



## Bridge Chat Overview and Importance

Most people – even Airmen – have never heard the full, horrific, and inspiring story of Medal of Honor recipient, Captain Lance P. Sijan.

Love and loyalty

COURAGE and country,

faith, freedom, and family.

If this man can do what he did, you can do whatever is in front of you.

The core values often serve as the North Star for us to do great things.

At times when all around us seem unstable and divisive, it is important to focus on what binds us.

As an ACC team, an elite organization, the core values is a standard and a foundation

The core values, and the actions of Capt Lance P. Sijan, provide a framework for us to follow and emulate

They serve as a set of guidelines that unite us all in our common effort to defend our country and our way of life

Let's reflect on where we stand in terms of our common values and our ability to adhere to these principles even in the toughest of situations

## Courageous Professionals

Air Force Core Values

- ❖ Integrity First
- ❖ Service Before Self
- ❖ Excellence In All We Do

The secret to happiness is freedom ...  
And the secret to freedom is courage  
- Thucydides

### Getting the Conversation Started

#### VIDEO:

<https://www.youtube.com/watch?v=NLOIKMv-Bn0>

Run time: 4 minutes, 18 seconds

The bravest are surely those who have the clearest vision of what is before them, glory and danger alike, and yet notwithstanding, go out to meet it.  
- Thucydides

### Suggested Discussion Questions

1. How did Capt Sijans's actions demonstrate Integrity First? How were his actions examples of Service Before Self? How might this story serve as a standard of Excellence In All We Do?
2. We often hear inspirational stories and wonder whether what we would do in the same situation. How do you think you would have acted in Capt Sijan's position?
3. Do you think the story of Capt Sijan gives us perspective on our own challenges? How might this motivate us to address our daily challenges?
4. Do you think Capt Sijan's traits were a result of his training or do you think they were natural traits? What does your answer mean in terms of the men and women in ACC? Are we ready to follow those footsteps?
5. What can your unit do better to increase the chances that we would follow the code of conduct as well as Capt Sijan? How can leaders throughout ACC make sure that all officers, enlisted, and civilian personnel understand their duty to support and defend the constitution with the same intensity as Capt Sijan?