

March 2021

COMMANDER'S PRIORITIES

Controlled Unclassified Information (CUI) COVID Vaccinations, Influenza shots - MDG Clinic, TBD Operation March Madness Exercise Focused RSD **All Personnel bring Chem Gear**

WING / MAJOR EVENTS 5 March - Friday:

0800-0900, C-Bag Inspection for SAT and Personnel involved with CARGO EX, on Flight Line next to OLD MAIN HANGAR 6 March - Saturday:

0800-0900, DSG Personnel, Bag drag will use WIT and UDMs, see C-Bag checklist sent by IG, Spot 14 on Flight Line next to OLD MAIN HANGAR

1130-1230, Chat and Chew, Saturday, Loeffel Room, POC: CMSqt Moore, 323-3370

1200, Webinar-Tax Prep/Mil Tax, POC: Ms. Price, 323-3527 1230 -1330, Chief's Council Meeting, SF Training Classroom, POC: CMSgt Babcock, 323-3442

1100-1130, Protestant Service, Bldg 2821, Supply bldg. Meditation Room, POC: Chaplain on duty, 302 463-6883 1200-1230, Personal Meditation, Prayer, or Spiritual Reflection, Bldg 2821, Supply bldg. Meditation Room, POC: Chaplain on duty, 302 463-6883

1600-1630- Roman Catholic Mass, Bldg 2821, Supply bldg. Meditation Room, POC: Chaplain on duty, 302 463-6883

7 February - Sunday: 0700-0800, WIT Meeting, Pick up vests and badges, Loeffel Room, POC: SMSgt Krams, 323-3419 0830-1130, OPERATION MARCH MADNESS Lunch Break 1100-1230 PAUSE EX 1230-1500, OPERATION MARCH MADNESS 1500. END EXERCISE 1500, Base Clean-Up

1530-1630, WIT Hot Wash - Loeffel Room, POC SMSgt Krams/ Lt Col Damon

> **ANCILLARY TRAINING** Controlled Unclassified Information (CUI)

PROMOTIONS

Marissa L. Christensen to TSgt Kevin T. Nelson to TSgt Jeffrey M. Young to TSgt Ryan C. Fedorkowicz to SSgt Robert P. Gavin to SSgt Justin C. Holmes to SSqt Hannah J. Rackie to SrA Gabrielle S. Shatkus to SrA Zakiya K. Downs to A1C Dean W. Marsh to A1C

RETIREMENTS

Capt Jennifer Wilson MSgt Jeffrey Coale MSgt Charles Hampton TSgt Tracey Davisson

Social Media Links:

Page 1

166th Airlift Wing greets Commander in Chief on Inaugural Air Force One flight



NEW CASTLE AIR NATIONAL GUARD BASE, Del. - President Joseph R. Biden is greeted by 166th Airlift Wing commander, Col Carla D. Riner as he steps off of Air Force One. President Biden returned from his inauguration in Washington, DC to his home state of Delaware on 8-January-2021. (courtesy photo)

...And that's the DANG Truth!



Congratulations to our 2021 Outstanding Airmen of the Year and to our Company Grade Officer of the year!



SrA Philip Magorry



TSgt Jesse Enrique



MSgt Michael Magobet



SMSgt Michael Fernandez



Capt Lauren Mease

n behalf of Brig Gen Wendy Wenke, the Assistant Adjutant General for Air, it is our distinct pleasure to announce the Delaware Air National Guard's Outstanding Airmen of the Year for 2020. The selection process was not easy with so many highly qualified and deserving individuals in our Delaware Air National Guard. The professionalism and talent of the nominees speak volumes to the character and devotion of all of our Airmen. These Air men and women will be recognized at the Enlisted Recognition Ceremony later this year so please be sure to join us to celebrate our outstanding winners!

