

# PLANETALK

167TH AIRLIFT WING  
JANUARY 2025

Next UTA 1-2 FEBRUARY 2025



PLANE TALK is an authorized Air Force publication for the members of the 167th Airlift Wing, West Virginia Air National Guard. Contents of PLANE TALK are not necessarily the official views of, or endorsed by the U.S. Government, Department of Defense, or the Department of the Air Force. The editorial content is prepared, edited and provided by the Public Affairs Office, 167th AW, WVANG, Martinsburg, WV 25405-0204. Email comments to: 167.AW.PA.Public.Affairs@us.af.mil



- Col. Marty Timko  
**Wing Commander**
- 2nd Lt. Ashley Almeida  
**Public Affairs Officer**
- Senior Master Sgt. Emily Beightol-Deyerle  
**Public Affairs Superintendent**
- Tech. Sgt. Timothy Sencindiver  
**PA Specialist**
- Tech. Sgt. Joshua Kozak  
**PA Specialist**
- Staff Sgt. Edward Michon  
**PA Specialist**
- Senior Airman Steven Sechler  
**PA Specialist**
- Senior Airman James DeCicco  
**PA Specialist**

## IN THIS ISSUE



- Command Comments .....3
- Change of command ceremony marks Sigler's transition to lead 167th Airlift Wing.....4
- 167th Airlift Wing Outstanding Airmen of the Year.....5
- Promotions and Retirement.....6
- Airman Spotlight, Master Sgt. Jessica Dubé.....7
- Identifying Products That Contain Hemp and CBD, Delta 8 THC Myths and Facts.....8
- Emergency Management, Home Emergency Plan.....9
- Safe and Secure.....10
- Sexual Assault Response Coordinator contact information.....11
- Combating Trafficking in Persons, Stalking in the United States.....12
- Accolades.....13

The 167th Airlift Wing Public Affairs Office is always looking for story ideas and original content. PLEASE SEND ALL PLANE TALK SUBMISSIONS, INCLUDING STORIES, COLUMNS, AND PHOTOS TO: 167.AW.PA.Public.Affairs@us.af.mil

### ON THE COVER

*An ice sweeper clears snow and ice off the flightline at the 167th Airlift Wing, Martinsburg, West Virginia, January 11, 2025. Clearing snow from the flightline helps to ensure service members can perform their duties in a safe and efficient manner. (U.S. Air National Guard photo by Senior Airman James DeCicco)*

### ON THE BACK COVER

*Airmen with the 167th Maintenance Group use a deicing truck to remove snow from a C-17 Globemaster III aircraft at the 167th Airlift Wing, Martinsburg, West Virginia, January 11, 2025. Removing snow from the C-17 ensures the aircraft remains mission ready. (U.S. Air National Guard photo by Senior Airman James DeCicco)*



167AW 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. Mark Snyder**

167th,

Thanks to everyone that volunteered their limited time to contribute to the successful change of command ceremony Sunday. General Crane, family members, and all other guests were very appreciative of the 167th hospitality. I'd like to take this opportunity to summarize a few of my key points from the change of command ceremony since not everyone was able to attend, and some members may not have heard clearly.

Throughout my career, the 167th has established an outstanding reputation throughout the Air National Guard and the Air Mobility Command. Classic examples of our operational success are the Masirah Island C-130 deployment, the Afghanistan troop surge during C-5s, and the most recent results from our C-17 Mission Generation Force Element deployment last summer. In each of the above examples, the 167th outperformed our peers by far. I have never served in another ANG unit, but I have met many members that joined the 167th during the C-130 to C-5 conversion and also the C-5 to C-17 conversion. I don't recall anyone joining our unit during our previous conversions that didn't say we were the best unit. I have to believe them.

