

PLANETALK

167TH AIRLIFT WING
August 2019

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ON THE COVER

A C-17 Globemaster III aircraft takes off, over the instrument landing system antennae at Shepherd Field, Martinsburg, W.Va., Aug. 4, 2019. (U.S. Air National Guard photo by Tech. Sgt. Michael Dickson)

ON THE BACK COVER

Staff Sgt. Dylan Helmick, 167th Aircraft Maintenance Squadron crew chief, marshals a C-17 Globemaster III aircraft as it prepares to launch from Shepherd Field, Martinsburg, W.Va., Aug. 4, 2019. (U.S. Air National Guard photo by Senior Airman Edward Michon)

COMMAND COMMENTS



Col. David Cochran
167AW WING COMMANDER



Command Chief Master Sgt. Troy Brawner
167AW WING COMMAND CHIEF

Vision

The Premier Airlift Wing
Mission Ready, Devoted to Airmen and Community,
Dedicated to Continuous Improvement

Team 167th,

It was nice to have everyone back for August UTA. We took a hiatus in July after completing our Thunder Bay exercise and June's Super Drill. We hope you all enjoyed some well-deserved time away, and had an enjoyable Fourth of July celebration with family and friends. As we get back to regular UTAs, I want to remind you of our priorities moving forward. We still remained focused on Airmen care and Wing readiness.

This UTA our Wing Force Development (FD) plan was emphasized, as all E-7s/0-3s and above were required to participate and build their FD folders. Thanks for being invested in your future and the future of your airmen. The intent of our deliberate approach with FD is to ensure supervisors and their airmen are working together on career development and talent management. We remain committed to doing all we can to ensure the best and brightest are developed and selected for our most demanding leadership roles. In fact, the Wing's senior leadership took time on UTA to visit Antietam Battlefield; to learn more about our nation's history, and the history of the profession of arms. (Ask your leadership about their experience during their tour.) I challenged our team to stay inspired and passionate about service, and to pass their inspiration to all wing members.

The WVNG stayed busy during July/August, as West Virginia welcomed international participants of the historic 24th World Scout Jamboree. Which hosted over 40,000 at the Summit Bechtel Reserve for two-weeks. The 167th supported the event with thirty-nine members. We provided expertise to assist with JRSOI, JIATF, JTF, PA, protocol and more. Chief Brawner and I had a chance to visit with our airmen and tour the site, and we were impressed with the professionalism and enthusiasm. It was a spectacular venue, and we encourage even more participation from the wing for the National Jamboree scheduled for 2021.

In July, our members also supported Patriot North, held in Wisconsin. In addition, to the numerous other missions and commitments with Civil Air Patrol, community and JROTC. Your dedication and volunteerism to help support the nation during such events and perform duties as citizen-airmen is remarkable. It takes hard work on your part, coupled with the support of the wing and your loved ones. There is still much work to be done, and we want to be sure you are staying prepared and ready. In fact, the CSAF has recently mandated all Wing's dedicate a day in our schedule to focus on airmen. We are starting to plan for that, and will let you know next month how that will be shaped. We will have our scheduled down-day during October's UTA.

The 167th is looking forward to hosting a number of civilian employers this week during our Employer Support of the National Guard and Reserve (ESGR) event. The partnership between your employers and our wing is vitally important to both you, as the airmen, and the whole wing's success. Thank you for taking the time to invite your employers out to visit and fly with us. Hopefully, some of you will accompany your employer and I'll see you on the 7th.

Lastly, remember to be proud of your service and to tell your story. Mountaineer Pride, Worldwide!
Chief Brawner and I look forward to seeing you all soon.

WVNG, DoD supports 24th World Scout Jamboree

By Maj. Holli Nelson, West Virginia National Guard Public Affairs

GLEN JEAN, W.Va. — At the request of the World Organization of the Scout Movement, more than 1,200 military members from all branches of service, as authorized by Congress, are providing critical support for the lead up to and duration of the 24th World Scout Jamboree (WSJ) at the Summit Bechtel Reserve in Glen Jean, West Virginia.

This year's WSJ, scheduled to take place July 22 – Aug. 2, marks the first time in more than 50 years the event has been held in the United States and is tri-hosted by the United States, Mexico and Canada. Active duty military members provided by U.S. Northern Command, as well as members of U.S. Coast Guard, and more than 700 National Guard troops from West Virginia, Connecticut, Pennsylvania and Texas, will support the event under the Joint Task Force (JTF) dual-status command of Brig. Gen. Christopher "Mookie" Walker, West Virginia Air National Guard. This task force will work under the direction of the Joint Interagency Task Force (JIATF) led by West Virginia Army National Guard Brig. Gen. Russell Crane and West Virginia Division of Homeland Security and Emergency Management Director Mike Todorovich, as directed by an Executive Order issued by Governor Jim Justice.

The combined efforts of these agencies and the task force members are to provide logistics, security, aviation, air traffic control, weather detachment, transportation, limited medical, search and rescue, communications, and public affairs support to more than 44,000 Scouts, staff members and volunteers from all over the world.

