



THE DANG TRUTH

October 2020

COMMANDER'S PRIORITIES

OPSEC Training Completion
FSR Dress Out Drills – All Airmen
SAPR Talking Points #5 by 31 Dec

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

WING / MAJOR EVENTS

16 October – Friday:

1400 – 1500, RSD Review/wing Staff Meeting – Loeffel Room

17 October – Saturday:

0730 – 1600 (Lunch-break 1130-1200) - DOMOPS Civil Disturbance Training, SFS building 2703
0830 – Wing CC meeting with OG, AS, OSS, AES, Bldg 2805, Ops Theater
1130 – 1230 Chat and Chew with Command Chief, Piggy Park (Pavilion)
1300 – CCAF Graduation, Bldg 2600, Loeffel Rm (Graduates and ceremonial team Only, Facebook live streaming for all others)

18 October – Sunday:

1300 – Enlisted Recognition Ceremony, Loeffel Rm, Bldg 2600 (recipients and ceremonial team only, due to COVID-19 precautions, Facebook live streaming for all others)
1500 – Brig Gen Mulvey Retirement Ceremony, Loeffel Rm, Bldg 2600 (ceremonial team only, Facebook live streaming for all others)

ANCILLARY TRAINING

OPSEC Training (videos or PDFs available)

PROMOTIONS

Todd Glessner to TSgt
Durrel Hamilton to TSgt
Joel Pierce to TSgt
Mark Thomas to TSgt
Abdallah Celestin to SSgt
Akeem Mills to SSgt
Danielle Vacirca to SSgt
Sara Aguilar to SrA
Nicholas Asaro to SrA
Abigail Connor to SrA
Mia Stout to SrA
Quisean Robinson to Amn

RETIREMENTS

BG John Mulvey
LTC Jemell Carter
LTC John Obrien
CMSgt Dennis Derwacter
MSgt Jeffery Dillon
MSgt Leonard Gill

142ND AEROMEDICAL EVACUATION SQUADRON AND DELAWARE NATIONAL GUARD AVIATION PERFORM JOINT EXERCISE

DELAWARE AIR NATIONAL GUARD BASE, Del. -- On a scorching summer afternoon in New Castle, Del., the 142nd Aeromedical Evacuation Squadron performed a joint "tail-to-tail" exercise with Delaware Army National Guard's 1-126th Aviation unit on August 20th, 2020.



U.S. Air Force Major Timothy Stoeckle, Senior Health Technician (center) with the 142nd Aeromedical Evacuation Squadron assists in carrying a mannequin patient from a Delaware National Guard 1-126th Aviation unit UH-60 Blackhawk helicopter to a waiting 166th Airlift Wing C-130H2 Sept. 20, 2020 in New Castle, Del. The tail-to-tail exercise simulated the transport of a mannequin patient from the battlefield to a critical care facility via a UH-60 Blackhawk helicopter and a C-130H2 configured for aeromedical evacuation. The C-130 can carry up to 74 litter patients, it is outfitted with electrical and oxygen systems for aeromedical evacuation equipment and is designed to reduce the negative impact of altitude on patients and medical crews. (U.S. Air National Guard photo by Mr. Mitch Topal)

A multi-ship formation of two Army UH-60 Blackhawk helicopters transported a simulated injured patient to the Delaware Air National Guard flight line where a detail of 14 medical specialists from the 142nd AES stood ready to render acute trauma and basic life support. A 166th Airlift Wing C-130H Hercules, when configured as an air evacuation platform, is equipped for AES Airmen to provide hospital-level critical care in the air, aid in disaster relief efforts and bring injured warfighters home.

The C-130, a workhorse of the Air Force's medical evacuation mission, can be configured to carry up to 74 litter patients, is outfitted with electrical and oxygen systems for medical equipment and is specifically designed to reduce the negative impact of altitude on patients and medical crews.

