

PLANETALK

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ON THE COVER

U.S. Air Force Airman 1st Class Morgan Domenico and Tech. Sgt. John Breitenbach, both maintainers with the 167th Maintenance Group stabilize a left elevator being hoisted to the tail of a C-17 Globemaster III aircraft during a unit training assembly, Shepherd Field, Martinsburg, West Virginia, May 14, 2022. Maintenance events such as this held during UTA's allow drill status guardsmen training time in unique procedures which require a high level of teamwork. (U.S. Air National Guard photo by Staff Sgt. Timothy Sencindiver)

U.S. Air Force Tech. Sgt. Derek Meacham, a maintainer with the 167th Maintenance Group fastens an engine inlet cover on a C-17 Globemaster III aircraft to facilitate an aircraft wash during a unit training assembly, Shepherd Field, Martinsburg, West Virginia, May 14, 2022. Maintenance events such as this held during a UTA allow drill status guardsmen training time, increasing mission readiness. (U.S. Air National Guard photo by Staff Sgt. Edward Michon)



167AW WING COMMANDER
Col. Martin Timko



167AW ACTING WING COMMANDER
Col. Christopher Sigler

Vision

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



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

167th,

It was a great opportunity to represent the 167th Airlift Wing at the ANG Senior Leadership Conference (ASLC) last month. Chief Brawner and I had the opportunity to listen to strategic guidance from the Secretary of the Air Force, the Chief of Staff of the Air Force, the Chief of the NGB, the Chief Master Sergeant of the Air Force and several other distinguished speakers. It is impossible to relay all of the great information we gathered but I will hit a couple of highlights.

One of the biggest takeaways from ASLC was the "Accelerate Change or Lose" mentality. Near-peer competitors are making rapid gains in area denial capabilities which is driving the need for the U.S. military to modernize and adapt. The 167th will be changing how we conduct training and readiness exercises to be more prepared for new threats. A Wing goal is to work to ensure all Airman know WHY we are changing the way we train.

During ASLC senior Air Force and ANG officials spoke very positively of the ANG State Partnership Program (SPP). The California National Guard is partners with Ukraine and the benefits of that training partnership were observed on the world stage. The West Virginia National Guard is partnered with both Qatar and Peru. Training opportunities between the WVNG, Qatar and Peru were limited over the last couple of years due to the COVID pandemic but I am looking forward to 167th interaction with our state partners in the future.

Six members from the 167th attended the National Guard Association of West Virginia (NGAWV) state conference at Charleston, WV from 29-30 April. The associations at the state and national level are working for improved benefits such as zero-cost TRICARE and a single document to record military service that could replace the active duty DD214. The added benefit of attending the conference was the chance to interact with our counterparts from the 130th Airlift Wing and the WV Army National Guard.

I know that I certainly learned a few things from attending the ASLC and the NGAWV conferences. I encourage Wing members to get out and interact with their counterparts. If you do, I know that you will learn something new and be able to bring it back to our unit to make the 167th even better. We are very fortunate to have the mission and facilities that we have at the 167th. We all need to be active to remain the best airlift wing in the nation.

See you at June Super Drill!

Respectfully,
Sig

Team,

Thank you all for another productive drill. I hope you were able to complete some good training. The final push has begun to prepare everyone for Super Drill next month. Representative from all groups have been hard at work to build and tweak a full schedule of activities and training. Let's make these four days together worthwhile and fun. We have plenty to do and I'm looking forward to it!

This week has been a busy one. A large contingent of the MSG Group headed to Camp Dawson to knock out some important training requirements. The event also allowed time for building and strengthening relationships amongst team members. Please know Col Sigler and I promote and support offsite training such as this. It is good to get away from the Wing every so often and do these types of events.

Also at Camp Dawson this week was a handful of folks from the Wing, along with myself, to host the annual EFAC (Enlisted Field Advisory Council) Region 2 meeting. Our team along with representatives from the 130th AW, DE, PA, and ANGRC met to discuss a handful of topics that include Force Development, PME, D&I, Near Peer threats, as well as a handful of other important initiatives. It was a great week!

We congratulate Lt. Col. Freid-Studlo on his new assignment at WVANG State Headquarters and Lt. Col. Holsinger on his new assignment as the 167th OSS commander. I look forward to their continued leadership in their new roles.

Finally, spring is in full bloom with summer coming on quickly. I hope you can get out and enjoy the warm weather. I ask that each of you play it safe and come back to us in June energized and ready to get after it again.

Your Chief,
Chief Brawner

Shepherd Field lighting upgrades support pilot training

by Senior Master Sgt. Emily Beightol-Deyerle

A comprehensive airfield lighting upgrade is underway at Shepherd Field, Martinsburg, W.Va., and is scheduled for completion this fall.

The 167th Airlift Wing and the Eastern West Virginia Regional Airport (EWVRA) implemented a Military Construction Cooperative Agreement to secure the approvals and funding needed to overhaul the aging lights on the military and civilian side of the airfield.

Light emitting diode (LED) taxiway and runway edge lights, landing zone lights, precision approach path indicator lights and associated cable and conduit installation, are among the planned improvements.

Senior Master Sgt. Alan Romero, the airfield manager for the 167th Operations Group, said groundwork for the project began in 2016 soon after the wing converted to the C-17 Globemaster III aircraft.