Our outstanding reputation has earned us increased responsibility. The National Guard Bureau selected the 167th to serve as a Lead Wing for an Expeditionary Air Base deployment this year. We are the first ANG C-17 unit to serve in this role and we were selected based on our readiness. Our timely selection as a Lead Wing will serve us well in the future as the air force moves toward the Deployable Combat Wing construct. Our operations tempo has increased from the back-to-back deployments and all of the associated required training. Yes, we are busy, but we are also fortunate. Several ANG units with aging aircraft are concerned about losing their missions. In the strategic airlift world, business is good.

Knowing that our operations tempo is higher leads to my first priority. We need to manage our training proactively and efficiently. In other words, we need to plan ahead and can't afford to waste our member's time. We also need to be prepared for our Foundational Readiness Inspection (FRI) which will be administered by the AMC IG on 4-12 February 2026. We have some work to do in MICT and IGEMS to be prepared for the FRI. Often when units struggle with IG inspections it is associated with lack of preparation due to deployments. I don't want this to be the case at the 167th. My final priority is to ensure essential specialties are properly staffed. The 167th is consistently one of the top three units out of the entire ANG for manning, but we have some focus areas. We currently have eight full-time fire fighter positions that we need to fill. Spread the word.

I am honored to be serving in my new role with such amazing people.

Respectfully,  
Sig

Team 167,

Welcome to 2025! This year came in like a lion as we dealt with snow and ice the first couple weeks of the year and the start of this UTA was no different. I hope that everyone had the opportunity to get some much-needed downtime and enjoy family, friends, and loved ones. I was fortunate to have my entire family together for Christmas for the first time in many years! As we settle into the new year, let's focus on things we need to accomplish this year and make the necessary moves to make those things happen.

This drill was packed with retirements, promotions, and the Wing Change of Command. We said "goodbye" to CMSgt Richard "Dickie" Long (AMXS), CMSgt Jason Meacham (MDG), and LtCol Dan Zappe (AS). Chief Long and Chief Meacham's leadership in their respective groups was invaluable in creating a lasting culture of excellence and cohesion with their members. Speaking of Chiefs, we have a new one! Congrats to CMSgt Dawn Kline from the Force Support Squadron on her promotion to Chief. We are excited to see the great things she'll do in FSS.

We bid adieu to Col Timko as the 167th Airlift Wing commander and welcomed Col Christopher Sigler in as the new commander. Col Timko has been instrumental in the wing's continued success and his leadership has made us the premier Airlift Wing in the enterprise. Thank you Col Timko for your unwavering support to this wing and its members. You will be missed! Best of luck with your follow-on assignment and future plans.

As we closed out last year, members across the wing showed their support to our local community by donating to the Ops Adopts program, as well as the Small Air Terminals Toys-for-Tots auction. Wing members supported over 138 children across Berkeley, Morgan, and Jefferson Counties. They also donated just short of \$4000 to the Toy-for-Tots. This shows our Wing's commitment to our community and the support for families in need.

Finally, as we tick days away in 2025, let's stay focused on safety and digging deep into our career fields. As we send more Airman out to deploy this year, staffing in some offices may be a challenge. Let's do what we do at Martinsburg and work together to move the mission forward. Keep up the great work that you do daily! Thanks for all you do and remember to always #FearTheUnicorn!

#WeAreMartinsburg  
~Chief

# Change of command ceremony marks Sigler's transition to lead 167th Airlift Wing

by Senior Master Sgt. Emily Beightol-Deyerle

A change of command ceremony to mark the transition of wing leadership was held at the 167th Airlift Wing, Shepherd Field, Martinsburg, West Virginia, Jan. 12.

Col. Marty Timko, who took command of the wing five years ago, relinquished command to Col. Christopher Sigler who was the 167th Operations Group commander.

"These are incredibly important events," said Maj. Gen. William Crane, the Adjutant General of the West Virginia National Guard. "It shows the transition of authority, the transition of command, but it also gives us the opportunity to thank the families."

Sigler was the acting wing commander for several months while Timko took a temporary overseas duty during his command.

Crane called Sigler very qualified and said he did an incredible job as the acting commander.