"The exercise was designed to test our interoperability with fixed-wing and rotary wing assets. Moreover, it fostered a working relationship between the 166th Airlift Wing and Delaware National Guard Army Aviation," said Air Force Maj. Timothy Stoeckle, Senior Health Technician.

"The exercise also provided the opportunity to some of our newer Airmen to take part in a tail-to-tail patient transfer that they could encounter in a domestic operations or overseas environment. In addition, we hope to be able to help our Army Flight Medics to become more knowledgeable on fixed-wing patient movement as well," added Stoeckle.

For over 60 years, the venerable C-130 Hercules aircraft has been used by the Air Force and other military branches as a tactical, intra-theater aeromedical evacuation platform. Rounding out the military's aeromedical capabilities is the UH-60 Blackhawk helicopter, which can be configured to carry all the medical equipment you would see in the back of an ambulance, and has the capacity to hold up to three litters, or four ambulatory patients.

Social Media Links:

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

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



THE DANG TRUTH



CHAT AND CHEW WITH COMMAND CHIEF ROBBIN MOORE



WHO:

YOU, ME, & THE 166AW CARE TEAM: CHAPLAIN,
DPH, A&F READINESS, SARC

WHAT:

LET'S CHAT... WHAT'S ON YOUR MIND
HAVE YOUR VOICE HEARD
PROBLEMS AND SOLUTIONS - LET'S WORK IT
OUT

WHERE:

PIGGY PARK THE COVERED PAVILION

WHEN: SATURDAY, 17 OCTOBER 1130-1230



PIGGY PARK





THE DANG TRUTH

got mentor?

Chief Master Sergeant Patricia A. Ottinger, State Command Chief Master Sergeant

I came to the stark realization in the recent weeks that having a mentor is paramount to a successful career. My mentor, as most of you know, was Major General Carol Timmons who recently took her final flight after battling with her illness.

Her passing brought up many emotions and it made me reflect on what made her such a great mentor. What are the qualities one should look for when seeking guidance and wisdom. I've had many mentors in my career of 38 years and each one brought invaluable advice and, tough love, when I was veering of course. I chose leaders (and this is at any rank) who I saw as a person I wanted to grow to be, one who inspired through dedication to service, and who did these things with a positive and a caring attitude.

At the end of the day, I have learned that a true mentor is someone who takes a personal interest in you and your aspirations, your goals and your career development. The key word here is YOUR. I spoke with Gen Timmons and Lynn a few days before she left us, just to check in. We shared a lighthearted conversation about how they were doing and when I could swing by and wave through the window. In typical Gen Timmons style, her focus was on my family. She always asked about my children and my grandchildren, addressing each one by name and commenting on things that were unique to them. My mentor always listened. My mentor cared more about how my family was faring during these uncertain days instead of ignoring the call and sharing those precious moments with her best friend and wife, Lynn. Selfless is the word that stays with me.

Each and every one of you are navigating through your careers. Whether you are just beginning your great Air Force adventure, or at the proverbial fork in the road of whether you want to continue on your journey or, like me, are in the twilight of your career and reflecting on what you've accomplished. At every level, mentorship is paramount!

I took the liberty of researching some definitions of a "mentor" and here are a few that I wanted to share:

- A "mentor" is the main person you rely on to give you advice and guidance, especially in your career. (dictionary.com)

The three C's of mentorship are...

- Role 1: Consultant. The most obvious role for a mentor to play.
- Role 2: Counselor. Listen....
- Role 3: Cheerleader. In addition to all of the constructive feedback and advice that a mentor can give, they should also provide support and enthusiasm. (yecomunity.com)



- Someone who teaches or gives help and advice to a less experienced and often younger person. To teach or give advice or guidance to. (Merriam-Webster Dictionary)

Here are some words of wisdom and examples from mentors whose teachings have made an indelible impact:

- MG Carol Timmons: The person who made me want to be a better person, role model, and leader.
- CMSgt Phil Clark: Always take care of your Airmen and find the talents they all possess.
- CMSgt Jim Wallace: Look at every day with your fellow Airmen as a gift. "Never had a bad UTA. Some were better than others, but never had a bad UTA!"
- Lt Col Lisa Rascoe: She saw my potential as a leader and challenged me EVERY DAY to live it!
- SMSgt Rob Lester: Sometimes family DOES take precedence over mission. He recognized when his Airmen were at difficult points in their lives and worked to make sure they had options in order to continue to serve.
- SrA Pat Walker: Self sufficiency. Meet the challenges of all aspects of your career to the absolute best of your ability.
- A1C Rose Silver: Carry your own tool bag! Don't let "being a girl" keep you from being an equal in your field, even when you're the only female. Strive always to be respected for your work. (That was in 1983 yet this still resonates today, however, we have come a long way!).

These are only a few examples of the many people, past and present, who impacted my career in a way that plotted my course to ultimately hold the top enlisted position in the Delaware Air National Guard (My dream job!). This includes my leadership who believed in me: MG Vavala, MG Berry, Brig Gen Wenke, BG Fleming and my teammates, CW5 Wince and CSM Crossman. You cannot succeed without the trust and support of your leadership, at all levels.

So, back to the title of this commentary: Who's your mentor? Who challenges you to train to know your job to the best of your ability? Who assists you with course corrections when you may be going through difficult times? Who asks about your family and takes time to get to know them? Who listens to you? Who provides positivity when you're feeling defeated? And, like Maj Gen Timmons did for me, who makes you want to be a better person, role model and leader? I urge you to seek that person out, if you haven't found them already!

Finally, to our leadership teams made up of Officers, Chiefs, First Sergeants, and Supervisors: Let your name be the answer for the questions posed above!

Stay safe and well.



THE DANG TRUTH

DIVERSITY AND INCLUSION IN THE MILITARY AND THE PRIVATE SECTOR

SMSgt Joe Neisser, 166th Airlift Wing Human Resources Manager



SMSgt. Joe Neisser,
HRA 166th Wing

This month I am providing links on two different conversations on Diversity and Inclusion. One from Current and Former leaders from the Air Force, Chief Master Sergeant of the Air Force JoAnne S. Bass, and Air Force Association Chairman of the Board and 14th CMSAF Gerald Murray. The other is a TED Talk on Diversity and Inclusion from Janet Stovall, Inclusion Advocate, and manager of Executive Communications for UPS

<https://www.airforcemag.com/current-former-us-af-leaders-stress-importance-of-inclusion/>

https://www.ted.com/talks/janet_stovall_how_to_get_serious_about_diversity_and_inclusion_in_the_workplace

Please take the time to view both the article and video.



THE DANG TRUTH

October 2020

TRAFFICKING IN PERSONS

What is Human Trafficking?

Human trafficking is modern-day slavery and involves the use of force, fraud, or coercion.

Who is at Risk? Who are the Victims?

Trafficking victims can be any age, race, gender, or nationality.

Trafficking victims can be men or women, young or old, American or from abroad, with or without legal status.

The indicators listed are just a few that may alert you to a human trafficking situation. No single indicator is necessarily proof of human trafficking. If you suspect that a person may be a victim of human trafficking, report using the link below, or contact the local (HPD) or Joint Base police department, or the 15 WG/IG.

To reach a non-governmental organization for confidential help and information, 24 hours a day, please call the National Human Trafficking Resource Center at 1-888-3737-888.

Report Trafficking in Persons:

Contact Chaplain Susannah Tulloch

Cell: (302) 463-6883

Office: (302) 323-3367

Email: susannah.tulloch@us.af.mil

If you suspect that a person may be a victim of human trafficking, please call the U.S. Immigration and Customs Enforcement, Homeland Security Investigations Tip-line at 1-866-347-2423. You can also report online at www.ice.gov/tips.

How do I Identify Human Trafficking?

Human trafficking is often "hidden in plain sight." There are a number of red flags, or indicators, which can help alert you to human trafficking. Recognizing the signs is the first step in identifying victims.