"We began looking at a way to superimpose an assault landing zone here so [aircrew] could get some of their night work done here," Romero said. "The airport authority was also considering their electrical rehabilitation project, so we were able to include all of that in one big project."

Romero and his team need to visually shrink the airfield's 8,815 feet by 150 feet runway to 3,500 feet by 90 feet so the pilots can practice assault, or short-field, landings and take-offs for contingency operations.

Markings were painted on the runway for daytime training and mobile lighting kits have been employed for night time training. However, the mobile kits require extra manpower to set them up for each training event, they wear out over time and they create potential for foreign object debris on the airfield.

As part of the airfield lighting upgrade, lights are being embedded in the runway to mark the assault landing area. The embedded lights will be controlled by the flip of a switch in the air control tower, reducing manpower needed on the ground for the night flying training. The lights will also be brighter improving visibility of the airfield for the pilots.

"The safety of the aircrews is what it boils down to. If they need to execute a real world contingency landing and take-off on the 3,500 by 90, they have the right tools and equipment to practice here so that they can do it in the real world safely. And everyone can come back, go out that gate and go home and hug their families," said Romero. 🐾

Top right: U.S. Air Force Senior Master Sgt. Alan Romero, 167th Airlift Wing airfield manager, and a contractor with engineering firm Michael Baker International, look at a trench dug in the runway at Shepherd Field as part of an airfield lighting upgrade project, May 5, 2022. Lighting on the runway and the military and civilian sides of the airfield are being upgraded as part of a military construction cooperative agreement.

Right: U.S. Air Force Senior Master Sgt. Alan Romero, 167th Airlift Wing airfield manager, discusses with Maj. Jared Shank, 167th AW chief of flight safety, and Mike Gregory, 167th Maintenance Group quality assurance superintendent, lighting upgrades made to Shepherd Field, Martinsburg, West Virginia. The lighting upgrades are part of military construction cooperative agreement. The project is slated for completion this fall. (U.S. Air National Guard photos by Senior Master Sgt. Emily Beightol-Deyerle)



Holsinger takes command of 167th Operations Support Squadron

by Staff Sgt. Edward Michon

The 167th Airlift Wing hosted a change of command ceremony for the 167th Operations Support Group (OSS) during May's unit training assembly in the base dining facility, May 14, 2022.

During the ceremony, Lt. Col. James Freid-Studlo received the Meritorious Service Medal before relinquishing command of the 167th OSS to Lt. Col. James Holsinger.

Freid-Studlo has been the 167th OSS commander since 2019 and oversaw several impactful operations during his time in command.

"Between COVID-19, the evacuation in Afghanistan, the unit effectiveness inspection and other high-priority missions and deployments, OSS was there for it all, making an impact on an international stage under the guidance of Lt. Col. Freid-Studlo," said Col. Christopher Sigler, acting 167th Airlift Wing commander. "And with Lt. Col. Holsinger's experience, background and leadership ability, the wing will remain ready."

Upon his departure, Col. Freid-Studlo thanked his family, peers and mentors for the support over the years.

"As I prepare to leave the 167th for my new assignment at the state headquarters, I can never fully express my gratitude in sharing the last two and a half years with the men and women of OSS," said Lt. Col. Freid-Studlo. "Thank you, god bless, and godspeed."

Lt. Col. Freid-Studlo then passed the guidon to Lt. Col. Holsinger, ceremoniously appointing him command of the 167th Operation Support Squadron.

"I am beyond humbled by the faith placed in me to command the finest operations support squadron not only in the Air National Guard, but in the United States Air Force," said Lt. Col. Holsinger. "I promise to strive each day to reach the incredibly high expectations set before me."

During his welcome, Lt. Col. Holsinger expressed his thanks and told stories of his values, ending his speech with discussing the importance of our Airmen and their well-being, stating, "If we take care of our people, they will take care of the mission." 🐾



167th Operations Group deputy commander U.S. Air Force Lt. Col. John McCullough presents 167th Operations Support Squadron commander (OSS) Lt. Col. James Holsinger with the guidon during the OSS change of command ceremony held at the 167th base dining facility, Martinsburg, West Virginia, May 14, 2022. Air Force change of command ceremonies are a time-honored tradition where incoming commanders officially assume command while their airmen bear witness. (U.S. Air National Guard photo by Staff Sgt. Edward Michon)

Civilian partnerships provide key readiness training for 167th medics

by Senior Master Sgt. Emily Beightol-Deyerle

This week, five aerospace medical service personnel, assigned to the 167th Medical Group completed 40 hours of trauma training at J.W. Ruby Memorial Hospital in Morgantown, W.Va.

Working alongside critical care nurses and trauma nurses, the Airmen, whose roles are part licensed practical nurse and part emergency medical technician, received hands-on experience in the hospital's intensive care units and the emergency department.

"This is a level I trauma hospital. The patients that are coming in are acutely ill. The training is intense but it's what we need to be prepared to deploy," said Lt. Col. Sarah Law, 167th Medical Group chief nurse. "Our medics are assisting, hands-on, within their scope of practice."

The Airmen, also referred to as 4N's short for their Air Force Specialty Code, garnered experience with hemorrhage control, thermal injuries, blunt force injuries, neurological injuries, mechanical ventilation and more.

"The finely tuned skills that the 4N's will come away with will have a lasting impact on the Air National Guard," Law said.

Additionally, the 4N's received canine training at Cheat Lake Animal Hospital, preparing them to assess, from head to toe, U.S. military working dogs.

