



THE **DANG** TRUTH



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

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SAFE DRINKING WATER & PFAS: WHAT YOU NEED TO KNOW



Firefighters use extinguish a helicopter fire during a training exercise in 2007. (Photo credit: U.S. Army Photo)

Better living through chemistry—at least that’s what the chemical industry strives for. And when a set of chemicals that fall under the umbrella of PFAS (Polyfluoroalkyl substances) was discovered back in the 1930s, it was thought that these revolutionary substances would have wide-ranging applications.



An Air Force contractor prepares drilling rig equipment at the former Reese Air Force Base near Lubbock, Texas, June 28, 2020. The Air Force Civil Engineer Center is moving forward with environmental remediation and will install twenty-five monitoring wells in a 12 square mile, down gradient area from the former base, to further determine human and ecological health risks, source areas, and migration patterns of Per-and polyfluoroalkyl substances (PFAS) contamination there. (U.S. Air Force photo by Sriram Madabhushi).

3M began commercial production of PFAS began during the 1940s, and by the 1950s, 3M was able to use these processes to begin manufacturing various PFAS, including PFOA and PFOS—two types of PFAS—for non-stick and waterproof product applications. In the 1950s, 3M launched several products based on PFAS, including Scotchgard™. Probably the most well-known and pervasive uses of these was Teflon™ coated pots and pans for cooking.

Another application for PFAS was the introduction of aqueous film-forming foam (AFFF) used in aviation

See “PFAS” continued on page 2

Social Media Links:

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

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



“PFAS” continued from page 1

firefighting because of its effectiveness in extinguishing aviation fuel fires when mixed with water. AFFF became the standard firefighting foam used in both military and civilian aviation until it was banned in the United States in 2015 due to health and environmental concerns.

Today, PFAS from AFFF and other sources has been found in drinking water, soil samples and human tissues. It persists in the environment and does not break down over time as do many other chemicals. And several members of the PFAS chemical family have been linked to the development of cancer and increased cholesterol and uric acid levels.

In 2019, the Environmental Protection Agency announced its PFAS Action Plan to address both short and long-term measures it could take to mitigate the widespread

contamination these legacy chemicals have caused.

In Delaware, several areas have been identified as having higher concentrations of these chemicals, and tests have shown that the concentrations comply with the State of Delaware’s Safe Drinking Water Program requirements.

The drinking water at the Delaware Air National Guard is supplied by the Artesian Water Company. Artesian Water Company operates two public wells and a water treatment plant within the installation’s perimeter fence-line. After Artesian treats the water it enters their distribution system and is mixed with treated water from other public wells and supplied to their customers. Artesian tests the water each year to determine compliance with safe drinking water standards. Artesian

publishes the results of this testing in their annual Consumer Confidence report. Based on Artesian’s testing the water on base is in compliance with state and federal regulations and is considered safe to drink. Artesian publishes their Consumer Confidence Report each spring that describes the quality of their water. The most recent report based on water testing performed in 2020 is available at the following link: <https://www.artesianwater.com/wp-content/uploads/wqawc2020.pdf>.

In 2014, both Artesian Water Company and the City of New Castle identified PFAS chemicals exceeding the federal guideline in five public drinking water wells along Route 13 and installed carbon treatment tanks to remove these chemicals. PFAS issues are prevalent at Air National Guard

“ In 2014, both Artesian Water Company and the City of New Castle identified PFAS chemicals exceeding the federal guideline in five public drinking water wells along Route 13 and installed carbon treatment tanks to remove these chemicals.



An NGB contractor samples a groundwater well at the New Castle Air National Guard Base as part of the long term groundwater sampling to assess fuel and solvent contamination. (Courtesy photo)



From left, Treva Bashore, restoration program manager, 88th Air Base Wing Civil Engineer Center, Rebecca Mora, project manager, AECOM, and Amir Mott, deputy director, 88th Civil Engineer Group, discuss a monitoring well at the fire training area of Wright-Patterson Air Force Base, Ohio on Sept. 29, 2020. U.S. Air Force personnel from the 88th CEG are leading a pilot study of new remediation techniques that can remove polyfluoroalkyl substances (PFAS) from contaminated groundwater. PFAS is a group of chemicals, some of which were formerly used in aircraft fire fighting foam. (U.S. Air Force photo by Ty Greenlees)



“PFAS” continued from page 2

Bases nationwide and the Department of the Air Force has made considerable progress to address these concerns. The Air Force transitioned to a different firefighting foam in 2016 and conducted environmental investigations and cleanup actions at bases where the Air Force’s use of PFAS caused a problem. The Air Force continues to partner with State and Federal Organizations to address past releases of PFAS chemicals.

