Be part of the solution

By Colonel Kurt J. Gallegos, 944th Fighter Wing Commander

Over the last few years we have seen a systemic epidemic growing throughout the Air Force. This epidemic eats away at our core values and takes a serious toll on our mission readiness and breaks down the trust, we as military members, must have in each other. I am talking about sexual assault.

The Air Force received 790 sexual assault reports in FY12 which is a 28% increase from FY11 (614 total reports). These are only the ones which were reported but there are probably many more that go unreported for a multitude of reasons.

Even one sexual assault is one too many. The recent national spotlight on our Basic Military Training instructors has brought this problem to the forefront but it should have never been in the back where we don’t think about it until it affects us or someone we know. Sexual assault isn’t just a physical attack but it is also a mental attack and can leave scars that last a life time.

There may be only a small percentage of Airmen who are committing this crime but everyone must be a part of the solution. We have all been through By Stander Intervention Training and this weekend we will all go through a Sexual Assault Prevention Response Program “stand down.” These are not just programs put together to waste your time. They are very important. You could be the person who stands between an assault victim and the assailant. You need to know what to look out for and you need to know the true impact of your actions.

In the past month alone there have been several changes to how the Air Force is going to deal with the issue of sexual assault. They have launched an “Every Airman Counts” program as a forum for Airmen to talk to their peers and share ideas on how the Air Force can address the issue (http://afsapr.dodlive.mil/). Beginning in July commanders will initiate administrative discharge processing for any Airman who receives disciplinary action for sexual assault. Also any Air Force member who engages in an unprofessional relationship while serving in a special position of trust (i.e., a recruiter, faculty member, or staff member) is now subject to administrative discharge for misconduct. The Air Force had already initiated a Special Victims Counsel program which provides trained legal advisors to Airmen who have been assaulted and there are several more initiatives being taken.

This is a problem that is not going to be swept under the rug and we at the 944th Fighter Wing are taking this issue very seriously. I have zero tolerance when it comes to sexual assault. It doesn’t matter if you are an Airman Basic or a Colonel this is everyone’s problem and it is going to take every Airman to find the solution. According to our Chief of Staff of the Air Force, you are either part of the problem or part of the solution. Be part of the solution!
Promotions:
The following members were promoted 1 August 2013

Airman 1st Class Amber P. Cruz to the rank of Senior Airman, 944th Medical Squadron
Airman 1st Class David Emery to the rank of Senior Airman, 414th Maintenance Squadron
Senior Airman Jennifer S. Dimant to the rank of Staff Sergeant, 944th Force Support Squadron
Staff Sgt. Adam T. Raaymakers to the rank of Technical Sergeant, 924th Maintenance Squadron
Tech. Sgt. Ricky D. Moon to the rank of Master Sergeant, 944th Medical Squadron
Tech. Sgt. Henry Ruiz to the rank of Master Sergeant, 944th Medical Squadron
Tech. Sgt. Mark Collins to the rank of Master Sergeant, 944th Medical Squadron

Always in a hurry?
Think you will save a lot of time by speeding? To find out if it is really worth it use this formula:

\[
\text{Time (min.)} = \frac{\text{Speed (mph)} \times \text{Distance (mi.)}}{60}
\]

Example: 30/75 = \(0.4 \times 60 = 24\) minutes

This formula helps determine how fast you will get to your location at the speed you are traveling at. It is important to realize how much time you actually save by speeding to your destination. Please think and determine if the extra miles per hour are worth the risk.

Below is the time difference that it takes for a 30-mile trip:

- 55 miles per hour = 32.7 min.
- 65 miles per hour = 27.7 min. (5 min. saved)
- 75 miles per hour = 24 min. (8.7 min. saved)

For more information go to AFRC’s sharepoint:
Combat Air Forces, or CAF, units from multiple commands began flying again today after many stopped flying in April of this year due to sequestration.

The restored flying hour program represents Congressional action on the $1.8 billion overseas contingency operations reprogramming action made peacetime dollars available. The Air Force Council approved the use of $423 million of those dollars to restore flying hours for affected units.

The money reinstates critical training and test operations for the CAF fleet across the Air Force for the remainder of fiscal 2013. This impacts not just Air Combat Command units, but also CAF units assigned to United States Air Forces Europe and Pacific Air Forces.

