



THE DANG TRUTH



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

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UPCOMING EVENTS

21-22 May	Dover AFB Air Show	AFB
May RSD	Unit ATSO Events	NCCA
4-7 June	AMC Graded inspection	NCCA
Sept RSD	Family Day	NCCA
17-Dec	Military Ball	NCCA
17-23 Aug 2023	UEI Capstone	NCCA

Social Media Links:

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

DELAWARE'S CODEL SECURES \$17.5 MILLION FOR NEW FUEL CELL HANGAR



Congresswoman Lisa Blunt-Rochester (D-Del.) speaks to members of the Delaware National Guard, reporters and business leaders inside the 60-year-old old fuel cell hangar, 28-March-2022. Delaware's Congressional Delegation visited the DANG to announce \$17.5 million in military construction funding to replace the aging hangar. (U.S. Air National Guard photo by Mr. Mitch Topal)

The lights were on but the old hangar was dark and cold.

Inside, a C-130H was parked for Home Station Check (HSC) maintenance. Its massive tail hovering outside, cradled by the rubber gasket lining the hole in the weather-beaten hangar doors. A hundred or so chairs were set up under her wing, some perilously close to the oil drip pan that was under her number 3 engine. Guests started to arrive at 0945. The faint smell of jet fuel and lubricants lingered in the air.



A Delaware National Guard C-130H2.5 Hercules parked for HSC maintenance in the old fuel cell, 28-March-2022. The obsolete fuel cell hangar was constructed in 1962 and can no longer provide the DANG the necessary resources to maintain its fleet. (U.S. Air National Guard photo by Mr. Bernie Kale)

Most press events at the DANG are held inside the newer main hangar. It is climate controlled, clean and well-lit. But this day was different. The 60-year-old fuel cell hangar is a grimy cold war relic that had been scheduled to be replaced in the early 2000s. But with budgetary

See "Fuel Dock" continued on page 2

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



“Fuel Dock” continued from page 1



Colonel Daniel J. Begin, Delaware Air National Guard 166th Maintenance Group Commander opens the ceremony inside the old fuel cell hangar and introduces the VIPs, 28-March-2022. (U.S. Air National Guard photo by Mr. Mitch Topal)

constraints and BRAC, the work had been postponed, with no replacement date on the horizon. Now, with \$17.5 million in military construction funding, its replacement construction is imminent. And it provided the perfect backdrop for the announcement that was to come.

At 1000 sharp Col. Daniel Begin, 166th Maintenance Group Commander took to the podium. “Please, everybody be seated,” he requested. Two of the three members of Delaware’s congressional delegation—Senator Tom Carper and Representative Lisa Blunt-Rochester and their staff finished greeting members of the 166th Airlift Wing and took their assigned VIP seats in the front row (Senator Chris Coons had a scheduling conflict and sent several staffers instead).

Col. Begin opened the meeting with thanks to all the VIPs in attendance, then called Delaware Senator Tom Carper to the podium.

Carper, Delaware’s senior senator and U.S. Navy veteran used an analogy to make his point. “I believe in getting my money’s worth. I sold my old van a few weeks ago. It had 600,000 miles on it. You’ve gotten more than 600,000 miles out of this hangar, and it’s time to trade it in for a new one!”

A wave of applause ensued.

Congresswoman Lisa Blunt-Rochester too to the podium next. “We are gathered here today to celebrate \$17.5 million in investment in our National Guard...

“Imagine being in a building that’s not insulated properly. Being able to do the work safely and in a healthy way. Making sure that the fire protection is here, that the insulation is here. All of these different pieces are about why it is necessary to get this fuel cell hangar replaced.”

Another wave of applause followed.

Behind the scenes, Delaware’s congressional delegation lobbied fiercely to ensure that the DANG received the DoD funding necessary to keep its mission going into the future.

Col. Begin summed it up: “The new Fuel Cell and Corrosion Control Hangar will provide modern maintenance and safety capabilities to the 166th Maintenance Group, as our team continues to maintain a 31 year old fleet of eight C-130H 2.5 series aircraft. The new upgrades will include a fully operational fire suppression system, the ability to fully enclose a C-130H or J model aircraft which will eliminate maintenance inspection difficulties during inclement weather and high wind conditions, and will include improved insulation for personnel and equipment providing the necessary climate control for numerous sealant operations.”

The Adjutant General, MG Michael Berry added, “We’re now postured to not only continue operations of our current

“The new Fuel Cell and Corrosion Control Hangar will provide modern maintenance and safety capabilities to the 166th Maintenance Group.



(From left) Delaware National Guard Adjutant General, MG Michael R. Berry, U.S. Senator Tom Carper (D-Del.), Congresswoman Lisa Blunt-Rochester (D-Del.), and Delaware Assistant Adjutant General, Brigadier General Kenneth M. Haltom attend a ceremony inside the 60-year-old old fuel cell hangar, 28-March-2022. Delaware’s Congressional Delegation visited the DANG to announce \$17.5 million in military construction funding to replace the aging hangar. (U.S. Air National Guard photo by Mr. Mitch Topal)

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“Fuel Dock” continued from page 2

aircraft, and I’m so glad that Senator Carper mentioned it, but also to accept any potential flying missions long into the future,” said Berry. “[Congresswoman Blunt-Rochester’s] work that she did to keep the program going, the staff work that was going on behind the scenes, the design of the building, and of course making sure that the communication of the need for this new facility, just tremendous work.”