"Dr. Jean Meade from Cheat Lake Animal Hospital welcomed us with open arms and was very thorough. [They] educated our members with more than enough hands on experience to know how to confidently handle canines," Law said.

The training is the first iteration of a training affiliation agreement (TAA) established between the West Virginia Air National Guard and J.W. Ruby Memorial Hospital. A TAA is a no-cost, legal agreement for training between two or more institutions with a program recognized by a national accrediting agency. More rotations are planned through the summer to accommodate the 40-hour biennial requirement for the medics.

"We are taking notes, learning and will continue to smooth out this program with each rotation that comes through. We'll see what we can improve upon to keep this relationship lasting as long as possible," said Law who provided command oversight for the Airmen during their training.

"It has been my absolute pleasure observing the 4N's excel in their training and working with the staff at WVU medicine and Dr. Meade at Cheat Lake Animal Hospital," Law said.

Below left: U.S. Air Force Senior Airman Tyler Shrewbridge, Staff Sgt. Whitney Potts, Staff Sgt. Michael Berry, Senior Master Sgt. Jennifer Day and Staff Sgt. Taylor Beasley, aerospace medical service personnel for the 167th Medical Group, completed 40 hours of trauma training at J.W. Ruby Memorial Hospital in Morgantown, West Virginia, May 16-20, 2022.

Below: U.S. Air Force Staff Sgt. Michael Berry, 167th Medical Group medic, assists veterinarian Dr. Webb with a canine tooth extraction at Cheat Lake Animal Hospital, Cheat Lake, West Virginia, May 19, 2022. Berry along with four other 167th MDG medics received training through J.W. Ruby Memorial Hospital and Cheat Lake Animal Hospital. (U.S. Air National Guard photos by Lt. Col. Sarah Law)





U.S. Air Force Col. Christopher Sigler, 167th Airlift Wing acting commander, presents Tech. Sgt. Joshua Webber, 167th Airlift Wing recruiter, with the Top Non-Prior Service Accessions award for 2021 during a unit training assembly, Martinsburg, West Virginia, May 14, 2022. Webber received the award for completing the most accessions in the Air National Guard for 2021 at 75 non-prior service member recruitments, earning him Air National Guard recruiter of the year. Webber also received the Region 4 Top Production Recruiter of the Year and the 2021 Non-Prior Service Accession Drive Competition Award from the Director of the Air National Guard during the ceremony. Webber also recently won Outstanding Non-Commissioned Officer of the Year at both the wing and state level. (U.S. Air National Guard photo by Staff Sgt. Edward Michon)

167th Mission Support Group Airmen participate in annual training event

by Senior Master Sgt. Emily Beightol-Deyerle, photos courtesy of Col. William Annie

Approximately 90 167th Mission Support Group Airmen participated in an annual training event at Camp Dawson, Kingwood, W.Va., May 14-19.

Multiple training stations and scenarios were presented to the Airmen to shore up basic fundamental skills and enforce mission critical skills in an unfamiliar joint setting similar to a deployment, according to Col. William Annie, 167th Mission Support Group commander.

"My overall goal is for my group to become more resilient as they face and overcome a multitude of difficulties during training," Annie said. The training was delivered with a crawl, walk, run methodology with an expectation to demonstrate proficiency in the run phase.

Weapons qualification, tactical radio communication, active shooter, shoot and move tactics, emergency management and chemical, biological, radiological, nuclear and explosive training were among the various readiness-enhancing courses provided by 167th MSG members for their fellow group members. Additionally aircrew flight equipment Airmen provided land navigation training.

The training presented opportunities for cross-talk amongst the various squadrons within the mission support group, comprised of logistics, security forces, civil engineering, force support and communications functions.

"I always want to ensure that my commanders and NCO's are sharp and practice synchronization," Annie said. 🐾



Airman SPOTLIGHT

Name:

Master Sgt. Donald Broschart

Hometown:

Gerrardstown, W.Va.

Job Title:

Fire Protection Specialist

Master Sgt. Donald Broschart is a fire protection specialist for the 167th Civil Engineering Squadron and the 167th Airlift Wing Airman Spotlight for May 2022.

As a fire protection specialist, Broschart, along with his fellow firefighters, is responsible for protecting people, property and the environment from fires and disasters. More specifically, Broschart is tasked with developing and maintaining training programs for the 167th Fire Department.

"He has developed a program that allows firefighters at each level to increase their overall knowledge, skills, and capabilities on real world emergencies," said Senior Master Sgt. Chris Taylor, the fire chief for the 167th CES. "Additionally, his ability to lead and mentor Airmen has created an environment that fosters growth and development, not only professionally, but also on a personal level. He is the true back bone to the fire department."

Hometown: Gerrardstown, WV

Job Title: Assistant Chief of Training / Unit Training Manager

How long have you served in the unit? 20 Years

My job here is important because: My job here is important



because the training section manages the training that develops and certifies firefighters to support the mission both here at the 167th, local community, and abroad.

Civilian job: Assistant Chief of Training, 167th CES; Security Contractor (Part-Time) US Customs and Border Protection Advanced Training Center, Harpers Ferry, WV

Education: Graduated Hedgesville High School in 2002
112/121 credits toward Emergency Management BA, American Military University
CCAF being evaluated

Hobbies: Fishing, Shooting/Collector, Sports (Bruins/WVU)

Goals: Continue to serve the 167th WVANG. Continue to develop as a leader, mentor, and father.

