

Hook after my wingman.
He looks after me.
We work together.
We fight together.'
Colonel Gabby Gabreski WWII Ace

# the PARDO PUSH

## "How can you fly off and leave someone you just fought in battle with?"

Colonel BOB PARDO

### A wingman sees from a different vantage point.

34.9



MENTAL

3.94



#### **PHYSICAL WELL-BEING**

Eating well Drinking water Plenty of sleep Showering daily Healthy or injured?

Where is my wingman right now?

#### **MENTAL WELL-BEING**

Optimism Positive self-esteem Homesickness Bouncing-back Mind in the game

E AIR PAT

CIVIL AIR PAT

TEXAS

CIVIL AIR PA

CIVIL AIR PATRO

#### **SOCIAL WELL-BEING**

Making friends Being included in the group Giving & accepting compliments Not picking on others Not being picked on A wingman will call for help. Training Officer Chaplain Medical Officer 9-1-1

HRST

THE WARRIOR SPIRIT Tough-mindedness Tireless motivation A condition of the heart

Warriors defend their SACRED HONOR

"How much easier it is to conquer a whole people than to conquer a single individual." SENECA