Over two years ago, the federal Agency for Toxic Substances and Disease Registry (ATSDR) began independent studies of PFAS exposures of communities surrounding eight national guard installations including the Delaware Air National Guard. Recently, the ATSDR released its final report about their findings. You can get more information on ATSDR’s study in our local area by clicking on the following link: <https://www.atsdr.cdc.gov/pfas/activities/assessments/sites/new-castle-county-de.html>.

1. The DANG wants to emphasize its commitment to furthering the study and cleanup of these harmful substances near our base:
2. The safety and health of our Airmen, their families and our community partners are our priority.
3. The Air Force is taking aggressive action to identify and respond to drinking water that is above the EPA’s Health Advisory Level (70 parts per trillion combined) for PFOS/

PFOA as a result of our past Air Force firefighting mission.

4. PFOS/PFOA in drinking water is an urgent national issue requiring a whole-of-government response to evaluate and determine solutions for health effects and concerns about food safety and agricultural commodities.
5. The Air Force has transitioned to an alternative firefighting foam and taken steps to reduce the opportunity for replacement firefighting chemicals to enter the environment.
6. The Air Force is initiating Remedial Investigations to determine the nature and extent of PFOS/PFOA and its risk to human health. Contractors working for the Air National Guard Readiness Center have conducted several PFAS related soil and groundwater studies on the installation to determine the level of PFAS chemicals in soils and groundwater. The most recent PFAS Site Inspection Report finalized in 2019 can be found on AFCEC’s Administrative Record Website at: <https://ar.afcec-cloud.af.mil/586257>.
7. The Air Force continues to work cooperatively and support the efforts of the State of Delaware and EPA in ensuring safe drinking water for our personnel and the local community.

If you have any specific questions about environmental cleanup matters at the DANG, please contact our Environmental Manager, Mr. Alex Rittberg at 302-323-3331.

DANG AIRMEN DEPLOY FOR OPERATION ARCTIC EAGLE PATRIOT



Members of the 142nd Aeromedical Evacuation Squadron and 166th Medical Group get ready to board a C-130 to deploy in Alaska as part of Operation Arctic Eagle Patriot, 23-February-2022. The exercise will include approximately 900 Air and Army National Guard personnel from 15 states and more than 200 Active-Duty Air Force, Army and Marine Corps counterparts. Additionally, more than 500 participants from federal, state and local agencies will participate. International partners from the Canadian Army Reserve and Royal Canadian Air Force will also attend (US Air National Guard photo by Mr. Mitch Topal, 166th AW Public Affairs)



Leadership & effective communications

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



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CMSgt Chena Williams at chena.williams@us.af.mil in order to complete your questionnaire.

Starting in March, we are continuing our Diversity & Inclusion series courses with 4 Temperaments (also known as 4 Lenses). So if you'd like to learn more about understanding your personality or others personalities, Human Resource Advisor courses are offered to the Wing every Saturday and Sunday of RSD at 1300. They're open to everyone. Please check the monthly RSD Plan or our base-wide email for locations. See you there!

The Human Resource Advisor (HRA) and Human Resource Office (HRO) officially kicked-off the 166AW Mentorship Program this month. After months of collecting questionnaires from interested Airmen, we had a great turn-out at the kick-off for the Mentors and Mentees. Everyone was briefed on the guidelines and expectations of the program and even got to participate in our fun Speed Mentoring event.

Speed Mentoring is a great way for all interested Mentees to “interview” each Mentor for several minutes at a time before rotating to the next person (think speed dating, but for mentoring). This event allowed for all individuals to network and build connections across the Wing. By the end of the event each Mentee had gotten one-on-one time with each available Mentor, listening to the Mentors discuss their career paths, share advice, and address the mentees' questions.