"The kickoff for the 24th World Scout Jamboree marks an exciting time for all the people who have been working for more than two years to bring this event to life," stated Walker. "Not only are we excited about the opportunity to provide critical Department of Defense support for the World Scout Jamboree's operations, it's also an opportunity to showcase West Virginia and the West Virginia National Guard to a contingent of national and international scouts, leaders and visitors."

Polish and Latvian military representatives will also embed with the JTF for the duration of the event. This year's WSJ is also a unique opportunity to merge training and operations, with more than 40 federal, state, and local agencies working closely to increase the synchronization of forces during this Defense Support to Civil Authorities (DSCA) missions.

In conjunction with the support to the Jamboree, the WVNG is running a large-scale exercise in southern West Virginia - Sentry Storm 19.

Sentry Storm is hosted by the 130th Airlift Wing out of Charleston, West Virginia during the same time as the WSJ. For this exercise, military assets from around the country will train in West Virginia in joint aircrew and mobility operations, aeromedical evacuation, personnel recovery, and support services readiness training for domestic operations.

By conducting training that overlaps the time frame of the Jamboree, Sentry Storm service members will be able to also operate on standby for airlift and medical support, should a real-world domestic emergency event occur.

The Department of Defense has provided support to the Boy Scouts of America since 1931 and the West Virginia National Guard has served as the lead military planners for the National Scout Jamboree, held every two years, since 2013. 🐾



More than 40 Airmen from the 167th Airlift Wing supported the 24th World Scout Jamboree at the Summit Bechtel Reserve in Glen Jean, W.Va. Most of the 167th members who supported the event did so behind the scenes as drivers, providing communication support, fire support, ceremonial support, logistics, personnel support, in-processing and out-processing, assistance to distinguished visitors and public affairs. Chief Master Sgt. James Geraghty, 167th Logistics Readiness Squadron superintendent said, "I was just glad to have a very small part in a very big operation that helped make that Jamboree a success."



An Airman's journey from Nicaragua to the 24th World Scout Jamboree

by Senior Airman Caleb Vance, 130th Airlift Wing Public Affairs

Master Sgt. Alan Romero is the Airfield Manager for the 167th Airlift Wing in Martinsburg, W.Va, and is serving in the West Virginia National Guard Public Affairs section at the World Scout Jamboree in Glen Jean, W.Va.

Over a thousand military members, just like Romero, are serving at the WSJ, so what makes his story any different from the rest?

Romero lived most of his early life in the city of Masaya, Nicaragua. He was an only child, and at the age of seven, his father was killed in action in the 1979 Nicaraguan Civil War.

At the age of 10, he took up scouting at Troop Nine in San Jeronimo. There, he found a desire to succeed and serve the community. He rose through the ranks quickly, and achieved the rank of Caballero Scout - the equivalent to an American Eagle Scout, at the age of 15. He was also awarded the "Scout Diriangén", one of the highest awards a scout in Nicaragua could receive.

In Nicaragua, the scouts of Romero's time also served in a role similar to first responders and were trained in many different functions. His skills were put to the test on Jan. 10, 1987 when tragedy struck in a small farming area near his hometown.

A passenger train had derailed, and shortly after a 15 year old Romero was on the scene and was using his skills to assist the local fire department in any way he could.

In light of his actions, and his prior success as a scout, Romero was selected as the sole scout to represent Nicaragua at the World Scout Jamboree to be held in Sydney, Australia at the end of that year.

Unfortunately, in spite of his whole trip's expenses being covered by the Costa Rican and Australian governments and scouting associations, he was denied a transit visa through the U.S. due to political instability in Nicaragua.

Less than a year later, his visa was approved, but this time it wasn't a transit visa. Romero's mother was bringing him to the United States and leaving him with his cousin in Los Angeles to flee the violent struggles happening in Nicaragua at the time. Within two years, he became fully fluent in English.

Thirteen years later, he was working in Los Angeles, California in Logistics for British Airways when the twin towers were struck on September 11th, 2001.

"I just wanted to pay back the country that opened its doors when I needed it the most" said Romero. "So on September 27th I raised my right hand and took my oath."

At the time of Romero enlisting in the US Marine Corps, he wasn't even an American citizen. It wasn't until returning from a deployment overseas that he was officially a United States citizen. On top of that, he was 30 years old and had to go through the process of qualifying for a waiver just to join.

After completing his four year stint in the Marines, Romero returned to Los Angeles and his job at British Airways, but now he was engaged to his now wife who lived in North Carolina and attended college there.

His journey to the East Coast started when a position opened at Washington-Dulles Airport, so he took the job to be closer to his then fiancée. Unfortunately, in 2010, his employer converted their logistics to contractors, and Romero became jobless. To make things harder, less than a month later, his twin boys were born.

After being a stay-at-home dad for eight months, Romero took a job at Fed-Ex to make ends meet. While working there, he decided to stop by a local job fair, and that decision again changed his path.

He talked to an Air National Guard recruiter that was attending the job fair, and was soon sworn in as an Information Technology Specialist.

