

# Commander's Call Topics



September 12, 2013

**"A setback only paves the way for a comeback."**

Evander Holyfield (1962 - )  
Four-time World Heavyweight Champion

September is **National Suicide Prevention Month**.

*Spiritual Resiliency* is a six-minute view of three different comebacks.

## ***Wingman: early warning, fitness key to suicide prevention***

This is National Suicide Prevention Month, and the Air Force is promoting the two responsibilities of every Wingman as a way of preventing suicide. The first responsibility is for each Airman to keep himself or herself physically and mentally fit to perform the mission and to get help when necessary to maintain peak performance. The second is to help identify early the warning signs in their fellow Airmen and to intervene to ensure that others get help when needed.

There is, unfortunately, no one cause of suicide, and there is no one cure. Because it has been shown that personal resiliency and a sense of community greatly diminish thoughts of suicide, the Air Force is advancing its unique Wingman Culture on two fronts—one inward-directed, the other outward directed—as a strength-based approach to suicide prevention.

The first of the two complementary approaches is self-based. In the Wingman Culture, personal resiliency helps Airmen overcome adversity, bounce back from setbacks and grow as they overcome challenges. Among the hallmarks

of the Air Force's focus on the individual Airmen are these:

- Airmen with strong mental, physical, social and spiritual fitness have the ability to withstand, recover and grow in the face of stressors.
- The Air Force provides multiple programs that enhance the capacity of Airmen to effectively manage stress.
- The Air Force continues to provide tools and support to Airmen as they face the challenges of military life.
- Airmen and family support programs provide valuable education and social opportunities, as well as transition assistance for those leaving active duty.
- The Air Force provides on-time preparation and support to Airmen during all stages of deployment.
- Strength in all areas of fitness is critical for mission readiness and personal wellbeing.

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### **► TRENDING...**

[C-130s from the ANG 302nd Airlift Wing](#) wrap-up a summer-long mission fighting wildfires in Oregon, Idaho, Nevada and Colorado, with 124 drops and 335,000 gallons of retardant to help contain the worst blazes of the year.

## ► RESOURCES

### **AF.mil**

<http://www.af.mil>

### **Airman magazine**

<http://www.airmanonline.af.mil>

### **Air Force Outreach**

<http://www.afoutreach.af.mil>

### **Military OneSource**

<http://militaryonesource.af.mil>

### **Military HOMEFRONT**

<http://www.militaryhomefront.dod>

### **Air Force Personnel Center**

<https://mypers.af.mil>

<http://www.afpc.af.mil>

### **Air Reserve Personnel Center**

<http://www.arpc.afrc.af.mil>

### **Department of Defense News**

<http://www.defense.gov>

### **Department of Veteran Affairs**

<http://www.va.gov>

### **TRICARE**

<http://www.tricare.mil>

### **U.S. Government Website**

<http://www.firstgov.gov/>

### **Employment Opportunities**

[www.usajobs.com](http://www.usajobs.com) [www.nafjobs.org](http://www.nafjobs.org)

### **Air Force Association Scholarships**

[www.afa.org/AFA/InformationFor/Military/Scholarships](http://www.afa.org/AFA/InformationFor/Military/Scholarships)

### **Air Force Safety Center**

[www.afsec.af.mil.asp](http://www.afsec.af.mil.asp)

## ► CURRENT ISSUES

### [Virtual fitness kiosks set up at 66 locations](#)

The Air Force is installing Fitness on Requests kiosks at 66 locations as part of its Operational Fitness Program.

## ► PERSONNEL ISSUES

### [Program gives Airman opportunity to attend Academy](#)

Each summer at the Academy, a new group of basic cadets march in formation for nearly eight miles from the Terrazzo to Jacks Valley.

## ► FAMILY, HEALTH AND SAFETY

### [Humanitarian assignments bring Airmen close to home, help them "be there"](#)

At the Air Force Personnel Center at Joint Base San Antonio-Randolph, Texas, a team of four NCO and two civilian personnel specialists work to bring, or keep Airmen close to home during emergencies involving immediate family members -- while still serving the needs of Air Force..