The Mentorship Program is structured so that it allows the Mentee to manage the mentoring relationship. This can be done by scheduling sessions with their Mentor, creating an agenda, and executing the developmental activities suggested by their Mentor. Once the Mentee selects their Mentor, it is up to them to decide how formal or informal they would like to make their mentoring sessions. Please note this program is not replacing MyVector, but is meant to be a more personal, local, and informal type of program. If you are interested in a mentorship program in which you can be paired with personnel across state lines in the National Guard, Reserves, or Active Duty, please visit MyVector at <https://myvector.us.af.mil/myvector>

For those of you who were unable to attend our kick-off event or are interested in participating in the Mentorship Program, we are planning a future Speed Mentoring event a few months from now. So stay tuned! If interested in joining the voluntary program, please reach out to the HRA office at faith.fleischman@us.af.mil or the HRO office -



1st Lt. Tyran Boyd, officer-in-charge of Force Support Squadron at the 180th Fighter Wing in Swanton, Ohio, speaks to junior Airman at the speed mentorship event on February 10, 2018. Speed mentorship allows participants to network with mentors in various career fields and varying stages of military career development. (Photo by Staff Sgt. John Wilkes 180th Fighter Wing Ohio National Guard)



AIRMAN SPOTLIGHT

SENIOR AIRMAN JERAMIE O'CONNOR

166TH CIVIL ENGINEER SQUADRON EXPLOSIVE ORDNANCE TECHNICIAN

This March's Airman Spotlight features our 2021 Airman of the Year, Senior Airman Jeramie O'Connor from the Explosive Ordnance Disposal unit of the 166th Civil Engineer Squadron.

When he enlisted in November of 2019, SrA Jeramie O'Connor there was never any doubt in his mind that he wanted to become an Explosive Ordnance (EOD) Technician for the 166th Civil Engineer Squadron.

"My entire adult career has been in the fire protection and life safety industry, so it was pretty easy for me to go in that direction. It was like "where can I have the largest impact" explained O'Connor.

At tech school, which lasted more than eight months, he met many EOD techs from other units and branches, which he remains in contact with.

"There are only 17 other EOD flights in the Air Guard, so we're a pretty tight bunch. It's a high stakes job so we go out of our way support each other," explained SrA O'Connor.

What may be typical of award-winning Airmen is that many don't think that they did anything extraordinary. When asked what he did to earn his award, O'Connor said, "I am not 100% sure. My entire shop is filled with "Hard-Chargers". We're all driven, focused guys who are always looking for work."

Something that stuck with me ever since I finished tech school. The Training Detachment Chief, Chief Master Sergeant Phillips said, 'Earn that badge every day.' That resonates with me to this day."

But O'Connor's Airman of the Year nomination form tells a different and much more impressive story.

Driven by his competitive spirit, SrA O'Connor has proven his mettle many times over, whether exhibiting leadership qualities in the performance of his primary duties or going beyond the call through his involvement in the community, base special events and educating people about the EOD mission.



In his primary duties as an EOD Technician, O'Connor was on point for several notable actions. These include piloting a procedure evolution for A-10 .30mm barrel clearance, boosting safety for EOD techs. He also performed actions that helped guarantee the safety of the President and First Lady during their arrival at the Delaware Air National Guard Base. He similarly showed his expertise by clearing two Air National Guard ranges, clearing 18 targets and destroying 309 hazardous munitions. O'Connor also acted as an emergency response leader by "safing" 10 ordnance items and responded to several EOD assistance requests.

Added to his list of accomplishments include numerous training opportunities for both EOD members and local law enforcement in the safe disposal of live munitions and spearheading robotics repair and restoring emergency response effectiveness to 100%.

Outside of his regular duties, SrA O'Connor shouldered additional missions.

He maintained the memorial for Elizabeth Loncki, a 23-year-old EOD tech who was killed by a Vehicle Borne Improvised Explosive Device (VBIED) on 7-January-2007 during Operation Iraqi Freedom. O'Connor meticulously cleaned, repaired and painted the monument, continuing the tradition of paying tribute to our fallen Airmen.