Some Indicators Concerning a Potential Victim Include:

Behavior or Physical State:

- Does the victim act fearful, anxious, depressed, submissive, tense, or nervous/paranoid?
- Does the victim defer to another person to speak for him or her?
- Does the victim show signs of physical and/or sexual abuse, physical restraint, confinement, or torture?
- Has the victim been harmed or deprived of food, water, sleep, medical care, or other life necessities?
- Does the victim have few or no personal possessions?

Social Behavior:

- Can the victim freely contact friends or family?
- Is the victim allowed to socialize or attend religious services?
- Does the victim have freedom of movement?
- Has the victim or family been threatened with harm if the victim attempts to escape?

Work Conditions and Immigration Status:

- Does the victim work excessively long and/or unusual hours?
- Is the victim a juvenile engaged in commercial sex?
- Was the victim recruited for one purpose and forced to engage in some other job?
- Is the victim's salary being garnished to pay off a smuggling fee? (Paying off a smuggling fee alone is not considered trafficking.)
- Has the victim been forced to perform sexual acts?
- Has the victim been threatened with deportation or law enforcement action? Is the victim in possession of identification and travel documents; if not, who has control of the documents?

Minor Victims:

- Is the victim a juvenile engaged in commercial sex?



OPR: 15WG/IG
Exp: 30 Nov 18



THE DANG TRUTH

October 2020



*The Assistant Adjutant General
Delaware Air National Guard*

*Request the pleasure of your company at an
Enlisted Recognition Ceremony*

*Sunday, the eighteenth of October
At one o'clock in the afternoon*

*Loeffel Room
Delaware Air National Guard
2600 Spruance Drive
New Castle, Delaware*

Honorees

*SSgt Sandra J. Berry ~ Airman of the Year
MSgt Shirley P. Hunsiker ~ Non-Commissioned Officer of the Year
SMSgt Rachael D. Gonesh ~ Senior Non-Commissioned Officer of the Year
MSgt Alison E. Artiga ~ First Sergeant of the Year
SSgt Jonathan Nagyiski ~ Honor Guard Member of the Year*

*For safety purposes due to COVID-19 the ceremony will be broadcasted live at the provided date
and time on Facebook. Attendance is limited to Family and ceremony participation***

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



THE DANG TRUTH

October 2020



Chaplains' Corner



Chaplain Susannah Tulloch and Gus -
your canine resiliency team.

Greetings,

Fall is here!

Know as the season is changing through the signs of the beautiful colors in the trees and the geese flying overhead, you are an integral part of it all.

The book, *The Boy, the mole, the fox, and the horse* by Charlie Mackesy reflects on how we as people play a vital part in the life story around us.

"I've realised why we are here," Whispered the boy.

"For cake?" asked the mole

"To love," said the boy.

"And be loved," said the horse.

"What do we do when our hearts hurt?" asked the boy

"We wrap them with friendship, shared tears and time, till they wake hopeful and happy again."

"Do you have any other advice," asked the boy

"Don't measure now valuable you are by the way you are treated," said the horse.

"Always remember you matter, you're important and you are loved, and you bring to this world things no one else can."

Be blessed and be blessing!

Peace and Joy, 166AW Chaplain Corps

BASE CHAPLAIN CORPS:

From the Base Chaplain Corps the following religious services are available RSD Weekend:

In Meditation Room, BLDG 2821 (Supply BLDG)

- 0830-0900 - Roman Catholic Mass
- 0900-1000 - Personal Meditation, Prayer, or Spiritual Reflection
- 1030-1115 - Protestant Service

Other Questions call Chaplain duty phone: 302-463-6883



THE DANG TRUTH



Safety



October Monthly Safety Message

October is National Protect Your Hearing Month. Occupational hearing loss is one of the most common work-related illnesses in the United States. Each year, about 22 million external icon U.S. workers are exposed to hazardous noise levels at work. Over 30 million external icon U.S. workers are exposed to chemicals, some of which are harmful to the ear (ototoxic) and hazardous to hearing. In addition to damaging workers' quality of life, occupational hearing loss carries a high economic price to society.