"Watching what the West Virginia Guard can do under the leadership of people like Chris and Marty, it only makes me super proud," said Crane.

During the ceremony, Timko was presented with the Legion of

Merit for his accomplishments as wing commander. The award citation read, "he demonstrated dedication, moxie and drive" leading more than 1,000 personnel as they executed domestic and international response in support of West Virginia, the National Guard Bureau and multiple commands. Timko led the wing through the COVID-19 response efforts, domestic operations support for the National Capital Region, aeromedical evacuation channel missions, airlift support for Afghanistan evacuees and he drove the wings participation in multiple international exercises and enabled the wings first mission generation force element tasking.

Timko, who is awaiting his next assignment and promotion to brigadier general, said, "to the folks before me that comprise the 167th Airlift Wing, I need to impress upon each of you that being involved with this organization in this capacity over these past five years has been my greatest honor. I remain eternally grateful to be affiliated with the finest men and women in uniform I have ever known."

Rooted in military history, the passing of the organizational flag

is the core of the ceremony. To officially mark the transition of leadership, Timko passed the wing flag, or guidon, to Maj. Gen. Crane then stepped aside as Sigler stepped forward to receive the guidon from Crane thus accepting command of the wing.

Sigler enlisted in the West Virginia Air National Guard in 1992. He advanced to the rank of staff sergeant before earning his commission through the West Virginia University Air Force ROTC program. He has piloted C-130E, C-130H3, C-5A/B and C-17A aircraft and he has held numerous leadership positions for the 167th AW throughout his career.

Before Addressing the wing, Sigler thanked Timko for finishing strong and leaving him with "a wing that is firing on all cylinders."

During his remarks, Sigler spoke about his background, the unit's history and then he laid out his priorities, which include efficient training, inspection preparation, and manning in critical functions, particularly the fire department.

Sigler closed with, "I am deeply honored to serve with you as your commander." 🐾



U.S. Army Maj. Gen. William Crane, the Adjutant General of the West Virginia National Guard, pins a Legion of Merit medal on U.S. Air Force Col. Marty Timko during a change of command ceremony at the 167th Airlift Wing, Shepherd Field, Martinsburg, West Virginia, Jan. 12, 2025. Timko was presented with the award before he relinquished command of the 167th AW to Col. Christopher Sigler during the ceremony. (U.S. Air National Guard photo by Senior Master Sgt. Emily Beightol-Deyerle)



U.S. Army Maj. Gen. William Crane, the Adjutant General of the West Virginia National Guard, hands the 167th Airlift Wing flag to U.S. Air Force Col. Christopher Sigler during the change of command ceremony held at the 167th AW, Shepherd Field, Martinsburg, West Virginia, Jan. 12, 2025. Sigler, previously the 167th Operations Group commander, took over wing command from Col. Marty Timko. (U.S. Air National Guard photo by Senior Master Sgt. Emily Beightol-Deyerle)



U.S. Air Force Col. Christopher Sigler delivers remarks to the audience during a change of command ceremony held at the 167th AW, Shepherd Field, Martinsburg, West Virginia, Jan. 12, 2025. Looking on is U.S. Army Maj. Gen. William Crane, the Adjutant General of the West Virginia National Guard, Command Sergeant Major James "Dusty" Jones, Senior Enlisted Advisor and consultant to The Adjutant General, West Virginia Joint Forces Headquarters – West Virginia and U.S. Air Force Brig. Gen. Michael Cadle, West Virginia Air National Guard Chief of Staff. (U.S. Air National Guard photo by Senior Master Sgt. Emily Beightol-Deyerle)

