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110TH ATTACK WING UTA NEWSLETTER  
BATTLE CREEK AIR NATIONAL GUARD, MI

## APR 2016

### COMMANDER

By Colonel Bryan Teff  
110th Attack Wing Commander



#### 110th Team,

First and foremost, I hope you had a great few weeks between RSDs and I hope you were able to enjoy some deserved time with friends and family. Please remember to thank your families for their sacrifice and for supporting your service to the U.S Air Force and Michigan ANG. We need their support to accomplish our mission.

We are constantly evolving as a Wing and I have several announcements to make regarding personnel changes that have occurred over the past month. Col. Keir Knapp has been selected as the new Vice Wing Commander. Col. Knapp brings tremendous experience and leadership to the position and is a welcome addition to our staff and a big improvement over the previous Vice! As a result of Col Knapp's move, we will soon advertise and select for the Operations Group Commander position. Also, Lt. Col. Mike Leski was recently selected as the new Director of Operations at the Alpena Training Center. Lt. Col. Leski's leadership will be missed; however, he will have a major impact on the MI ANG and The Alpena T.C. in his new position. Obviously, Lt. Col. Leski's departure leaves a void in the LRS Command position. In the interim, Col. Eric Oswald will assume duties as the Commander with Lt. Col. Daniel Olmstead acting as the full-time LRS Director. Finally, Mr. Dave Marshall has officially started his new position as SAPR program manager. His replacement is Mr. Martin Groom who has been selected as the new Director of Psychological Health and we expect Mr. Groom to start by mid-April. Please welcome and wish everyone well in their new positions/assignments. As we shape our organization, I would anticipate several of these type of announcements over the next 6 months.

As most of you are aware, our annual Wingmen Day will occur on Saturday, starting in the Hangar (B/6900) at 1140. Wingmen Day 2016 promises to be an exciting and new experience. We have a great speaker for the first portion followed by some unique team building events in the afternoon. Please bring your positive attitude and optimism to our Wingmen Day!

The overarching objective of Wingmen Day is to build resilience in our Airmen. Common definitions of resilience include: the ability to spring back into shape; the capacity to recover quickly; toughness; and the ability to adjust easily to misfortune or change. Wingmen Day is about developing resilience. Our goal is to build mental, physical, spiritual, and emotional resilience so that we can overcome, adjust, and recover when we are faced with the inevitable challenges that come with being a member of the military. In April 2011, the Harvard Business Review wrote an excellent article titled "Building Resilience." Martin Seligman (2011) uses the premise that human beings react to extreme adversity in a distributed manner. On one end, people will exhibit behaviors of depression and even suicide. In the middle are most people, who at first react with symptoms of depression and anxiety, but within a short time recover to their normal state, demonstrating resilience. On the other end of the spectrum are the people who first experience depression and anxiety, but within a period of time are better off than they were before the trauma/adversity. Of course, our goal is for most people to find the middle ground and demonstrate the ability to "bounce back" when faced with adversity. Ultimately, Seligman's research and advocacy resulted in the U.S Army (and later the U.S. Air Force) adopting a Master Resilience Program focused on positive emotion, engagement, relationships, meaning, and accomplishment – the building blocks of resiliency and growth.

I look forward to a great Wingmen Day! Please provide feedback via your chain of command.

My best to you and your family!

#### Editorial Staff

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