



# THE DANG TRUTH

November 2020

## COMMANDER'S PRIORITIES

FSR Training

SAPR Talking Points #5 by 31 Dec  
(Completion of ALL 5 TALKING POINTS must be entered in ARCNET under "CY20")  
MICT/IGEMS validation and review

## WING / MAJOR EVENTS

**7 November – Saturday:**

from 0900 – 1130 & 1230 – 1500 Flu Shots at MDG Clinic, AES & MXG  
1130 – 1230 Chat and Chew with Command Chief, Piggy Park (Pavilion)

1130 – 1230 Chief's Council Meeting Bldg. 2805 Ops Grp Theater  
1400 – 1530 CPI Awareness Training Bldg 2600, Loeffel Rm

**8 November – Sunday:**

0730 – 1600 - DOMOPS Civil Disturbance Training, SFS building 2703  
1400 – Town Hall Meeting to discuss the Water and Air Quality Testing for the Base, Old Main Hangar - All are invited, face masks required

## ANCILLARY TRAINING

Combating Trafficking In-persons (CTIP) – 1-time occurrence  
0800 – 1530 Sunday RODEO (FSR Event), Loeffel Room  
1500 – 1530 CBT in ADLS or In-Person Tng Sunday, Meditation Room

## PROMOTIONS

Benjamin Schropp to TSgt  
Rashaad Brown to SSgt  
Tyler Mau to SSgt  
Shornakay Wynter to SSgt

## RETIREMENTS

MSgt James Knightly  
TSgt Eric Laupe  
TSgt Erin May

## THE DELAWARE NATIONAL GUARD CELEBRATES THE LIFE AND LEGACY OF MAJ GEN CAROL TIMMONS



The unveiling of artwork painted on the fuselage of the C-130 naming MG Carol Timmons the Delaware National Guard 2020 Honoree of the year, Oct. 15, 2020. MG Timmons was memorialized at a celebration of life ceremony that took place on the flightline of the Delaware National Guard Aviation Facility, in New Castle, Del. (U.S. Air National Guard photo by AMN Brandon Hollis)

**O**n October 15th, 2020, the Delaware National Guard celebrated the life and legacy of a true warrior and pioneer Maj. Gen. Carol Timmons, who passed away earlier this year.

Due to COVID-19 restrictions the military memorial was delayed ensuring proper protocol and safety measures were taken.

With a Delaware Air National Guard C-130 Hercules as a backdrop, the event hosted many family members, friends, co-workers and VIPs. Distinguished guests included Delaware Governor John Carney, Senator Tom Carper, former Delaware National Guard TAG Maj. Gen. Frank Vavala (ret.), and Maj. Gen. Timmons' widow, Dr. Lynn Wass.

To begin the ceremony, Chaplain Anthony Giamello delivered an affective and poignant homily. After a DE ANG C-130 flew a perfectly timed low pass over the crowd, each VIP took to the podium to reflect on their personal memories and admiration for MG Timmons and thank her for a lifetime of service and dedication to the state and nation.



A Delaware Air National Guard C-130 makes a low pass over the ceremony for the late MG Carol Timmons, Oct. 15, 2020. MG Timmons was memorialized at a celebration of life ceremony that took place on the flightline of the Delaware National Guard Aviation Facility, in New Castle, Del. (U.S. Air National Guard photo by Mr. Mitch Topal)

"General Timmons was a pioneer as a helicopter pilot and the first female Adjutant General of the Delaware National Guard. She was the epitome of a public servant. She was also just a kind, decent person who put others before herself and lived a life of service. Tracey and I are thinking about General Timmons' family and many friends during this difficult time," said Governor John Carney.

Timmons received her Air Force pilot wings from Vance AFB, Oklahoma in 1985. A decorated veteran of Operations Desert Shield, Desert Storm, Southern Watch, Joint Guard, Iraqi Freedom, Enduring Freedom and Inherent Resolve, she had been awarded the Air Force Distinguished Service Medal, Legion of Merit, and Bronze Star.