# CONGRATULATIONS

## 167th Airlift Wing Outstanding Airmen of the Year

**Airman**



**Airman 1st Class Tyler Barney  
167th AS**

**Non-commissioned Officer**



**Tech. Sgt. Alex Barb  
167th OSS**

**Senior Non-commissioned Officer**



**Master Sgt. Sara Church  
167th FSS**



## 167th Force Support Squadron promotes Kline to chief



U.S. Air Force Lt. Col. Wayne Harrison, 167th Force Support Squadron commander, presents Chief Master Sgt. Dawn Kline with a certificate of promotion during her promotion ceremony at the 167th Airlift Wing, Shepherd Field, Martinsburg, West Virginia, January 11, 2025. Kline has served in various capacities at the 167th AW and she now serves as the senior enlisted leader for the 167th Force Support Squadron. (U.S. Air National Guard photo by Tech. Sgt. Josh Kozak)

## Chief Meacham honored in retirement ceremony

U.S. Air Force Chief Master Sgt. Jason Meacham, second from left, receives a chief's bust during his retirement ceremony from Chief's Council President, Chief Master Sgt. Daniel Ritenour and other chiefs in attendance during January's unit training assembly at the 167th Airlift Wing, Shepherd Field, Martinsburg, West Virginia, Jan. 12, 2025. Meacham served 32 years, 17 years of which were with the 167th Airlift Wing where he served as the sustainment services superintendent, force development office superintendent, force support squadron superintendent, mission support group senior enlisted leader, and medical group senior enlisted leader. (U.S. Air National Guard photo by Tech. Sgt. Timothy Sencindiver)



## Carder promotion is milestone for 167th SFS

U.S. Air Force Capt. Ben Smith, 167th Security Forces Squadron, presents a certificate of promotion to Senior Master Sgt. Megan Carder during her promotion ceremony at the 167th Airlift Wing, Shepherd Field, Martinsburg, West Virginia, Jan. 12, 2025. Carder is the first female to attain the rank of senior master sergeant for the 167th Security Forces Squadron. (U.S. Air National Guard photo by 2nd Lt. Ashley Almeida)



# Airman SPOTLIGHT

Name:

**Master Sgt. Jessica Dubé**

Hometown:

**Shepherdstown, W.Va.**

Job Title:

**First Sergeant**

U.S. Air Force Master Sgt. Jessica Dubé is the First Sergeant for the 167th Medical Group and she is the 167th Airlift Wing Airman Spotlight for January 2025.

As a First Sergeant, Dubé is responsible for the health, morale, welfare and quality of life of the Airmen in her group and their families. She advises her group commander on discipline, mentoring, career progression and recognition and she serves as a link between the Airmen and commander.

"Sergeant Dubé demonstrates exceptional leadership and unwavering dedication that significantly enhances the morale and welfare of the 70-member medical group," said Col. Dona Chewning, 167th Medical Group commander.

Chewning said Dubé lives all the Air Force core values, especially "service before self" and she is an indispensable resource for all members, contributing in both visible and behind-the-scenes capacities.

"Her expertise, meticulous planning, and attention to detail ensures MDG success and strengthens the group's esprit de corps," said Chewning, adding, "Her calm demeanor and wisdom have been vital in caring for airmen, especially during challenging times in their personal lives. Sergeant Dubé epitomizes the qualities of an exceptional First Sergeant, setting an inspiring example for others."

**Job Title:** First Sergeant. I'm currently assigned to the Medical Group and will be moving to the Mission Support Group in February.

**How long have you served in the unit?** I enlisted 12/12/12! I recently hit my 12 years and reenlisted for another 6.

**My job here is important because:** When people ask what a First Sergeant is, I tell them I'm like a "Mama Bear" for our members. I am the righthand woman to the commander. I learn about our airmen and am there with them for the good and the bad. We celebrate the good- we learn from the bad and grow from it. I help develop our airman and am always there when they need someone to talk to. I advise the commander, can tell him/her the pulse of the Group, and make suggestions on how we can improve.

**Civilian job:** Since September 2019, I have worked out here full-time as a Title 5 Maintenance Training Manager.

**Education:** This is always an interesting question. I decided to start college right out of high school. I was majoring in Elementary Education, switched to Computer Information Sciences, then Family Consumer Sciences. I took a long break but had most of my general studies courses complete. Life happened (married/ twins/ joined the WVANG). I decided to go back online last year when I saw that I was over 60% complete. I earned my CCAF several years ago but am

slow-rolling earning my Bachelor's to deter burnout! I am interested in the possibility of one day becoming a death doula.