The Outstanding Airmen of the Year for 2020 are as follows:

- Airman of the Year: SrA Philip Magorry, 166th Civil Engineer Squadron
- Noncommissioned Officer of the Year: TSgt Jesse Enrique, 166th Comm Flight
- Senior Noncommissioned Officer of the Year: MSgt Michael Magobet, 166th Operation Support Squadron
- Base Honor Guard Member of the Year: SMSgt Michael Fernandez, 166th Force Support Squadron

We would also like to recognize this year's Outstanding Company Grade Officer of the Year:

• Company Grade Officer of the Year: Capt Lauren Mease, 166th Force Support Squadron



AIR FORCE CHANGES ITS HAIR POLICY FOR WOMEN

ARLINGTON, Va. (AFNS) -- As an outcome of the 101st Air Force uniform board, Air Force women will be able to wear their hair in up to two braids or a

single ponytail with bulk not exceeding the width of the head and length not extending below a horizontal line running between the top of each sleeve inseam at the under arm through the shoulder blades. In addition, women's bangs may now touch their eyebrows, but not cover their eyes.

These new changes were effective upon publication of the new standards in Air Force Instruction 36-2903, February 10.

"As I outlined in Action Order A: Airmen, this decision is a commitment to supporting the Airmen We Need and sustaining the culture and environment of excellence that will continue to make the Air Force an attractive career choice for Airmen and families," said Air Force Chief of Staff Gen. Charles Q. Brown, Jr. "I'm thankful for the feedback and research conducted from a number of women leaders, the Women's Initiative Team, the Air Force uniform board, and our joint teammates."



AIR FORCE WOMEN ARE ABLE TO WEAR THEIR HAIR IN UP TO TWO BRAIDS OR A SINGLE PONYTAIL WITH BULK NOT EXCEEDING THE WIDTH OF THE HEAD AND LENGTH NOT EXTENDING BELOW A HORIZONTAL LINE RUNNING BETWEEN THE TOP OF EACH SLEEVE INSEAM AT THE UNDER ARM THROUGH THE SHOULDER BLADES. ADDITIONALLY, WOMEN'S BANGS MAY NOW TOUCH THEIR EYEBROWS, BUT NOT COVER THEIR EYES.

Upon publication of the new standards in Air Force Instruction 36-2903, February 10. Female Airmen will be able to wear their hair in up to two braids or a single ponytail with bulk not exceeding the width of the head and length not extending below a horizontal line running between the top of each sleeve inseam at the under arm through the shoulder blades. In addition, women's bangs may now touch their eyebrows, but not cover their eyes. (Courtesy graphic)

fense Department's Diversity Board, then-Secretary of the Air Force Barbara M. Barrett played a prominent role in supporting these types of adjustments to ensure a more inclusive culture in

the services.

and inclusion in the ranks. Earlier this year and in her role leading the De-

The Air Force chief of staff approved the policy after considering feedback from the force, the uniform board recommendation, and the professional image and standards of the Air Force and U.S. military.

"We remain committed to removing barriers to service," said Lt. Gen. Brian Kelly, Air Force deputy chief of staff for manpower, personnel and services. "In an all-volunteer force, we want fully qualified volunteers who are representative of the nation to see us as a great opportunity to maximize their talent and serve."

Members must adhere to current occupational safety, fire and health guidance, and mishap prevention procedures emphasizing when and how to mitigate the potential for injury from hair of varying lengths around machinery, equipment,

The Air Force uniform board convened virtually in November 2020 to discuss ideas sourced from Airmen across the Air Force who participated in a dress and appearance crowdsourcing campaign. Participants on the board included 19 diverse Airmen of various ranks from across the major commands and headquarters directorates.

The board reviewed all ideas including a recommendation from the Air Force's Women's Initiative Team. Thousands of women across the Air Force provided feedback to the Women's Initiative Team, stating constraints to hair grooming standards resulted in damage to hair, migraines and in some cases, hair loss. The detailed work done by the Women's Initiative Team to research and support the recommendation was greatly appreciated by the uniform board.

"In addition to the health concerns we have for our Airmen, not all women have the same hair type, and our hair standards should reflect our diverse force," said Chief Master Sergeant of the Air Force JoAnne S. Bass. "I am pleased we could make this important change for our women service members."