His first time on base, Romero found himself in the 167th Operations Group while looking for the



Master Sgt. Allan Romero, the Airfield Manager for the 167th Operations Group, poses with scouts from Nicaragua during the 24th World Scout Jamboree on July 28, 2019 at Summit Bechtel Reserve, Mount Hope, W.Va. Romero is a former Nicaraguan Caballero Scout, who migrated to the United States. (Courtesy Photo)

IT shop when the airfield manager approached him and asked if he needed assistance, and by the time Romero left that day a position was later created for him in airfield management.

Fast forward to the 2019 World Scout Jamboree.

"This is my Jamboree, it's been 32 years in the making and I'm finally here," said Romero. "This is also a whole different ballgame, I'm not only part of it, but I get the privilege to also serve, and it's just amazing!"

Romero finally got to attend "his" World Scout Jamboree. When his unit asked for volunteers, he did everything he had to do to be able to make it.

Whether it be chance or fate, Romero's hard work, dedication and sacrifices have paved the way to him finally being able to attend the World Scout Jamboree.

Romero continues to support his old troop, which had been on a hiatus for many years until some kids from his childhood neighborhood revived Troop Nine. His support provides them opportunities to become positive influencers in their community, and is vital to continuing the legacy of scouts in the small town of San Jeronimo.

"Scouting overall, regardless of the country or religion, teaches you morals values, how to treat others and duty to your community," explained Romero. "If you live your life doing just one good deed per day, the world will become a better place, and scouting gives children the foundation and opportunity to do that."

"I believe things always happen for a reason, the things you go through in life and the hardships make you who you are," Romero said. 🐾

W.Va. Air National Guard medical personnel receive valuable, joint training during Sentry Storm 19

by Master Sgt. Eugene Crist, 130th Airlift Wing, Public Affairs

Members of the West Virginia Air National Guard participated in a CASEVAC, or casualty evacuation, exercise during Sentry Storm 19, held July 20, 2019, at the Raleigh County Memorial Airport.

Sentry Storm brings military assets from around the country to train in West Virginia in areas such as conducting joint aircrew and mobility operations, aeromedical evacuation, personnel recovery, and support services readiness training for domestic operations. Additionally, Sentry Storm overlaps with the World Scout Jamboree, held July 22 through Aug. 2, 2019, to offer airlift and medical support, should an emergency arise.

Members of the 167th Medical Group (MDG), and the 130th Airlift Wing's (AW) 167th Aeromedical Squadron (AES), practiced the proper procedures to transport a patient to a C-130H. This involved coordinating with West Virginia Army National Guard and local civilian medical partners.

Capt. Keith Michael, team chief and officer in charge of the en-route patient staging system or ERPS, assigned to the 167th MDG, led a group of about 14 members in the training. ERPS can stage patients in the field prior to going on an aircraft for an evacuation mission, in addition to providing the manpower to load patients into the aircraft.

For some members, this training has proven invaluable, as there are many members that are new to the unit.

"We have four members that have never done this type of training before, and a few of them have never flown on a C-130," said Michael. "So, getting their first interaction with AES, and how operations are done is a great training experience."

In addition to working with the ERPS team, AES was able to network and train with the critical care air transport team or CCATT, from the 167th Airlift Wing. A CCATT is used when the military transports critical patients by air. They augment the aeromedical evacuation team by offering a critical care physician, critical care nurse, and a respiratory therapist. The Air Force is the only branch to have a CCATT and the 167th AW recently stood up a CCATT team at the unit.

For Staff Sgt. Loy Nelson, 167th AES aeromedical evacuation technician, it was his first time working with a CCATT team.

"Learning their capabilities and how our two worlds can mesh together to create a higher level of care in the air is an amazing thing," said Nelson. "With the CCATT being able to take higher acuity patients, that means less time people have to spend downrange trying to stabilize out. We can get them home quicker to facilities that can provide better care."

Michael noted that the ability to work with state agencies is a great experience for all participants.

"It's great because we get to exercise all the resources available in the state," Michael said. "This allows us to show our civilian partners the assets that we have and what we can bring to the table in times of emergencies." 🐾



Top photo: 1st Lt. Brock Martin and Master Sgt. Matthew Stickley, 167th Medical Group, Martinsburg, W.Va., secures a simulated patient during a casualty evacuation training for Sentry Storm 19 held July 20, 2019, at the Raleigh County Memorial Airport.

Middle photo: Maj. Lori Wyatt, a critical care air transport team (CCATT) nurse assigned to the 167th Airlift Wing, Martinsburg, W.Va., assembles a gurney during the casualty evacuation training event.

Bottom photo: Members of the 167th Medical Group, Martinsburg, W.Va., transport a simulated patient to a C-130H assigned to the 130th Airlift Wing, McLaughlin Air National Guard Base, Charleston, W.Va., during the training event.