## ► ENVIRONMENT, SPACE AND TECHNOLOGY

### [B-2 undergoes communications upgrade](#)

After a 20-year wait, the B-2 Spirit will receive a significant new communications upgrade

### [KC-46 tanker "on cost, on schedule," acting SecAF says](#)

The Air Force's KC-46 air refueling tanker project is "on cost and on schedule," Acting Air Force Secretary Eric Fanning said. In an interview with American Forces Press Service, Fanning said the program "is in a real healthy place." The Air Force will buy 179 of the aircraft to replace the venerable KC-135 Stratotanker refuelers, which generally are older than the crews flying them..

For more information on Air Force heritage, visit <http://www.airforcehistory.af.mil>

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- The Air Force continuously strives to improve Airmen performance and readiness by building their confidence to lead, courage to stand up for their beliefs and capacity for compassion to help others.
- The vast majority of Airmen effectively manage challenges every day.
- The Air Force supports its Airmen in responsibly seeking help.

The second of the two interdependent approaches focuses outward. Developing and caring for Total Force Airmen and their families is a top priority. The following qualities are instilled in the Wingman Culture:

- The Air Force is committed to building a strong Air Force community whose members are capable and have a sense of belonging.
- It is a sign of strength to seek help.
- Good Wingmen support others who ask for help when they are in crisis and remove any barriers to responsibly getting help.
- Strong Airmen take care of themselves so they are available to support the mission as well as their family, friends, and fellow Wingmen.
- Responsible Wingmen use all the resources at their disposal to maintain optimal physical and psychological mission readiness.
- Real Wingmen take personal responsibility for their actions.
- The Air Force grieves each loss. It is a grave disappointment when an Airman takes his/her own life. A suicide has a devastating impact on family, friends, and mission.
- We can all make a difference by helping our Wingmen understand they are not alone and positive support is available.
- The Air Force is committed to building a community that recognizes Airmen in distress and intervenes appropriately to provide resources.

This is AF resiliency: Promoting our Wingman Culture; stressing personal responsibility to seek help; highlighting stories of individuals who were in crisis, responsibly sought help and recovered (see box on page 1); discussing factors for those in crisis and making available helping resources; removing barriers to responsible help-seeking; and promoting healthy behaviors as coping mechanisms.

The Wingman Culture promotes resiliency as a skill set. It is based in the culture of the organization and developed over time. It informs every Airman all the time, and it is only obvious in its absence.

## ► THIS WEEK IN AIR FORCE HISTORY

**August 29, 1970** - The Army's Safeguard anti-ballistic missile system completed its first full-scale test, when a Spartan area defense interceptor missile launched from Kwajalein Atoll intercepted a Minute I reentry vehicle launched from Vandenberg AFB, Calif.

**August 30, 1945** - Special Mission 75 ferried 39,928 occupation troops and 8,202 tons of supplies from a staging area in Okinawa to Japan. The mission used 259 C-54s and 360 B-24 bombers as cargo planes and associated aircraft.

**August 31, 1932** - Air Corps pilots flew five miles above the earth's surface to photograph an eclipse of the sun.

**September 1, 1995** - The SR-71 Blackbird, fastest aircraft in the world, returns to active service. It was removed from the U.S. Air Force inventory in 1990 when planners assumed that satellites could perform the strategic reconnaissance mission.

**September 2, 1982** – After an 11.4-hour nonstop flight from Edwards AFB, Calif., a B-1B prototype landed at Farnborough, England, for static display. This was the aircraft's first landing at a site other than Edwards AFB, Calif.

**September 3, 1971** – President Richard M. Nixon dedicates the new Air Force Museum.

**September 4, 1952** - The U.S. Air Force awarded the production contract for Lockheed's 383 Transport, better known as the C-130 Hercules.