I am proudest of: The Fire Department personnel. As a young department, the firefighters at the 167th have stepped up to every task and challenge that has been asked of them. Even through the toughest of times, the guys have not only

remained resilient, but have grown, not only as professionals but as a family.

People may be surprised to know this about me: Huge SCI-Fi and Horror nerd

The most exciting thing I've done in the military is: The opportunities that I have had to deploy and travel abroad as well as working with agencies stateside.

One/Some of the most valuable lessons I've learned throughout my career: Taking care of your people. Learn from those above you and serve those below you.

My advice to the newest Airmen in the Wing: Don't get comfortable, seize opportunities to gain experience outside your normal scope of work.

The best thing about working with my team is: The fire department training section is about developing firefighters to the best they can be. Seeing that growth and maturity come to fruition is the most rewarding part of the job. 🐾

HERITAGE AND DIVERSITY COUNCIL

In recognition of Armed Forces Day we honor the diverse service of our Airmen

by Senior Master Sgt. Lona Lozinski, Chair, 167th Airlift Wing Heritage and Diversity Council

Armed Forces Day is Saturday, May 21 and across the country, we celebrate the service of our men and women. Established in 1949 to replace separate recognition days for the Army, Navy and Air Force, Armed Forces Day is our chance to offer gratitude to all service members.

At the 167th, this is a chance to recognize the diverse backgrounds of our Airmen and highlight their prior service. Many of our members have previously served in the Army, Navy and Marines. Combined, these seven Airmen have traveled to over 80 countries and nearly every state in the Union, activated for over 20 deployments and most have seen combat. Coming from these diverse backgrounds, these airmen offer a unique look into who our airmen are, the skills they bring from other branches of service, and how that service has influenced them in their current positions at the 167th.

Master Sgt. Sylvester Payne

Master Sgt. Sylvester Payne is the 167th Security Forces Superintendent and served three years in the Navy when he graduated from high school.



Master Sgt. Sylvester Payne served in the Navy before joining the 167th Airlift Wing.

Payne was a "Green Shirt," which meant he was part of a crew that assisted in launching and recovering aircraft off the carrier. Payne recalled working 18 hour days and months aboard a ship, moving from port to port. In his short three years in the Navy, Payne was in Bosnia and Kosovo, the Adriatic Sea, the Persian Gulf and twice passed through the Suez Canal, had two

six month deployments and served on two ships.

"When I was a Green Shirt I saw planes go in the water, planes come in on fire, people blown down the deck. You had to keep your head on a swivel. But it was exhilarating. I enjoyed the work," Payne said. "But I knew that it was not something I wanted to do for twenty years."

Being native to Berkeley Spring, West Va., it made sense that after leaving the Navy in 1998, Payne joined the 167th. He held positions in both the Maintenance Group and the Security Forces Squadron, served in multiple positions to include an extended period of time as a Raven, which is a specialized segment of the Security Forces population, and has traveled to approximately 50 countries in his 27 years of combined service. When asked what skills he brought with him to the Wing, Payne stated that two skills, "team unity" and "situational awareness," have served him well in his time at the 167th.

Tech. Sgt. Michael Frye

Tech. Sgt. Michael Frye is a firefighter at the 167th and served for six years in the Army before joining the 167th in 2008. He served in the 82nd Airborne Division, 1st Cavalry Division and the 2nd Infantry Division in such places as Korea and Haiti. Frye's jobs included Airborne and Air Assault, Stinger missile crew team chief and squad leader during both Desert Shield and Desert Storm.

Frye left the Army in 1998 due to rank stagnation and worked in the civilian sector before joining the 167th. He has served with the 167th for 14 years and works full time for the Wing and part time for Hagerstown Regional Airport as a firefighter. Since coming to the Wing, Frye has married, had three children and is now four classes away from earning his Bachelor's Degree in Business Administration and Management.

When asked what traits and skills he brought with him from the Army, Frye said he learned to "always get up and move forward."

"You train to the desired standard, not your perceived abilities," Frye said. "The day is only as hard as you allow it be and you can weather so much more than you think."

Tech. Sgt. Thomas Glennon

Tech. Sgt. Thomas Glennon served in the Navy for five years as a Machinist Welder and had three West Pacific cruises, one Arctic cruise and two tours into the Persian Gulf during the Iraq War. Glennon served on the USS Vincennes, which took hostile fire during an exchange between the USS Elmer Montgomery and Iranian gun boats. The incident resulted in mass casualties



Tech. Sgt. Thomas Glennon served in the Navy before joining the 167th Airlift Wing.

and took a severe toll on Glennon's perspective of his role in the Navy. Glennon separated at the end of his enlistment in 1990.

"The Navy is a fast paced, you'll-sleep-when-you're-dead organization," said Glennon. "I had a good work ethic before the Navy but they honed it, or abused it."

Glennon joined the 167th in 1996 and continues to faithfully serve after nearly 30 years of combined service. He first worked as a Drill Status Guardsman and is now a full-time Technician.

Senior Master Sgt. Brad Gloyd

Senior Master Sgt. Brad Gloyd served four years in the Army and enlisted through the Delayed Entry Program while still a Junior in high school in Berkeley Springs. Gloyd worked as Multi-Systems Channel Analyst and was stationed at Fort Jackson, South Ca., Fort Gordon, Ga., and Fort Hood, Tx. He served in Bosnia for three months as part of Operation Joint Forge.