Sentry Storm is a West Virginia National Guard led joint exercise involving fifteen separate military and civilian organizations. The exercise is designed to provide military units real world readiness training while providing domestic response capabilities to support the World Scout Jamboree. (U.S. Air National Guard photos by Master Sgt. De-Juan Haley)

167th's new critical care team ready to fly

by Senior Master Sgt. Emily Beightol-Deyerle

The Critical Care Air Transport Team recently stood up at the 167th Airlift Wing is "ready to rock and roll" according to 1st Lt. Brock Martin, CCATT member and nurse for the 167th Medical Group.

The Air Force Surgeon General announced, just over a year ago, that the Air Force would be increasing CCATT capabilities to meet the needs of the warfighter.

Martin, who did much of the legwork to get the CCATT going at the 167th, said the Guard is well suited for this mission because there are many Guardsmen with extensive critical care experience already, gained through their civilian jobs.

The team, who just completed valuable training during the Sentry Storm exercise with the 167th Aeromedical Evacuation Squadron and the 167th En-route Patient Staging System, provides medical support to the most critical patients in flight.

"It's basically an ICU (intensive care unit) in the back of an airplane," explained Maj. Lori Wyatt, a civilian emergency room nurse and nurse with the 167th Medical Group.

The CCATT, comprised of a critical care physician, critical care nurse and a respiratory therapist can augment aeromedical evacuation personnel by providing constant and specialized attention to the sickest patients.

"It's amazing what can be done," said Wyatt. "We can put air lines and chest tubes in on the aircraft, in flight, if necessary."

Wyatt, who is also an emergency room nurse, said it is a completely different way to practice medicine.

"On the ground, in the hospital, hearing is integral to the patient assessment process, we listen for heart and belly sounds, but in flight our ability to use the sense of hearing is diminished," she explained. "We rely heavily on sight and feel, we have to be attuned to our patient and constantly monitor them while also adjusting for pressure changes, temperature changes and turbulence in flight."

According to the Air Force Surgeon General, reducing the medical footprint in combat zones is vital for the future of Air Force Medicine. Large theater combat hospitals are expensive to set up, staff and protect, and may not always be feasible for U.S. forces to deploy. CCATTs can land at small forward airfields, take on critically injured patients, keep them stable during flight, and deliver them to a hospital across the world for further treatment.

Martin, who will be a certified registered nurse anesthetist in December, said he hopes the 167th will eventually add a second CATT and added, "Everyone on the team joined because we want to get out there, we want to deploy." 🐾

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Sentry Storm is a West Virginia National Guard led joint exercise involving fifteen separate military and civilian organizations. The exercise is designed to provide military units real world readiness training while providing domestic response capabilities to support the World Scout Jamboree. (U.S. Air National Guard photos by Master Sgt. De-Juan Haley)

STARBASE Martinsburg offers STEM-based camps to military kids

by Senior Master Sgt. Emily Beightol-Deyerle

STARBASE Martinsburg, based with the 167th Airlift Wing at Shepherd Field, Martinsburg, W.Va., hosted approximately 70 kids for a week of Science, Technology, Engineering and Math (STEM)-based activities, July 15-19 and July 29-Aug 2.

This summer marked the 15th year that STARBASE Martinsburg has offered a summer program for the unit members' family and friends.

STARBASE Martinsburg program director, Sherra Triggs, said her staff develops new "hands-on, minds-on" curriculum for the camps each year, geared towards 6-8 year olds for the Little Einstein camp and 9-14 year olds for the Kids Camp.

"Many months are spent researching experiments, activities, and a curriculum filled with scientific inquiry and fun concepts for campers," Triggs said. "We also emphasize team-building and collaboration."

This year, campers' days were filled with activities such as robotics, owl pellet dissection, a crime scene investigation lab, they made glow in the dark slime and elephant toothpaste, had a water wall challenge and a photo scavenger hunt competition, they made fine-art paintings and solved their way out of a science-themed escape room.

Lt. Col. Tony Henry, the 167th AW's director of inspections, said his daughter Madeline, 9, has attended the camp for three years and was very excited about the escape room and the scavenger hunt this year.

Henry, an engineer by trade, said he appreciates the science-based curriculum and the fact that STARBASE isn't required to offer the free camps.

Triggs said they offer the camps, in part, as a token of their appreciation to the wing.

"STARBASE has a wonderful working relationship with the members of the 167th. Base leadership supports our program by providing classroom space and allowing and encouraging unit members to volunteer, often hours upon hours, mentoring our students and serving as positive role models," Triggs said.

The camps also give the STARBASE staff an opportunity to test new activities that can be used during the school year.

STARBASE Martinsburg has been offering week-long STEM-based academies to local fifth-graders each school year since 2003. Throughout that time, their program has expanded and they now serve more than 2,500 students each year.

STARBASE is a Department of Defense program. It originated in Detroit, Mich., in 1991, focused on exposing at-risk 4th, 5th and 6th graders to science, technology and math based on the physics of flight.



167th Airmen participate in Patriot North 2019

by Tech. Sgt. Jodie Witmer



More than 30 members from the 167th Airlift Wing participated in Patriot North 2019 at Volk Field in Wisconsin, July 12-20.