*Continued on page 2*

## Social Media Links:

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

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



# THE DANG TRUTH

November 2020

(continued from page 1)



## MG Carol Timmons remembered

Maj. Gen. Michael Berry, DNG's current TAG, spoke on Timmons' impact on anyone she came in contact with, regardless of rank, gender or background.

"I'd be remiss if I didn't acknowledge that everyone here today, or watching online, was a VIP to Carol," Berry said. "She truly understood the importance of everyone on our team. She had the art and the knack of making sure that we were all recognized, and heard."

Timmons was a trailblazer and inspiration for women in the military, especially those aspiring to become pilots. She served as the Office of the Secretary of Defense for Reserve Affairs Representative to the Defense Advisory Committee on Women in the Services. According

to their website, the Committee is composed of civilian women and men appointed by the Secretary of Defense to provide advice and recommendations on matters and policies relating to the recruitment, retention, employment, integration, well-being, and treatment of servicewomen in the Armed Forces.

The ceremony was capped off with the unveiling of artwork painted on the fuselage of the C-130 naming MG Carol Timmons the Delaware National Guard 2020 Honoree of the year.

She will forever be remembered by her humble leadership style, and her love of her Citizen Soldiers and Citizen Airmen.



Friends and family members of late BG Carol Timmons listen to the invocation from Chaplain Anthony Giamello, Oct. 15, 2020. MG Timmons was memorialized at a celebration of life ceremony that took place on the flightline of the Delaware National Guard Aviation Facility, in New Castle, Del. (U.S. Air National Guard photo by Mr. Mitch Topal)



MG Michael Berry, Adjutant General of the DNG, presents a state proclamation celebrating the life of the late MG Carol Timmons to her widow, Dr. Lynn Hass, Oct. 15, 2020. MG Timmons was memorialized at a celebration of life ceremony that took place on the flightline of the Delaware National Guard Aviation Facility, in New Castle, Del. (U.S. Air National Guard photo by Mr. Mitch Topal)



Retired LG Frank Vavala, former DNG TAG, consoles Dr. Lynn Hass as he escorts her to the podium, Oct. 15, 2020. Hass, MG Timmons' widow, provided a moving tribute. MG Timmons was memorialized at a celebration of life ceremony that took place on the flightline of the Delaware National Guard Aviation Facility, in New Castle, Del. (U.S. Air National Guard photo by Mr. Mitch Topal)



MG Michael Berry, speaks about his close ties to the late MG Timmons, Oct. 15, 2020. MG Timmons was memorialized at a celebration of life ceremony that took place on the flightline of the Delaware National Guard Aviation Facility, in New Castle, Del. (Photo by Sgt. Laura Michael)



Delaware Gov. John Carney memorializes MG Timmons, Oct. 15, 2020. MG Timmons was remembered at a celebration of life ceremony that took place on the flightline of the Delaware National Guard Aviation Facility, in New Castle, Del. (U.S. Air National Guard photo by Mr. Mitch Topal)



Army CSM Edward Crossman (left) and Air Force Command MSGt Patricia Ottinger retire the late MG Carol Timmons' flag at the celebration of life ceremony that took place on the flightline of the Delaware National Guard Aviation Facility, in New Castle, Del., Oct. 15, 2020. MG Timmons was memorialized (U.S. Air National Guard photo by Mr. Mitch Topal)



## MY FIRST 100+ DAYS

CMSgt Robbin D. Moore, Wing Command Chief Master Sergeant

### Greetings Airmen,

It is hard to believe we just passed my first 100+ days as your Wing Command Chief!

As COVID-19 challenges persist, we will continue to forge through this pandemic together, as a team. Unfortunately, we were unable to have a Change of Authority ceremony, and I believe now is a great time to share my goals as I serve as your Command Chief.