Senior Airman Jeramie O'Connor of the 166th AW EOD unit during a training exercise at Fort Indiantown Gap, Pa. Warrior Training Grounds in 2021. SrA O'Connor is the 166th Airlift Wing's 2021 Airman of the Year. (Courtesy photo)

During September's Suicide Awareness walk, O'Connor along with SSgt. Dominic Buckmuse donned 80lb Advanced Bomb Suits to complete the mile-long walk around the air base. This increased awareness of the stresses that EOD Airmen experience in the field and demonstrated unity among EOD members who face one of the most hazardous jobs in the military.

During the DANG's 75th Anniversary celebration in September 2021, SrA O'Connor provided a brief with an EOD exhibit to educate Delaware dignitaries and command staff who were in attendance about explosive hazards.

And O'Connor volunteered his time with Wreaths Across America, where he adorned 2,500 veterans' headstones with wreaths, honoring the deceased and supporting our Gold Star Families.

The DANG community congratulates Senior Airman Jeramie O'Connor for his well-deserved Airman of the Year Award!



Hails & Farewells

February-March 2022

Promotions

Karina Jacobsmeyer to MSgt
Letonia J. Alexander to TSgt
Katherine M. Miller to TSgt
Obinna C. Onumonu III to TSgt
Samuel A. Rohde to TSgt
Ciara S. Sams to TSgt
Nicholas S. Asaro to SSgt
Motolani E. Bolarinwa to SSgt
Bradley W. Butella to SSgt
Brittney S. Hughes to SSgt
Michael E. Lennon to SSgt
Wesley A. Hsu to SSgt
Sawyer N. Sanchez to SSgt
Mia E. Stout to SSgt
Zakiya K. Downs to SrA
Brandan J. Hollis to SrA
Sylvain Nzeyang to SrA
Naasir S. Bowen to A1

Retirements

Lt Col Maryellen Millman 166 MDG
Lt Col Kelly Stevens 166 COS
Maj Silas Simone 142 AS
MSgt Jorge Soto 166 MXS SMSgt
Scott Nybakken 166 MXS MSgt
Keith Betterton 166 MXS MSgt
Carlos Guevara 166 CMPTRL FLT
MSgt Kevin Mcdermott 166 MXG





DIRECTOR OF THE JOINT STAFF AND AIR GUARD CHIEF OF STAFF VISIT JBMDL



Members of both the Delaware Air and Army National Guard assist with Task Force Liberty at Joint Base McGuire-Dix-Lakehurst in New Jersey, January, 2022. (courtesy photos)



Director of the Joint Staff and Air Guard Chief of Staff visited Security Forces members assigned to Task Force - Liberty At Joint Base McGuire-Dix-Lakehurst (JBMDL) in New Jersey. Our own Security Forces Commander, Major Jonathan Dean is the Defense Force Commander for 328 Air Force Personnel on the Task Force. Task Force Liberty is responsible for the operations supporting and providing security to approximately 16,500 Afghan people resettling into the United States.

A historic event, an immense logistics effort, and a tremendous opportunity for our Delaware and other Total Force Airmen to be a part of.

With less than 2,000 Afghan guests remaining to be resettled, Task Force – Liberty will be coming to an end in the coming months.





Feathers of the Wing

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

The Emblem of the 166th Airlift Wing

Significance

The emblem is symbolic of the organization and its mission. The “Fighting Blue Hen” “symbol of the State of Delaware had its origins during the Revolutionary War. The globe symbolizes the global mission of the 166th Airlift Wing. The predominant colors, blue and gold, are the colors of the State of Delaware and of the United States Air Force.

Blue Hen’s Chickens - “Name applied to the Delaware soldiers during the Revolution, who from their gallant conduct, were first called by their companions “game cocks.” The name Blue was derived from their blue uniforms. Some, however, allege that it was from one of their most gallant leaders (Capt. Caldwell), alleging that every true game chicken was of blue color. Others said that he (Caldwell) had a blue game chicken which he carried with his baggage. Be that as it may, however, the soldiers would say amongst themselves as the gallant Delawareans were killed off, and more were sent to supply their places, in fancy, denominating the state which sent them as the Old Blue Hen, “Here comes some more of Blue Hen’s chickens.” The name was afterward applied to all Delawareans.



Original 142nd Fighter Squadron patch from 1946.

