

PLANETALK

167TH AIRLIFT WING
SEPTEMBER 2019

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IN THIS ISSUE



Command Comments	3
W.Va. Air Guard, Qatari Air Force exchange ideas for current operations.....	4
Airman finds support through Air Force Wounded Warrior program.....	5
Bosslift event held at the 167th AW.....	6
Real world incident validates processes for 167th's first responders.....	7
167th AW leads the charge in electrostatic discharge procedures.....	8
Airmen ingenuity makes deicing process safer and faster	9
Airman Spotlight.....	10
Airmen and Family Programs.....	12
Chaplain Chat & DPH.....	13
Personal Financial Counselor.....	14
Safe and secure.....	15
Accolades.....	16
Announcements.....	17

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ON THE COVER

A C-17 Globemaster III aircraft flies over the flight line of the 167th Airlift Wing, Shepherd Field, Martinsburg, W.Va., Sep. 7, 2019. (U.S. Air National Guard photo by Tech. Sgt. Jodie Witmer)

ON THE BACK COVER

Master Sgt. Ben Norton, a wing inspection team member for the 167th Airlift Wing, walks through the small air terminal at the Martinsburg, W.Va. air base, Sep. 8, 2019, during an active shooter exercise. Norton along with other WIT members observed Airmen's response to the simulated event. (U.S. Air National Guard photo by Tech. Sgt. Jodie Witmer)

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

Hello Team 167th

You've had another stellar UTA, great work! Chief Brawner and I would like to thank you for your dedication. You have accomplished a lot this summer; WSJ 2019, Sentry Storm, Patriot North, multiple off-station annual training events, TACC & MRA missions and the list goes on. The wing also participated in marksmanship and softball competitions. Our "over 45" softball team brought home another trophy and some of our shooters also performed well. This month motorcyclists are also encouraged to participate in the wing sponsored training and group ride event scheduled for the September 20, 2019. Stay engaged and don't hesitate to sign up for some of the diverse events the wing is putting on the schedule.

Last month, we also made the news for the UXO that was delivered to our west gate. Our Security Forces Defenders and all involved performed well, ensuring safety for the base and surrounding community. The responding EOD team found the device inert and designed for training use, and normal operations were resumed after some time. The UXO event and our Active Shooter exercise (ATEX) this UTA identified some strengths and areas for improvement. A weakness identified is our base-wide communications. Your leadership team is aware of this and along with others have been working to mitigate the risk. As we continue to resource solutions, I am reminding all of you of the importance of the ATHOC system and the requirement to ensure your contact information is accurate.

It's hard to believe that school is back in session and we're already into September. Many of you think of this month as the kick-off for the NFL, or the last big push before MLB play-offs begin. Yet, September encompasses our 9/11 remembrance and it is the National Suicide Prevention Awareness Month. The suicide prevention conversation may be difficult for us after losing MSgt Jason Cliber, just a few short months ago. We will be recovering as a wing and a family for a long time to come. This dialogue may not be easy, but it's necessary. Our wing is not alone, as we continue to support each other through tragedy. In fact, the Air Force has lost 79 Airmen to suicide this year. It is devastating.

On Sunday, October 6th the wing will focus on Airmen connections, wellness, resiliency and team building. The 167th, along with the entire U.S. Air Force, will pause operations in response to the CSAF's direction to address suicide deaths, a Resiliency Tactical Pause. Our wing team has developed a Full Spectrum Wellness Day program for October that will allow commanders time in the morning to reconnect with their Airmen, and facilitate small group discussions. The rest of the morning you will have the opportunity to choose from several different forums that align with the pillars of comprehensive fitness; mental, physical, social and spiritual. That afternoon will be dedicated to Airmen connections, social and spiritual time.

Of course, prevention measures and proactive engagement by Airmen are required all the time. Suicide will continue to challenge our military and civilian members, and their families. Strong and caring wingmen of the 167th have been helping each other throughout the year. And for that, we are all thankful. Please continue to remain in-tune with your personal challenges and the needs of others, and do not hesitate to seek assistance or intervene if you discover a member in need. There is no shame or stigma associated with doing what is right and necessary. In fact, it is expected and required to maintain a strong and ready wing; a wing depending on you for success.

A culture of caring, inclusion and connecting is only developed with effort, time and deliberate consistency. A single tactical pause or wellness day increases the dialogue and provides tools to assist. But it is only through your personal commitment that our culture remains strong and impactful on the lives of our team. We are family, the 167th Airlift Wing family.