The DANG’s new fuel cell hangar is a net positive to the state of Delaware. Its construction will create jobs, pumping money into the local economy. It will also bring the DANG into the 21st century with a state-of-the-art facility, one that will enable the 166th Airlift Wing to maintain and fly their existing fleet of C-130H2.5 aircraft or the latest C-130J Super Hercules. Work is slated to begin in late 2022.



A Delaware Air National Guard C-97 Stratofreighter receives maintenance in the old fuel cell, circa mid 1960s. This original fuel cell hangar was constructed in 1962 and is scheduled to be demolished and replaced. (Photo courtesy of the Delaware Military Museum)

2022 JOINT FOOD SERVICE WORKSHOP



The FSS Services Food Services team participated in the first ever Delaware Joint Food Service Workshop 8 – 10 April 2022 at the Joint Forces Headquarters (Joseph Biden Center). The joint workshop consisted of 37 personnel (12 Air and 25 Army) who participated in Servsafe food safety training and Culinary Competition presentations. This joint workshop is now the benchmark for any future program of its kind in the Delaware National Guard and other States Army National Guard Bases. The Services team represented the 166th Airlift Wing and 166th Force Support Squadron very well and their professionalism and teamwork was well noticed during this training. The POC for this course is CW2 Keith Watson, G-4, at 302-326-7432 or keith.h.watson.mil@mail.mil.



(Courtesy photos)

AIRMAN SPOTLIGHT

Tech Sergeant Helen S. Zena

166th Maintenance Group Commander Support Staff

Technical Sergeant Helen Zena joined the DANG in September 2013.

Looking for education benefits and a chance to serve our country in some capacity, she really liked the idea of having full or part time options that Delaware Air National Guard had available.

Initially assigned to the 142d Aeromedical Evacuation Squadron, she served for 3 years as a drill-status guardsman. Eventually, she was given a temp tech assignment with the 166th Force Support Squadron (FSS).

During her stint with the 166th FSS, she was offered the opportunity to cross train for command support which eventually led her to become a part of the 166th Maintenance Group (MXG).

Zena was 100% on board because it gave her the opportunity to work full-time on base. "It was something that I was comfortable doing, I was familiar with the chiefs, the Airmen in the squadron, and the commanders. So, I thought, 'Why not.'"

In September 2016 Zena submitted the paperwork to become the 166th MXG CSS, an AGR position, where she has been ever since, and loving it.

In 2020, TSgt Zena was sent on her first deployment, and she was beyond grateful. Although she was performing similar tasks to these, she did here at the DANG, doing it in a strange place brought new challenges and helped her grow as an Airman.



"Being deployed to Ali Al Salem Air Base in Kuwait made me appreciate what I do," said Zena.

She was the lead admin there for six months, plus one additional month due to COVID.

As a part of the 407th Air Expeditionary Group, TSgt Zena Facilitated EPRs, OPRs, awards and decorations, in and out processing – the list goes on. She aided the commanders at Ali Al Salem as well as commanders at Ahmad al-Jaber Air Base.

"I like being out of my comfort zone," added Zena. "We're the focal point for the organization, the commanders' eyes in a sense."

What sets Zena apart is that when faced with a situation where there is a lack of training or guidance, she takes the initiative to learn using the AFIs, DoDIs, Tongue and Quill, and mentorship from other Airmen.

Most recently, she aided with the Executive Director of the Air National Guard (EDANG) visit. "I was able to meet Mr. Devin L. Cate," said Zena. She was greatly honored to do so.

As for her Air Force career, TSgt Zena would love to become a Chief Master Sergeant. "I love my job and am open to the opportunity."

TSgt. Helen Zena embodies the Whole Airman Concept of leadership development, work ethic and dedication to the mission.



Hails & Farewells

April 2022

Promotions

Dominic Buckmuse to TSgt
Terell D. Burgess to TSgt
Michael A. Burns III to TSgt
Jason C. Duricek to TSgt
Robert L. Kranz III to TSgt
Sean M. Oloughlin to TSgt
William H. Sanger to TSgt
Joshua S. Schneider to TSgt
Rachel A. Smith to TSgt
Butchie Tonnessen to TSgt
Glennys Angeles to SSgt
Peter F. Buoncristiano to SSgt
Madelyn J. Burns to SSgt
Ridge C. Figueroa to SSgt
Jon A. Mazara to SSgt
Kyle J. Naples to SSgt
Christopher Rodriguez to SSgt
Joseph E. Scholz to SSgt
Dean W. Marsh to SrA
Quisean T. Robinson to SrA
Zainab M. Young to A1C

Retirements

TSgt Jeremy Aronowitz 142 AES
Lt Col Brian Beisheim 142 AES
Capt Matthew Gerson 166 MDG
Capt Shannon Revit 166 MDG
MSgt Steven Spong 166 SFS



Understanding Personalities

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



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This month we are continuing our Diversity & Inclusion series courses with Four Lenses; Understanding Your Colors and Understanding Other Colors.

Every person you meet or interact with is unique individual. Each has their own preferences, expressed in different styles, mannerisms, and ways of approaching life's challenges. What they like, where and how they were raised, and their distinctive life experiences make them different from any other person who has ever lived on this earth. This diversity is what makes life so interesting and is also the cause of much miscommunication and misunderstanding.