Gloyd said that his time in the Army was marred with poor leadership that were not looking out for him as a young soldier. He separated from service and came home to West Virginia. Gloyd joined the Wing in 2003 and immediately found the leadership he was looking for. Gloyd says that as a young airman he had run into some personal issues and his leadership not only supported him but fought for him to stay in the 167th.



Senior Master Sgt. Brad Gloyd served in the Army before joining the 167th Airlift Wing.

"I thought for sure, the problems that I was having, that this was it, they were going to make me get out...and I had just gotten here," said Gloyd.

But instead, Gloyd went on to have a successful career in the Communications Flight and is currently the Cyber Defense Operations Senior Enlisted Leader.

Master Sgt. James Keller

Master Sgt. James Keller enlisted in the Army at the age of 17 and served in multiple roles to include an Intelligence Analyst and Signals Intercept Operator. He was attached to multiple units to include a Special Forces unit for four years. Because of the type of units he was attached to, Keller saw combat early and often, with his first combat operation at the age of 19. Keller's final deployment was to Afghanistan in 2002.



Master Sgt. James Keller served in the Army before joining the 167th Airlift Wing.

During that mission, Keller was driving in a convoy that was ambushed. His passenger, Sgt. Gene Vance, was killed by a sniper during the attack.

It took several weeks to get home after the ambush and part of that trip was made on a C-17. Keller said the care from the aircrew that he and the three surviving members of the ambush received, sparked his interest in the Air Force. Keller separated from the Army in 2003 and enlisted in the 167th Airlift Wing in 2006.

Keller is currently the 167th Security Forces Squadron First Sergeant and has a combined 31 years of service. He says what he learned the most from his prior service in the Army is keeping a level head is the most important thing.

"I always keep in mind that the emergencies we may experience while working on the aircraft or other things that may happen here, it's okay," said Keller. "For the most part, we aren't talking about life and death and so whatever it is, we will fix it."

Senior Master Sgt. Josh Michael

Senior Master Sgt. Josh Michael started his military career as a Marine in 1998 and worked as a machine gunner and as part of a Riverine Assault Craft (RAC) team. His four years



Senior Master Sgt. Josh Michael served in the Marines before joining the 167th Airlift Wing.

of active duty amassed two six month deployments, travel to three continents, seven countries and the Suez Canal.

Michael said by 2002, though life in the Marines was no longer enjoyable, he still wanted to serve, only this time, closer to home. Michael, like Payne, is from Berkeley Springs, and found his way to the 167th, just three months after separating from the Marines in June 2002. During his 20 years here, he has been assigned to five Air Force Specialty Codes (AFSC) in two different squadrons, all leading to his current position as the Civil Engineering Squadron Senior Enlisted Leader.

"Being a Marine...it's the proudest I have ever been of anything in my life," said Michael. "It lives deep in your core and

that bearing, the discipline, stay with me."

Senior Airman Benedict De Leon

Senior Airman Benedict De Leon served seven years in the Army Reserves attached to the 721st Signal Company in Guam where he maintained computer systems and managed highly sensitive military information. De Leon was born and raised in the Philippines and immigrated to Guam when he was 26.



Senior Airman Benedict DeLeon served in the Army reserves before joining the 167th Airlift Wing.

Guam is a US territory and De Leon said he felt a need to provide service to the US in gratitude for living there.

As an immigrant and as a foreigner, I wanted to contribute and I wanted to give back," said De Leon. "I wanted to be part of the one percent and I have a lot of pride in that."

De Leon separated from the Army Reserves in 2018 but parlayed the skills he learned there to his current civilian job as an FBI Assistant Watch Officer in Washington D.C. De Leon wanted to continue his military service and joined the 167th Communications Flight in November of 2019. De Leon currently works in the Client Systems shop.

The stories of these airmen are brought to you by the 167th Airlift Wing Heritage and Diversity Council. The Council is devoted to sharing the history, culture and diversity of the Airmen of the 167th AW in order to promote a community of acceptance and inclusion at the Wing. The HDC meets every UTA Sunday and is open to all members of the 167th.



167th officers attends West Virginia National Guard Association conference

167th Airlift Wing members, Lt. Col. John McCullough, Lt. Col. James Freid-Studlo, Capt. Aaron Hansrote, Col. William Annie, Lt. Col. Randy Wright and Col. Christopher Sigler attended the annual conference of the Enlisted and Officer Associations of the West Virginia National Guard, April 29-30, in Charleston, West Virginia. The associations work to improve readiness, modernization and quality of life for the National Guard.



Labors of Love

Faith Christian Academy students, staff and family members spread mulch around utility boxes at the 167th Airlift Wing, Shepherd Field, Martinsburg, West Virginia, May 20, 2022, as part of the school's Labors of Love community service program. (U.S. Air National Guard photo by Senior Mater Sgt. Emily Beightol-Deyerle)



167th hosts C-17 system review board

Representatives from Boeing and the U.S. Air Force met for a C-17 Globemaster III aircraft system review board at the 167th Airlift Wing, Martinsburg, West Virginia, May 16-19. Discussions centered around contracts and the aircraft training simulators used throughout the Air Force. (U.S. Air National Guard photo by Senior Mater Sgt. Emily Beightol-Deyerle)

Grateful for the opportunity to serve on COVID-19 task force

by Airman 1st Class Zachary Bennett, Chaplain Assistant



**Airman 1st Class
Zachary Bennett,
Chaplain Assistant**

In January I had the opportunity to go on military orders and serve with the West Virginia National Guard COVID-19 mission on Joint Task Force Medical (JTFM), one of several task forces established to combat the pandemic. JTFM was involved with the health care system throughout the state. My support was to the Berkeley Medical Center in Martinsburg. There were many positions the Army and Air National Guard were assigned to support in the medical center. My primary job was to work alongside speech, occupational and physical therapists, but I also was involved with environmental services, radiology, screening visitors at the front desk, and COVID testing. The experience I had with each different job taught me how valuable each position is to accomplishing people's care.