**Command Chief Visibility** - It is important to me that you know I am always working on your behalf. I will take every opportunity to meet, greet and visit with you as you are our most valuable resource. I have launched "Chat and Chew" events to give everyone an opportunity to chat with me in a relaxed environment over lunch. I will also attend classes and training with you, so you never know where I might show up. As of the October RSD, I have visited each of our 5 Groups who I will refer to as the "FAB 5"- MDG, OG, MXG, MSG and the Wing Staff and will continue making visits to your area. As we move toward our new normal during this pandemic stay tuned for any opportunity to have your voice heard, remember, I work for YOU!

**Team Building and Airmen Participation** - We must operate in the spirit of diversity and inclusion. WE does not happen without YOU! It takes all of us doing our part no matter how great or small you believe that part to be, just know we are all important and essential to our mission. My ask of you is to always work towards building teams and foster an inclusive environment for all Airmen so we may continue to model "Excellence in all we do". Consider joining one of the councils/groups



in the Wing as they provide opportunities for development, mentorship and unity of effort.

### Force Development/Force Management

- Let's talk about two terms you hear frequently, Force Development and Force Management. Force development is the experiences, challenges, education and training opportunities that develop Airmen into leaders. Invite your supervisors to have honest feedback with you, take advantage of every opportunity to become better as Airmen, Leaders, Warriors!

Force Management is all-inclusive. This

is how leaders allocate resources, assess how those resources are best utilized and how we establish a mission ready force.

As Airmen, we are always responsible for readiness, training and education. With every challenge comes an experience and with every experience comes a possible opportunity. Force development helps us to always be ready, Force management helps us to be always there.

**Morale** - Stay resilient, do not let this pandemic keep us from communicating, spending socially distanced time together and most importantly, from being focused on our great mission. Focus on what we can do, we can "Chat and Chew", we can build momentum in our councils, we can contribute to volunteer opportunities, we can maintain our readiness and we can recognize one another for jobs well done. There is much to be accomplished, be part of the change and be part of the solution! Dignity and respect go a long way as we work to build our esprit de corps.

Stay Safe and Be Well!

Chief Moore



## MENTORING AND YOUR CAREER

SMSgt Joe Neisser, 166th Airlift Wing Human Resources Advisor



SMSgt Joe Neisser,  
HRA 166th Wing

**H**ave you thought about a mentor? Are you looking for someone to help build and guide you in your military career? I will explain a little about the mentoring process.

What is mentoring? Mentoring is a relationship in which an individual with greater wisdom and experience guides another person toward further development personally and professionally. What

is the goal of a mentoring relationship? The mentorship program is designed to prepare Airmen as they grow through their respective ranks and gain more responsibilities.

### MENTORING BENEFITS:

Mentoring covers a wide array of areas such as career development, Air Force Specialty Code-specific and professional

advancement, leadership, heritage and Air Force history, air and space power doctrine, strategic vision, and several other areas. Some of the benefits include:

- Increased capacity to convert the Air Force core values and strategies into actions which produce results
- Mastery of the occupational and institutional competencies
- Ability for members to receive further professional career development opportunities
- Greater retention of current and future Airmen
- **More effective and efficient leaders**
- Enhanced communication
- Formulation of a more innovative and inclusive environment for Airmen with a universal perspective

If you have any Mentoring questions refer to AFH36-2643 or reach out to me to discuss further.



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## Protective Mask

In CBRN environments, the mask will protect your face, eyes, and respiratory tract from chemical and biological warfare agents and radioactive dust particles.

## Mask Components



## Don the Mask

These are the steps to don and adjust your mask:

- Step 1. Close your eyes, stop breathing, and hold your breath.
- Step 2. Remove your headgear and take out mask.
- Step 3. Place mask on your face.
- Step 4. Tighten the cheek straps.
- Step 5. Expel the air in your lungs.
- Step 6. Perform the negative pressure check.
- Step 7. Resume normal breathing.
- Step 8. Don headgear and close carrier.

## Do off the Mask

To doff the mask:

- Step 1. Remove headgear.
- Step 2. Loosen cheek straps completely.
- Step 3. Grasp the front of the mask and lift it off your head.
- Step 4. Replace headgear.