Patriot is a domestic operations training exercise that is sponsored by the National Guard Bureau and accredited by the Joint National Training Capability Program.

The exercise offered training and in interaction with local, state and federal units and organizations as well as, other areas involving air operations integration, situational assessment, and public health and medical services.

Thirty firefighters from the 167th delivered real world crash-fire-rescue support during air operations at Patriot North. Three operations personnel attended: Capt. David Groom, acted as

Director of Operations, Master Sgt. Joe Windle executed the duties of the Air Operations NCOIC/Planner and Staff Sgt. Kathryn Demory was the Air Operations Aviation Resource Management representative.

According to Groom, multiple airframes conducted missions and maneuvers which totaled 105 sorties flown, 120 flight hours, with 48 tons of cargo and 225 passengers moved.

Tech. Sgt. Shawn Green and Senior Master Sgt. Patrick Judy, members of the 167th Security Forces, participated in the exercise control team and were in charge of making sure the exercise timelines were met, as well as, directed role players during the different scenarios. 🐕



167th's marksmen train, compete at National Matches

by Senior Master Sgt. Emily Beightol-Deyerle

Five 167th Airlift Wing Airmen participated in the National Matches at Camp Perry near Port Clinton, Ohio last month.

The month-long national shooting festival hosts more than 6,000 military and civilian participants who train and compete in a variety of competition including traditional pistol, smallbore, high-power rifle and long-range rifle.

Lt. Col. Jason Harris, Master Sgt. James Barton, and Staff Sgt. Derek Meacham attended the Army Marksmanship Unit Small Arms Firing School (SAFS) while there, and competed in the SAFS M9 pistol Excellence-In-Competition (EIC) event.

Senior Master Sgt. Michael Darby, the Base Marksmanship Team Captain, organized the event for 167th members.

"The SAFS and EIC offer new competitive shooters a great opportunity. They get training from some of the best marksmen in the military and then get a chance to earn points toward their distinguished marksmanship badge," Darby said.

Master Sgt. James Barton placed sixth out of nearly 200 shooters from across the country in the EIC.

By finishing in the top 10 percent, he earned points toward being a distinguished pistol shooter, Darby noted.

A shooter must earn 30 points over their lifetime in a particular discipline to achieve distinguished shooter status.

Master Sgt. Garey Diefenderfer, along with Barton and Darby, competed in various other national-level events at Camp Perry.

Diefenderfer, who also shoots for the prestigious All Guard Team, earned 10 distinguished points in both rim-fire pistol and revolver competitions.

The 167th marksmanship team is open to all military members and has open practices twice a year for new shooters that would like to try competitive marksmanship.

"Marksmanship is a military skillset that applies to every AFSC. We will work with anyone that wants or needs to hone those skills, even if they are not interested in shooting with the team," Darby said. 🐕

Airman *SPOTLIGHT*

July 2018

Name:

Tech. Sgt. Joshua Anderson

Hometown:

Hedgesville, W.Va.

Job Title:

Flightline Crew Chief



Tech. Sgt. Joshua Anderson is a flight line crew chief on C-17 Globemaster III aircraft for the 167th Aircraft Maintenance Squadron.

As a crew chief, Anderson is responsible for the day-to day maintenance of his aircraft including pre-flight, thru-flight and post-flight inspections. He diagnoses malfunctions and calls in specialists as needed to repair the aircraft.

"At the present moment, Tech. Sgt. Anderson is assigned as the lead on aircraft 92-3293, which is assigned to Charlotte Air National Guard," said Anderson's supervisor, Senior Master Sgt. Paul Vosburgh. "[The unit is] currently in conversion and does not have adequate ramp space. Since aircraft 92-3293 has arrived, Tech. Sgt. Anderson has ensured the aircraft is mission ready when needed."

Vosburgh described Anderson's unmatched drive, technical skills and work ethic, and noted that he's stepped up numerous times to lead and manage aircraft maintenance on jets not assigned to the 167th Airlift Wing.

Anderson said having aircraft complete their missions and return home safely is a top priority and seeing the world while flying as a crew chief is the most exciting part of his job.

He aspires to become a dedicated crew chief, which means he will be responsible for his own aircraft - one that is assigned to the 167th AW.

In addition to his crew chief duties, Anderson is the Vehicle Control Officer and Increment Monitor for his squadron.

"We can always count on Tech. Sgt. Anderson to step up and deliver when he is called upon," Vosburgh said.

Throughout the 12 years Anderson has served with the 167th AW, he said he has learned some valuable lessons.

"No matter what you're going through, people at the 167th are here for you and don't take the freedom we have for granted, other countries aren't as lucky," Anderson said.

Anderson's hobbies include working out, hunting, fishing, and spending time with his family. 🐕

Wellness event educates Airmen on fascia and mobility

by Tech. Sgt. Jodie Witmer

Laura Bergmann, owner of Fascia Lines in Winchester, Va., explained details of fascia and how it impacts mobility, to members of the 167th Airlift Wing during a wingman wellness event in the base auditorium, Aug. 4.