**Hobbies:** I love running, singing in church on the Worship Team, watercolor painting, crafting, crocheting, reading, and snowboarding. I love playing boardgames with my hubby and our 13.5-year-old twins (Throw Throw Burrito and The Lunch Room Game gets a little violent!) I love to snuggle my two pugs, Pearl and Tallulah.

**Goals:** Personal: I am on the journey of running a marathon in every state by the time I turn 50 alongside my husband. I started running during a very difficult time in our life. I used to hate running, but it has turned therapeutic for me, and now a travel adventure with my best friend. I ran a 50-mile ultramarathon in 2023, and planning to run a 100-mile ultramarathon in 2026. I would love to obtain my degree by the time I turn 40. My biggest goal is that I hope when this life is over, I have left an impact on those who also want to change the world. I want to be like a quiet, large ocean wave and there are hundreds of surfers showing their talents off to the world. Military: I have many more military goals, and I know there many different paths it will lead me just as it has over the last 12 short years! I would love to deploy, possibly do a STAT tour, change careers again to learn more about another squadron/Group and how they support our overall mission, or maybe become an instructor at the Senior Noncommissioned Officer Academy or First Sergeant Academy.

**I am proudest of:** When I see airmen who once were struggling at one point in their career, pushing forward and excelling. I love the 180-degree shift! I love seeing them promoting, tackling large tasks, and ultimately turning their life and military career around! I've seen people use their own stories to help others along too. It makes me proud to serve alongside people like this!

**People may be surprised to know this about me:** I very rarely watch TV. The only time I turn the TV on is if my family and I decide to have a family movie night. After spending 10+ hours behind 3 computer monitors, the last thing I want to do at the end of a day is look at another screen.

**The most exciting thing I've done in the military is:** I've gone to Hawaii, two tech schools, SNCOA, First Sergeant Academy, the National Scout Jamboree, a plethora of trainings; however, hands down,



my favorite experience was the 2018 Georgia Innovative Readiness Training (IRT) with the Medical Group. We worked out of schools in 5 counties in Georgia and provided healthcare to those in need. We worked alongside Navy Reserves & Air Force Reserves. We slept on cots in the classrooms. Members of the community would line up outside the school before we opened to see a doctor, dentist, and optometrist. If needed, they would receive glasses, tooth extractions, and healthcare. We even had a little pharmacy set up in the library. Services worked long hours in the cafeteria/kitchen and kept us all fed! It was a joy to see the community so appreciative and connecting with them!

One/Some of the most valuable lessons I've learned throughout my career: You can learn so much when you sit back, observe, and listen. You are one person, and not everything is going to be accomplished in one day. Just show up, do your best, and ask for help from others when needed. Know when it's time to unplug and recharge, because you cannot pour into others if you yourself are feeling empty. Lastly, when you do take time off, don't let anyone make you feel guilty about it.

**My advice to the newest Airmen in the Wing:** When I first joined, I was continuously told to not to volunteer and to blend in. If someone is telling you that, don't listen to them. Each one of us is unique and we bring different outside talents and gifts to this Wing. To the next generation, if you have an idea to make this Wing even better, SAY SOMETHING! If you are going through a hard time, chat with your First Sergeant. We are here for all of you.

**The best thing about working with my team is:** How much room do I have to type up all the words here?! As a First Sergeant, I work alongside many teams and I'm grateful for all of them: The First Sergeant Council, my Triad, the members, and everyone who wears the uniform. There's this sense of trust, understanding, and belonging here, and when the day comes that I deploy, I'll be happily running alongside my team. 🐕

## Identifying Products That Contain Hemp and CBD

### What Is Hemp and CBD?

Hemp comes from the same species of plant, *Cannabis sativa*, as cannabis but contains low levels of delta-8 tetrahydrocannabinol (THC) and is used in a wide range of products including clothing, industrial products (lotions, rope, pet products) and food.