Why is prevention important?

- Almost all work-related hearing loss is **permanent**, and it can have a **profound impact on quality of life**.
- As hearing loss worsens, hearing and understanding others becomes increasingly difficult, which can lead to isolation.
- Hearing loss is associated with **cognitive (mental) decline** and **heart problems**, such as high blood pressure and heart disease.
- Hearing loss is also strongly associated with **depression**.
- Hearing loss can lead to **loss of enjoyment**, when all the sounds we want to hear (e.g., music, voice of loved one) become muted and lack quality.
- **Ringings in the ears** (tinnitus), which often occurs along with hearing loss, can disrupt sleep and concentration and is associated with both depression and anxiety.
- Hearing loss can impact **safety** at home and on the job.
- **Income is typically lower** among workers with hearing loss, than among workers with normal hearing.

Fortunately, with today's hearing loss prevention strategies and technologies, work-related hearing loss can be nearly always prevented.

What can you do to prevent work-related hearing loss?

- Find out if the noise in your workspace is hazardous.
 - If you must raise your voice to speak with someone at arm's length, then the noise is likely at a hazardous level.
 - You can also check the noise level using a sound level meter app on your phone, such as the [NIOSH Sound Level Meter app](#).
 - Ask your safety manager or direct supervisor to check the noise levels in your workplace, making sure they are below 85dBA.
 - Take a break from the noisy activity.
 - Reduce noise at the source of the noise. Use [quieter equipment](#) and keep equipment well maintained and lubricated.
 - Enclose the source of the noise or place a barrier between you and the source.
 - Increase the distance between you and the source of the noise.
 - Reduce your time in noisy areas.
 - Always wear hearing protection in noisy areas, and if using foam plugs, [insert them correctly](#).
 - If you are listening to music or something else, keep the volume at a safe level and only listen in areas that are not noisy.

Safety and Occupational Health Points of Contact:

State Safety Manager:
CW3 Christopher L. Slicer, 326-7100
christopher.l.slicer.mil@mail.mil

State Safety Specialist:
SSG Robert P. Morneau, 326-7016
robert.p.morneau.mil@mail.mil

DEARNG Occupational Health Nurse:
Mrs. Denise Matthews, 326-7101
elaine.d.matthews.civ@mail.mil

COMPLACENCY... SAFETY'S ENEMY



THE DANG TRUTH

October 2020



Mental fitness and why your mindset matters when it comes to your health



Mr. Jovy Juanillo
Delaware Military OneSource
Consultant

In today's daily update, on the Military OneSource Facebook page (www.facebook.com/military.1source) presented by Dr. Lauren Messina and Dr. Gabe Paoletti with the Consortium for Health and Military Performance discussing mental fitness and why your mindset matters when it comes to your health.

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

Why Mindsets Matter

According to Human Performance Resource, <https://www.hprc-online.org/>. Mindset matters. When you adopt and cultivate an optimistic mindset, you can improve your performance and build resilience for those times when you're navigating through change and uncertainty. Optimism is generally associated with your ability to expect good things to happen in the future, but it's much more than that.

Reframe your "thinking traps" for peak performance: <https://www.hprc-online.org/total-force-fitness/tff-strategies/reframe-your-thinking-traps-peak-performance>

How to shift into productive thinking: <https://www.hprc-online.org/mental-fitness/performance-psychology/how-shift-productive-thinking>

Five ways to power your performance with optimism: <https://www.hprc-online.org/mental-fitness/performance-psychology/5-ways-power-your-performance-optimism>

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://www.facebook.com/military.1source/videos/3337170222985908/?vh=e&extid=0&d=n>

Military OneSource has a dedicated page to help keep you up to date on this rapidly-evolving situation, 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.