So as we continue to focus on readiness and Airmen care; note that our wing fly-away exercise, Thunderstruck, is only one (1) UTA workday away. Are you ready?

Mountaineer Pride Worldwide

W.Va. Air Guard, Qatari Air Force exchange ideas for current operations

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

Four members of the West Virginia Air National Guard's (WVANG) 167th Airlift Wing (167th AW) and 130th Airlift Wing (130th AW) recently took part in a current operations subject matter expert exchange (SMEE) at Al Udeid Air Base, Qatar, Aug. 18 - 22, 2019.

The week-long event was a part of the National Guard Bureau's State Partnership Program (SPP) partnership between West Virginia and Qatar, which has been continually building for over a year and a half.

Capt. Ryan Day, C-17 pilot and chief of current operations, and Senior Master Sgt. Joseph Windle, a C-17 loadmaster, both from the 167th AW, joined Capt. Shawn Porter, C-130 pilot and chief of current operations, and Master Sgt. James Harper, a C-130 loadmaster, for the trip. The WVANG cohort worked alongside members of the Qatari Emiri Air Force (QEAF) for the SMEE.

Over the course of the exchange, the WVANG experts shared information on mission planning, scheduling, aircraft and airport loading, as well as contingency planning for changes and weather.

"This was a great opportunity for both the QEAF and the WVANG to develop important relationships among the pilots and loadmasters who may be working alongside one another as our partnership flourishes," said U.S. Army Capt. Allen Jordan, SPP coordinator - Qatar. "This meeting also allowed for our militaries to determine best practices concerning air force current operations that will effectively improve operational efficiency for both organizations and create future opportunities for interoperability."

"This SMEE provided the 130th and 167th the opportunity to understand the basic architecture of how the Qatari Operations Cell develops, designs, and executes missions for the C-17 and C-130 Squadrons," said Porter.

The QEAF currently operates both the C-17 Globemaster III and the C-130J Super Hercules, among other aircraft in their inventory.

"The meetings with our partner, the Qatari Air Force, were very informational and important to both our organizations moving forward," said Harper. "I particularly enjoyed the informal discussions where we could just sit and discuss techniques, practices, and have an open line of communication. We all left the meetings encouraged by the progress and looking forward to next time we could work together."

This SMEE was the second WVANG-QEAF partnership meeting to be held since the announcement of the new partnership in May 2018, which marked the second partner nation for the WVNG and the sixth SPP country in the U.S. Central Command area of responsibility for the National Guard.

Through the partnership with Qatar, the WVNG seeks to increase military and diplomatic cooperation, develop and expand defense capabilities and mutually beneficial training interactions. In addition, the two entities work closely together to increase interoperability of forces and deter and disrupt criminal and terrorist activities in the region. 🐕



Members of the West Virginia Air National Guard's 130th and 167th Airlift Wing discuss current operations planning and procedures with representatives of the Qatari Emiri Air Force Aug. 17., 2019, at Al Udeid Air Base, Qatar. The subject matter expert exchange was the second WVANG-QEAF partnership meeting to be held since the announcement of the new partnership in May 2018, which marked the second partner nation for the WVNG and the sixth SPP country in the U.S. Central Command area of responsibility for the National Guard. (Courtesy photos)

Airman finds support through Air Force Wounded Warrior program

by Senior Master Sgt. Emily Beightol-Deyerle

As Capt. Heather Wright waded through the muddy waters of the medical evaluation board process, she found her way to the Air Force Wounded Warrior Program (AFW2), joined the Air Force Warrior Games Team and earned an impressive collection of medals.

Wright competed at the Air Force Trials at Nellis Air Force Base, in March, alongside 150 fellow wounded, ill, and injured service members for a spot on the 2019 Air Force Warrior Games team.

At the trials, she participated as an Ultimate Champion, competing in all eight individual sports- swimming, shooting, rowing, cycling, field, track, archery, and powerlifting. She finished in third place.

In June, Wright represented the Air Force in the 2019 Department of Defense Warrior Games in Tampa Bay, Fla. She competed in 12 events in five sports and brought home seven medals for Team Air Force.

"For the second year in a row, Team Air Force dominated the overall medal count," Wright said.

The Warrior Games were established in 2010 as a way to enhance the recovery and rehabilitation of wounded, ill and injured service members and introduces them to adaptive sports.

This year, more than 300 athletes from the U.S. Army, Marines, Navy, Air Force, U.K. Armed Forces, Australian Defence Force and Canadian Armed Forces competed in the Warrior Games.

