

# Chief Ski's Tidbits

MY



## Hi, Teammates!

Experiences: you move; get married; get divorced; get a promotion; find \$20; buy amazing shoes; lose your dog; fight with your sibling; knock over your birthday cake; win on a scratch-off. I picture life as a mosaic ... a masterpiece crafted of each of our life's experiences. This amazing conglomerate is a collection of ups and downs, goods and bads, awesomes and awfuls, and tribulations and celebrations. How we perceive this masterpiece (which is our life) is often based on the lens through which we choose to view it. When trials come your way, how do you face them; recover from them? Building a strong foundation is crucial to recovery. How strong is your foundation? How stacked is your emotional wellness toolkit? Do you have a breathing technique to help calm you? Do you have strong social connections? Do you have the ability to center yourself in the present and focus on what you DO have, even when it feels you've lost something or someone? Prepping before a storm doesn't mean the storm won't come, it also doesn't mean the storm won't cause damage, but it will mean that you have people and tools to help withstand the storm and clean up the damage. Resiliency and emotional wellness are crucial components to any success story. I implore each and every one of us to build a resiliency foundation and arm it to the teeth with tools for a stronger recovery. Live well.

Chief Ski



## MEET A TEAMMATE



### MSgt Todge Smith, Det 7/SF

Sergeant Smith is an Installation Protection Manager in Detachment 7 at JBSA-Randolph, TX

#### Fun Facts:

- He has served in the Presidential Airlift Group in support of Air Force One missions for two Presidents.
- He enjoys family time at the pool and fosters puppies in the Military Working Dog Breeding Program.

## CONNECTEDNESS CALENDAR

### Personnel Directorate to Observe National Mentoring Day with Four Force Development Sessions

27 Oct, Various Times, CR 8002 & MS Teams

Build a better resume, improve your job interview skills, become more familiar with the Civilian Developmental Education program, and learn the ins-and-outs of the My Evaluation and My Decoration platforms. You can do one, two or all those things 27 Oct by attending (in person or virtually) DP's force development sessions being held in observance of National Mentoring Day. Get more information about the day's events and how to register [HERE](#).

## DID YOU KNOW?

### "Taking Care of Our People" Initiative Expands

On 22 Sep, DoD announced additional military member and family quality of life initiatives to those Secretary Austin had implemented in November 2021. A year ago, the Department increased BAH in areas with double-digit rent increases, extended temporary lodging expenses in areas with housing shortages, and released a roadmap to strengthen food security in the Force. The September additions to these include securing affordable basic needs, making moves easier, further strengthening support to families, and expanding spousal employment. Get all the details using the links below.

[Helpful Fact Sheets](#)

[News Release](#)

[Website](#)

## JOKE OF THE MONTH

Q. Why do golfers take an extra sock to the golf course?  
A. It's in case they get a hole in one!



## WORD SCRAMBLE

When we declared Initial Operational Capability in October 2015, more than 150 of these transferred to us from HAF and the MAJCOMS. We continue to execute them to this day across our nine major functional areas.

A T I S C P I E B A I L

Last month's scramble: ACCELERATE.

The theme for the Air Force 75th Anniversary year that runs until 18 Sep 23 is "Innovate-Accelerate-Thrive – The Air Force at 75!" [WEBSITE](#)