently awaited the supply wagon bringing new uniforms. When it arrived, the first sergeant, being the ranking enlisted, got the first pick of the shirts, therefore they were nicknamed.... "First Shirts"!



THE DANG TRUTH

February 2021

★ ★ ★ PROJECT ★ ★ ★

Welcome Home Troops

RESILIENCE TRAINING FOR OPTIMUM PERFORMANCE



- ✓ Better Sleep Quality Improved
- ✓ Mental Clarity
- ✓ Stress Relief
- ✓ Deep Mental Relaxation
- ✓ Optimal Performance

The Power Breath Meditation Workshop provides breath-based tools that decrease the stress, anxiety and sleep problems that many veterans experience. Course participants notice an improvement in relationships and an enhanced sense of mental clarity and well-being.

The PWHT Workshop is offered free of cost to veterans, active duty military members and their immediate family.

The 5-Day Online Power Breath workshop from February 24 - 28, 2021. Times: Wed - Fri 6:30 - 9:00pm, Sat & Sun 10:00am - 1:00pm EST. Requirements: Pre-registration, a computer or tablet, webcam & microphone and internet connectivity. Contact: leslye.moore@pwht.org

"I never thought I would be this relaxed or this happy, says Tom Voss, I never thought this was possible"

Newsweek



A Stanford University study published in the Journal of Traumatic Stress found "There were signs of reductions in anxiety and [post-traumatic stress disorder] immediately after the one-week program. Those improvements were seen both one month and one year later, indicating the improvement may be permanent."

**"Thank you for giving me a life worth living."
Travis Leanna, USMC, Veteran, Operation Iraqi Freedom**

DISCLAIMER "DoD: PROJECT WELCOME HOME TROOPS 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

February 2021

Magellan
HEALTHCARE.

Tax preparation discounts

Save up to \$20 on TurboTax online federal products!

Putting off doing your taxes? There's no time like the present and your program makes it easy to get started with discounted access to tax preparation.



Get your taxes done right with the #1 best-selling tax software. Save up to \$20 on TurboTax online federal products!

Maximum refund:

TurboTax searches over 350 tax deductions to get you the biggest tax refund, guaranteed.

Complete check:

Get a comprehensive review of your tax return before you file so you can be confident nothing gets missed.

100% Accurate:

TurboTax's calculations are 100% accurate so your taxes will be done right, guaranteed, or they'll pay you any IRS penalties.

One-on-one help, on demand:

Get customized answers to your questions and guidance as specialists draw on your screen

Get started today!

1. Visit your member website and select the Discount Center program tile.
2. Click on the link to visit the LifeMart Discount Center.
3. In the LifeMart Discount Center, click the tab for Tax Prep.





THE DANG TRUTH

February 2021

166th Airlift Wing Equal Opportunity Program



As the newly trained Wing Equal Opportunity Advisor, my primary role is to uphold DoD and Air Force Equal Opportunity policies as well as support and promote Col Riner’s vision of equal opportunity and fair treatment across the Wing. The mission of the 166 AW Equal Opportunity Program is to ensure an environment of dignity and respect and fair treatment for all personnel assigned to the 166th AW without regard to race, color, sex, religion, sexual orientation, or national origin. We are likewise committed to providing an environment free of sexual harassment, hazing, and bullying.

The team

I am the Drill Status Guardsman (DSG) Equal Opportunity Advisor (EOA). My phone number is 302-323-3508. On regularly scheduled drill (RSD) weekends, I can be reached at 302-323-3372. I work in coordination with the State Equal Opportunity Manager, Mr. Mark Smith. His phone number is 302-326-7262, Monday - Thursday.

Ways in which the EO office can assist – program elements:

Education

Provide newcomer’s and key personnel briefings, answer questions about the AF program

Assessment

Conduct Defense Equal Opportunity Climate (DEOC) surveys, Out and About visits in the units

Dispute resolution

Assist commanders and complainants to settle disputes at the

lowest possible level. When early resolution fails, will advise on complaints process and will process complaints according to law

Documentation

Capture Wing metrics and other indicators for higher headquarters use in assessing the AF/EO program

Finally, my personal vision for the Wing EO Program is to create a workplace rooted in teamwork, mutual respect and loyalty that is based on our shared sacrifice. The EO door will always be open to you, valued members of the 166 AW!