CBD, short for "cannabidiol", is a chemical found in the *Cannabis sativa* plant and contains low levels of THC. Like hemp, it is used in a wide variety of products including industrial products, vaping (tobacco) products and food.

Since both hemp and CBD are legal in the U.S., products containing either ingredient are sold online and in stores. However, hemp and CBD products are prohibited for Service members.

### Identifying Products with Hemp or CBD

Identifying products that contain hemp or CBD can be a little tricky. Here are some things you can look for to see if a product may contain hemp or CBD.

Hemp and CBD products will sometimes include the word "hemp" or "CBD" in the name of the product. Examples are product names like "Hemp Seed", "Hemp Protein Powder", "Hemp Flour", "Hemp Cream", "CBD Gummies", "CBD Oil" or "CBD Balm".

Some brands that manufacture hemp products will include the word "hemp" in their name while CBD products may include the term "CBD" in their name.

Products that contain hemp will sometimes have an image of a hemp leaf on the front. Hemp leaves are usually depicted as multiple long and narrow leaflets on a single leaf and are green in color. CBD products may have a similar type of leaf on their packaging.

Hemp or CBD will be listed in the ingredients for a product. Depending on the product type, hemp may be listed by different names but some key words to look for include hemp, hempseed or *cannabis sativa*. Key words for a product containing CBD may include cannabidiol, hemp extract or hemp-derived.

If a product has a "THC-free" label on it, this is a good indication that there is hemp or CBD in the product and should be avoided. CBD products may indicate it has less than 0.3% THC in them.

If you are still unsure whether a product contains CBD or THC, your safest best is to not buy or use it.

# GET THE TRUTH ABOUT DELTA-8 THC

Not sure what to believe about Delta-8 THC? As a Service member, it's important to know the truth.

## IT'S TIME TO GET THE FACTS.

### MYTH

Delta-8 is legal for me to use as a Service member.



### FACT

Like marijuana, CBD and hemp, Delta-8 THC is prohibited for Service members to use no matter the legal status of the product in your location or the claimed THC levels.

### MYTH

Delta-8 won't make me pop positive on a drug test.



### FACT

Using Delta-8 could result in a positive drug test. Delta-8 is often advertised that it won't make someone pop positive on a drug test, but it was added to the DOD drug testing panel in 2021.

### MYTH

Delta-8 is natural, so it's harmless to my health.



### FACT

Most Delta-8 is not natural and is made in a lab. Products often include harmful ingredients and chemicals (think: bleach, nail polish remover and other toxic things).

### MYTH

Delta-8 looks just like marijuana, so I'll know to stay away when I see it.



### FACT

Delta-8 products are commonly sold as edibles like gummies and candies, and in oils for vaping. Be sure to always review product ingredients and information before buying and using to limit risk.

### MYTH

Delta-8 is FDA approved.



### FACT

Delta-8 products have not been evaluated or approved by the FDA. In fact, there is growing concern across the country over its safety and an increase in reported problems from use.

Service members must know the real facts about Delta-8 and [what they might lose when they use prohibited drugs.](#)

**TOO MUCH  
TO LOSE**

**GET THE TRUTH  
ON RISKY DRUG USE**

[www.toomuchtolose.org](http://www.toomuchtolose.org)



U.S. Department of Defense



# New Year...New Home Plan



## Safety & Prevention

If one is not already created, now is a good time to put an Emergency plan together

### Your home/family plan should address the following:

- Establish Escape Routes and Meeting Locations
  - Families should set up practice evacuations or shelter-in-place drills, at least twice a year, to ensure everyone knows what to do and where to go in the event of an emergency
- Family Communications
  - Update your plan according to any issues that arise
- Utility Shut-off and Safety Considerations
- Insurance and Vital Records
- Caring for Elderly Family Members and People with Special Needs
- Safety Training (ex. CPR)
- Check Smoke Alarms Regularly
- Considerations for Family Pets and Livestock
- Assemble an Emergency Supply Kit
  - Replace water and perishables periodically
  - Make sure family members are aware of the kit's location and when it should be used