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## Season's greetings 166 AW family!

The holiday season is upon us and with it comes increased risk for flu and COVID-19 exposure. All around the world, people are feeling challenged to make the holidays festive, celebratory and safe. See a list of activities below. Hopefully you'll find some ideas below that will help.

Plan a virtual dinner party. There are some interesting ideas in this article. <https://www.thecut.com/2020/10/how-to-virtually-celebrate-thanksgiving-during-covid-19.html>

Even if you're alone or with a small group, dress up for the holiday. Set a beautiful table and indulge in a delicious meal. Don't be afraid to make a family favorite. After all, what's Thanksgiving without your grandmother's pie? Make the day festive. It might lift your mood.

Prepare a smaller, alternative but still traditional menu. Consider just the turkey breast or roasting a chicken. You can also support a local business by ordering takeout but be sure to order ahead. Make plans for all of your delicious leftovers. Make turkey soup, turkey and dumplings or chicken pot pie. Leftover bread can become bread pudding or french toast. If you're really feeling adventurous, turn your mashed potatoes into gnocchi

<https://www.epicurious.com/recipes/food/views/thanksgiving-dinner-for-one> <https://www.epicurious.com/recipes-menus/how-to-cook-thanksgiving-for-one-article> <https://www.chowhound.com/food-news/211039/how-to-make-thanksgiving-for-one-or-two/>

<https://www.tasteofhome.com/collection/thanksgiving-recipes-for-two/>

<https://www.allrecipes.com/recipes/15335/holidays-and-events/thanksgiving/leftovers/>

If you decide to gather with others who are not part of your immediate household, practice safe distancing and other protective measures. Provide hand sanitizer and wear masks. Serve individual dishes rather than banquet or family style. Have separate serving spoons. Take extra precautions before and after gathering to limit exposure. Set an extra big table but fewer seats so you can physically distance. Instead of a full dinner, opt for just single serve

desserts on the porch or by the bonfire. Here's an article worth reading.

<https://www.bhg.com/thanksgiving/planning/safe-thanksgiving-dinner/>

Volunteer or pay it forward. Consider donating to a food pantry. Drop off a meal for a homebound neighbor or someone in your community who is down on their luck. Take some time to clean out your closets and bring your unneeded items to a shelter or thrift store. Consider working with Meals on Wheels or other charitable organizations. <https://www.mealsonwheelsamerica.org/signup/aboutmealsonwheels/find-programs?filter=19720> <https://www.nationalservice.gov/serve>

Connect with a place of worship virtually. Attend services online. For information about denomination-specific worship opportunities, contact the 166 AW/Chaplains Corps office at 302-323-3367.

Hand write and send out holiday cards by mail. Add a letter that captures the events of the past year. Be sure to include things you are looking forward to in 2021. Not only will you bring a smile to your friends' and family's faces, it's a great way to support the post office.

<https://organizedhome.com/christmas/celebrate/seven-tips-sparkling-christmas-letters>

Have faith that we will prevail and that COVID will be a bump in the road that you'll be telling you grandkids about over Thanksgiving dinners in the years to come. Look toward the future. Make a dream/vision board. If you have kids this is also a great way to instill hope. Set goals and make plans to achieve them.

<https://chopra.com/articles/vision-board-101-how-to-use-this-manifestation-tool>

Call/ text, FaceTime, Zoom with friends and relatives who might be alone.

Plan a virtual Secret Santa/ Yankee Swap or White Elephant. Here are some instructions:

<https://teambuilding.com/blog/virtual-secret-santa>

Binge watch your favorite holiday movies. FaceTime with a friend and watch it together.

<https://editorial.rottentomatoes.com/guide/best-christmas-movies/>



Get out for a responsibly physically distanced walk in nature. It'll help you boost your Vitamin C intake, release much needed endorphins and work off some of that pumpkin pie.