It is no secret that the degree of happiness and/or success we achieve in our lives depends heavily upon our ability to positively interact with others. In fact, almost everything we want in life must come to us through the hands of another. Our parents, teachers/mentors, family members, neighbors, clients, co-workers, and the rest of the human race are linked in this amazing way. Therefore, unless we plan on living in total isolation from the rest of the world, the more we know about ourselves and others, the more skilled we will become in accomplishing what matters most in life.

It is a valuable thing learning to look with understanding others and their personality traits. The Four Lenses courses are specifically designed for that purpose. These courses can open the lines of communication between co-workers, fellow Airmen, reduce personal misunderstandings, and generally help individuals communicate with others in a way that fosters mutual understanding and acceptance. The Four Lenses principles can also help improve aspects of your personal relationships as well.

If you'd like to learn more about the Four Lenses or other topics in our Diversity & Inclusion series, Human Resource Advisor courses are offered to the Wing every Saturday and Sunday of RSD at 1300. Check the RSD Plan and monthly email for locations. See you there!



Feathers of the Wing

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

DANG's First Commanding Officer

Lt Col Wallace A. Cameron was the first Commanding Officer of the 142nd Fighter Squadron, Delaware Air National Guard. Cameron was a veteran of World War II, flying P-47s with the 9th Air force, 48 FG, 493rd Fighter Squadron. He accepted an active duty commission and served in the U.S. Air Force into the late 1960's.

"I was assigned to the 9th Air force, 48 FG, 493rd fighter Squadron. "I flew only the P-47 Thunderbolt (Jug) during WW2. All of our stateside training was done, primarily in the P-39 and P-40 for 14 months before shipping to England in March 1944. Only had 3 flights of aerial gunnery in the Jug before arriving in the UK. Had no ground gunnery training at all. That may explain why I couldn't knockout a lone motorcycle, either. I don't feel so foolish now upon learning that an entire Squadron also failed. I find that hard to believe, but strange things did happen at times.



Colonel Wallace H. Cameron (Photo courtesy of the Delaware Military Heritage and Education Foundation.)

"After the war I was a flight Instructor at Mc Allen, TX rising rather rapidly to become the Director of Flying responsible for all flight activities. Resigned my Commission November 1945 and went to work with my brother Harold Cameron in Philadelphia, PA. Didn't work out and entered college as a Jr. at U. of Delaware Jan 1946. Was selected to organize the first Air National Guard Fighter Sq in State of Delaware becoming Federally recognized as a Lt. Col. ANG. That is a whole different phase of my life and I am proud to have had the Experience.

"Left the ANG when I accepted a permanent Commission in the USAF, thus beginning another career. I was at a USAF school when I accepted my commission. One day a Lt. Col and the next reverting to my original rank of Capt. Took a long time to get the LC rank back. This career twist led me to new challenges. It would fill a book just to describe my failures and victories over the next 15 years."

Republic F-47 fighter-bomber of the DANG in the late 1940's.



Air Force Chief Master Sgt. Ralph E. Sanborn Fire Department of the Year award

By Mr. Mitch Topal
5-Apr-22

NEW CASTLE AIR NATIONAL GUARD BASE, Del. -- The 166th Civil Engineer Squadron's Station 33 Fire Department received the Air Force Chief Master Sgt. Ralph E. Sanborn Fire Department of the Year award for the best small base in the Air Force. The trophy will be presented at a ceremony in August. These awards recognize Air Force fire and emergency services organizations for exceptional contributions to the success of the Air National Guard, Air Force, and Department of Defense missions.

Station 33 has seen tremendous growth over the past few years, specifically with Wilmington Manor and Minquadale fire stations thanks to a mutual aid agreement with New Castle County. In 2021, Station 33 made 847 runs, and are on track to break that record in C/Y 2022 with an anticipated 1,000-plus calls.

The department will now go on to represent the Air Force in a Department of Defense awards program, competing against the other branches and sections of the DoD.

“These guys embody the Air Force core values. Integrity first, service before self and excellence in everything we do, said Chief Jim Knightly. “We went from running maybe 100 calls a year to nearly 900 calls a year. This year we’ll probably break 1,000 calls.”

Most recently, one Station 33’s assistant chiefs did a save. Knightly explained, “They were dispatched to a hotel fire which was just across the runways here. It was reported that there was

a subject trapped inside. The assistant and another member from Wilmington Manor went in. Wilmington Manor went right, our guy went left and found the victim. He brought her out, handed her over to EMS. One of our other guys was on the EMS crew and performed CPR. By the time she left, she had a pulse.”

What makes us so successful is the hard work and dedication from the top to the bottom,” said Ronald Stanton, Assistant Chief of Operations, B shift. “We have a fearless fire chief who always has our back. And we have supervisors that are there for the Airmen who are willing to teach, willing to listen and learn. Problems are sorted out easily and the open policy enable us to move in a positive direction.”

“It’s that openness and teamwork that breeds success,” Stanton added.

“It’s that openness and teamwork that breeds success,” Stanton added.