FEDERAL RESOURCES FOR TRANSITIONING SERVICE MEMBERS AND VETERANS PURSUING CAREERS IN THE TRUCKING INDUSTRY

Our nation's outdated infrastructure, the COVID-19 pandemic, and a historic volume of goods moving through our economy have created a supply chain backlog, which has stressed our transportation industry and resulted in a critical shortage of truck drivers. In response, the Biden-Harris Administration launched a [Trucking Action Plan to Strengthen America's Workforce](#) and our nation's veterans are excellent candidates to help address these challenges and build the next generation's trucking workforce. The following federal programs and resources are available to transitioning service members and veterans as they prepare to secure a meaningful career with family-sustaining wages in the trucking industry.



DEPARTMENT OF LABOR

Transition Assistance Program (TAP) Offers skills assessments, career-mapping tools, and credentialing exploration workshops to transitioning service members and their spouses.

Registered Apprenticeship Provides aid employment and technical education for veterans, leading to an industry-recognized credential. Veterans may use their [GI Bill](#) benefits in a Registered Apprenticeship.

90-Day Trucking Apprenticeship Challenge An ongoing initiative encouraging employers to expand existing trucking apprenticeship programs, speed up the creation of new ones, and accelerate the time to hire.

HIRE Vets Medallion Program Identifies "veteran-ready" trucking and logistics employers.



DEPARTMENT OF TRANSPORTATION, FEDERAL MOTOR CARRIER SAFETY ADMINISTRATION (FMCSA)

Skills Test Waiver States may waive commercial driver's license (CDL) skills test for qualified military personnel (all states participate).

Even Exchange Program (Knowledge Test Waiver) States may waive both CDL skills and knowledge tests for qualified military personnel (Available in CA, GA, IA, ID, IL, KS, KY, MO, NC, ND, NM, SC, VA, VT, WI, and WV).

Commercial Motor Vehicle Operator Safety Grant Program Trains service members, veterans, and military spouses in the safe operation of commercial vehicles.



DEPARTMENT OF DEFENSE (DOD)

Credentialing Opportunities On-Line (COOL) Resource for service members seeking information on how to leverage their military training to obtain civilian credentials.

MilGears Career-building tool for service members, veterans, and military families that analyzes military training received and creates customized paths to civilian education, credentialing, and apprenticeships.

SkillBridge Provides active duty service members opportunities for training and development with civilian industry during their final six months of military service.

Soldier for Life Program Assists employers with obtaining base access to participate in veteran and military spouse-focused hiring events and conduct outreach to transitioning service members.

Marine for Life Network Offers Marines and family members connections to military-friendly employment, education, and entrepreneurship opportunities, including SkillBridge and Registered Apprenticeship Programs.



DEPARTMENT OF VETERANS AFFAIRS (VA)

Veteran Readiness and Employment Program (VR&E) Provides rehabilitation services to assist service members and veterans with a service-connected disabilities and an employment handicap to obtain and maintain employment in an occupation that is consistent with the individual's interests, aptitudes, and abilities. Eligible individuals work closely with a trained vocational rehabilitation counselor to identify a vocational goal that meets these standards. If it is determined that a career in truck driving meets these standards, VA's VR&E program will provide services, including training as needed, to assist the individual to obtain and maintain employment in this field.

Education (GI Bill Benefits) Program Supports service members, veterans, and their families by providing the benefits and resources to help them achieve their education goals. GI Bill programs support beneficiaries pursuing a career in commercial driving through training, on the job/apprenticeship opportunities, and reimbursement of licensing and certification fees.

The Veteran Rapid Retraining Assistance Program (VRRAP) Offers education and training for high-demand jobs to veterans who are unemployed because of the COVID-19 pandemic.



SMALL BUSINESS ADMINISTRATION (SBA)

Veterans Business Outreach Center Program (VBOC) Provides business training, counseling, and resource partner referrals to transitioning service members, veterans, and military spouses, including those who wish to become owner/operators in the trucking industry.

FEDERAL RESOURCE POINT OF CONTACT

VETS-OUTREACH@dol.gov



DELAWARE NATIONAL GUARD KIDS



DNGYF Winter Event

Let's Bowl!

Sponsored by
DNG Youth Foundation



It's not how you Bowl ~ it's how you Roll!