Be sure not to overindulge in alcohol. Help is available if you or someone you know needs support.

<http://delawareaa.org/>

Use the holiday weekend to set up your Christmas decorations and even make some hand-made crafts and gifts.

<https://www.goodhousekeeping.com/holidays/gift-ideas/g1266/handmade-gifts/?slide=19> <https://www.thesprucecrafts.com/homemade-gift-ideas-1251561>

As always, your team of helping professionals at the 166th AW remain available to you. We wish you a happy Thanksgiving and joyous, healthy holiday season. For information about mental health resources, contact your Director of Psychological Health:

Lakenya Baker, MSW, LICSW  
166 AW/Director of Psychological Health  
302-323-3382 or [lakenya.baker@us.af.mil](mailto:lakenya.baker@us.af.mil)

### Other Resources:

- National Suicide Prevention Lifeline 800-273-8255 Option 1 or <http://www.suicidepreventionlifeline.org/>
- Military One Source 800-342-9647 or <http://www.militaryonesource.mil/>
- National Domestic Violence Hotline 800-799-7233
- Vets 4 Warriors Peer Support 855-838-8255



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## MSEP 360



**Save the Date** for the upcoming virtual MSEP New Partner Induction Ceremony and Annual Partner Meeting! The event is scheduled to take place on December 9 and 10.

Day 1 will open with a General Session featuring key remarks from the Department of Defense senior leadership, key government officials and military-friendly corporate business leaders. The day will continue with more than 70 new national and global organizations being inducted into the Military Spouse Employment Partnership in a series of ceremonial sessions.

Day 2 will officially open the 2020 Annual Partner Meeting with a compelling Town Hall built around the event theme of Working Through Change: Being Agile in an Evolving Workplace. The day will continue with a series of thought-provoking and informative breakout sessions featuring key MSEP business leaders and employers sharing business principles and best practices to support military spouse employment.

This year has driven vast business challenges across the nation and MSEP wants to provide valuable resources to assist our partners in meeting their commitment to recruit, hire, promote and retain military spouses. Join us for an exciting and integrated experience online!

### MSEP Virtual Hiring Fair Thanks

We want to take a moment to thank our MSEP employers for participating in the October MSEP Virtual Hiring Fair on October 14th. The level of detail and information presented through your booths created a unique and memorable experience. Your commitment to providing military spouses with employment and networking opportunities is what makes MSEP special.

More than 2,000 spouses registered for the opportunity to connect with 118 of our MSEP employers. We were thrilled to host an event that showcased career opportunities for our military spouse community. Please be sure to contact your MSEP specialist to share any success stories resulting from the MSEP Virtual Hiring Fair.

## November 2020

National Veterans & Military Family Month

### Dates of Note

**November 3**  
Election Day

**November 10**  
Marine Corps Birthday

**November 11**  
Veterans Day

**November 26**  
Thanksgiving Day

### SECO Important Dates

#### **MSEP LinkedIn Live Networking Series**

Thursday, November 5 at 3 p.m. ET  
with featured partner  
Republic Services

#### **MSEP Facebook Networking Series**

Thursday, November 19 at 3 p.m. ET  
with featured partner  
Benihana National Corporation

**MSEP Virtual Annual Event**  
December 9 and 10

### MSEP Outreach Hiring and Career Fairs

For a complete list of Hiring Our Heroes Hiring Fairs, visit the [U.S. Chamber of Commerce Hiring Fairs site.](#)



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**Purpose:** The purpose of the Council is to function as a social and professional organization. It is established to be a family of professionals to spread leadership and mentorship to all junior enlisted, to recognize members for their accomplishments, and to be the voice of reasoning to the 166th Air Wing for junior enlisted issues.