TERRI L. SANCHEZ, MSgt, DE ANG

Equal Opportunity Advisor 166 AW/EO

EVERYONE HAS A ROLE



COMMANDER

- Strongly emphasize zero tolerance!
- Investigate allegations of unlawful discrimination and sexual harassment.
- Protect members who file complaints against forms of reprisal or retaliation.
- Commanders must provide EO with a synopsis of allegations and corrective actions taken when EO issues are handled within their organizations.

COMPLAINANT

- Recognize when standards are not met.
- Clarify facts vs perceptions.
- Document incidents (who, what where, when, how).
- Consider addressing the alleged offender.
- Know your chain of command and helping agencies.
- Report any forms of reprisal to IG.

SUPERVISOR

- Set a positive example on/off duty.
- Reinforce zero tolerance policy.
- Take action on every issue.
- Address rumors.
- Keep chain of command informed of issues affecting the workplace.
- Give feedback on issues worked.
- Provide purpose to the EO Program.

CO-WORKERS FRIENDS

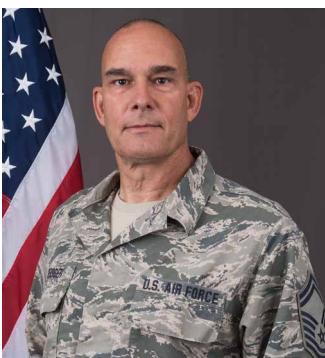
- Be a good listener and take action.
- Encourage resolution in a timely manner.
- Report to proper authorities—anonymous if necessary—Include EO.





COACHING VERSUS MENTORING

SMSgt Joe Neisser, 166th Airlift Wing Human Resource Advisor



SMSgt Joe Neisser,
HRA 166th Airlift Wing

Force development has gone through some changes within the last year that I would like to share. In the past, individuals who were trying to gain an insight into how to achieve their goals often sought out a mentor. A mentor shares knowledge with an understudy to help them gain an understanding of what is required of them to achieve career goals.

Coaching is new in the Air National Guard. A Coach partners with the individual to elicit thought and increase the individual's creativity. This is to enhance a person's own ability to achieve goals and hold themselves accountable for their actions. The coach empowers the individual to create their plan and path.

The dialog between a coach and the individual is controlled by the individual and enhanced through the relationship with their coach.

An easy way to see the difference between a Mentor and a Coach is that a Mentor designs a plan for an understudy to gain the experience and knowledge needed to achieve their goals. A Coach on the other hand listens and collaborates with an individual as they make their plan or design a desired outcome to a situation putting the individual in complete control of their process. If you are curious about coaching send me an email at joseph.nesser.1@us.af.mil and we can set up a time to meet.

I am a certified coach and can assist you in your coaching needs.



THE DANG TRUTH

February 2021




Alarm Conditions

Attack warning signals are displayed as color coded alarm conditions. The alarm conditions are used to indicate the expectation of attack (or attack status) and general protective actions.

The standardized attack warning signal alarm conditions used in the Air Force are Alarm Green, Alarm Yellow, Alarm Red, and Alarm Black.

U.S. Air Force

ATTACK WARNING SIGNALS For CBRNE Medium and High Threat Areas



ALARM GREEN
ATTACK IS NOT PROBABLE

- MOPP 0 or As Directed —
- Normal Wartime Conditions —
- Resume Operations —
- Continue Recovery Actions —

VOICE ANNOUNCEMENT

ALARM YELLOW
ATTACK IS PROBABLE IN LESS THAN 30 MINUTES

- MOPP 2 or As Directed —
- Protect and Cover Assets —
- Go to Protective Shelter or Seek Best Protection with Overhead Cover —