We have exciting news! Military OneSource now has an app available for iPhone and Android smartphones. The app is called My Military OneSource. Accessing your favorite sites like the Digital library, Job Navigator, employment, Virtual Job Fairs, Non-medical counseling, Financial consultations, leisure, live coaches, and more have never been easier. Once you have downloaded the app, you will do a quick set up, and that's it. Please feel free to download and share it with your unit members and their families.



THE DANG TRUTH



Airmen and Family Readiness

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

Food Bank of Delaware directly distributes EMERGENCY food to the public through the Healthy Pantry Center. Participants may receive assistance every 14 days.

Newark (222 Lake Drive, Newark, DE 19702) Please park near the loading ramp in the back of the building and someone will come out to your vehicle. Pantry hours are:

- Monday-Friday: 7:30 a.m. to 3:00 p.m.
- Third Thursday 7:30 a.m. to 6:30 p.m.

The pantry will be closed from 12:30 p.m. – 1:00 p.m. for restocking

DE Driver License or DE State ID will be required for proof of identification. If address on your ID does not match your current living address, please bring a utility or other bill or leasing agreement.

MILFORD PANTRY

Milford (1040 Mattlind Way, Milford, DE 19963). Please park and someone will come out to your vehicle

- Monday-Friday: 8:15 a.m. – 12:30 p.m. and 1:00 p.m. – 3:00 p.m. (closed from 12:30p.m. – 1:00 p.m. for restocking)
- Fourth Tuesday: 8:15 a.m. – 6:00 p.m. (closed from 12:30p.m. – 1:00 p.m. for restocking)

DE Driver License or DE State ID will be required for proof of identification. If address on your ID does not match your current living address, please bring a utility or other bill or leasing agreement. and Family Readiness Program Manager. ANGCares365.



THE DANG TRUTH

October 2020

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

Team DANG,

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

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

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

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

App Store (Apple Devices):

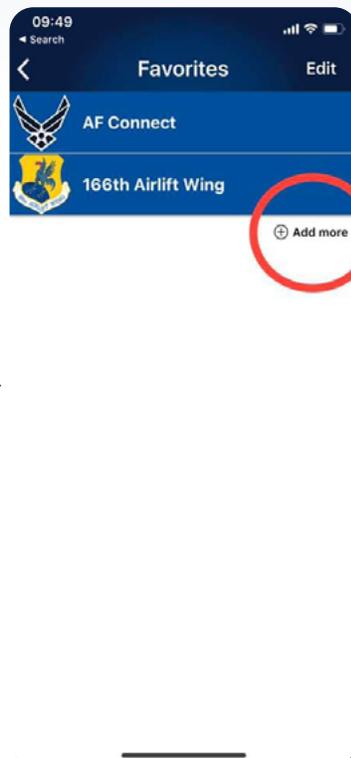
<https://apps.apple.com/us/app/usaf-connect/id1403806821>

Google Play (Android Devices):

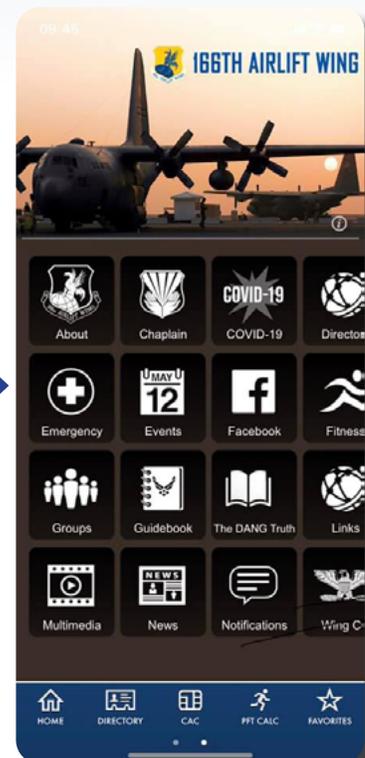
<https://play.google.com/store/apps/details?id=com.m360connect.usaf>



1. Tap on "FAVORITES"



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



3. See these tiles
appear that point to
important links