CES and EOD convoy and land nav exercise

NEW CASTLE AIR NATIONAL GUARD BASE, Del.
-- Members of the 166th Civil Engineer Squadron and its Explosive Ordnance Disposal unit practice convoy formation and land navigation skills in a real-world environment, 7-April-2022. This training will teach these DANG Airmen to locate and render inert explosive devices (IEDs, land mines, etc.) that might be found on an actual battlefield. The training was held in an area southwest of Lums Pond State Park in Bear, Del. (U.S. Air National Guard photos by Mr. Mitch Topal)



Delaware National Guard wins first ever top award for its State Partnership Program with Trinidad and Tobago

By Army Master Sgt. Jim Greenhill and Sgt. 1st Class Zach Sheely,
National Guard Bureau | April 12, 2022

DENVER – A three-decade security cooperation program with almost half the world’s nations is critical to America’s national security, the National Guard’s most senior general said last week.

Army Gen. Daniel Hokanson, chief of the National Guard Bureau, told an annual gathering of Department of Defense National Guard State Partnership Program leaders that the program founded in the wake of the Soviet Union’s collapse enhances interoperability with our partners and allies and supports the National Defense Strategy.

The multiday SPP meeting also featured the award of the first SPP Partnership of the Year. Discussion topics included the program’s future, senior leader perspectives, and enlisted military development.

“You don’t have to look far to see the impact of the SPP,” Hokanson said. “The conflict in Ukraine highlights the interconnectedness of the security environment.”

An SPP charter member partnered with the California National Guard, Ukraine relied on the program as one of the primary ways to strengthen forces and build interoperability, Hokanson said.

Today, the Ukrainian Air Force is demonstrating the competence California Air National Guard pilots have for years said it possesses, he said.

Hundreds of California Guard trainers helped Ukraine enhance infantry tactics, establish and build a noncommissioned officer corps, improve cyber operations and develop command and control capabilities in the years following Russia’s 2014 annexation of Crimea.

Since the recent Russian invasion, California has helped Ukrainians communicate with the combatant command — U.S. European Command — and Defense Department leaders.

“They trust us because they know us,” Hokanson said, quoting California’s adjutant general, Army Maj. Gen. David Baldwin.

Individual relationships built over years — sometimes decades — might be the SPP’s unique magic ingredient: The National Guard was chosen as the military organization to lead the program in part because of the continuity offered by Guard members serving in the same unit for longer durations than their active-duty counterparts, said Army Maj. Gen. Reginald Neal, deputy commanding general, U.S. Army Pacific.

“These partnerships are all about trust and familiarity,” he said. “Guard members are an invaluable resource in providing a persistent and continual presence.”

The SPP pairs the National Guard in the states, territories and the District of Columbia with nations worldwide. What began with 13 partnerships in 1993 is now up to 87 partnerships with 93 countries. SPP administrators plan to add about two partnerships each of the next 15 years.

Administered by the National Guard Bureau, the SPP is guided by State Department foreign policy goals and executed by the adjutants general. The SPP supports combatant commander and chief of mission security cooperation objectives and DOD policy goals.

Key leader and subject matter expert exchanges; whole-of-government interaction;



Bangladesh Maj. Gen. Abdul Wadud, principal staff officer, Armed Force Division, tries on for size one of the F-15 fighter jets at the Portland Air National Guard Base, Portland, Ore., Mar. 8. Flanking him is Oregon Air National Guard Col. Jeff Silver (right). Wadud joins other high-ranking officials from across the world for the State Partnership Program Workshop, which brings together members of Bangladeshi civilian and military leadership and Oregon National Guard leadership and other directors from local civilian agencies, will be held March 8-11 in Portland, Ore.

academic inclusion; and how program administrators used budgeted money were among the criteria judges considered to decide this year’s first-ever Partnership of the Year Award.

The Delaware National Guard’s partnership with the Trinidad and Tobago Defence Force took the top award.

Delaware Guard leaders say their program is a partnership of partnerships that includes their governor, state agencies, U.S. Southern Command, the National Guard Bureau, and other Joint Force components.

COVID-19 affected the state’s ability to execute partnership events. Delaware adapted with virtual meetings and still managed some in-person exchanges.

The pandemic challenged the SPP across the National Guard.

“We had a slow couple of years ... because of COVID, but it’s really coming back, and it’s going to be more focused than ever,” said Air Force Maj. Gen. Randolph Staudenraus, the director of NGB’s strategic plans, policy and international affairs, which administers the SPP. “We’ve been very concentrated on training with our partners in the past. That will continue, but we also want to address the issues of tomorrow now.”

While the pandemic forced a pause on many activities, engagements have bounced back in 2022, Staudenraus said.

U.S. Indo-Pacific Command’s area of responsibility is one of the regions eyed for growth. There are 13 partnerships in USINDOPACOM, and Neal, the U.S. Army Pacific deputy commander, said there might be growth opportunities.

Africa also might offer expansion opportunities, said Ambassador Andrew Young, U.S. Africa Command’s deputy to the commander for civil-military engagement.

Young lauded the SPP’s success with African partner nations.

“We are most effective when we synchronize diplomacy, development and defense,” he said. “National Guard state partnerships build on these fundamental values. The priceless network of these relationships is based on the most powerful tool that we have: trust.

“Our motto at U.S. Africa Command is to accomplish our objectives by, with and through our partners,” he said. “That is such a good fit for the State Partnership Program. To achieve sustainable outcomes, we must enable our partners — and the National Guard does this through the SPP.”

