

# 51st Fighter Wing Commander's Talking Points

“Wishing you and yours cheer during this holiday season. Thank you and your family for your sacrifices and all you do in the defense of the 51 million people of the Republic of Korea.

- Col. A. Hansen  
(Mustang 1)

LEADING  
THE  
CHARGE

## The holidays are upon us -- look out for each other

We're moving closer to the new year, which means many of us will be spending the holiday season away from family members and for some of us, this is the first time. Keep that in mind as you make plans and schedule holiday events. Ask questions and make sure all your Airmen have plans and are spending time with their Osan friends and family. We are American Airmen first and we don't leave Airmen behind. This time of year is full of giving and being thankful, and I am thankful for each Airman who serves as a guardian of the peninsula. However, I would be remiss if I didn't mention Seasonal Affective Disorder. Roughly 500,000 people are affected by it each year and it's not exclusive to non-military members. As days get shorter and shorter, keep an eye on your wingmen for signs of depression. Step in and ask questions, help them seek assistance before its needed.

### [How to cope with Seasonal Affective Disorder](#)

## Do you know your role?

Every Airman has a position in the Air Force that ties them into the grand scheme of how we, as a component of the U. S. Armed Forces, fly, fight, and win in air, space and cyberspace. Specifically in Korea, we're here to ensure we have a continued presence across the peninsula and abroad. We must remain dedicated to strengthening and modernizing our alliances. We can't do it without every single one of you. What is your role? We're here for a reason -- to be ready to fight tonight. Our ability to project Airpower relies on each and every Airman working to full capacity. Our team cannot succeed without the help and commitment of every Airman. All Airmen need to know and understand their role in the mission. Like these recently appointed dedicated crew chiefs, their understanding of our mission is showcased by adding their name on the side of their aircraft. Members of Team Osan, do you know your role?

### [36 AMU/FS recognizes newest dedicated crew chiefs](#)

## Fitness: Not just passing a PT test

Fitness is a big part of life for Airmen. It doesn't stop at passing a PT test once or twice a year. It's a year-round commitment that incorporates all aspects of resiliency. We must stay physically, mentally, emotionally, and spiritually fit, focused on setting the standard for others to emulate and ensure we leave Osan more resilient than when we arrived. As leaders at all levels, we must exemplify those pillars of fitness. We must accept our shortfalls and use helping agencies when needed. There is no better way to communicate to your Airmen about how well these programs work than to experience them yourself during your own time of need. This is our Air Force, the greatest Airmen this world has ever seen. We owe it to everyone -- taxpayers, moms, dads, sisters, brothers, spouses, and children, to provide our warriors with the best care and help available. I ask you one more question for this month: How are you bettering yourself and others?

### [Warrior care aids Airmen with unseen injuries](#) [What motivates you?](#)