VOICE ANNOUNCEMENT

ALARM RED
AIR ATTACK IS IMMINENT OR IN PROGRESS

- Seek Immediate Protection with Overhead Cover —
- MOPP 4 or As Directed —
- Report Observed Attacks —

WAVERING SIREN

ALARM RED
GROUND FORCES ATTACK IS IMMINENT OR IN PROGRESS

- Take Immediate Cover —
- MOPP 4 or As Directed —
- Defend Self and Position —
- Report Activity —

BUGLE CALL — "TO-ARMS"

ALARM BLACK
ATTACK IS OVER AND CBRN CONTAMINATION AND/OR UXO HAZARDS ARE SUSPECTED OR PRESENT


- MOPP 4 or As Directed —
- Perform Self-Aid/Buddy Care —
- Remain Under Overhead Cover or Within Shelter Until Directed Otherwise —

STEADY SIREN

Initial Release: Recon Teams & ADAT

Limited Release: PAR Teams released by UCC

General: Mission Essential Personnel Only



www.BeReady.af.mil
5800020136



THE DANG TRUTH

February 2021

All are welcome to browse, borrow, give, or keep!



Lending Library located in the Meditation Room in BLDG 2821, LRS

Through a generous donation, the meditation room now has a resource library containing over 100 books. Topics: Theology, Neuroscience, Religion, Space, Parenting, etc. Come and look!



Questions contact Chaplain Tulloch: 302-463-6883



THE DANG TRUTH

February 2021

MILITARY DAILY **ON** UPDATE SOURCE

In today's daily update, on the Military OneSource Facebook page (www.facebook.com/military.1source) presented by Erika Slaton, Military OneSource Program Manager and Kelly Smith, Program Analyst, Military Community Support Programs, they discussed resources on how to support your MilKids during virtual learning.

Everyone has been impacted by the pandemic, but in some places, it has greatly affected your children being able to go to school to get their education, instead they may have to participate in virtual schooling. Here are some strategies that you can use to support your students virtual learning experience. There are several ways to help your children learn at home whether they going to school, schooling online or a combination of both. Adjusting to a learning routine can be challenging and stressful for everyone involved, and keep in mind there is no right way to do virtual learning from home, you have to do what works best for your family. Here are some strategies that may work for your children but also remember tweaks or adjustments can be made as situations change.

Strategies for Virtual Learning

- **Ensure you create a schedule** – Having a routine so your child can have some ownership of their day. Have them get up at the same time and do the morning routine of getting ready and eating breakfast as they would if they were attending school in person. Also posting it on the wall may help some children who really struggle with focusing.
- **Be mindful of child's learning needs** – Ideally, you want your child to sit in front of the computer for the set amount of time, realistically though that might not be possible. You need to do what is best for your child, which might be taking extra breaks, prioritizing the tasks for the day, and sometimes taking a break completely until your child can come back and be in a place to learn.
** A great resource for older children is the Military OneSource MWR Digital Library resource Tutor.com. A completely free resource of online tutoring help from a live expert. Whether its talking homework assignments or catching up on missed concepts on over 100 different topics. This allows you to understand what your child's learning are needs and fill any potential gaps.*
- **Praising your children's efforts** – When your children complete their tasks, provide immediate and positive feedback! Something as simple as telling them good job, giving extra breaks or free choice time can go a long way in helping to motivate your child.
- **Advocate for the needs of your child** – Ensure you keep in touch with the school. Let them know who you are and that you are engaged in your children's education. It is also helpful to share with your teacher what is working best and let them know about any technology issues you may have.

Continued on page 13



THE DANG TRUTH

February 2021

Continued from page 12

There are additional challenges military families may face such as having one parent deployed and the parent at home is juggling work and their children's virtual learning which can be stressful. Here are some strategies parents can use to take care of themselves as well.