"It [fascia] forms a whole body, continuous three-dimensional matrix of structural support around our organs, muscles, joints, bones and nerve fibers," said Bergmann.

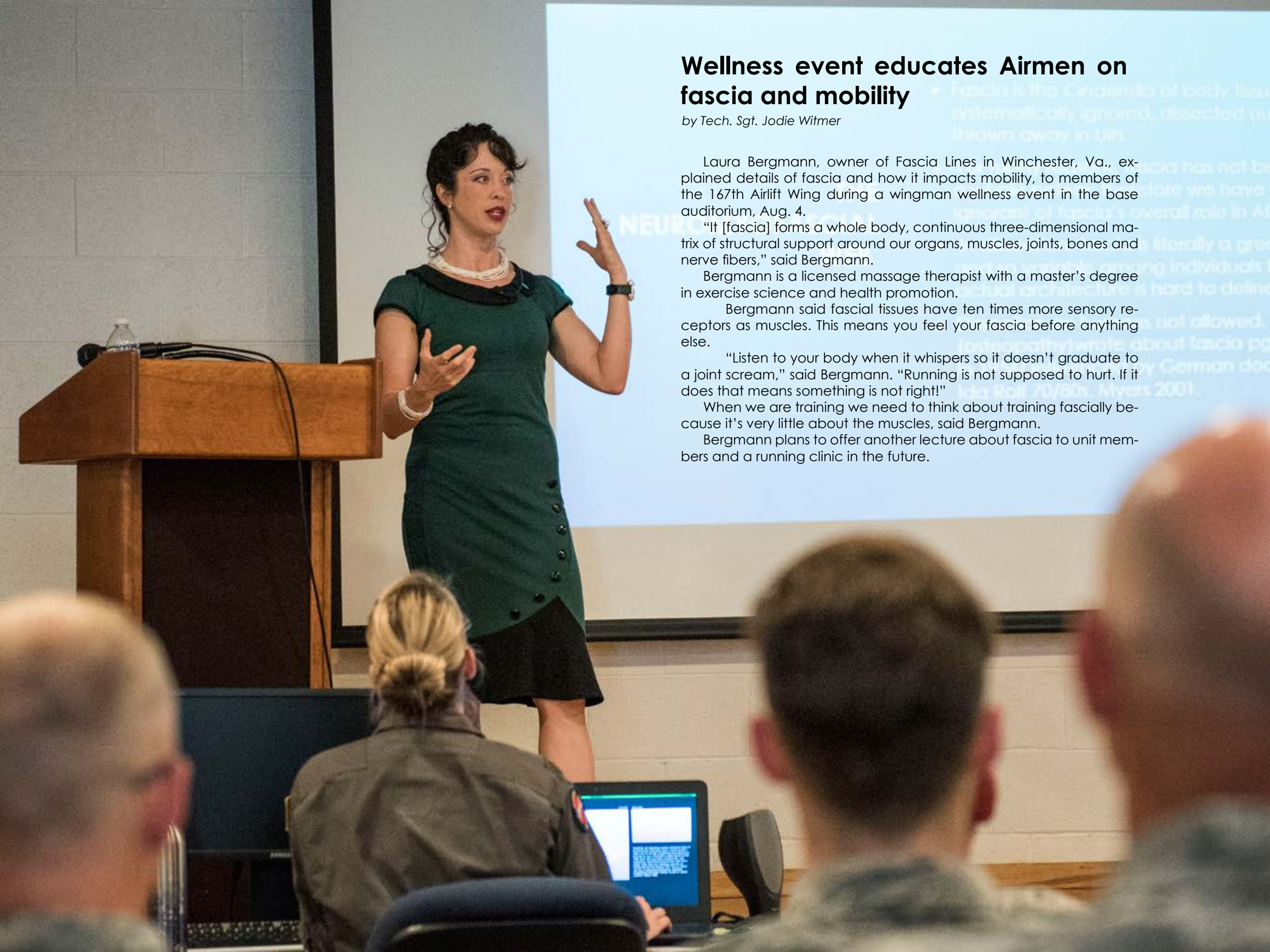
Bergmann is a licensed massage therapist with a master's degree in exercise science and health promotion.

Bergmann said fascial tissues have ten times more sensory receptors as muscles. This means you feel your fascia before anything else.

"Listen to your body when it whispers so it doesn't graduate to a joint scream," said Bergmann. "Running is not supposed to hurt. If it does that means something is not right!"

When we are training we need to think about training fascially because it's very little about the muscles, said Bergmann.

Bergmann plans to offer another lecture about fascia to unit members and a running clinic in the future.



Antiterrorism & Force Protection: General Safety

submitted by Lt. Col. Tim Rice, Wing Antiterrorism Officer

These Antiterrorism tips are general safety tips that can protect you from both criminals and terrorists.

AT ALL TIMES:

- Be aware of your surroundings.
- Report anything you feel is suspicious (report to the local police agency).

IF YOU ARE OUT OF THE AREA FOR AN EXTENDED PERIOD:

- Get an automatic timer for your lights.
- Ask a neighbor to watch your home and park in the driveway from time to time.
- Don't forget to have mail and newspaper delivery stopped. If it piles up, it's a sure sign you're gone.

