

Commander's Call Topics



November 19, 2015

The Wingman Toolkit: Increasing Resiliency

In April, the Air Force launched the Wingman Toolkit to provide direct links to support organizations to help deal with stressors, access to videos addressing situations Airmen may find themselves in, interactive quizzes and activities. Originally fielded by the Air Force Reserve, the Wingman Toolkit is now available for the Total Force. To visit the website, go to <http://www.wingmantoolkit.org>.

The Wingman Toolkit app for smart devices is free to download in the Apple Store or Google Play Store. One of the key functions included in this app is the ability for users to dial or text directly to such resources as the National Suicide Prevention Lifeline, the DoD Safe Helpline and the National Domestic Violence Hotline.



Senior Leader Messages:

"The Air Force's most important resource is its people, and we know that everyone is living in a complex world with daily challenges at work and at home. We needed a way to provide those Airmen and their families easy access to tools and resources to get themselves or others to safer, healthier places in their lives when facing difficulties. The Wingman Toolkit allows us to do just that - right from our phones." – Secretary of the Air Force Deborah Lee James

"Our job is to fight and win the nation's wars ... our focus is on the well-being and care for ourselves, each other and our families so we can be more resilient to the many challenges military service brings."— Air Force Chief of Staff Gen. Mark A. Welsh III

Key points:

- The Air Force wants its Airmen and their families to thrive and persevere in good times and bad. We continuously strive to improve our Wingman culture by building Airmen's confidence to lead, courage to stand up for their beliefs, and capacity for compassion to help others.
- The toolkit uses the four domains of Comprehensive Airman Fitness – mental, physical, social and spiritual to help build and sustain a thriving and resilient Air Force community.
- The intent is for all Airmen and those in our extended Air Force family to be able to take care of themselves and be able to help others.
- The toolkit provides resources to increase proactive coping, self-management and leadership skills.
- Use of the Wingman Toolkit is not mandatory, but it is highly encouraged that all Airmen download the app and bookmark the website so it's available whenever needed.
- Airmen take care of Airmen—that's vital to Air Force culture. Wingmen support others who ask for help when they are in need and remove barriers to responsibly getting support. The Wingman Toolkit supports Airmen in need and Airmen supporting other Airmen.

**The Wingman Toolkit will continue to be updated annually
with fresh content and new features.**

► RESOURCES

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

[AF.mil](http://www.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

Nov 19, 2007 – In the war on terrorism, the Air Mobility Command passed a major milestone when one of its aircraft flew the command's one millionth sortie since September 11, 2001. The landmark flight was a C-17 Globemaster III mission flown from McChord Air Force Base, Washington, to Manas Air Base, Kyrgyzstan.

Nov. 20, 1963 – The Air Force accepted the first two F-4C Phantom II fighters. They went to 4453rd Combat Crew Training Wing at MacDill Air Force Base, Florida.

Nov. 21, 1994 – Air Force and NATO aircraft bombed Serbian targets to retaliate for a Serbian attack on Bihac, Bosnia. The raid was the largest NATO operation to date.

Nov. 22, 1952 – While leading a flight of four F-80 Shooting Stars against enemy gun positions in Korea, [Maj. Charles J. Loring](#) deliberately crashed his damaged aircraft into enemy gun emplacements. For that sacrifice, he was awarded the Medal of Honor.

Nov. 23, 2002 – The F-22 Raptor accomplished its first guided AIM-9M Sidewinder launch at 24,000 feet over the White Sands Missile Range, New Mexico, at Mach 1.4. The AIM-9M passed within lethal range of a QF-4 drone flying at Mach 1.

Nov. 24, 1975 – A C-141 Starlifter from Travis Air Force Base, California, airlifted 100 penguins from McMurdo Station, Antarctica, to Miramar, California.

Nov. 25, 1956 – Tech. Sgt. Richard J. Patton made the first successful polar parachute jump when he bailed out of a C-124 Globemaster II from 1,500 feet at the South Pole.



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

[AETC battles national 'epidemic'](#)

The Air Education and Training Command is launching a program to combat texting while driving – a practice that is seven times deadlier than driving drunk, according to the National Highway Traffic Safety Administration.

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

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