In addition to addressing issues associated with personal health and hair loss, adjusting female hair standards supports ongoing efforts to address diversity

power transmission apparatus or moving parts. Airmen are encouraged to reach out to their safety office for assistance in analyzing any potential hazards, as applicable.

Another idea considered by the board related to beard wear for men. Unlike with women's hair standards, there are no known health or hair loss issues associated with current male grooming standard compliance. As such, the Air Force plans to continue under the current male grooming standards without adjustments. Beards are currently permitted in conjunction with medical exceptions such as shaving waivers or for approved religious accommodations.

At this time, Guardians will adhere to the female grooming standards of the Air Force. Eventually, the U.S. Space Force will develop its own policy.

Numerous other ideas from the board are still under consideration for implementation and will be released in the future. For more information, consult AFI 36-2903 Dress and Appearance.

https://www.af.mil/News/Article-Display/Article/2478173/air-force-to-allow-lon-ger-braids-ponytails-bangs-for-women/



REMINDER!

The official wear date is 1-April-2021 for the OCP Uniform





March 2021

WHY FULL SPECTRUM READINESS?

few years ago, Air Force senior leaders saw a flaw in our overall readiness. Severe budget cuts forced units to 'spin up' their Ability to Survive and Operate (ATSO) and respond to chemical, biological, radiological and nuclear (CBRN) threats through Just in Time training

versus standing ready. This model worked as long as the threat remained in deployed locations where we engaged only during regular deployments in the Air National Guard.

But what happens if we were called to respond in a moment's notice? From wearing mission oriented protective posture gear to identifying threats, providing self-aid buddy care and understanding mitigation zones for decontamination, ATSO training reinforces skills necessary to accomplish the mission in a contested environment – anytime, anywhere. Therefore, the Air Force changed our training to Full Spectrum Readiness so that we



would train to always be ready in case we were called upon for national defense, no matter the location.

The Air Mobility Command followed the senior leaders' direction and aligned our inspection cycle through the Inspector General to reflect this model. While we train for the real world mission, outside inspections remain an important part of a unit's readiness assessment as it is priceless to have outside entities review our level of readiness and offer points of improvement.

I would like to take a moment to recognize the many, many members who work very hard

to ensure we are ready. From Wing Plans, to the Inspector General, **Logistics Plans** and Emergency Management, **Combat Arms** Training and Maintenance (CATM) and Self Aid and Buddy Care (SABC) trainers – it takes an incredible amount of teamwork to train our airmen for survival. We

always hope that it remains training that we won't need, however we need to be very aware of the fact that many of our deployed members did use these skills during their last deployment when their locations came under fire during the Iranian missile attack. Thank you all for your attention to this critical training to learn the essential skills of our duty.







Wing Commander 133nd Airlift Wing

mander ft Wing Dear Colonel Riner, Jou & ROCK STARS Thunk Jour February 16, 2021

On behalf of the 133rd Airlift Wing, we would like to convey our sincere appreciation for the 166th Airlift Wing's support during Operation Capital Response.

From the onset, your team was nothing short of exceptional in supporting our Minnesota Soldiers and Airmen en route to Washington, D.C. Your Airmen ensured our service members effectively transitioned into their operational roles, armed with the proper equipment and knowledge for success. The readiness and professionalism demonstrated by all members of the 166th cannot be overstated.

A special thank you to Col Rice and MSgt Klabunde for the warm welcome extended to my leadership team. Lt Col Brugman worked tirelessly to secure adequate shelter and synchronized with LRS to deliver ammo and equipment for our members. I would be remiss to not mention Col Farmer, whose efforts were instrumental in caring for our aircraft and aircrews.

Please extend our gratitude to your entire wing for the significant impact your team had on the morale and success of the Minnesota National Guard during this unprecedented and historic operation.