**President:** SSgt Erin Cramer **Vice President:** Amn Shayliz Romero  
**Treasurer:** SSgt Lorin Crawford **Secretary:** SrA Florence Bona  
**Sergeant at Arms:** Amn Zakiya Downs



JEC Monthly Meetings  
**Time:** Sunday RSD @ 1200  
**Location:** TBD  
Email [Erin.cramer@us.af.mil](mailto:Erin.cramer@us.af.mil) for all inquiries

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"



### TOPICS TO EXPLORE

[Blended Families](#)

[Conflict Management](#)

[Dating](#)

[Divorce](#)

[Friendships](#)

[Healthy Relationships](#)

[LGBT](#)

[Marriage/Couples](#)

[Parenting](#)

**Get ideas for online celebrations:  
Happy Virtual Holidays!**

## Fall 2020

### Member Connect Content

We all continue to adapt to life in a pandemic. Many of us are also dealing with stress related to a polarized election. Relationships may be strained during these tough times. Member Connect has resources to help us cope:

- Activities for Kids in Quarantine
- Celebrating Holidays During the COVID-19 Pandemic
- Coping With Election Stress
- Finding Balance During the Election
- How to Help Your Extrovert With At-Home Learning
- Managing Conversations When You Disagree Politically
- Stay Connected
- Understanding Diversity and Inclusion

### Watch a Recorded Webinar

- Helping Your Teen During the Pandemic
- Relationships: Success for You and Your Partner
- Returning to the New Normal
- Say What You Mean the Right Way

*Please note: There are several links to the Military OneSource Member Connect website on this newsletter. The first link you try will prompt the consent page and then the Military OneSource login. Be sure to set up a login profile first.*



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## Chaplains' Corner



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

**A**s the daylight hours shorten, may you find light in other areas such as friendships, warm homes, and good food. Thanksgiving may look different for many this year but, my hope and prayer is that you might start new traditions of meaning and fun! Such as: Invent a new dance – the gobble gander.

Gratitude skittles game (<https://www.playpartyplan.com/gratitude-skittles-game/>)

Turkey bowl game

Write and mail a gratitude note to a neighbor, loved one, etc. (all family members sign – don't forget the pets) or post in window for others to see..

A last thought: "Gratitude is the inward feeling of kindness received. Thankfulness is the natural impulse to express that feeling. Thanksgiving is the following of that impulse." Henry Van Dyke

Grace and Peace! Happy Thanksgiving to you and your loved ones!

What are Strong Bonds training events? So glad you asked...

Strong Bonds training events are fully-funded and Chaplain-led with the support of the Wing Commander. During the one to three day training event, Single/Single-again Airmen or Airmen with families or couples, participate in small group activities that reveal common bonds, strengthen relationships, and nurture friendships. In addition, Airmen gain awareness of community resources that can assist with concerns about health and wellness, resiliency, anxiety, and even crisis intervention.

Strong Bonds Training Events are now scheduled for FY21. Registration information will be sent out via a base wide flier this Nov. RSD. See below dates. Specific hotels are TBD. All below dates and locations are subject to change as mission dictates.

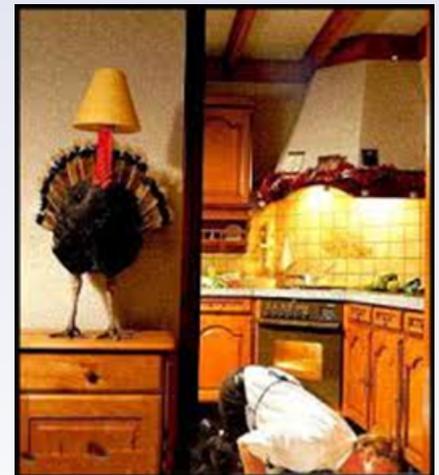
Event Type	Date	Tentative Location
Couples	12-14 February 2021	Rehoboth Beach, Delaware
Singles	17 April 2021 (Day event)	National Harbor, Maryland (DC Area)
Family	25-27 June 2021	Ocean City, Maryland
Couples	13-15 August 2021	Poconos, Pa

Please call the Chaplain Duty Phone with any questions, 302-463-6883. Thank you.