The SPP now includes 16 partnerships with African nations, and Young emphasized the continent’s strategic importance. “America cannot ignore Africa,” he said. “Africa is linked to American interests, and our competitors see the advantage of Africa.”

A panel discussion, led by National Guard enlisted leaders, focused on this concept of enlisted and NCO development with partner nations.

“We need to tell the story of the SPP,” Young said, “and continue to expand from those military-to-military engagements and include more military-to-civilian and civilian-to-civilian engagements. With this, the SPP will continue to be a two-way street where both partners win.”

—
Air Force Lt. Col. Allison Stephens contributed to this story.



Talking to Children about War

The attack on Ukraine has evoked many emotions including anger, fear, anxiety, worry, and confusion. It has also created safety concerns for the region that reach into our own country. Some families may be worried about loved ones who are directly impacted, including those who live in the area; those who were visiting and are trying to get back to the United States; or those who are deployed as part of the military, government, or a relief organization. When there are events like these in other countries, we may feel the economic impact in the United States including seeing raising gas prices, higher prices for some imported goods, and changes in the stock market. These consequences can lead to additional worries for families that were already struggling financially from the pandemic. Most children will learn about the war and its consequences through the media or social media. Caregivers and children alike may be struggling to make sense of what they are seeing and hearing. Children of all ages will be turning to trusted adults for help and guidance. Parents and caregivers can help navigate what they are seeing and hearing by having a conversation with them, acknowledging their feelings, and finding ways to cope together.

Potential Impact and Considerations

- For some children and families, the war may serve as a reminder of their own trauma or loss. This may result in feelings of sadness, fear, and helplessness, worries about separation, increased acting out, as well as possible disruptions to their sleep, appetite, and ability to concentrate. Caregivers can provide support to children by 1) learning about common trauma reactions; 2) offering comfort and reassurance; and 3) finding opportunities for connections with family and others important in their lives. To learn more read [Age-Related Reactions to a Traumatic Event](#).
- Military families may be experiencing an increased worry for loved ones who are or may be deployed as a result of the war or who are already stationed in the region. Although military families understand the risks associated with being in the military community, they could use additional supports to help bolster their resilience and to assist them through these challenging times. For best practices providers can read [Working Effectively with Military Families: 10 Key Concepts All Providers Should Know](#), and parents/caregivers can read [Understanding Child Trauma and Resilience: For Military Parents and Caregivers](#).
- Families who have loved ones in the Ukraine, Russia, and the surrounding region may need to take extra time to discuss children's concerns related to the safety of their relatives and friends, and to acknowledge how difficult the uncertainty and worry can be for the entire family. While keeping up with events is especially important when family is involved, finding some time each day to take a break from coverage and engage in other activities is important for everyone's overall coping.

Talking to Children about War

- **Start the Conversation**
 - Check in by asking what your children know about the situation. Most school-age children and teens will have heard something from media outlets, social media, teachers, or peers.
 - Do NOT presume you know what your children are thinking or feeling. Ask how they are feeling about what is happening in Ukraine and respond to the concerns they share. Remember, their worries and feelings may not be what you think. Validate feelings your children share.
 - Plan to have multiple conversations if they have had a lot of questions or as the situation changes. Checking back in as changes occur helps children to know you are open to talk about difficult situations.

See "Children" continued on page 12

“Children” continued from page 12

- **Clear Up Any Misunderstandings**
 - Listen and ask questions to find out if your children understand the situation accurately. They may think they are at risk when they are not.
 - Different perspectives and misinformation about war is common. Family who live in the region may be getting different news stories. Clear up any misinformation your children might have heard. Discuss with older children the complexities of the political situation and the potential impacts. Discuss as a family if there are aspects of the current situation that you want to collectively support or research more about (e.g., donating to a charity, reading about the history of the region).
 - The events in the Ukraine and Russia can be confusing for adults, too. Gather information from trusted news sources so that you can address your children’s questions; this can increase your confidence in answering their questions as you begin the conversation. If you are not sure of an answer, that’s OK. Let children know you appreciate the question and that you can work together to find the answer.
- **Provide Context**
 - Younger children hearing about war may worry about their own safety. Discuss with them where the war is and reassure them that their own community is safe. Young adults and older teens may wonder about a draft or may show interest in joining the military. Address their questions and support them accordingly.
 - Help children identify assumptions they may hold about others based on their nationality, place of birth, or languages spoken. Caregivers and school personnel should ensure that all children are being treated with respect.
- **Monitor Adult Conversations**
 - Use caution when discussing the war in front of younger children. Children often listen when adults are unaware and may misconstrue what they hear, and filling in the blanks with more inaccuracies may increase their distress.
 - Monitor the tone of your discussions, as expressing views in an angry or aggressive way may frighten young children. Be as calm as possible when discussing the war in language young children can understand.
 - Monitor your expression of worries and concerns about any economic impact the war may have on your family as your anxieties may unintentionally be communicated to your children.