Our typical day began with the therapists determining the patients they would be seeing for the day and how much assistance they would require from us. Each patient had daily predetermined therapy goals and we would challenge them to reach those goals. One female patient was in the ICU recovering from COVID. Her oxygen level was severely low and our goal was to assist her in moving to build her oxygen level back up to normal. The first day we met her, she was in a chair, hooked up to oxygen. We helped her stand up, and she was able to take two steps forward and two steps back before she would be out of breath and would need to sit back down. Once her breathing normalized she would stand and repeat the therapy. While it may seem slow, eventually she returned to normal and was discharged and her oxygen was back to normal. As I worked with her, I learned the importance of setting small goals in life, even the next two steps.

Tech. Sgt. Shepherd from the 167th Logistics Readiness Squadron Transportation Management Office (LRS/TMO) was also assigned to JTFM and we often worked together. Each day we would go to our respective therapists to receive our assignments for the day. This may include helping patients sit up, supporting patients when they were standing, and reordering the patient's beds, anything to lighten the load for the overtasked therapist. Some of our patients were connected to IV poles but they could not move them on their own, and we would follow behind pushing the IV pole as they walked. We faced all types of different situations that required us to adapt and assist.

While we worked there, we wore our OCPs (Operational Camouflage Pattern) uniform. Whenever we walked into a patient's room, the atmosphere changed. Many of the patients were happy to have our presence. They were curious and wanted to know why the military was helping. In fact, many of them would become more willing to participate in the therapy. Some were difficult to deal with; others appreciated the encouragement and conversation in their discomfort. This led to their positive progress. The morale of the nurses also improved and their spirits were lifted because they knew they weren't alone. The Guard was there to help them in their time of need!

This was truly a great experience to interact with the local community and I am grateful to have experienced such an amazing opportunity helping these patients who were in tremen-

dous need. At the end of our time, we were given an award for our support. Tech. Sgt. Shepherd had handed out coins to the physical therapists and while I got a last chance opportunity to talk to those who had an impact on me I gave them 167th Airlift Wing patches. Most of the recipients teared up and gave me a hug when I gave them their patches. I enjoyed my time working there and the memories will last forever. Tech. Sgt. Shepherd and I became close friends and I continue to talk to those who were on the team with me. They're now more than just fellow Airmen, but friends.



GLORIFYING GOD
SERVING AIRMEN
PURSUING EXCELLENCE



Mental Health Matters

by Cristina Firescu-Williams, LCSW-C



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

May is Mental Health Awareness month and I believe everyone agrees that mental health matters. Mental health has been taboo for so long that many people still see the subject as a negative topic of discussion. We like to pretend that we are fine, try to stay busy so we don't have to think on the matter and when things fall apart we look for an immediate cause which may or may not truly be the reason for the breakdown. We still live in a society where others may look at you funny if you're crying and are told to shake it off when the burden gets too heavy to carry. If you break a leg and can't walk, no one tells you to shake it off. So why

is it acceptable to be expected to shake it off when it comes to your mental health?

The reality is that the last couple of years have been rough to say the least. For some it has been longer than a couple of years. We have faced such turbulence in our society, faced a pandemic and faced loss. We have lost loved ones, relationships, financial stability and an overall sense of familiarity and constancy. All of these things would weigh heavy on any mind. Our mental health is bound to be rattled at one point or another.

It is much easier to focus on the negative than it is to find the positive. The negative generally triggers our fight or flight response so it sticks out in your mind more than the

positive which generally maintains our level of comfort. The last couple of years have also forced us to slow down and assess what matters, have brought us closer to those we love and overall forced us into finding new ways to do things. The change may not have been pretty although necessary, but in the end it moved us forward.

This is how our mental health is. It is always there whether it is running as a well-oiled machine, a little squeaky at times or completely broken down. We have stressors we face on a daily basis. Those stressors can cause us to function better and improve how we handle our mental health or they can cause us to break down. It is normal to be disappointed when we fall apart but it is important to realize that we have a chance to make a change and utilize our skills to improve our mental health.

In a conversation with some friends the other day, one of them said: 'can you imagine all those therapists in one room talking about their feelings? Actually (chuckling), they probably never talk about their feelings.' The truth is whether you are a mental health provider or consumer, we all deal with mental health difficulties just as much. Some of us may have more tools to handle issues better and some of us may struggle more.

The message here is that your mental health matters. Change is inevitable and you have the choice to adapt or fight it. When things come at you, use your skills to make sure you maintain a healthy mind. If you realize you don't have any skills to handle things, find out what works for you to make positive changes. When you come to the conclusion that you've done all you can and are still struggling, get the help that you need.



Antiterrorism & Force Protection - Suspicious packages

submitted by Capt. Roderick Toms

These antiterrorism tips deal with suspicious packages/mail.