Nothing sounds better, than a **STRIKE!** The challenge is on... family fun for everyone at this event! Join us for our Guard Kids' Winter Event and a fun time filled with resiliency and bowling! Spend time with your fellow DNG Soldiers, Airmen and Families.

Unit teams are welcome.

- Family Readiness will share information on upcoming Unit events and volunteering.
- Child & Youth Programs will provide information on the Resilience Skill of "Hunt the Good Stuff" for our youth.
- DNG Youth Foundation will share information on volunteering, events and upcoming activities, including Camp Colwell.

LIMITED TO 150 BOWLERS

SUNDAY, MAR 20, 2022

1300-1500 hours

Mid-County Bowling Lanes

875 N Broad Street, Middletown, DE 19709



To **SIGN UP** – click the LINK or scan the QR Code →

You may need to register on a non-government device

<https://www.signupgenius.com/go/409094DA8AA29A3FF2-dngwinter1>

There's no time to "spare" – sign up today! We're going bowling and want YOU there!

Please arrive 15 minutes early for shoe rentals.

The event is no cost and open to all our Guard Kids of currently serving DE Army and Air National Guard – along with their parents. Parents/guardians must accompany their children. Food is available for your purchase at the concession.

Due to funding and lane availability, attendance is limited. Please be 100% sure you will attend, if you sign up. Priority will be given to our deployed Families. Absolutely NO WALK-INS.



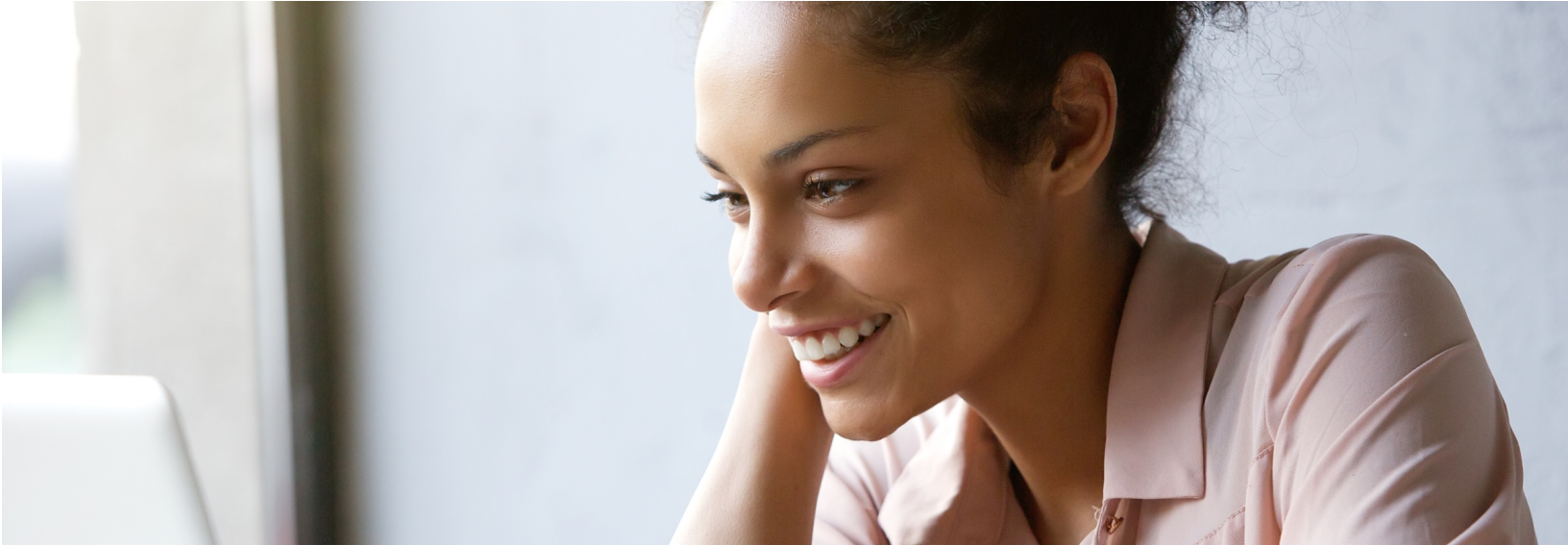
The event is put on by DNG YOUTH FOUNDATION, as a key community partner to DNG-J9 Programs



For questions, please contact:

Christine Kubik
DNGYF Board
302-540-0711
dngyf@yahoo.com

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.