Understanding Media Exposure

- Media coverage of war, combat, and its aftermath may be upsetting to children of all ages and can increase fear and anxiety.
- The more time children spend viewing coverage of the war, the more likely they are to have negative reactions. Excessive viewing may interfere with children’s recovery afterwards.
- Very young children may not understand that the event is not happening in their community.
- Caregivers can help by limiting exposure to media coverage, including social media discussions of the war. This is helpful for caregivers too.
- The younger the child, the less exposure they should have. If possible, preschool children should not be watching coverage at all.
- Caregivers can support older children by viewing media together in order to answer questions or explain what they are seeing, even continuing to be open to discussion after you turn the coverage off. Check in with them about what is being discussed on social media about the war, allowing for ongoing conversations about it.

“Children” continued from page 13

How to Foster Resilience

- **Increase connections:** Families can benefit from spending increased time together, providing extra reassurance and hugs, and reaching out to other family or community members. For example, reach out to those in the military or those with families in the area and check how they are doing and what they need during these stressful times.
- **Emphasize the helpers:** Caregivers can support children by highlighting the many ways people are working to support those affected by war and to end the conflict.
 - If children wish to help those impacted by the war, consider ways to do so including sending letters to the troops, sending donations to responding charity organizations, supporting local refugee organizations, or participating in activities being offered by your faith, culture, or community organizations.
- **Keep to routines:** In times of stress, routines can be comforting for children and teens. As much as possible, keep to your routines and schedules in the face of current events. For those that are worried about economic hardships, discuss as a family the activities that can be done together that will not add to this burden but will still offer moments of laughter and joy.
- **Offer patience:** In times of stress, children and teens may have more challenges with their behavior, concentration, and attention. Caregivers can offer additional patience, care, and love to children and themselves, in recognition that everyone could be affected. Remember, just as you are being extra patient and caring with your children, you need to be patient and kind to yourself as we all may feel increased stress at this time.

HELPING MILITARY PERSONNEL WHO EXPERIENCE WORK-RELATED TRAUMA EXPOSURE: *Recommendations for Military Leaders*

Many people are exposed to trauma at some time in their life. Service members (SMs) may be repeatedly exposed to trauma in both combat and non-combat settings. Their exposure may be through directly witnessing an event, such as the death of a unit member, or by hearing someone re-tell distressing events. It may also occur through exposure to the media, such as photographs, audio, or video, or a combination of these. More distressing trauma of longer duration and repeated exposure can increase the risk for adverse effects, which negatively impact interpersonal relationships and operational readiness.

Adverse effects of occupational exposure to trauma include distress reactions (insomnia, anger, guilt, scapegoating, anxiety, decreased perception of safety) and risky behaviors (increased alcohol and tobacco, social isolation and restricted activities, reduced self-care behaviors). In the unit, lost productivity, absenteeism,

The recommendations... describe actions military leaders can take to help personnel before, during, and after occupational exposure to trauma.

and distractibility may also occur. Prolonged and more severe responses can include psychological disorders, such as depression, anxiety, PTSD, and complicated grief.

The military has a culture of pride in being able to withstand trauma exposure and not seek support, which can delay recovery. Military leaders can help by debunking myths and encouraging support at all levels, while maintaining performance and accountability, to promote health and operational readiness.

Leaders can help SMs who are repeatedly exposed to occupational trauma through education, training, modeling, and support using evidence-based early interventions. The recommendations below describe actions military leaders can take to help personnel before, during, and after occupational exposure to trauma.

BEFORE

Being prepared (mental, physical, equipment) helps SMs focus on the task at hand.

1. Obtain information about anticipated trauma exposures (risk analysis).
2. Provide adequate protective equipment and ensure SMs understand their purpose and proper use.
3. Determine minimum required exposure to perform essential tasks.
4. Train SMs about expected trauma exposure and normal reactions: insomnia, anger, boredom, decreased feelings of safety, guilt, helplessness.
5. Educate SMs to monitor for difficulties and when to get help: persistent difficulty with sleep, increased problems at home or work, reduced self-care, thoughts of harming self or others.

DURING

Efforts to limit the intensity and duration of exposure to trauma decrease adverse effects. Identifying problems early and providing prompt and effective interventions can protect operational performance and overall readiness.

1. Foster "buddy care" where SMs support and regularly check-in with one another.
2. Model self-care, including adequate sleep, hydration, nutrition, stress management, and exercise.
3. Encourage help-seeking, such as taking a break or talking to someone.
4. Monitor and adhere to exposure limits. Reduce exposure or temporarily remove those showing significant adverse effects from further exposure.
5. Conduct team check-ins to enhance cohesion, discuss challenges, dispel misconceptions, and informally assess personnel.

“Trauma” continued from page 13

6. Use breaks or brief team huddles to facilitate peer support.
7. Directly encourage and facilitate help-seeking for SMs having persistent or increasing difficulties at work.
8. When particularly shocking or disturbing exposures occur, anticipate, validate, and respond supportively to grief and other distress reactions.
9. Use effective communication strategies: say what is known and unknown, commit to getting answers when there is uncertainty, follow through and keep promises, avoid false reassurances, always tell the truth. Good communication builds trust and decreases rumors.
2. Communicate the value and benefits of buddy care in maintaining well-being and recovery.
3. Ensure personnel have access to resources (healthcare, family support, financial assistance).
4. Continue informal check-ins with SMs. If concerns arise, seeking additional information, when possible, from unit members, family, or friends may help in understanding.
5. Create opportunities for informal social interactions (coffee and donuts, etc); these can strengthen unit cohesion and promote informal buddy care.
6. Engage support programs or other resources for more formal assessment measures to help SMs struggling in silence. Offering leadership support and referral to treatment can encourage personnel to seek assistance who might otherwise feel stigmatized.

