

Commander's Call Topics



September 3, 2015

"Education is the guardian genius of democracy. It is the only dictator that free men recognize, and the only ruler that free men require."

*Mirabbeau Buonaparte Lamar (1798-1859)
Texas politician, poet, diplomat and soldier*

\$1.6 billion

The amount of sales in bookstores in August 2014, the most recent year for which back-to-school shopping numbers are available from the U. S. Census

Assisting Personnel in Distress

"While September is Suicide Prevention Month, taking care of each other is something we should be doing year-round. Take the time to really listen, recognize the signs, and assist with getting help." –[Secretary of the Air Force Deborah Lee James](#)

"American Airmen are agile, innovative, and they always accomplish the mission! To do this, we overcome obstacles every day, both professionally and personally. I urge you to guard and strengthen that resilience. Take care of yourself, your family and fellow Airmen. If you see someone in need, help them. If you're the one struggling, make the right choice and seek help from a friend, a supervisor, or a professional." –[Chief of Staff of the Air Force Gen. Mark A. Welsh III](#)

"As Airmen we rely on each other to overcome adversity. We count on our brothers and sisters in uniform to overcome any challenge we face...physical, mental, social or spiritual. It is a sign of strength to seek help, to lean on your fellow Airmen in a time of need. That is what's so special about the Profession of Arms...We're in this together, and we're never alone."

–[Chief Master Sergeant of the Air Force James A. Cody](#)

Things to look for:

- Issues with impulse control
- Agitation or irritability
- Loss of interest in work
- Change in appearance, hygiene or demeanor
- Changes in appetite, sleep habits, mood, concentration or energy levels
- Increased use of alcohol

Talking points:

- The Air Force supports its Airmen in responsibly seeking help
- We can make a difference by helping our Wingmen understand they are not alone and positive support is available
- It is a sign of strength to seek help
- The Air Force provides multiple programs that enhance the capacity of Airmen to effectively manage the stress from the normal ups and downs of everyday life

Resources:

What to do:

Leadership:

- Build a supportive work environment
- Be aware of changes in behavior
- Publicly encourage help-seeking behaviors
- Develop a wingman culture that knows to reach out when needed

Wingmen:

- Maintain good communication throughout the organization
- Ask if they have been feeling depressed
- Be honest and direct

Don't forget A.C.E:

Ask
Care
Escort

What to say:

"What's going on in your life? I've noticed you seem upset."

"How can I help?"

"What do you think might help?"

"Are you thinking about suicide?"

"Why don't we make the call together? Then we'll both go over there."

"I'm concerned about you. Let's talk about it."

****Always follow-up with the person****

Helpful Links:

Click the icons for more information.

SUICIDE PREVENTION
RESOURCES



**These guidelines and more information can be found in AFI 90-505: Suicide Prevention Program.

► RESOURCES

Website access to the following resources can be gained by clicking on the name.

[AF.mil](#)

[Airman magazine](#)

[Military OneSource/HomeFront](#)

[Air Force Personnel Center](#)

[Air Reserve Personnel Center](#)

[Department of Defense News](#)

[Department of Veteran Affairs](#)

[TRICARE](#)

[U.S. Government Website](#)

[Air Force Association
Scholarships](#)

[Air Force Safety Center](#)

[Civil Service Employment
Opportunities](#)

[NAF Employment
Opportunities](#)

[Air Force Bands/Outreach](#)

► THIS WEEK IN AIR FORCE HISTORY

Sept. 3, 1971 – President Richard M. Nixon dedicated the new National Museum of the U.S. Air Force at Wright-Patterson Air Force Base near Dayton, Ohio.

Sept. 4, 2005 – During the first three days of the Hurricane Katrina relief operation, Sept. 4-6, Air National Guard aircrews flew 785 sorties transporting 12,854 people and 39,013 tons of cargo.

Sept. 5, 1944 – Capt. William H. Allen of the 55th Fighter Group, Eighth Air Force, became an ace in one P-51 mission by scoring five aerial victories in just a few minutes.

Sept. 6, 2002 - During Operation Noble Eagle, fighters resumed 24-hour combat air patrols temporarily over Washington, D.C., and New York City as the anniversary of the Sept. 11, 2001 terrorist attacks approached.

Sept. 7, 1956 - At Edwards Air Force Base, California, Capt. Iven C. Kincheloe set an altitude record for manned flight by flying the Bell X-2 rocket-powered aircraft to 126,000 feet. He later received the Mackay Trophy for this flight.

Sept. 8, 2004 - Air Force Flight Training Center retired its NKC-135E refueling tanker after 49 years of Air Force service. Originally, the unusual aircraft had most of its windows on one side to monitor nuclear testing activities. It was then remodified for the Flying Infrared Signature Technology Aircraft program before resuming its career as a tanker. It was the second oldest operational plane in the Air Force, with the Dryden Flight Research Center's B-52B being the oldest.

Sept. 9, 1967 - Airman 1st Class Duane D. Hackney, Air Rescue and Recovery Service, became the first living enlisted man to receive an Air Force Cross for his heroic efforts to rescue a pilot downed in North Vietnam's jungles.



The OPM data breach, massive in its identity theft implications, gives rise to other crimes, and often one crime can result in two more. For example, phishing scams can morph into credit card fraud and social security abuse. Learn how to protect yourself [here](#). To learn more about the Office of Personnel Management data breach, legitimate assistance being provided to impacted individuals, and to understand cybersecurity as it is grounded in the Air Force tradition, please go to the specially created [Air Force Cybersecurity](#) web page.

► CURRENT ISSUES

[CSAF speaks about CMSAF role](#)

"A lot of people think you're a great chief because you are a chief master sergeant of the Air Force; it's actually the other way around, you become chief master sergeant of the Air Force because you are a great chief," said Air Force Chief of Staff Gen. Mark A. Welsh III addressing Airmen during the 2015 Air Force Sergeants Association Professional Airmen's Conference in San Antonio Aug. 26.

► ENVIRONMENT, SPACE AND TECHNOLOGY

[Air Force Prize](#)

The world's strongest Air Force is offering one of the world's largest prizes: \$2 million for research and development leading to a lightweight, fuel efficient, small turbine engine.

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

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