### Religious services are available RSD Weekends:

- In Meditation Room, BLDG 2821, Supply BLDG
- 0830-0900 - Roman Catholic Mass
- 0900-1000 - Personal Meditation, Prayer, or Spiritual Reflection
- 1030-1115 - Protestant Service

**ALL are WELCOME!!!!**





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Lakenya Baker, MSW, LICSW  
166 AW/Director of Psychological Health

## MILITARY ★ ★ ★ ★ Appreciation ★ ★ ★ ★ MONTH

Season's greetings 166AW family and happy Military Family Appreciation Month! All around the world, people are feeling challenged to make the holidays festive, celebratory and safe from COVID-19. Here are a few suggestions to help you and your loved ones celebrate the holidays safely:

1. Have faith that we will prevail and that COVID will be a bump in the road that you'll be telling you grandkids about over Thanksgiving dinners in the years to come. Look toward the future. Make a dream/vision board. If you have kids this is also a great way to instill hope. Set goals and make plans to achieve them.  
<https://chopra.com/articles/vision-board-101-how-to-use-this-manifestation-tool>
2. If you decide to gather with others who are not part of your immediate household, practice safe distancing and other protective measures. Provide hand sanitizer and wear masks. Serve individual dishes rather than banquet or family style. Have separate serving spoons. Take extra precautions before and after gathering to limit exposure. Set an extra big table but fewer seats so you can physically distance. Instead of a full dinner, opt for just single serve desserts on the porch or by the bon fire. Here's an article worth reading.  
<https://www.bhg.com/thanksgiving/planning/safe-thanksgiving-dinner/>
3. Connect with a place of worship virtually. Attend services online. For information about denomination-specific wor-

ship opportunities, contact the 166 AW/Chaplains Corps at 302-323-3367.

4. Binge watch your favorite holiday movies. FaceTime with a friend and watch it together.  
<https://editorial.rottentomatoes.com/guide/best-christmas-movies/>
5. Call/ text, FaceTime, Zoom with friends and relatives who might be alone.

As always, your team of helping professionals at the 166th AW remain available to you. We wish you a happy Thanksgiving and joyous, healthy holiday season. For information about mental health resources, contact your Director of Psychological Health:

**Lakenya Baker, MSW, LICSW**  
166 AW/Director of Psychological Health  
302-323-3382 or [lakenya.baker@us.af.mil](mailto:lakenya.baker@us.af.mil)

Other Resources:

**National Suicide Prevention Lifeline**  
800-273-8255 Option 1 or <http://www.suicidepreventionlifeline.org/>

**Military One Source**  
800-342-9647 or <http://www.militaryonesource.mil/>

**National Domestic Violence Hotline**  
800-799-7233

**Vets 4 Warriors Peer Support**  
855-838-8255



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## College-level Examination Program



*Mr. Jovy Juanillo  
Delaware Military OneSource  
Consultant*

Here is today's edition of the daily update:

In today's daily update, on the Military OneSource Facebook page ([www.facebook.com/military.1source](http://www.facebook.com/military.1source)) presented by Gina Perry, Exams Division Manager, Defense Activity for Non-Traditional Education Support and Gini Beran, Director of Outreach, College-Level Examination Program. They discussed how earning college credit through the College-Level Examination Program, or CLEP can save you time and money.

In today's live video, we highlighted the information below:

College-Level Examination Program (CLEP)

CLEP offers you the opportunity to earn college credit for what you already know by taking any of the 34 introductory-level college subject exams. Because the exams are funded by DANTEs, you could save hundreds or even thousands of dollars towards your degree.

<https://www.dantes.doded.mil/EducationPrograms/get-credit/creditem.html>

Clep.org will allow you to access course overviews for the 34 introductory-level college subject exams.

Exams are administered at over 2,000 colleges across the country and at on-base testing centers worldwide.