AFTER

Adverse effects of trauma exposure may not be seen until after the stress of operations are over. Self- and buddy-care are important first-line interventions. Screening and referral are helpful for those with significant problems or impairment.

1. Remind personnel about normal and expectable reactions to trauma as well as common patterns of recovery.

ADDITIONAL RESOURCES

Fact sheets to help leaders prepare for and respond to crisis and disaster events:

<https://www.cstsonline.org/fact-sheet-menu/leadership>



Recruiting *in the Digital Age*

By SMSgt Samuel Lewis



When you think back to the beginning of your Air National Guard career, what was your first exposure to the Air National Guard? When I was in high school, I had never heard of the Air National Guard even though my father had been in the Air Force Reserve for over 22 years and worked as a civilian on Dover Air Force Base. I thought there was only Active Duty and the Reserves. Whenever I heard about the National Guard it conjured up images of Army types responding to snow storms or floods. We still have folks join us from Active Duty USAF that tell us they never knew about the Air Guard until they worked alongside guardsmen on their Annual Tour.

It was a co-worker at DelDOT during one of my summer internships that first told me about the Delaware ANG and this great new (in 1999) tuition program they were offering that would enable me to go to college for free. He was a Captain in the 166 CES and worked full-time as an Engineer for the State of Delaware. His example seemed like something I could do, and what a great opportunity to be able to afford my education! Needless to say, I sought out a recruiter right away (TSgt Pete Correa) and 23 years later I'm still here!

It was as simple as someone sharing their experiences and opportunities that gave me the nudge to explore the ANG over other opportunities, include the AF Reserve which was much closer (to Felton) and much more familiar to me. There are likely many young men and women you know, that would be great future Airmen for our organization, and they just need that slight nudge. They may still have an image of military service that is shaped by Hollywood or pop culture. They may think it's 90% getting yelled at and 10% marching in formation. They may not know about our mission capabilities and how vital we are to our communities. They may not know how many of their neighbors have great civilian careers or attend college all while serving their state and nation at the same time.

Social media wasn't a thing in 1999 (we were still captivated with AIM instant messenger) so "reach" was really limited to the folks you reg-

ularly interacted with at work or in your community. Social media has definitely changed the game when it comes to reach, community, and information sharing. Most of our members already have Facebook, Instagram, and/or LinkedIn profiles. Many of you are connected to both our DNG/ANG branded pages and potential members outside our current organic reach. Some of you have already been featured in the great new stories put out by our Public Affairs teams. Each and every one of you can make an impact and support our recruiting efforts by enhancing our reach within your social media circles.

The first step is to simply follow our pages:

<https://www.facebook.com/DEAirGuardRecruiting>

<https://www.facebook.com/166thAirliftWing>

<https://www.facebook.com/delawarenationalguard>

[@DEAirGuardRecruiting \(Instagram\)](#)

and some of our Recruiters:

<https://www.facebook.com/delawareangrecruiter>

<https://www.facebook.com/SSgtLeAnnTravers/>

[@ssgtleanntravers](#)

[@delawareang_recruiter](#)

[@tsgt_zack_ellis](#)

Delaware ANG specific content will begin to appear in your news feed. You'll get current coverage of the great missions we are executing in our communities and deployments abroad. You'll see our members getting recognized and our family focused events. You'll get small doses of some of the many great benefits and opportunities that come with serving. Just click the "Share now (Public)" button and that content will appear in your network's news feed. Both potential Airmen and centers of influence. Your help will give them that exposure that just might be the "nudge" they need to get started on what could be a rewarding career!

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166.AW.REC.Recruiters@us.af.mil

www.facebook.com/msgtsamuel.lewis

<http://www.166aw.af.mil>

Delaware ANG Officer Postings:

<https://www.de.ng.mil/Join/Part-Time-Jobs/>

Information and pamphlets for the GI Bill programs:

https://www.benefits.va.gov/gibill/handouts_forms.asp

Apply for the GI Bill:

<https://www.va.gov/education/how-to-apply/#-modal>

Available to Delaware National Guard Members and Reservists in DE

DRILL WEEKEND CHILDCARE

Open to ALL current Delaware Army and Air National Guard members

Are you a drilling Guard member or Reservist who needs reliable, quality childcare on drill weekends?
We have the solution!

Hours: 6 am to 6 pm, Sat/Sun

Location: 22 Peoples Plaza, Newark, DE

Fee: \$20 per family for the weekend up to 3 children

Drill Weekend Childcare is a fully licensed program with certified early education staff that provides high quality educational programming and childcare to military youth, infant to school age. Children are provided breakfast, am snack, lunch and pm snack for children 1 year and older. Parents with infants are required to provide their infant food of their choice. Parents must provide any diapering needs for children not potty-trained (wipes, diapers extra set of clothes etc.). All children through 4 years old will need a sheet and blanket for rest time, as well as an extra set of clothes. Drill Weekend Childcare schedule follows the drill dates of the Delaware Army National Guard.