When parents need help too

- **Leveraging your support system** – Military families may struggle when they do not have their immediate family close by, so tapping in to a neighbor or close friend that can help you as you juggle multiple priorities to include your child's virtual learning.
- **Prioritize your own health and well-being** – Be intention about taking time for yourself. You may have to remind yourself to take care of yourself. *Two ways you can do that through Military OneSource is non-medical counseling to address everyday life stressors for military members and their families. It can be so helpful to have a sounding board or someone to talk through stuff and give you tips and strategies to further deal with this specific to your situation. Another Military OneSource resource are the Chill Drills, a play away or downloadable from the Military OneSource website. They have several plays lists to help you relax, breathe, releasing stress and more. You can order or download the chill drill from the Military OneSource website.*

Additional Resources

- **Education Consultations** – These free one on one sessions allow military parents and caregivers about your child's education. Allow you to receive referrals to in-home tutors, tutoring centers in your area as well as private and public school information.
- **Article** - [Resources for Military Parents As COVID-19 Continues](#) is an article that provides you with links to the Center for Disease Control, Department of Education resources, and distance learning and general wellness resources.
- **Resource**- Center for Disease Control's [COVID-19 Parental Resources Kit](#) resource for ensuring children and young people's social, emotional, and mental well-being and is broken down by age group and addresses early childhood (0-5years) to adulthood (18-24years).

To learn more about any of these Military OneSource resources login to the Military OneSource website, www.militaryonesource.mil, where start a live chat with a consultant or you can call Military OneSource at any time at 800-342-9647 talk to a triage consultant or schedule an appointment.

Here is a link to today's video: <https://www.facebook.com/military.1source/videos/1387507484924973>

Remember to tune in live Monday-Friday at 12:00p.m. EST. If you can, all you have to do is follow the Military OneSource page on Facebook. If you do not have time to watch the live event, it will be posted for your review immediately following the event. We want to hear from you, so post a comment on the video thread. Secondly, we are asking that you share the link to today's video with any military service members or family members you are friends with on Facebook so that they might benefit from the information.

Military OneSource has a dedicated page to help keep you up to date on this rapidly evolving situation, www.militaryonesource.mil/coronavirus.



THE DANG TRUTH

February 2021

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):

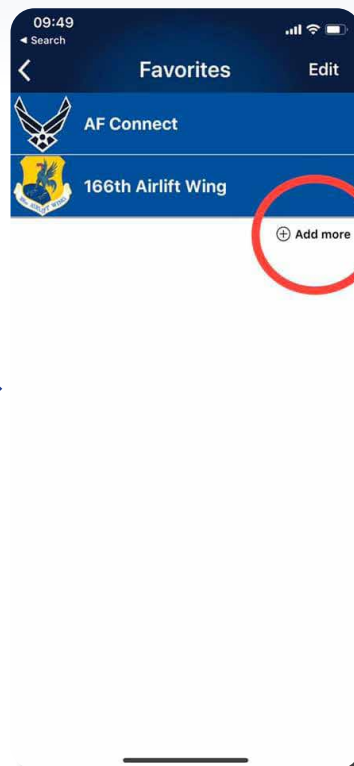
<https://apps.apple.com/us/app/usaf-connect/id1403806821>

Google Play (Android Devices):

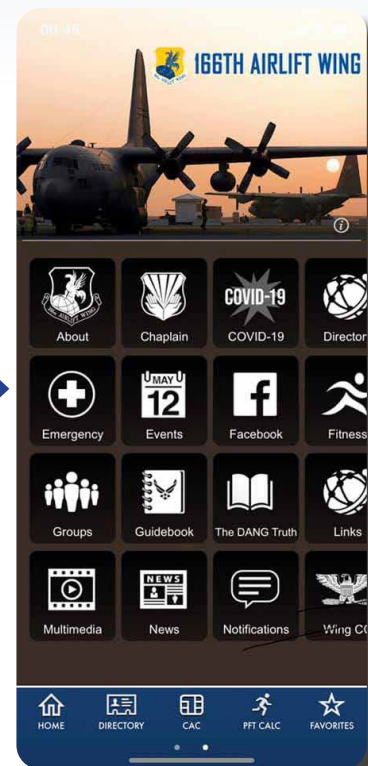
<https://play.google.com/store/apps/details?id=com.m360connect.usaf>



1. Tap on "FAVORITES"



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



3. See these tiles
appear that point to
important links