IF YOU'RE OUT FOR THE EVENING:

- Turn on inside lights and a radio so it looks like someone's home.
- Be extra cautious about locking doors and windows when you leave, even if it's just for a few minutes.
- Ensure outside lights are turned on if you expect to return after dark.

IF A STRANGER COMES TO THE DOOR, BEWARE:

- Criminals sometimes pose as couriers with delivery gifts.
- It's not uncommon for people to try to take advantage of others' generosity by going door-to-door for charitable donations when there's no charity involved.
- Ask for identification, and find out how the funds will be used. If you aren't satisfied, don't give.

REMEMBER: Antiterrorism and Force Protection is EVERYONE'S job.

These tips, and other important information are located in the CJCS Guide 5260, Service Member's Personal Protection Guide: A Self-Help Handbook to Combating Terrorism, which can be found on the base intranet.

REMEMBER: Antiterrorism and Force Protection is EVERYONE'S job.
The 167th Airlift Wing Antiterrorism Officer is Major Tim Rice, 242-5084.





For Our Service Members And Their Families

Airman & Family Program Office

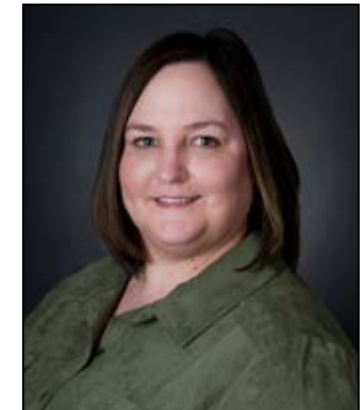
* If you are retiring from the military in the next 2 years, or separating military and have an Active Duty tour in your past of at least 180 consecutive days, stop in to the Airman & Family Program Office and ask about the Transition Assistance Program (TAP). It's time to start your post-military planning and get familiar with the resources available to you. The Airman & Family Program Office is in building 120, room G37.

* Need a new resume? Are you looking for a career change? Contact the Airman & Family Program Office, 304-616-5590, and schedule an appointment for Federal career coaching and resume review. Airman & Family Program employment services are also available to your spouse or significant other.

167th Family Readiness Group (FRG)

* Family Readiness Group Quarterly Meeting – The next meeting is Tuesday, 10 September 2019, on base in the Wing Conference Room, building 120. The meeting is open to all 167th service members, their families, and retirees.

* FREE SCHOOL SUPPLIES FOR 167TH FAMILIES - Once again this year, the local Dollar Tree stores have been participating in the Backpack Brigade program by asking store patrons to donate a school supply for a military child. Our Child and Youth Coordinator, Mrs. Donna Truman, and 167th Family Readiness Group Officers picked up collected supplies and delivered them to the base. The supplies are located in the Airman & Family Program Office, Headquarters building #120, lower level and are available for pick up. Limited supplies available.



The Family Programs Office is located in Bldg. 120, lower level. For more information contact Airman & Family Readiness Program Manager Sherry Lewis at 304-616-5590 or 1-866-986-4325

WING CARE TEAM QUICK REFERENCE

Chaplain Corps

304-616-5319

Chaplain Ronald Faith
Chaplain Jonathan Yost
Chaplain Jumaane Green
Chaplain Clinton Dunham
Chaplain Joshua Stevens



Director of Psychological Health

304-616-5939

Cristina Firescu-Williams

Airman and Family Readiness

304-616-5590

Sherry Lewis

Sexual Assault Response Coordinator

304-616-5991

Anthony Johnson



ACCOLADES



Welcome

AB Dalton Hornbarger, CF
AB Abigail Layton, FSS
AB Jacob Pence, LRS
A1C Emerald Bhandari, LRS
A1C Mark Segreti, AS
A1C David Cornell, MXS
A1C Kaleb Marin, CES
A1C Jacob Martin, MDG
A1C Kyle McKay, SFS
A1C Eryka Waaldijk, FSS
A1C Garrett Wachter, MOF
TSgt Misti Brigman, MOF
TSgt Christopher Lynch, AS
Maj Peter Zwart, AS

Welcome Back from Technical Training

AB Stephen Minter, MXS
AB Hunter Burcker, LRS

CDC High Scores

TSgt Donald Broschart, CES
A1C Alisia Turner, MDG

Fitness Test Scores - 100%

AB Hunter Burcker, LRS
TSgt James Kees, LRS
Lt Col David Kolton, AS
Lt Col Erika Meyers, AS

Promotions

To Airman First Class

Kaylie Depalo, FSS
Summer Wilson, LRS

To Senior Airman

Joshua Shuck, MXS
Cody Kief, CES
Jessie Trejo, SFS
Kyle Leushcen, AS
Corbin Hensley, MXS