For ACC, the restored flying hours will be allocated to combat aircraft and crews across the command’s operational and test units, including the Air Warfare Center’s Weapons School, Aggressors and the Thunderbirds aerial demonstration team. Previously announced decisions to cancel some major exercises and all Thunderbirds demonstrations for 2013 remain in effect.

While the return to the sky means a return to crucial training and development for pilots, navigators, flight crews, mission crews and maintainers, the leader of the Air Force’s CAF fleet cautions that this is the beginning of the process, not the end.

“Since April we’ve been in a precipitous decline with regard to combat readiness,” said Gen. Mike Hostage, the commander of ACC. “Returning to flying is an important first step, but what we have ahead of us is a measured climb to recovery.”

“Our country counts on the U.S. Air Force to be there when needed -- in hours or days, not weeks or months,” Hostage said. “A fire department doesn’t have time to ‘spin up’ when a fire breaks out, and we don’t know where or when the next crisis will break out that will require an immediate Air Force response.”

The restoration of flying hours only addresses the next 2 1/2 months of flying up until Oct. 1.

“This decision gets us through the next several months, but not the next several years,” Hostage said. “While this paints a clearer picture for the remainder of (fiscal 2013), important questions remain about (fiscal 2014) beyond. Budget uncertainty makes it difficult to determine whether we’ll be able to sustain a fully combat-ready force.”

Additionally, the restoration comes at a cost to future capability, including reduced investment in the recapitalization and modernization of the combat fleet, he said.

“We are using investment dollars to pay current operational bills, and that approach is not without risk to our long-term effectiveness,” Hostage said. “We can’t mortgage our future. America relies on the combat airpower we provide, and we need to be able to continue to deliver it.”

(Courtesy of Air Combat Command Public Affairs)
England deployment provides total force initiative for LRS

By Staff Sgt. Joshua Nason, 944th Fighter Wing Public Affairs

The 944th Logistics Readiness Squadron from Luke Air Force Base, Arizona Fuels section travelled across the Atlantic for its annual tour at RAF Mildenhall, England, on July 15, 2013. After 15 hours of travel from sunny Arizona, members from the Reserve unit shook off the jetlag and hit the ground running.

The arrival of the 944th Airmen came at a critical time for the 100th LRS, “They arrived at just the right moment as we are minimally manned due to deployments. Their assistance in the daily operations, with very minimal supervision, helps us out tremendously,” said Master Sgt. Carl Boswell, 100th LRS, NCOIC of Fuels, Training and Support.

Every year each reservist performs a 15-day annual tour to increase working knowledge of their career field. This year the 944th LRS is working and training with 100th LRS Fuels section, an active duty unit based out of RAF Mildenhall, responsible for the fueling of a vast array of aircraft travelling through the base.

Running checkpoint on R-11 refueling trucks, assisting aircraft refueling operations and working in the area lab were just a few of the things that the 944th Airmen were tasked with while assigned to the 100th LRS. Exceptional expertise and experience was evident to the host unit, “They brought skills that were beneficial to the specific fuels functions at Mildenhall,” stated Boswell.

In addition to filling critical gaps in manning during their time in England, training was a big priority. With RAF Mildenhall being a very busy base for military flights operations running through Europe, 944th members knew that they be given valuable training opportunities and their skills would be put to good use. Parked on the ramp at any given time are C-130, C-17, KC-135, and CV-22 airframes, amongst others, and all need to be fueled.

“We need to know how to work on all fuel systems, as we may come across them in a deployed environment and we are expected to be proficient, regardless of the airframe,” said Master Sgt. Patrick Mahan, 944th LRS, NCOIC of Fuels.

The 944th Fuels Airmen were also able to view a rare mission for a LRS. The 100th LRS is home to just one of five bases that deploy specially trained Fuels Airmen for Forward Air Refueling Point missions. A FARP gives commanders all over the world an opportunity to set up remote refueling stations to accomplish critical missions far from aerial refueling assets and large bases. This was an opportunity for the reservists to view a side of their career field not often seen. It is apparent that the total force experience was beneficial for both the 944th and 100th Fuels sections. “The 944th Fuels Airmen are extremely eager and willing to assist in all areas needed. They have been a welcome asset to our mission,” explained Bowsell.