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 don't 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. Here is a link to today's video:

[https://m.facebook.com/military.1source/videos/405209863845700/?refsrc=https%3A%2F%2Fwww.facebook.com%2F7700123369%2Fposts%2F10157972995793370%2F&\\_rdr](https://m.facebook.com/military.1source/videos/405209863845700/?refsrc=https%3A%2F%2Fwww.facebook.com%2F7700123369%2Fposts%2F10157972995793370%2F&_rdr)

Military OneSource has a dedicated page to help keep you up to date on this rapidly-evolving situation, [www.militaryonesource.mil/coronavirus](http://www.militaryonesource.mil/coronavirus).

You can call Military OneSource anytime at 800-342-9647 or you can chat live with a consultant by logging on to [www.militaryonesource.mil](http://www.militaryonesource.mil).



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## Airmen and Family Readiness



### **Airman and Family Readiness: Month of the Military Family**

Every November, we celebrate Military Family Appreciation Month. This is a time put aside to recognize and honor our Families who support our military careers, whether it is through extended training events, drill weekends or deployments. The strength of our service comes from the strength of our Families. To recognize our members there will be little packages that will be handed out to every member on 7-Nov between 0800-1000.

There will be TAP and PFR (Personal Financial Readiness) briefing starting in Feb 2021, see below for dates. For registration email Airman and Family Readiness at [kelly.harp.1@us.af.mil](mailto:kelly.harp.1@us.af.mil).

- TAP briefings will start next year with the first being 6 Feb 21
- PFR briefings will also start with the first being 7 Feb- Retirement Planning

For more information on assistance with food, housing, or utilities, please reach out to Airmen and Family Readiness at 320-323-3327/ Cell 302-530-6706.



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*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.

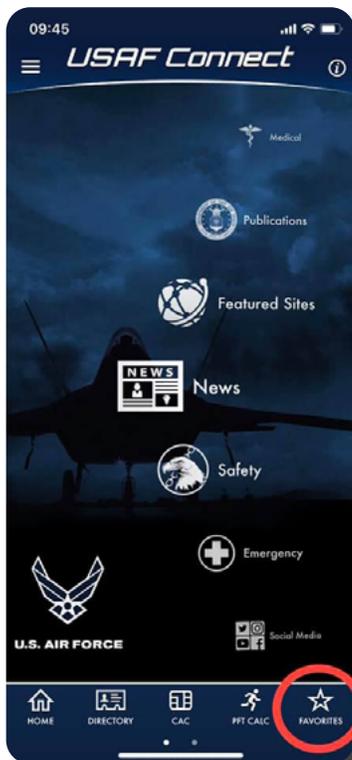
Click the following links to download on your respective device and see the following screenshots on how to add the 166th Airlift Wing's tab as a favorite.

App Store (Apple Devices):

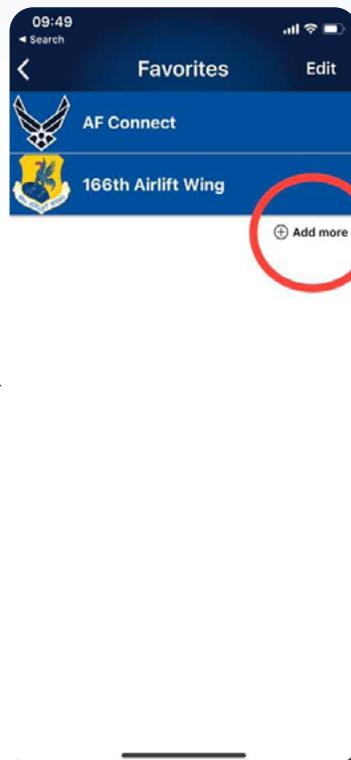
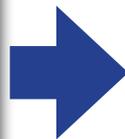
<https://apps.apple.com/us/app/usaf-connect/id1403806821>

Google Play (Android Devices):

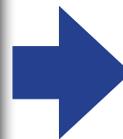
<https://play.google.com/store/apps/details?id=com.m360connect.usaf>



1. Tap on "FAVORITES"



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



3. See these tiles  
appear that point to  
important links