

Knights,

Our #1 priority right now taking care of you and your families. We understand that the impact of our current environment can certainly take a toll on your well-being.

Your leaders know that living in isolation, being locked in, and having too much idleness, are NOT recipes for wellness or readiness - especially when it's hard to see light at the end of the tunnel. In fact, having nothing to occupy too much time, time that was once all but spoken for, may cause more harm (or at least a different harm) than what we are all trying to prevent.

We know you crave purpose and meaningfulness - you want to be active - you need to contribute - you need to stay connected (and not just online). Our Airmen don't want their time wasted away, day after day. To the contrary, many of you decided to serve to make your time matter more.

We understand that being told to "stay at home" is not rewarding. Maybe it's nice for a few days, but long-term isolation isn't without issues; actually, solitary confinement is one of the worst forms of punishment - some may call it torture. Myself and the rest of your leadership would ask that you be on the lookout for the negatives of being shipwrecked on an island or of being unable to get away for a moment, and make sure you are taking care of one another.

I would ask that you please actively check in on each other to see how your teammates and their families are doing and if they are getting the care/support and analog attention needed.

Thank you again for continuing to lead us through!

Very Respectfully

Chief Simmons