But Wright stresses that AFW2 does far more than introduce Airmen to competitive adaptive sports.

The program takes care of seriously wounded, ill and injured Airmen, caregivers and their families. The goal is to leave them well-equipped to manage challenges, regardless of injury or illness.

"They provide family style care and are with you through your journey; whether you are returned to duty or transition to temporary or permanent retirement," Wright said. "They truly embody care beyond duty."

Wright, who enlisted into the 167th Airlift Wing's emergency management and then went on to commission as a critical care nurse, was encouraged by her mother, Barbara Wright, to self-refer to the AFW2 program.

Soon after being accepted into the program, she was assigned a Recovery Care Coordinator who traveled from Dover Air Force Base to Martinsburg, W.Va., to meet with her and explain the advocacy and support that she would receive through the AFW2 program.

AFW2 offers six CARE events at various Air Force locations each year. CARE is an acronym for Caregiver Support, Adaptive Sports and Ambassador Workshop, Recovering Airmen Mentorship Program and Resiliency Program, and Empowerment in Training. These are the support elements of the AFW2 program.

Wright attended her first CARE event with her mother in August 2018 and trained to be a mentor through the Recovering Airman Mentorship Program. They plan to attend another CARE event in November where they will receive training to become ambassadors, "equipping us to share our story and encourage others," Wright said.

For more information about the Air Force Wounded Warrior program visit their website at <https://www.woundedwarrior.af.mil/>



Capt. Heather Wright competed at the Air Force Trials at Nellis Air Force Base and then the Warrior Games in Tampa, Fla., earlier this year earning 12 medals between the two competitions.





Bosslift event held at the 167th AW

The 167th Airlift Wing hosted nearly 50 local employers, Aug. 7, 2019, for the West Virginia Employer Support of the Guard and Reserve (ESGR) military "Bosslift" event. The participants spent the day learning about the West Virginia Air National Guard and 167th Airlift Wing missions. They toured our base facilities and took part in a local training flight on board a C-17 Globemaster III aircraft. The ESGR, created in 1972, works to promote cooperation between Guardsmen and Reservists and their civilian employers. The ESGR offers ombudsmen services and educates service members and employers on USERRA, the Uniformed Services Employment and Reemployment Rights Act, which establishes rights and responsibilities for service members and their civilian employers. (U.S. Air National Guard photos by Senior Master Sgt. Emily Beightol-Deyerle)

Real world incident validates processes for 167th's first responders

by Senior Master Sgt. Emily Beightol-Deyerle

An ordnance brought it to the main gate of the 167th Airlift Wing, late in the afternoon of Aug. 26, prompted a partial evacuation of the Martinsburg, W.Va. air base as well as residences and businesses near the wing's entrance.

A local resident found the ordnance while cleaning a relative's home.

As the wing's established procedures dictate, local law enforcement and an explosive ordnance disposal team from Andrews Air Force Base, Maryland were notified and requested to support the response efforts.

Local law enforcement notified residents and businesses within the cordon area and closed a portion of U.S. Route 11 outside the main gate out of an abundance of caution.

The military side of the Eastern West Virginia Regional Airport was also temporarily shut down.

Col. Christian Cunningham, the 167th Maintenance Group commander and director of the wing's crisis action team during the incident said, "Human safety of personnel both inside and outside the base is of paramount concern. In an event where the potential danger of a situation is unknown we rely on the worst case scenario to ensure maximum safety. This requires the use of a cordon to ensure a safe distance based on the type of explosive device."

The explosive ordnance disposal team determined the ordnance was an M7A1 Bazooka training round, an inert training device used during World War II. The bazooka is a shoulder fired rocket launcher used to take out enemy tanks.

Immediately after determining the ordnance was a training round, evacuations were called off and the roadways were reopened.

"We train for scenarios just like this every 30 to 60 days," said Senior Master Sgt. Daniel Schildt, the 167th Security Forces Squadron superintendent. "Our training assisted with the practical application."

Schildt said the wing's security forces and fire department worked together seamlessly to notify and evacuate personnel on base and to establish and maintain a cordon.

"We appreciate the support of the local law enforcement and cooperation from the residents and businesses impacted by this event," said Col. David Cochran, 167th AW commander.



An M7A1 practice rocket for the World War II era 2.36 inch Bazooka, similar to the one above was brought to the 167th Airlift Wing, Aug. 26, 2019, after it was found by a local resident while cleaning a family member's home. Though the ordnance was inert, the 167th AW responded, along with local law enforcement as if it were a live round until explosive experts could confirm it was an inactive training round.