Sincerely,

Carl 6

JAMES D. CLEET, Colonel Wing Commander 133rd Airlift Wing





The Adjutant General Delaware National Guard

Requests the pleasure of your company At the COL S.B.I. Duncan Leadership Award Ceremony

> Sunday, the seventh of March Two thousand twenty-one At two o'clock in the afternoon

Honorees Sergeant Lloyd S. Gayheart – HHC, 261 TTSB Staff Sergeant Gloria E. Soto – 142nd AES

* For safety purposes due to COVID-19 the ceremony will be broadcasted live at the provided date and time on Facebook. No RSVP is required.

Link is provided below:

www.facebook.com/delawarenationalguard

** For those participating in the ceremony Military Attire: Duty uniform Civilian: Business casual



March 2021

The Power of Language!

Tips from your Military Family Life Counselor

Tuning into the words we use to communicate to get our messages across can be very challenging and leaving us misunderstood by loved ones, peers, leaders and subordinates. Try focusing on the message you want to get across by asking yourself:

- "Do I want to be understood?" or
- "Do I want to hear myself speak?"

Either is acceptable! The key is to know what you want to do. Select the words you want to say by tuning into whom you are speaking to and the impression of yourself you want to make.

For example, when you feel that someone is trying to control you:

• change the language by saying, this individual seems to be trying to assert themselves (Poole, et al., 2013).



Asserting oneself is a good thing because it conveys what you want or need. It's important for all of us to practice asserting ourselves and not be misunderstood as being "controlling!"

Another example is instead of calling someone manipulative;

 say this individual appears to have difficulty asking for what they want (Poole, et al., 2013).

This might help from assigning negative connotations to loved ones and help tune into the need or motivation behind the acts.

Tuning into the language used can help build lasting, fun loving interactions increasing your good times together.

For further assistance or support contact Cynthia Chestnut, MFLC via phone, email, or come to my office. Zoom appointments are available too!

Reference: Poole, N., Urguhart, C., Frances, J., Smilie, D., & Schmidt, R. Trauma informed practice guide.BC Centre of Excellence for Woman's Health.https://www.researchgate.net/publication/280626594



March 2021







HAIL TO THE CHIEFS!

In a ceremony held at Dover Air Force Base on Friday 12-February, the Delaware Air National Guard inducted two new Chief Master Sergeants.

Congratulations to CMSgt Chena Williams and CMSgt Barry Heuyard on their promotions!





March 2021

Force Development

SMSgt Joe Neisser, 166th Airlift Wing Human Resource Advisor



he intent of Force

Development is to

provide deliberate

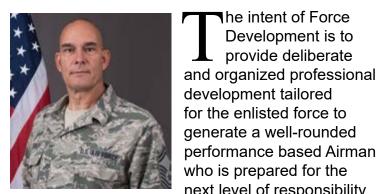
development tailored

generate a well-rounded

performance based Airman who is prepared for the

next level of responsibility.

Although this concept of



SMSgt Joe Neisser HRA 166th Airlift Wing

operations is not mandatory, it is highly encouraged through the office of the Air National Guard Command Chief as well as the Senior Enlisted Management Office (SELMO) and the Training and Development Division NGB/HRT. Throughout this concept, the common theme will reflect the assumption of deliberate development throughout the force structure tiers of Airmen (AMN), Noncommissioned Officers (NCO) and Senior Noncommissioned Officers (SNCO), as well as the development levels of Tactical, Operational and Strategic leadership) to complement the core competencies expected of our Airmen.

There are multiple tools available to assist in the FD for our Airman. Statutory Tours (STAT Tour) across the AF enterprise that our ANG Airmen can be gualified to perform. FD STAT Tours are specific to the FD program. There are no Military Vacancy Announcements associated with these tours. Each state is allowed one officer and one enlisted person to be on a FD STAT Tour. FD STAT Tours can be from one to three years in duration and there is no guarantee of location or of a joint assignment. NGB will place FD STAT Tour selectees at a Major Command (MAJCOM) or a Headquarters (HQ) staff position. FD stat tour selectees are in Title 10 status and can end up anywhere in the world Permanent Change of Station (PCS) costs are paid by the NGB. Nominations will be recommended by each respective state to the office of NGB/HRT. These positions are highly beneficial and complementary to FD within the states and should be strategically pursued.