From the 944th side there was nothing but praise for their active duty counterparts, “The 100th LRS Fuels section has been accommodating, professional, and most impressively they are extremely motivated. It is obvious that they take their job very seriously,” said Mahan.

Exchange launches new and improved website

Online shopping with the Army & Air Force Exchange Service is easier than ever thanks to a refresh of the organization’s official website, www.shopmyexchange.com, in preparation for the key holiday selling season.

Improvements include a new homepage layout design, complete with an updated visual look and industry-standard navigation; more product categories; easy-to-find links to specialty stores and online mall vendors; improved product pages; and easier checkout.

Easy-to-find buttons for key features such as sales, customer service, online account management and MILITARY STARTM Card service are also now conveniently placed at the top of the page, and the product search bar is now more prominent within the site’s layout. In addition, the shopping cart feature is now consistently positioned on the right side of all product pages.

“Revamping www.shopmyexchange.com is part of the Exchange’s ongoing effort to make shopping, whether online or in stores, easier and more intuitive for military families all over the world,” said the Exchange’s Senior Vice President of eCommerce John Engroff. “Staying current and competitive in an ever-growing online retail market is essential to the Exchange’s mission and provides added value to our authorized patrons worldwide.”

Other new features include social media buttons that connect users with a direct source for exclusive discounts, new product announcements and local store events via Facebook, twitter, Pintrest and YouTube.

To learn more about the new features of www.shopmyexchange.com, visit www.shopmyexchange.com/newfeatures/default.asp.

(Information courtesy of Army & Air Force Exchange Service Public Affairs)
Love of performing leads 944th member to follow her dream

by Tech. Sgt Barbara Plante, 944th Public Affairs

Singing from the moment she first spoke and entertaining in public ever since joining a children’s choir at age four, Senior Airman Joleen Dedmon, 944th Medical Squadron dental assistant, was absolutely elated when she found out she has made the 2012 team for the Air Force Tops in Blue.

For almost 60 years, Tops in Blue, a special Air Force unit of talented amateur performers have been proud to represent the United States with its rich entertainment history. Team members have traveled well over four million miles to military bases around the world, performed at six World Fairs, more than 100 state fairs and festival, and entertained at countless air shows, military balls and special events.

Dedmon, a 29-year old from Canton, Ohio, got to see Tops in Blue perform several times before she ever made the decision to audition. “Probably the most notable was when I was deployed to Al Udeid, Qatar in 2005. I had no clue that the Air Force had any such programs and was excited to speak to one of the performers after the show who told me all about Tops in Blue and how to audition.”

She auditioned for the team in 2005, however it just wasn’t her time yet and she did not make the team that year. In 2007, Dedmon separated from the Air Force to continue her education. When she made the decision in 2011 to join the Air Force Reserve and continue her military career there was no question in her mind that she would try out for the team again.

In 2012, determined to achieve this goal she began the journey again, which according to Dedmon is an interesting process. First you must submit a written application (available on the Tops in Blue website) and a video of yourself performing whatever talent you plan to showcase.

Her efforts paid off and she was asked to attend the live auditions at Joint Base San Antonio Lackland, Texas. During the 10-day live audition process, all those selected are sent through six auditions; vocal, instrumental, dance, interview, and final show performance. Which means regardless of what your talent is you must still audition in each area. The goal is to see everyone’s full potential. After all the auditions the Air Force Entertainment staff selects the team. “The team is not necessarily made up of the most talented performers, but rather the group of people they think will get along and perform the best together,” said Dedmon.

This time she got the gold and was selected as one of 30 members of the Tops in Blue 2012 team.

Memorable moments of her time on the team were in abundance however, there was one event at a deployed location which really stuck with Dedmon. “I sang the last song in the show, God Bless the USA by Lee Greenwood (this has been the very last song in every Tops in Blues show for over 25 years). Afterwards we spent a little time shaking hands and thanking everyone for their service and for coming to the show. I saw a soldier standing off to the side as if he were waiting for everyone around me to leave. Once they did he came over and shook my hand. He thanked me for singing that last song. He told me how much it meant to him and to the friends he’s lost on deployment. It reminded me why we were there; to take those troops minds off of what’s happening around them even if it’s just for an hour and a half.”

For Dedmon the best part of being on the team was a no-brainer, she loves performing! “It was hard and took a lot of work to get everything set up, but after that we got to have an hour and a half of fun before we had to start tearing down again.”