167th Airlift Wing aircraft maintainers, Master Sgt. David Miller, Tech. Sgt. Corey Chaney and Master Sgt. Michael Bowman demonstrate proper packing procedures for electrostatic discharge sensitive aircraft parts to 167th Logistics Readiness Squadron Airmen, Sept. 5, 2019. Airmen assigned to the 167th Airlift Wing helped reset the Air Force program that guides the packing procedures. (U.S. Air National Guard photo by Senior Master Sgt. Emily Beightol-Deyerle)

167th AW leads the charge in electrostatic discharge procedures

by Senior Master Sgt. Emily Beightol-Deyerle

When an aircraft is no longer in production, the importance of preserving spare parts cannot be overstated.

Such is the case for the 167th Airlift Wing, operating C-17 Globemaster III aircraft which haven't been manufactured since 2015.

Recently, two 167th Airlift Wing Airmen, led the charge to ensure aircraft parts, specifically electrostatic discharge sensitive (ESDS) items, are protected through proper wrapping, shipping and storage processes Air Force-wide.

Senior Master Sgt. Jim DeCicco and Chief Master Sgt. Mike Gregory collaborated with the program manager for the ESDS item process to rewrite the technical order guiding the electrostatic discharge (ESD) control measures.

"There's always been a requirement to ship the ESD parts this way," said DeCicco, the section chief for the 167th Logistics Readiness Squadron's customer and maintenance support. "We really didn't change the T.O., we just made the information more accessible and brought it to the attention of AMC."

T.O.00-25-243, change 9 was published in June and the Air Mobility Command recently issued a directive to all AMC logistic readiness squadrons to complete an ESD inspection and correct improper packaging by the end of September.

"Resetting this program now will play a huge part in the preservation and serviceability of these spare assets for years to come," said Maj. Christopher Tusing, 167th LRS commander. Tusing

said Gregory and DeCicco have been championing this battle for two to three years.

Electrostatic discharge sensitive parts could potentially become damaged by 30-50 volts of static electricity.

"Not properly handling electronic parts, assemblies and equipment items can cause ESD damage or degradation when an ESD event occurs or when exposed to electrostatic fields. Items are vulnerable during shipping and storage," explained Gregory, the quality assurance supervisor for the 167th Maintenance Group and currently serving at the National Guard Bureau as a weapons system manager.

"We work hand in hand with maintenance. Any parts that get issued, tracked or turned in, go through us," DeCicco said.

167th maintenance was often refusing ESD parts because they weren't wrapped properly. ESD parts that could not be bench-tested at the wing would be sent back to the sender, increasing shipping costs and delaying aircraft maintenance and missions.

"Anytime maintenance receives a part that isn't wrapped properly they need to make the decision whether or not to accept it. The T.O. says they shouldn't and if they do take it, it could compromise the safety of the mission," DeCicco said.

"That's really the key point here, to keep the iron moving, since we're no longer in the production phase of these airframes." Tusing said. 🐕



Airmen ingenuity makes deicing process safer and faster

by Senior Master Sgt. Emily Beightol-Deyerle

It's been said, the biggest room in the world is the room for improvement.

This certainly rings true for a recent change to 167th Airlift Wing's process for filling aircraft deicing trucks with deicing fluid, improving both efficiency and safety.

Aircraft deicing trucks are mounted with a crane lifted basket. The operator sits in the basket and controls the deicing fluid sprayer. Deicing provides protection against ice build-up and snow contamination of critical control surfaces, engine inlets, and sensors on an aircraft prior to launch.

"I could never understand why it was so dangerous to fill a deicer and why we continued to accept the risk of injury to someone," said Chief Master Sgt. Randy Gray, 167th Aircraft Maintenance Squadron superintendent.

To fill up the deicing truck with the propylene glycol and water mixture, aircraft maintainers drive the de-icing truck up to the 30,000 gallon glycol tank in the Petroleum, Oils and Lubricant, or POL yard.

The old process required a maintainer to climb on top of the 10-foot tall deicing truck, while another maintainer climbed a set of stairs next to the glycol tank. From the top of the stairs a hose from the tank was swung over to the top of the trucks de-icing fluid tank hatch, and then caught and guided into the tank by the maintainer on the truck.

This typically happens when there is snow and ice on the ground which creates yet another hazard for the process.