Below is the link to the NGB/HRT SharePoint site and below that a link to the Enlisted Score Card.

https://usaf.dps.mil/sites/13644/SitePages/ Enlisted%20Development.aspx



March 2021

CHIEF'S COUNCIL ENLISTED DEVELOPMENT

CMSgt Dan Stine, CEM 166th CFT





CMSgt Daniel Stine CEM 166th CFT Daniel.b.stine.1@us.af.mil

Whether you are a junior enlisted Airman, a mid-career NCO, or a senior NCO, being an Airman comes with certain responsibilities. As you progress through your career with the United States Air Force, you are expected to learn, demonstrate, and teach defined institutional and occupational competencies. These institutional competencies are the leadership, management,

and readiness items required to lead and operate in the profession of arms.

To help facilitate enhancement of these core competencies, the Delaware Air National Guard Chief's Council is hosting the Chief's Council Enlisted Development Series during upcoming months.

The event for March will be financial readiness, hosted by Chief Ken Bennett. Please be on the lookout for more information.

The format of the Chief's Council Enlisted Development Series is designed to be flexible and dynamic so we can quickly adjust to your needs. If there is something you want to hear, have your Chief bring it up at our council meeting. If you would feel more comfortable to reach out to me directly, please feel free! For topics and methods that work, give us a thumbs-up. If we miss the mark, please provide constructive feedback so we can improve.



MEET YOUR ESGR TEAM

Employer Support for the Guard and Reserve is a critically important readiness tool to insure our Guardsmen and Reservists can participate in their military roles without jeopardizing their civilian careers. Our job is to keep employers informed and motivated to be part of America's defense team. We have many programs and tools to help us accomplish this task, which we'll discuss in detail in future notices. As Guardsmen you may want to think about how you can recognize your boss for the support they have extended to you, by nominating them for a Patriot Award for example (www.esgr.mil/patriot). But to start, we'd like to introduce you to our team.

Hugh Broomall, Delaware ESGR Chairman



Hugh enlisted in the Delaware Air National Guard in 1967. He was commissioned in 1974 as an Intelligence officer. He served in many positions of increasing responsibility including Support Group Commander, Property and Fiscal Officer, and Assistant Adjutant General for Air. He capped his military career as Special Assistant to the Director, Air National Guard and Assistant to the Secretary

of the Air Force. Hugh retired in 2012 at the rank of Major General. He is especially notable for being the first Delaware Air National Guardsmen who as non-prior service, former enlisted, non-rated officer to rise so far in the Air National Guard. Hugh is self-employed as President of Hugh T. Broomall and Associates, LLC.

Wayne Merritt, ESGR Employer Outreach Chairman



Wayne enlisted in the Delaware Air National Guard in 1969 and rose to the rank of MSgt in the 166th Resource Management Squadron. He was commissioned in 1982. He later commanded the 166th Aerial Port Flight and the 166th Logistics Squadron. In 2010 Brig Gen Merritt became the Assistant Adjutant General, Delaware Air National Guard, retiring in 2011. In his civilian career,

Wayne served for 25 years as a police officer with the New Castle County Police. Upon retirement he served New Castle County as an Executive Assistant to the County Executive and later served 18 years as a Senior Manager/ Acting General Manager of the New Castle County Public Works Department.

Frank Dobson, ESGR State Committee Vice Chairman



Frank served as Command Sergeant Major U. S. Army retiring after 36 years of combined service in Active, Reserve, and National Guard Units. He was employed by the DuPont Company as a senior research associate, and safety manager Frank also served on the Delaware Safety Council / National Safety Council. He is self-employed as President owner of Dobson Associates Human Performance Consultants LLC

Eugene A. Hebert, ESGR State Committee Chairman Emeritus

(Photo unavailable) Gene enlisted in the U.S. Air Force Reserve in 1960 and won a commission in 1965 as a Motor Vehicle Maintenance Officer. He retired in the rank of Colonel as Commander of the 512th Support Group, Dover AFB in 1995. Gene was employed by Bell of Pennsylvania and AT&T retiring in 1988. He remains active in a number of civic organizations.