Promotions

To Senior Airman

David Landis, AS
Marissa Shetley, MDG
Timothy Segreti, AS
Courtney Shambaugh, AS
Cameron Hughes, LRS
Alex Barb, AS
Tyler Cole, AS
Justin Ashby, CES
Thomas Sherfey, MXS
Jordyn Zilian, LRS
Kaylee Barbour, OSS
Kevin Henson, LRS
Nathaniel Webb, SFS
Katlyn Valencia, FSS
Ciara McDaniel, FSS
Tracey Peacemaker, CF

Promotions

To Staff Sergeant

Brandon Cordell, MXS
Brandon Sandy, LRS
Samuel Price, AS
Robert Howard, AMXS
Alexandria Lupul, CF

To Technical Sergeant

John Beaulieu, LRS
Alexa Maroukian, MDG

To Master Sergeant

Glenn Housden, FSS
Jesse Wagner, AS
Brian Grim, OSS

Retirements

CMSgt Charles Leonard, LRS



Naylor graduates with honors from National Defense University

Dr. Keith Payne, department head for the Graduate School of Defense and Strategic Studies at Missouri State University, places a sash around Maj. Jenny Naylor, an attorney supporting the 167th Airlift Wing's Judge Advocate General, upon her graduation from the Countering Weapons of Mass Destruction (CWMD) Graduate Fellowship Program at the National Defense University, July 26, 2019. Naylor graduated with Outstanding Academic Achievement with a Master of Science Degree in WMD Studies, a program conducted jointly by the National Defense University (NDU) Center for the Study of Weapons of Mass Destruction and the Missouri State University (MSU) Graduate Department of Defense and Strategic Studies. The program, which is paid for by the Office of the Assistant Secretary of Defense for Nuclear, Chemical and Biological Defense, aims to build a cadre of leaders equipped to meet future WMD challenges. The program is open to DoD and non-DoD personnel. (photo courtesy of Lt. Col. Lindsay Fletcher)



ANNOUNCEMENTS



Burlington United Methodist Family Services, Inc.

Presents:

Our 4th Annual FREE

Community Play Day

Saturday, August 17th 10am- 2pm

Rain Date: August 24th

Kids can jump inside fire trucks, ambulances, police cars and more!!
Get to know your local heroes!!



Free and open to the public!

All vehicles pending call to duty.

Eastern WV Regional Airport
Terminal Building
170 Aviation Way
Martinsburg, WV 25405



Opportunities to sponsor are available! Please contact Melissa Cook or Diane Vincent at (304) 260-5884 for more information.



Maintenance Group Metrics

July 2019

- Mission Capable Rate: 75.8%
- Aircraft Availability Rate: 65%

Military members and their families can use the U.S. Air Force Symbol on personal items: shirts, banners, cakes, invitations. It is a fantastic way to show your pride in your service or to support a loved one. As more businesses find out about the Air Force's decade old trademark registration they are requiring permission letters from the Air Force Intellectual Property office. Visit this page to request use of Air Force marks on personal items: <https://www.trademark.af.mil/Licensing/Applications/Military-Member-One-Time-Use-Request/>



Personnel who possess mission-related VI on personally-owned devices, the capture of which is not otherwise prohibited, may not release such mission-related VI to media organizations, non-governmental organizations, or other public forums, including but not limited to Internet websites or individuals or organizations affiliated with documentaries, motion pictures, news outlets, social media sites, blogs, or other websites, without security review and approval at an appropriate command level.

Launch of MyAirForceBenefits.

The Air Force, in partnership with the Army, recently launched the MyAirForceBenefits website. This site is accessible at: <https://myairforcebenefits.altess.army.mil/> via a .mil network or via your personal home network. Total Force Airmen may access their personal information to utilize the benefit calculators via CAC or DS Logon. In addition, the site provides access to a wide array of benefits fact sheets and resource locators, which do not require a CAC or DS Logon to utilize. The MyAirForceBenefits website provides our Airmen information and tools to plan, budget, calculate and prepare for Retirement, Separation, Deployment, e-enlistment, Thrift Savings Plan, Support for survivor, Estate planning and more. In addition, a full-time help desk with live operator support is provided to assist our Total Force Airmen with all military benefits-related questions; Toll Free 888-721-2769. The help desk is open Monday-Friday, 0900-1700, Eastern Time or via email at AFPC.DP0BB.MyAirForceBenefits@us.af.mil.

The 167th AW is now available on the USAF Connect app.

1. Install USAF Connect from Apple App Store or Google Play
2. Access the Favorites Portal by tapping the Star icon at the bottom right of the screen
3. Search for desired organization and add to Favorites
4. Swipe left and right to switch between AF Connect and Favorites



167AW Mobile App Groups feature

Groups is the easiest and fastest way to connect and instantly communicate with any group within our unit. It's easy and intuitive. Anyone can request to start a group. Any unit-affiliated function can have a group. You can belong to multiple groups. Members must use their .mil email address to request a group. Once they join, members will have access to important information such as messages, schedules, event details, photos, notifications, and more.

Groups is an informal, non-secure communication system not approved for classified, PII, FOUO or other sensitive information. Always consider OPSEC when posting to a Group. Groups are periodically monitored for compliance.