Gray said he knew there had to be a better, safer way to get the job done.

He dug into the deicing truck's technical order and found they were designed to be filled from the bottom up.

"In fact, the technical order had a warning stating 'Do not fill from the top,'" he said.

Gray said that the top-filling process has been passed down, maintainer to maintainer, and that he's never seen the deicing trucks filled any other way. Furthermore, the glycol tank's pump system had been built to top fill the trucks.

Gray said it was Tech. Sgt. Brian Patton, a crew chief for the 167th AMXS, who really lit the fire under him to take action.

"Tech. Sgt. Patton was training some technicians on deicing and came into my office stating that he was scared watching the technicians getting on top of the deicer when refilling just hoping no one fell off and was severely injured," Gray said.

Gray made some phone calls and found himself speaking directly to the engineer of the pump for the glycol tank. They did some calculations and determined what piping, hoses, elbows and fittings would be needed to bottom fill the trucks.

The one part that couldn't be purchased, a flange to fit a two-inch coupler, was manufactured on base in the machine shop.

"Finally, on 28 August 2019 everyone crowded around as we hooked up the new plumbing configuration and crossed our fingers. To our surprise, not only did it work but the deicer filled in a fraction of the time than when top filling," Gray said.

Top filling the aircraft could take up to an hour. The new process takes 15-20 minutes, and could be completed by just one maintainer.

Gray said he is excited about the success of the new process and hopes to tackle a few more projects before his retirement next year.

Airman *SPOTLIGHT*

July 2018

Name:

Staff Sgt. Matthew Stemper

Hometown:

Williamsport, Md.

Job Title:

Cyber Systems Operations

Staff Sgt. Matthew Stemper is a cyber systems operations technician for the 167th Communications Flight, responsible for the installation and support of the computer and software systems at the 167th Airlift Wing.

He enlisted into the wing in 2014 and is a full-time technician here.

"My job here is important because it provides both non-secure and secure infrastructure to all wing users with highly available operations for both client and back-end workstations while ensuring that defensive measures are in place to ensure adversaries cannot infiltrate the DOD network," Stemper explained.

Chief Master Sgt. Michael Hill, the chief enlisted manager for the 167th CF, said Stemper assists in other sections of the communications flight, often supplementing the Communications Focal Point due to resource limitations.

"He not only does a great job for us at the 167th, but while deployed in 2018 he earned the 380th ECS Airman of the Quarter award," Hill said. "He routinely organizes outside activities that helps facilitate camaraderie and teamwork."

Stemper said his deployment to the United Arab Emirates and a ride in a Black Hawk helicopter at the World Scout Jamboree are the two most exciting things he's done in his military so far.

Stemper has earned an associate's degrees in information systems technology and in physical education. He says he is proudest of working hard to obtain what he has.

"I have always believed if you work hard, good things will come. With that in mind, I have already accomplished a lot in my first five years and hope to continue that in the future," Stemper said.

His goals include learning from senior non-commissioned officers and to influence and teach junior Airmen to help keep the wing and the Air Force thriving.

Stemper's hobbies include outdoor activities and playing ice hockey which he also officiates.

"I enjoy giving back to the game and teaching young players through the officiating role," he said. 🐾





Active shooter exercise provides invaluable training to new command post Airmen

Airman 1st Class Zachary Bagley, Airman Dominique Wright and Airman 1st Class John Guiney manage the 167th Airlift Wing's command post during an active shooter exercise at the wing, Sept. 8, 2019. The exercise tested the wing's ability to respond to an active shooter including communications and accountability issues. (U.S. Air National Guard photo by Tech. Sgt. Jodie Witmer)

Traffic management office stays busy with arrival of new uniforms

Master Sgt. Shad Jenkins and Senior Airman Samuel Silver receive boxes of new Air Force uniforms in the traffic management office at the 167th Airlift Wing, Sep. 2, 2019. The Operational Camouflage Pattern uniform is being issued to the enlisted members of the 167th AW. The Air Force expects to be fully transitioned to the OCP's by April 1, 2021. (U.S. Air National Guard photo by Senior Master Sgt. Emily Beightol-Deyerle)





For Our Service Members And Their Families

Airman & Family Program Office

* If you are retiring from the military in the next 2 years, MEB, 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.