Many do not quite understand the actual physical labor that goes into being a member of Tops in Blue. The group has approximately 65 to 70 thousand pounds of equipment and unlike the big stars, they don’t have any roadies. The 30 team members set up and tear down every show, which for Dedmon’s group was about 120 shows.

As for advice to anyone who would like to become a member of the team Dedmon said it is something you must be passionate about. “You can’t audition because you “kind of like to dance,” if that’s the case, you’ll be miserable all year. You put in so much work that you really have to love it to make it worth your while.”

She said she would also tell someone interested to start working their talent. “If you’re a singer and you sing one hour a week right now, you need to start singing every day, as much as possible. The auditions are 10-days long and you’ll be performing every day. You’ll need the endurance to perform over and over and over.”

Although the look and sound of Tops in Blue may have changed over the decades the mission is virtually the same, “To serve as an expeditious entertainment unit to provide quality entertainment from within Air Force resources for the Air Force family, with priority to Air Force personnel stationed worldwide at remote and deployed locations while simultaneously promoting community relations, supporting recruiting efforts and serving as ambassadors for the United States of America and the United States Air Force.”

Securing Americans Value and Efficiency (SAVE) initiative

The White House continues to challenge all federal employees to help identify areas we can cut wasteful spending. Over the past three years, 85,000 ideas have been submitted through the Securing Americans Value and Efficiency (SAVE) initiative. Many ideas were submitted by our Airmen. You have day-to-day visibility into opportunities to eliminate non-value added activity and wasted resources. In these challenging fiscal times, every dollar counts and every good idea matters.

If you would like to participate in this year’s SAVE initiative, please go to the Office of Management and Budget (OMB) website (http://www.whitehouse.gov/save-award) to submit your ideas by the 9 August deadline. Many of the best ideas will be included in the 2015 President’s Budget submission. One winner will have the opportunity to present his or her idea directly to President Obama. The criteria for evaluation of ideas defined at the OMB SAVE website. Reminder, classified information should not be included in any submission.
CSAF says readiness harmed by steep cuts

by Claudette Roulo, American Forces Press Service

The rigid requirements of sequestration spending cuts have made it difficult for the Air Force to maintain readiness, the service’s top officer said yesterday.

Speaking to CNN’s John King at the annual Aspen Institute Security Forum in Aspen, Colo., Air Force Chief of Staff Gen. Mark A. Welsh III said each service has four major accounts: personnel, infrastructure and facilities, modernization, and readiness.

“We have had a great amount of difficulty recently doing anything about the infrastructure and facility costs -- we can’t seem to get to a point where we can reduce those,” he said. “We have not been able to reduce the people costs. In fact, the people costs have gone up exponentially over the last 10 years.”

So, he said, sequestration requirements have driven the Air Force to look at modernization and readiness costs. “Those are the only places we have to take money from,” Welsh said.

“We are trading modernization against readiness,” he added. It’s the only place we have to go for funding because of this abrupt, arbitrary mechanism that is sequestration -- and it’s causing a real problem on the readiness side of the house and putting out ability to modernize over time at risk.”

The civilian employee furloughs necessitated by the spending cuts are a problem for the Air Force for two reasons, Welsh said. “The first is a very human reason -- we have about 180,000 civilians in our Air Force. Those civilian Airmen are integral to every mission we do, and in some cases, they are the mission -- they’re the entire workforce.”

About 150,000 of those civilians are being furloughed for 20 percent of the remaining fiscal year, he said. Most of them are lower-wage scale employees who are going to have trouble making ends meet, Welsh added.

From a corporate perspective, the Air Force is losing 7 million man-hours of work during the furlough period, he said. “That’s going to leave a bruise,” he added.

The Air Force and the Defense Department as a whole recognize that they have to be part of solving the nation’s fiscal problems, Welsh said. But the department has to make overly steep cuts in the modernization and readiness account in the first two years of sequestration, he added, because personnel or infrastructure can’t be cut quickly enough.

Impacts to operations already are being felt, Welsh said. “We’ve prioritized everything that we know about, ... but if something new happened, we’d be affected dramatically, because our ability to respond quickly is affected.”

In his discussion with King, Welsh also addressed a number of recent headline-making events.