Popular Resources

Financial Calculators

MWR Digital Library

Neighborhood Navigator

Online Counseling and Coaching

Service Provider Resources

Tax Information

Work/Life Service Locators

See What's New on Member Connect

Check these new quizzes:

- Are You an Overthinker?
- Are You Ready to Lose Weight?
- Assess Your Gratitude
- How Well Do You Manage Your Time?

Winter 2022

MilTax Free Tax Filing

The MilTax free online tax preparation and filing service launched January 2022. Having trouble logging in to access MilTax? Submit a ticket via the [Customer Support](#) link on the Contact Us page or call 888-363-6431.

You may get the help desk's voicemail box because of the high volume of calls. Submitting a ticket is the best option. **Do not** leave a voicemail message and also submit a ticket: this will cause two password resets.

If you submit a request for a password reset, be sure to use the reset link asap, before it expires.

MWR Library Moving to a New Site

The MWR Digital Library is still on the Member Connect site for a few more weeks, but stay tuned for news that the new website has launched.

Community Resource Finder

Check out this library of 8,000+ vetted and approved resources.

Tip: Move your cursor over text to see what is hyperlinked. For best results, log in to the Military OneSource website first.



March Safety Message

March is National Ladder Safety



National Ladder Safety Month

Here are some helpful tips to always keep in mind when using a ladder provided by OSHA:

- Read and follow all labels/markings on the ladder.
- Avoid electrical hazards! – Look for overhead power lines before handling a ladder. Avoid using a metal ladder near power lines or exposed energized electrical equipment.
- Always inspect the ladder prior to using it. If the ladder is damaged, it must be removed from service and tagged until repaired or discarded.
- Always maintain a 3-point (two hands and a foot, or two feet and a hand) contact on the ladder when climbing. Keep your body near the middle of the step and always

DONT DRINK AND DRIVE



Almost every home in the United States has one, and chances are you have used one personally either at work or at home. From changing out a lightbulb to getting on top of a roof, ladders are a common piece of equipment used in almost every home or building and appear to be harmless—and yet according to Injury Facts, thousands of people are killed due to falls from a ladder or scaffolding work. In fact, falls are the second leading cause of death next to highway crashes.

CY22 MOTORCYCLE RIDER TRAINING CLASSES ARE OUT ON DEL DMV. SEE ATTACHMENTS CY22 BOATING SAFETY CLASS IS SET FOR APRIL. SEE ATTACHMENT

Range and ACFT coming soon!

The major underlying reasons for errors related to all accidents and injuries are:

- Lack of self-discipline.
- Failure to enforce standards.
- Inadequate training.

Most common injury-producing areas in the handling of weapons:

- Failure to follow procedures
- Improper or inadequate clearing
- Untimely loading/unloading



Table 1: Army Combat Fitness Test key injury concerns

<p>Repetition Maximum Deadlift (RMDL) Task: lift heavy loads off ground Conditions: 3 minutes, 1 rep, weight Measures: muscle strength Injury concerns: lower back, musculoskeletal (MSK) and nerve trauma, acute sprains, strains, ruptures, cumulative trauma, tendinitis, ligaments, spine</p>	<p>Standing Power Throw (SPT) Task: insert/drop obstacle/vehicle, lifting Conditions: 2 minutes, 10-pound medicine ball, three throws Measures: lower body power Injury concerns: back and neck (acute), shoulders, MSK, nerve, acute strains, sprains</p>
<p>Hand Release Push-Up (HRPU) Task: pushing a hand against, load carriage Conditions: 2 minutes, hands off when down Measures: upper body muscle endurance Injury concerns: shoulders, elbows, back, neck, acute MSK strains, ruptures, cumulative trauma, ligaments</p>	<p>Spring, Drag, Carry (SDC) Task: pushing a hand against, load carriage Conditions: 4 minutes, 1 x 50-meter sprint in the following order: 50-meter sprint, 50-meter sled drag, 50-meter lateral shuffle, 50-meter handstand carry Measures: muscle endurance, power Injury concerns: knee, shoulder, elbows, back, acute MSK strains, tears (e.g., ligament tears), cumulative (e.g., tendinitis)</p>
<p>Leg Tuck (LGT) Task: climbing rope bridges, load carriage Conditions: 2 minutes, 7-foot high x 4-foot wide pull-up bar or climbing aid Injury concerns: shoulders, elbows, wrist, other, acute MSK, nerve (e.g., tendons, sprains from falling, or muscle, tendon or ligament tears), cumulative trauma, ligaments, nerves</p>	<p>2-Mile Run (2MR) Task: climbing rope bridges, load carriage Conditions: less than 21 minutes Injury concerns: knee, leg, foot, hip/pelvic, acute MSK (e.g., fractures, sprains from falling, or muscle, tendon or ligament tears), cumulative trauma, ligaments, foot blisters</p>