Frank Ingraham, Ed.D, Training Director



Frank is a former DuPont Company Human Resources Executive with broad experience in business leadership including project management, labor relations, training and development. He is a consultant to industry and adjunct professor at Wilmington University. Frank is a published author and longtime volunteer with several business and educational organizations.

Kennard Wiggins, Public Affairs Officer



Ken enlisted in the Delaware Air Guard in 1966. He earned a commission in 1978 as Public Affairs Officer and in 1986 went on active duty at the National Guard Bureau, retiring from the Air Force in 2004 in the rank of Colonel. Ken is a published author on local military history, is the curator of the Delaware Military Museum, and is active in local civic groups.

You can contact Employer Support for the Guard and Reserve (Delaware) at 302-326-7608

bernard.c.carter.ctr@mail.mil

https://www.esgr.mil/About-ESGR/Contact/Local-State-Pages/ Delaware



February 2021

March 2021

From Chaplain Susannah Tulloch

"Calm mind brings inner strength and selfconfidence, so that's very important for good health."



-Dalai Lama

A medieval practice to calm oneself and problem solve was the use of a labyrinth. See page 11. Print out and walk it in your mind.







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March 2021



ONE SOURCE CONNECTING YOU TO YOUR BEST MILLIFE.

MilitaryOneSource.mil | 800-342-9647

Ton-Medical Counseling is provided free by Military OneSource and Military and Family Life Counseling programs. It is short-term, solution-focused, confidential non-medical counseling for a wide range of issues from marital conflicts and stress management to coping with grief and deployment adjustments that can be addressed in 12 sessions. Service members and their families can request counseling services at any time of the day or night, any day of the year, from anywhere in the world. Military OneSource offers counseling sessions in four formats: Face-to-face, over the telephone, secure video session, or secure online chat.

Today we are going to focus on Military OneSource online chat non-medical counseling. We will provide an overview of the process for requesting an online chat appointment. Please note that you will need to be a Military OneSource eligible user and logged in to the website and access the service.

1. From the Military OneSource homepage, you will select confidential help and then select non-medical counseling, and click on "schedule online counseling. Log in to get started."



Or from the Member Connect homepage, you can scroll down and click on "Online Counseling & Coaching" and you will be sent directly to the request page to schedule an online session.



- The next page you will encounter is the disclaimer stating that you are completing the form to request an online session and that you understand the session is for online chat and is not for emergencies of telephonic counseling session.
- 3. You will then be directed to the registration page where you will read some disclaimers, choose the type of service you need and get other information about the services, and click next.
- 4. The next page is an information page where you will fill out a bit of information about yourself to include the best way to reach you and to send your confirmation email.
- 5. Then you will proceed to time scheduling where you will choose the date and timeframes that would work best for you.

TIME SCHEDULING

Cannalizate are evaluable for initial unione accessings Manulay through Thurnfey, from 8 a.m. to 9 p.m. US Eastern Time and Pridag. from 8 a.m. to 4 p.m. US Eastern Time. Rease choose several days and/or times that you are available for the required accessing. More scheduling options may be available to you after your accessing assains.

6. You know you successfully submited a request when you see the confirmation message:

Thank you for registering for an online session. You will receive an email confirming your registration shortly. Within two business days you will receive a second email with the date and time of your initial session and the link to the session.



March 2021

Continued from page 12

Dear

Military OneSource has scheduled this time especially for you!

Location: Virginia, Eastern Time Date: 11/09/2020 Time: 12:45 Session ID: 124609

Sessions typically last 15-45 minutes.

- 7. You will also receive two confirmation emails. The first email confirms that you successfully submitted the registration form requesting an online session. The second email will contain the date and time for you to meet with your Military OneSource scheduler who will prepare you for your future counseling session.
- 8. Please remember that online counseling is meant for individual counseling for adults 18 and older. You can always call Military OneSource at 800-342-9647 to schedule an appointment for family counseling or for counseling for those under the age of 18.



March 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

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Edit

Favorites

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