Recent leaks of classified material are a lesson re-learned, he said. The existing safeguards need to be adjusted based on these cases to ensure that personnel with access to classified information will protect it properly, he said.

“I think the key is (to) control access to information,” he added. “Everybody doesn’t need it, and you have to very carefully vet people who have the skills to operate on your networks because we know the cyber domain is now a huge vulnerability -- as well as an opportunity.”

Solving the sexual harassment and sexual assault crisis will require the services and the Defense Department to partner with Congress, victims’ advocacy groups, universities and experts around the country, the general said.

“I don’t care who else has the problem; my problem is the United States Air Force. ... The trauma of this crime is to the entire institution,” he said.

Last year, 792 sexual assaults were reported in the Air Force, he said.

“The real number is higher than that. ... According to our surveys, only about 17 percent of the people report it,” the general told King. “If you take a look at one victim -- not 792, just one -- and you look at the pain, the suffering, the lifetime of anguish, ... this is horrible. And multiply that by 792 times, and it’s appalling.”

For the Air Force, Welsh said, it’s not about addressing some spike in activity. It’s about making lasting changes across the entire spectrum of the force.

“From trying to screen for predatory behavior,” he said, “to deterring this kind of conduct from those individuals who become criminals ... who might not technically be ... violent predators, but they put themselves in situations where they take advantage of other people.”

Turning to the situation in Syria, Welsh said sequestration would make implementing a no-fly zone there difficult. “It would take some time to do it right,” he added, “because some of the units that we would use ... haven’t been flying.”

Because of continuing rotations to Iraq and Afghanistan, the Air Force’s overall readiness levels have been declining since about 2003, Welsh said.

“We had to back off a little bit on full-spectrum training ... where we try and simulate the most difficult threat we can and train realistically,” the general said. In addition, the Air Force was forced to use some readiness funds to pay for modernization, he added.

“The Air Force is old,” Welsh said. “Our aircraft fleet is older, on average, than it’s ever been. ... Modernization is not optional for the Air Force. We’ve got to modernize.”

The F-35 Lightning II joint strike fighter is imperative to the future of the Air Force, Welsh said. Upgrading the existing fleet may save money, he said, but it will not make it competitive.

“A fourth-generation aircraft meeting a fifth-generation aircraft in combat will be more cost-efficient,” Welsh said. “It will also be dead before it ever knows it’s in a fight.”

“Not having the F-35 right now ... operationally makes zero sense to the warfighter,” he continued. Russia and China are rushing to produce their own fifth-generation fighters, the general noted, “which will put our fourth-generation fleet at immediate risk.”

Welsh said he doubts the United States will fight China or Russia in the next five years, “but the reality today is that about 53 different countries around the world fly Chinese or Russian top-end fighters.”

And despite the drawdown in Afghanistan, the Air Force isn’t going to get less busy. It still will perform intelligence, surveillance and reconnaissance missions all over the world, Welsh said, and will be doing an airlift mission every 90 seconds, every hour of every day.

About 15,000 space operators will be providing missile warning for the United States, about 25,000 Airmen will be on the nuclear alert mission, satellite operators will be flying about 170 different satellites and more than 50,000 Airmen will be engaged in cyber command and control, Welsh said.

“Our Air Force does an awful lot of stuff behind the curtain that people don’t really see,” he added.

Readiness will be affected if personnel, health care and retirement costs are not reined in, Welsh said.

“We have to solve the problem,” he added. “We just have to -- there’s no other option. Or we’ll be doing nothing but paying people in the next 20, 30 years. We won’t be turning a wheel. There’s no magic bucket you go to (in order) to get more money.”

Welsh acknowledged “a certain ambivalence” about the Air Force among the American people, “because they really don’t know everything we do. And it’s easy to get disconnected.”

In the areas around Air National Guard and Air Force Reserve bases, it’s easier for the larger Air Force to stay connected to communities, he said. The civilian Airmen come to work on base and live in the community, Welsh noted.

“So, we’re actually better in those communities than we are anywhere else,” he said, “and we have to figure out how to take that strength and expand it.”
by Gen. Mark A. Welsh III, U.S. Air Force Chief of Staff

I am the very proud son of an American fighter pilot, one of that treasured group who served in three wars, built an Air Force, and gave it an enduring example of courage and mission success.