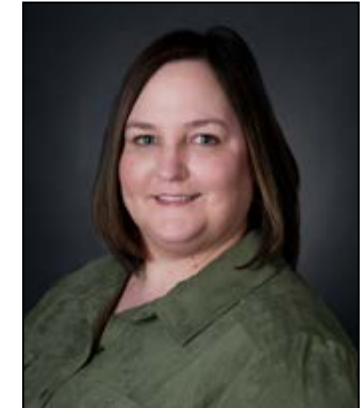
* Are you wanting to work for the Federal Government but don't know how to start the search for a job? Are you creating your first resume or needing to update your current resume for a career change? Contact the Airman & Family Program Office, 304-616-5590, and schedule an appointment for Federal career coaching and resume review. During the one hour appointment you will learn what an Outline resume is and how to create a targeted resume for the jobs you're interested in applying for. You'll also receive two workbooks loaded with helpful information and resume samples.

167th Family Readiness Group (FRG)

* Family Readiness Group Quarterly Meeting – The next meeting is Tuesday, 10 September 2019, 3:30 p.m., 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 Service Members and their Family - 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, room G37, and are available for pick up.

The 167AW Halloween Bash and Trunk or Treat will be held at the base on Saturday, 26 October, from 1:00 – 3:00 pm. See the event announcements in this newsletter for more information.



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



Chaplains assist with sexual assault response

by Chaplain (Capt.) Joshua Stevens



**Chaplain (Capt.)
Joshua Stevens**

This weekend the chaplains conducted training on our responsibilities to the Sexual Assault Prevention and Response (SAPR) program. We went over restricted and unrestricted reports, our duties to all Airmen, who we can refer people to, how to best serve sexual assault survivors, and how to minister to those presumed guilty but not convicted.

Everything is confidential when you come and see us. We don't take measures unless the survivor requests it. We do offer as much help as possible and refer to the professionals on base. We will walk someone to a commander, the Sexual Assault Response Coordinator, or to whomever a survivor needs.

We are here for everyone on base and we work with everyone so that needs will be met. Please feel free to come and see us for issues great, small and everything in between.

GLORIFYING GOD
SERVING AIRMEN
PURSUING EXCELLENCE



#BeThere

by Cristina Firescu-Williams, LCSW-C



**Cristina Firescu-Williams,
LCSW-C
Director of Psychological
Health**

September is Suicide Prevention Month. According to the air force, as of 29 July 2019 there have been 78 suspected Total Force deaths by suicide in the calendar year 2019, compared to 51 on this date in CY18. This is an issue that cannot be ignored. As a team we have to be intentional in increasing our resilience to combat this problem. The air force is encouraging everyone to take "small steps to save lives."

- The act of suicide can be impulsive. The time a person goes from thinking about suicide to acting on it can be less than 10 minutes. Decreasing access to methods of suicide can make a difference in life or death. Storing medications and firearms safely will improve safety for ALL members of the family.
 - o More than 65% of military suicide deaths results from a firearm.
 - o Safe storage tips include: ensuring firearms are stored unloaded, securing firearms outside the home, using a gunlock or safe.
 - Medications are the most common method of non-fatal suicide attempts.
 - o Safe storage tips include: keeping medications under lock and key, limiting quantities of medications in the home, and discarding outdated medications.

- If someone you know is at risk, encourage safe storage.
- A recurring theme for the Department of Defense and Department of Veterans Affairs is to #BeThere for others to help save a life. #BeThere encourages people to think about the many ways they can help themselves, help all members of the military community, feel that they are not alone, and recognize that there is help and hope.

Here at the 167th, we want to do more to offer support and encourage help seeking. We've conducted a small campaign to "Take 5 to save lives". Those that have been affected by suicide or know someone who has been affected by suicide were encouraged to take a hand and post it on the wall outside the DFAC in order to show support. To learn more about this, you can go to www.take5tosavelives.org.

We want to be intentional in our efforts to prevent suicide. General Goldfein has ordered a Resilience Tactical Pause where small group discussion will be happening to find out how connectedness and morale can be increased and how the air force can reduce and eliminate suicides. The 167th has decided to take it further and have a Full Spectrum Wellness Day on 6 October full of activities and workshops to increase resilience in our airmen. The sign up began this UTA and will continue to ensure that everyone has a chance to do some fun activities and learn some new skills. The Schedule of events has been posted in the bulletin. This will not be a one time event, but the start of our work to increase resilience in all.

For suicide prevention services you may contact: Suicide Prevention Hotline: 1-800-273-TALK (8255), the 167th DPH Cristina Firescu-Williams 304-616-5939 (o), 304-596-3129(c), The Chaplains office and Military1Source (non-crisis only) 1-800-342-9247

There is always help. Reach out if you or someone you know needs it.