## Antiterrorism & Force Protection - General Safety

*submitted by Maj. Roderick Toms*

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

AT ALL TIMES:

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

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

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

IF YOU'RE OUT FOR THE EVENING:

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

IF A STRANGER COMES TO THE DOOR, BEWARE:

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

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

The 167th Airlift Wing Antiterrorism Officer is Maj. 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](http://www.safehelpline.org)

Online Chat: [www.safehelpline.org](http://www.safehelpline.org)





There's no  
One face



## STOP Human Trafficking

Force, fraud, or coercion to compel a person to provide labor, services, or commercial sex.

Victims come from all backgrounds and can be women, men, and children.

Any minor (under 18 years of age) involved in commercial sex is a victim of human trafficking.

## Recognize SIGNS

Physical/Environmental Indicators include signs of abuse, no identification, confined to worksite.

Psychological/Behavioral Indicators include submissive, anxious, lack of free will.

## REPORT IT

Chain of Command

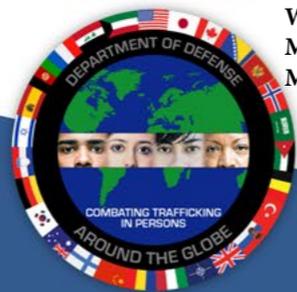
Local Law Enforcement

DoD Inspector General Hotline

1-800-424-9098 or visit <http://www.dodig.mil/hotline>

National Human Trafficking Hotline

1-888-373-7888.



Wing POC's  
MSgt Michael Seavolt, ext 5062  
MSgt Shawn Green, ext 5431

For more information go to:  
[CTIP.defense.gov/](http://CTIP.defense.gov/)

# STALKING IN THE UNITED STATES



### MOST COMMON STALKING TACTICS EXPERIENCED BY VICTIMS:

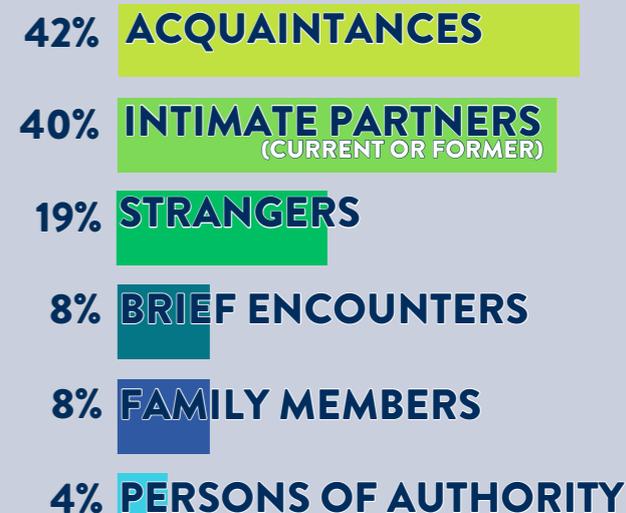


Most stalkers use multiple tactics.<sup>3</sup>



APPROX. 13.5 MILLION PEOPLE ARE STALKED IN A 1-YEAR PERIOD

## WHO ARE STALKERS?



1 IN 3 STALKERS HAVE STALKED BEFORE

### Citations

1. Smith, S.G., Basile, K.C., & Kresnow, M. (2022). The National Intimate Partner and Sexual Violence Survey (NISVS): 2016/2017 Report on Stalking. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention. 2. Baum, K., Catalano, S., & Rand, M. (2009). Stalking Victimization in the United States. Washington, DC: Bureau of Justice Statistics. 3. Mohandie, K., Meloy, J.R., McGowan, M.G., & Williams, J. (2006). The RECON Typology of Stalking: Reliability and Validity Based upon a Large Sample of North American Stalkers. Journal of Forensic Sciences, 51(1): 147-155.