ACFT injury risks Why it matters

Injuries critically impact individuals, units and Army performance and cost the Army billions of dollars annually for medical treatment, rehabilitation and re-training, medical disability, and reduced productivity from restricted duties and attrition. Training-related musculoskeletal injuries are the leading reason for temporary medical non-deployment status. Injury can mean Soldiers being out of commission for some time and can notably increase their chances of getting injured again or developing chronic life-long conditions as they age. Though injuries will continue to be experienced by Soldiers, most are preventable.

What can you do?

In order to optimize U.S. military performance, Soldiers and leaders must do their part to train smarter, which includes avoiding injury. Using proper technique, slowly building up intensity and weight levels to acclimate your body, and allowing rest days between similar activities are the primary keys to minimizing your risk. Follow procedures as taught by ACFT trainers. Reference Field Manual 7-22;



WHO: SNCO (E7 - E9) & FGO (04 - 06)

WHEN: JANUARY 1 - APRIL 1

WHAT: AIRMAN SUBMIT THEIR FORCE DEVELOPMENT PLANS INCLUDING FUTURE GOALS

WHERE: NG.DE.DEARNG.MBX.AIR-COMMAND-STAFF@ARMY.MIL

WHY: PROVIDES AIRMEN AN OPPORTUNITY TO BETTER UNDERSTAND FORCE DEVELOPMENT OPPORTUNITIES, PLANS REVIEWED & FEEDBACK FROM SENIOR LEADERS

DE ANG FORCE DEVELOPMENT

★ **START SHAPING YOUR FUTURE!**

The goal for Air National Guard Force Development is to prepare Airmen for both current and future challenges through a deliberate and individualized development process conducive to the Citizen Airman schedule and inclusive of civilian experience.



A message from the 166th AW Chaplain Corps

As we move further into this new year, I am reminded of a quote from American basketball coach and player, John Wooden: “Do not let what you cannot do interfere with what you can do.” Many persons start off their year with a long list of things they wish to accomplish over the next 12 months. Maybe you have such a list tucked away somewhere. As you reflect back over 2021 and review your list, how did you do? Are there still some things on your list you wish to accomplish? John Wooden’s quote reminds us not to get distracted in life with all the things we cannot do or have not accomplished.

There is a verse in the bible that says, “Hope deferred makes the heart sick, but a desire fulfilled is a tree of life, Proverbs 13:12.” Focusing too much on things we have not accomplished can at times place us in a sick or sad place emotionally. As you move through the year of 2022, keep a broad enough perspective of life so you can see all that you accomplished and what you currently have the ability to do. Celebrate the small victories! These small victories can often give the strength needed to tackle the larger task.



Chaplain William Guy, 166 AW/HC

166TH CHAPLAIN CORPS



Chaplain, Lt Col Giannello



Chaplain, Capt Guy



MSgt Jason Mell



SSgt Justin Kallner



SrA 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):

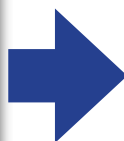
<https://apps.apple.com/us/app/usaf-connect/id1403806821>

Google Play (Android Devices):

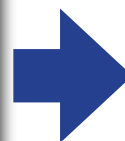
<https://play.google.com/store/apps/details?id=com.m360connect.usaf>



1. Tap on "FAVORITES"



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



3. See these tiles
appear that point to
important links