Full-time financial counselor now available to 167th AW Airmen

by Jerry Zeigler, AFC, 167th Airlift Wing Personal Financial Counselor



**Jerry Zeigler, AFC
Personal Financial
Counselor**

I am Jerry Zeigler and it is my privilege to serve as a Personal Financial Counselor with the 167th Airlift Wing. I worked previously with both the Army National Guard and the Air National Guard in Guam and I am glad to be back with the Guard again. We recently returned to my hometown of Waynesboro, Pa., after I had been away for 30 years. I served in the Navy as a submariner for 20 years. My wife is still active duty Navy and will be retiring next year. So I am going through some life and financial changes myself. Fortunately I have fellow financial counselors all across the country that provide me assistance and "another pair of eyes" when I need it.

I believe my philosophy as a financial counselor has served service members and their family members well. I am not here to criticize you for what you may be doing wrong. Instead I am here to help you reach your financial goals. I prefer to collaborate with you to come up with solutions and plans that work for you rather than lecture and tell you what you should be doing. What works for one person may not work for another. I'll provide the level of service that you need. That can range from weekly sessions for a couple of months or simply answering one or two questions. I enjoy being the sounding board for ideas and plans.

So the official list of services I provide includes: confidential financial consultations, referrals to resources, help with credit management and budgeting, assistance navigating benefits, training and workshops, advocacy information and support...and much more. Did you ever wonder why "someone" didn't tell you about something? If only someone had told you and it would've been better? Well for financial somethings that someone is me. I am here to tell you and it doesn't cost you a thing directly (your tax dollars are at work). If it happens we find out that I don't know something – I'll either learn it or refer you to a resource that can help. Since I am supporting the Air National Guard – I have flexible hours, so if we can't find a time during the typical workday that works, we can find a time that will work. I can meet with you in person. I can "meet" with you over the phone or and I can meet with you online through a video conference. Whatever the method, I look forward to being of assistance. I can be contacted via phone at 304-543-6452 and through email, PFC2.WV.NG@zeiders.com. Thank you for your service and thank you for the warm welcome I have received.

Antiterrorism & Force Protection: Suspicious people and activity

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

These Antiterrorism tips are on suspicious people and activity.

GENERAL SECURITY:

- Instruct family and friends not to provide strangers with information about you or your family.
- Be alert to strangers who are on government property for no apparent reason.
- Report all suspicious persons loitering near your residence or office; attempt to provide a complete description of the person and/or vehicle to Security Forces.
- Don't open doors to strangers.
- Report all threatening phone calls to security officials.

BE SUSPICIOUS:

- Be alert to public works crews and, if overseas, other foreign nationals requesting access to your residence; check their identities through a peep-hole before allowing entry.
- Be alert to peddlers and strangers.
- Write down license numbers of suspicious vehicles; note descriptions of occupants.
- Treat with suspicion any inquiries about the whereabouts or activities of other family members.
- Report all suspicious activity to Military/Security Forces or local law enforcement.

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.





ACCOLADES



Welcome

A1C John Kunkleman, AS

Welcome Back from Technical Training

AB Pujaba Chudasama, MX
AB Hope Forsyth, LRS
A1C Phineas Jones, AS
AB Blake Rice, SFS

CDC High Scores

SSgt Timothy Sanders, CE
MSgt Clifton Dixon, AW

Promotions

To Airman First Class

Linsey Pryor, LRS

To Senior Airman

Garrett Morris, MXS
Alyssa Baden, MXG
Zachary Kastner, MXS
Ever Rivas, SFS

To Staff Sergeant

Jacob Orlando, MXS

To Technical Sergeant

Lisa Affuso, FSS
Joshua Clark, LRS
Joshua Webber, FSS

To Master Sergeant

Justin Byrd, MDG

Promotions

To Senior Master Sergeant

Devin Paskewich, MOF

To 1st Lieutenant

Heather Caviness, FSS
Margret Mayberry, FSS

To Major

David Groom, AS

To Lieutenant Colonel

James Holsinger, AW
Lindsey Jackson, OSS

Retirements

Capt. Heather Wright, MDG



Combat Offload

Two pallets slide off the back of a C-17 Globemaster III aircraft onto the taxiway at the 167th Air-lift Wing, Martinsburg W.Va., Aug. 7, 2019, as part of a demonstration for local employers visiting the wing for an Employer Support of the Guard and Reserve (ESGR) event. A combat offload is designed to move materials into an austere location that is either being built up, lacks the capability to move certain pallets from the aircraft or to offload quickly in a combat environment. (U.S. Air National Guard photo by Senior Master Sgt. Emily Beightol-Dey-erle)