Delivering an explosive or incendiary device through the mail is an anonymous and relatively risk-free way for a terrorist to hit a target. Fortunately, we can counteract this threat by identifying suspicious packages or envelopes and then safely dealing with them. What makes a package suspicious?

- An unusual or unknown point of origin.
- No return address.
- Return address doesn't match postmark.
- Incorrect spelling on package label.
- An excessive amount of postage.
- An abnormal or unusual size.
- An uneven balance or shape.
- Oily stains on the package.
- Wires or strings protruding from the package.
- Peculiar odor.

Of course any of these identifiers could just mean a relative, friend, or fellow Air Force member didn't do a good job of packaging a gift or part, but just the same you should be a little extra cautious. Usually after further investigation and examination of the exterior of the package or envelope there is enough evidence to indicate a package is safe to open. However, if you are still not certain of a package's safety after an examination of it, don't open it. Notify the Security Forces Desk at 5300. They will advise you on what to do and notify the personnel who need to deal with the situation.

If you think something is suspicious, then it is suspicious!

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 Capt. Roderick Toms, 242-5084.



Sexual Assault Prevention & Response

**Have questions? Need Help?
We're here for you!**

**West Virginia National Guard
Sexual Assault Response Coordinator:**

Jenny Colagrosso
Office: 304-561-6681; DSN: 623-6681
24 hour Blackberry: 304-541-0573
jenny.r.colagrosso.civ@mail.mil

**167th Airlift Wing
Sexual Assault Response Coordinator:**

Lindsey Hash
Office: 304-616-5991; DSN: 242-5991; Cell: 304-839-9157
lindsey.hash@us.af.mil

**167th Airlift Wing
Volunteer Victim Advocate:**

Emily Beightol-Deyerle
Office: 304-616-5251; DSN: 242-5251; Cell: 304-268-3706
emily.beightol_deyerle.2@us.af.mil

**24/7 Sexual Assault Support for DoD Community
DoD Safe Helpline:**

Call: 877-995-5247
Texting: (*55-247);
Texting outside the US: (202-470-5546)
Online Resources: www.safehelpline.org





Advancing Leaders Through Collaboration

ASIAN AMERICAN PACIFIC ISLANDER HERITAGE MONTH



► A rather broad term, Asian-Pacific encompasses all of the Asian continent and the Pacific islands of Melanesia (New Guinea, New Caledonia, Vanuatu, Fiji, and the Solomon Islands), Micronesia (Marianas, Guam, Wake Island, Palau, Marshall Islands, Kiribati, Nauru, and the Federated States of Micronesia), and Polynesia (New Zealand, Hawaiian Islands, Rotuma, Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands, French Polynesia, and Easter Island).

► There are more than 39 different Pacific Island languages spoken as a second language in the American household.

► The month of May was chosen for the Asian American and Pacific Islander Heritage Month because of two important dates in the middle of the month. On the seventh of May in 1843, the first Japanese immigrant traveled to the United States. On the tenth in 1869, the transcontinental railroad was completed. The majority of the workers who laid the tracks were Chinese immigrants.

► Between 1848 and 1924, hundreds of thousands of immigrants from China, Japan, the Philippines, and Korea came to the United States. Although this period represents a significant wave of immigrants, it is not the first instance of Asian Americans coming to North America. It is speculated that Buddhist missionaries from China visited the West Coast as early as the fifth century, and it is known that the Spanish brought Chinese shipbuilders to California as early as 1571.

► During World War II, the 442nd Regimental Combat Team was a unit made up of Americans of Japanese ancestry. The 442nd was the most decorated unit for its size and length of service in the entire history of the U.S. military.

► Filipino-American women worked with the underground resistance movement to help American forces in the Philippines throughout the three-year period of Japanese occupation during World War II. These courageous individuals smuggled food and medicine to American prisoners of war and carried information on Japanese deployments to Filipino and American forces working to sabotage the Japanese Army.

► Asian Americans are the highest-income, best-educated, and fastest-growing racial group in the United States. They are more satisfied than the general public with their lives, finances, and the direction of the country, and they place more value than other Americans do on marriage, parenthood, hard work, and career success, according to a comprehensive recent nationwide survey by the Pew Research Center.

► Each year, the National Cherry Blossom Festival commemorates the 1912 gift of 3,000 cherry trees from Mayor Yukio Ozaki of Tokyo to the city of Washington, D.C. The gift and annual celebration honor the lasting friendship between the United States and Japan and the continued close relationship between the two countries.

► Thirty-three Asian American and Pacific Islander veterans have received the Medal of Honor.



Combating Trafficking in Persons Program Management Office

U.S. Department of Defense

What is Trafficking in Persons (TIP)?

The **use of force, fraud, or coercion** to compel a person to provide labor, services, or commercial sex. Any minor (under 18 years of age) involved in commercial sex is a victim of human trafficking (no force, fraud or coercion need be proved). TIP is the recruiting, harboring, transporting, providing, or obtaining a person for the purpose of exploitation. In sex trafficking, it also includes soliciting and patronizing.

Common Types of TIP: Labor Trafficking, Sex Trafficking, Child Soldiering, Domestic Servitude, Debt Bondage/Peonage, Involuntary Servitude

Who is at risk?