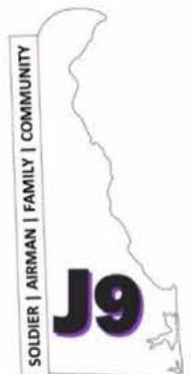
How To Register

To register, contact the child care facility directly -- Call Cadence Academy (302) 836-1411

Please ask to speak with management (Sherri). The facility will need required documents, military verification, and payment, as part of their required registration process.

For questions please contact:

Patrick Devlin, CTR
Lead Child & Youth Program Coordinator
302-326-7518 OFFICE
patrick.m.devlin.ctr@army.mil



Drill weekend childcare is a partnership between the Delaware Department of Education and their Head Start Collaboration Office, and the Delaware National Guard. Childcare provided by Cadence Academy Preschool (formally TLK) at their Glasgow, DE facility.

DISCLAIMER: The Delaware National Guard does not endorse individual companies or agencies. The information provided herein is distributed to our Soldiers and Airmen in the event they may wish to take advantage of the stated offer or event. This message is not an endorsement for the company/organization or its affiliates named within the content of the message.

2022-04 REVISED



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Mobile: (302) 494-3825
Office: (302) 326-7455
Visit www.militaryonesource.mil or call: 800-342-9647

MILITARY ONE SOURCE

Adoption is a family matter

(Member Connect article)

Adoption can be a life-changing experience for the child and the entire family. Communication and providing structure to the family unit during the adoption process can make navigating this profoundly personal decision easier. The link below details how involving one's family through the process can have positive outcomes and prepare the family unit for the new arrival!

<https://www.militaryonesourceconnect.org/achievesolutions/en/militaryonesource/Content.do?contentId=29778>





A message from the 166th AW Chaplain Corps

“Spring is a time to find out where you are, who you are, and move toward where you are going.” This quote suggest that before moving forward, we must first identify where we are and who we are. During this time of the year, several faith groups enter into a time of repentance, before moving into a time of newness of life. In its simplest term, repentance is a time of renewal or change toward the better. So in essence, this quote and this season is a time to identify where we are in our personal life and the changes we need to make, before moving forward towards a better life.



For some, this time of the year can be exciting as they embrace this new discovered journey that lies before them. For others, this could be a time of uncertainty, as a newness of life or moving forward could suggest that some things of the past needs to be let go. Whether you fall on the side of excitement

or uncertainty, remember that change toward the better is always beneficial. Below are a few more “spring time” quotes to encourage you along this journey:

- The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also.
- In winter, I plot and plan. In spring, I move.
- I believe in the process, in four seasons, that winter’s tough, but spring’s coming, that there’s a growing season. And I think that you realize that in life, you grow. You get better.

- Chaplain William Guy, 166 AW/HC

166th Chaplain Corps



Chaplain, Lt Col Giamello



Chaplain, Capt Guy



MSgt Jason Mell



SSgt Justin Kallner



SSgt Joseph Scholz

Contact the Chaplain Corps
166.AW.166.DANG.Chaplain.Corps.Org@us.af.mil
 Chaplain Office: 302-323-3367 (leave a general voicemail)



STAY CONNECTED WITH THE AF 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):

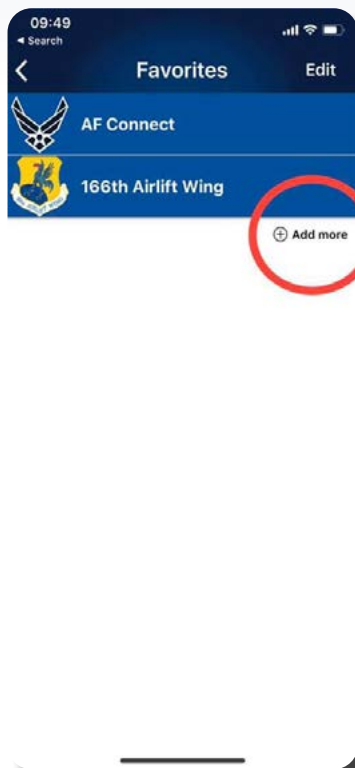
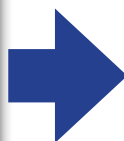
<https://apps.apple.com/us/app/usaf-connect/id1403806821>

Google Play (Android Devices):

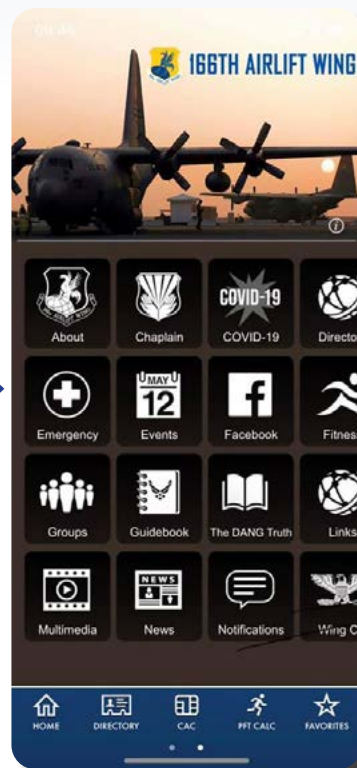
<https://play.google.com/store/apps/details?id=com.m360connect.usaf>



1. Tap on "FAVORITES"



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



3. See these tiles appear that point to important links