ANNOUNCEMENTS



167 AW

Area Defense Counsel



Lt Col Jorene Soto

167 AW Area Defense Counsel

If you are concerned you may be under investigation for military misconduct, or subject to administrative discharge please contact the Area Defense Counsel (ADC) for privileged legal advice. The ADC office is located at the 130th Air Lift Wing, Charleston, WV, but we are readily available via phone and email on and off UTA. Contact information enclosed below.

Who may call the Area Defense Counsel?

The ADC provides West Virginia Air National Guard members who are suspected of an offense or facing potential adverse administrative action with independent legal representation. The ADC is an experienced judge advocate outside the local chain of command which avoids even an appearance of possible command influence or conflicts of interest as well as allows Airmen to receive completely confidential legal advice.

What types of adverse military actions are appropriate?

The ADC's prime responsibility is to zealously and ethically represent clients during adverse military actions such as:

- WV Non Judicial Punishment
- Administrative discharge and Demotion actions
- Denial of Reenlistment
- Referral EPRs/OPRs
- Suspect Rights Advisements
- LOCs, LOAs, and LORs
- UIF entries and control rosters
- Any other adverse actions in which counsel for an individual is required or authorized

The ADC is not able to assist in certain areas such as personal civil legal matters and congressional complaints. However, if you have any questions as to the availability of our services, please call to make an appointment.

****The Area Defense Counsel is available for WVANG members only. Sister services must contact the nearest servicing base for representation.

Lt Col Jorene Soto, WVANG Area Defense Counsel

UTA: (Office) 304-341-6148; DSN 366-6148, jorene.soto.mil@mail.mil

VA partners with National Guard to provide on-site counseling during training weekends

WASHINGTON — The U.S. Department of Veterans Affairs (VA) and the Department of Defense formalized a partnership June 28 between VA's Vet Centers and the National Guard Bureau, to provide Vet Center counseling, outreach staff and other services to members during training or drill weekends.

"This relationship between VA and the National Guard further advances the department's efforts to decrease service member and Veteran suicide," said VA Secretary Robert Wilkie. "Vet Center staff will provide counseling and referral to those who may be under stress and at risk for self-harm."

VA's 300 Vet Centers, 80 Mobile Vet Centers and a 24/7 call center provide community-based counseling for a wide range of social and psychological services, including confidential readjustment counseling and outreach and referral to eligible Veterans, active-duty, and National Guard and Reserve members and their families.

Vet Center counselors and outreach staff, many of whom are Veterans themselves, are experienced and prepared to discuss the tragedies of war, loss, grief and transition after trauma.

Suicide prevention is a top priority for the National Guard, which experienced the highest rate of suicide among military components in 2017. Since then, VA has seen a 38% increase in National Guard service members seeking Vet Center services.*

"This is an important and historic day for the National Guard and Veterans Affairs," said Gen. Joseph L. Lengyel, chief of the National Guard Bureau, "This partnership will increase our ability to offer access to services to our Guard Soldiers and Airmen and their families who live in remote locations. Ultimately, this partnership will positively impact the readiness of our force."

Suicides across the Guard have dropped to the lowest point than they have been in the past 5 years when comparing annual data from January to August. NGB is carefully examining the information to determine whether a direct correlation exists between the reduction of suicides so far in 2019, and this type of strategic engagement.

Nearly 300,000 Veterans and active-duty service members received Vet Center services in 2018.

To find out more about Vet Centers, or to locate a nearby Vet Center, visit www.vetcenter.va.gov.



Saturday, 26 October,

1-3 PM

At the 167th AW



HALLOWEEN
BASH



Games

Cake Walk

Trunk or Treat

Barrel Rides

Piñatas!



Cake & Candy Donations

Appreciated by 25 Oct.

Drop off at Sherry Lewis' Office

Airman & Family Programs



VEHICLES NEEDED



Sat., 26 Oct,

1-3 PM

FRG Halloween Bash

- Decorate to impress and be named the best trunk
- Share treats with our military kids
- Any vehicle can be used
- Families vote on best trunk
- Special prize to top winner

Please call or e-mail Sherry Lewis in AFPO (X5590) to RSVP by 25 Oct. Event on base in front of bldg. 120.

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.