# ACCOLADES



## Welcome

AB Michelle Martinez Canseco, FSS  
A1C Kevin Phan, FSS  
A1C William Patterson, MXS  
A1C Ryan Seabright, AS

## Welcome Back from Technical Training

Amn Noah Ulrich, MXS  
AB Jason Campbell, OPG

## CDC High Score

MSgt Cody LeMaster, LRS  
SSgt Ronald Govans, MSG

## Promotions To Airman

Noah Ulrich, MXS

## To Senior Airman

Donald Miller, AS  
Jake Kemmerer, AS  
Keaton Neeb, CS

## Promotions

### To Staff Sergeant

Colin Roberts, AMXS  
Kyle Rodriguez, MDG  
Skylar Beasley, FSS

### To Technical Sergeant

Raymie Roberts, AW  
Ciara Litton, FSS

### To Master Sergeant

Steven Sowers, CES

## Promotions

### To Senior Master Sergeant

Lewis Staubs, LRS

## Retirements

Lt Col Jonathan McCullough, AW  
MSgt Michael Bowman, MXS  
MSgt Shannon Fairburn, AW  
MSgt Brian Fuqua, MXS  
CMSgt Richard Long, AMXS

## From the Chief Master Sergeant of the Air Force

Fellow Airmen,

Together we are the most trusted, capable, and lethal Air Force in the world. You prove this every day with your disciplined application of Airpower...anytime, anywhere!

General Allvin recently released a short video, [CSAF Gen Allvin Policy and Standards Update](#), articulating our "why" behind some updates coming to Air Force standards, ensuring we continue to align with and reflect our values in all we do. For 28 years, our core values have remained the same: Integrity First, Service Before Self, and Excellence In All We Do. These values provide us with a basic understanding of what is expected of all Airmen, and they remind us we serve a cause greater than ourselves.

As we continue to prepare our Air Force for today's strategic environment, we will make certain the standards we establish, or refine, increase our military effectiveness, and safeguard the trust of the American public we are sworn to protect and defend. This work is important, a disciplined and committed Airman instills public confidence and reminds our adversaries the United States Air Force is the greatest Air Force in the history of the planet.

We have listened to your feedback, and we are moving quickly. Within the next 90 days, you will receive updates to clarify our standards and policies. To set conditions for your continued success, we will provide easy-to-understand, easy-to-comply with, and easy-to-enforce standards.

I am confident our supervisors will continue to hold the line. We owe better guidance so you can continue to apply standards while executing the important missions we support around the world. We are sharpening our focus, and ensuring our standards reflect the highest levels of professionalism and performance.

Make no mistake, we are the premier Air Force, and our core values are the bedrock of our success. Together, we remain the most trusted, capable, and lethal Air Force in the world, and we will continue to make our Nation proud. Make every day count!

DAVID A. FLOSI

Chief Master Sergeant of the Air Force

### Retirees Association

The 167th Retirees Association is an "All Ranks, All Services" organization which meets the third Tuesday of each month at 1900 hrs in the Base Auditorium, Building 120. Retirees are welcome to drop in or contact us at [ww167RA@gmail.com](mailto:ww167RA@gmail.com)

## Med Group's Rodgers participates in SPP, WPS event in Qatar



*U.S. Air Force Maj. Sheena Rogers, 167th Medical Group, fourth from left, was one of four women from the West Virginia National Guard to attend a Qatari Women's National Service Academy Knowledge Exchange, Dec. 2-6, 2025, as part of the West Virginia National Guard's State Partnership with Qatar and the Women in Peace and Security initiative. The goals of the event included strengthening partnerships, sharing insights on programs that promote women's leadership, supporting the development of the Qatari Women's NSA, promoting understanding of the socio-political contexts in Qatar and the U.S., and laying groundwork for ongoing collaboration.*



ANG

MARTINSBURG

00181