Victims can be of any:

- Race
- Gender
- Nationality
- Social status
- Economic status
- Immigration status

Vulnerable populations:

- Undocumented migrants
- Runaway and homeless youth
- Women and children with limited resources
- Oppressed social or cultural groups
- People displaced by natural disaster or civil conflict
- Victims of prior sexual or physical abuse

What are some indicators of TIP?*

Physical/Environmental indicators. Victims may:

- Have signs of physical abuse (bruises, cuts, burns, broken bones)
- Not possess identification papers
- Live at or be confined to their worksite
- Be escorted or closely monitored at all times
- Be in debt bondage to employer
- Suffer medical conditions such as serious communicable diseases, injuries from violence or hazardous work conditions, malnutrition, dehydration

Psychological/Behavioral indicators. Victims may be:

- Fearful
- Submissive
- Anxious
- Nervous
- Depressed
- Dependent on others
- Emotionally abused
- Lacking ability to move freely

*Indicators listed are not absolute signs of TIP, but when presenting with several are a sign of TIP.

How to respond if TIP is suspected:

If you suspect a TIP situation, do not get directly involved. **Report the situation to the appropriate authority immediately:**

Chain of Command

DoD Inspector General Hotline

1-800-424-9098, or visit

<http://www.dodig.mil/hotline/>

National Human Trafficking Resource Center

1-888-373-7888

Local Law Enforcement

Report and avoid any establishments or persons that you believe may be involved in TIP.

Never act alone, you may want to help, but trafficking situations are dangerous.

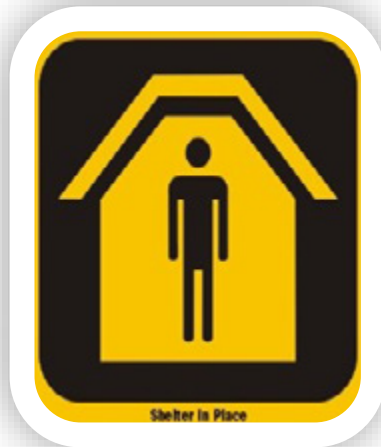
www.ctip.defense.gov

DID YOU KNOW?



Shelter-in-place (SIP) / Lockdown / Storm Shelter

3 DISTINCT actions based on the type of emergency. Knowing how to respond to SIP, Lockdown and Storm Sheltering can provide the ability to survive and operate in various situations.



Shelter-in-Place

Use: Hazmat and CBRN shelter up to 3 hours. Protects personnel from heavier vapors that accumulate at lowest elevation (ex. Chlorine gas).

Recommended location: Room on the highest floor of the building with limited windows

Lockdown

Use: Active Shooter incident

Recommended location: An enclosed room with lockable door and covered windows is ideal.

Storm Shelter

Use: Protection in severe weather (ex. Tornado).

Recommended location: Lowest floor, innermost room with limited windows/bay doors.





The West Virginia National Guard Adjutant General's Mission, Vision and Priorities 2022

MISSION: Provide ready, relevant and capable forces in support of the state and nation while creating opportunities for service members, civilian employees and families to live and thrive in West Virginia.

VISION: One Guard, a vital capability and resource to the State of West Virginia; an indispensable, relevant part of America's total force.

PRIORITIES:

- **One Guard Support – People First**
- **Ready Forces - Manned, Equipped and Trained**
- **Partnerships – Extending our reach inside & outside WV**

GUIDING PRINCIPLES

- Incorporate inclusion and diversity in all we do
- Enable leader development and growth through a rewards system focused on developmental assignments and professional education
- Support economic development in West Virginia
- Future focus to ensure relevant force structure that looks toward emerging opportunities
- Work to achieve resilient infrastructure
- Seek training opportunities and venues for joint, national level missions

West Virginia Values

Tradition, Family and Home
Self-Reliance and Individualism
Humor and Modesty
Neighborliness and Hospitality
Solidarity and Patriotism
Independence and Spirituality

Army Values

Loyalty
Duty
Respect
Selfless Service
Honor
Integrity
Personal Courage

Air Force Values

Integrity First
Service Before Self
Excellence in All We Do



ACCOLADES



Welcome

Lt Col William Brohard, AW
A1C Donald Miller, AS
A1C Kade Bradbury, MXS

Welcome Back from Technical Training

A1C Evan Roebuck, MXG
A1C Destiny Shingleton, MDG
A1C Noah Carder, CPTF
A1C Colin Roberts, MXG

Promotions

To Airman

Avah Rivera, FSS

To Airman First Class

Wyatt Hensell, LRS
Derek Kunkleman, LRS

To Senior Airman

Derek Chambers, LRS
David Connel, MXS
Stephen Hartman, LRS
Jess Mier, LRS

Promotions

To Staff Sergeant

Colin Gibney, MXS
Garrison Huggins, CES
Shawn McMahon, MXS
Adam Moore, MXS
Justin Butcher, LRS
Haley Hott, LRS
Cameron Hughes, LRS
Deven Morris, LRS
Nanishka Quiles-Perez, LRS
Summer Wilson, LRS

To Technical Sergeant

Joseph Guiney, SFS

Promotions

To Master Sergeant

Paul Noel, OSS
Jason Rapsack, MXS
Derrick Wood, CES

To First Lieutenant

Cullen Anderson, AS
Matthew Wilfong, AS
Benjamin Smith, LRS

Retirements

TSgt Christopher Perry, AW

RESILIENCE Stand Down Day

annual training classes
wellness - finance - fitness - nutrition
community vendors
AND MORE

Sunday, 11 Sept 2022

organized by your 167th Community Action Team