My dad was a hero. As a young man, I asked him who his combat heroes were; he gave me only two names. One was Major General Frederick “Boots” Blesse and the other was Colonel George E. “Bud” Day. My dad was not easily impressed, so I knew that if they were his heroes, they were very, very special men. I was right.

Earlier this year, my wife Betty and I had the distinct honor of attending Boots Blesse’s funeral at Arlington National Cemetery. And earlier this week, I heard that Col “Bud” Day had also “flown west.” Our Air Force is in mourning. We know we can never replace him, but we can honor him.

Many of you know his story. He fought in the South Pacific as a United States Marine in WWII and later became the Air Force’s most highly decorated warrior. He was a Medal of Honor recipient with nearly 70 decorations, which span three wars and four decades.

The medals say a lot about Bud Day, but they cannot capture his unbreakable spirit, the life-saving impact he had on his fellow prisoners during his time in captivity, and the inspiration he has been to countless Americans who’ve been fortunate enough to have heard his story or shaken his hand.

In Vietnam in 1967, Major Day commanded a squadron of F-100s, the “Misty” FACs (Forward Air Controllers). Theirs was one of the most dangerous combat missions of the war, and they suffered high casualties.

On August 26 Day was shot down and captured. Seven days later, despite having a dislocated knee and a badly broken arm, he escaped captivity and evaded the Viet Cong for 10 days. He was recaptured just two miles from a US Marine Corps camp at Con Thien. Getting so close to freedom only to be recaptured would have broken the will of most men. Not Bud Day.

He was eventually moved to a prison camp known as The Plantation, where he was tortured daily, and was later moved to the Hanoi Hilton. Due to his resistance and toughness, Day became an inspiration to other POWs. His roommate at The Plantation, Senator John McCain, wrote, “He was a hard man to kill, and he expected the same from his subordinates. They (his roommates) saved my life--a big debt to repay, obviously. But more than that, Bud showed me how to save my self-respect and my honor, and that is a debt I can never repay.”

In 1973, after more than five and a half years in captivity, he was released. The damage by the enemy permanently scarred his body, but his spirit emerged unbroken. A year later he was back on flight status, he became vice commander of the 33th Tactical Fighter Wing, and retired from active service in 1976.

Col Bud Day spent a great amount of his remaining years sharing his story with our Airmen. Over the past 22 years, many of those Airmen have experienced multiple combat deployments themselves, leaning on the lessons Col Day passed on to all of us, including his two sons, who proudly serve.

He deeply understood the challenges we face as a military service, “trying to keep America aware of the fact that Airpower has been a substantial reason that we exist as a free nation.”

I spoke with Col Day on the phone a couple of months ago, simply to introduce myself and thank him, on behalf of our entire Air Force, for his remarkable lifetime of service. I hung up feeling incredibly proud to be an Airman, and grateful that my real-life hero was even more impressive than I had imagined.

Future Airmen will honor his name and treasure his story, not because of the awards and buildings named in his honor, but for the legendary character, the unbreakable spirit and the values he demonstrated each and every day.

Airmen today strive to embody the same honor, courage, and integrity shown by Col Day and those who fought beside him. And we honor the sacrifices they made in the spirit of airpower and freedom.

“Push it up” Sir...we’re still following your lead.
“Every Airmen Counts!”

By Master Sgt. Darin Andsager, first sergeant, 944th Security Forces Squadron

“Every Airmen Counts!” This is the motto for a new initiative that is building in our Air Force based on too many sexual assaults and harassments. We as individuals need to be cognizant of what is going on in our work centers all the way down to the lowest ranking airman and never be silent about something you don’t feel comfortable with.

As we attend Down days for Sexual Assault Prevention and Response (SAPR), be mindful that this is just not another mandatory training to occupy our time on a UTA weekend, this is a serious and real threat the our Airmen, and to our success in defending our country. Take every effort, to understand how to identify sexual misconduct and report any suspicious activity.

Stay connected with social media without sacrificing career

by Airman 1st Class Zachary Vucic, Air Force News Service

Engaging in social media can be a positive experience that entertains, keeps people connected and allows opinions to be expressed on a wide variety of topics.

In some cases though, social media can ruin personal reputations or careers, and create an open window for criminals to access personal information.

According to the Air Force’s top social media expert, safe use of social-media outlets is simple -- use common sense.

Tanya Schusler is the chief of social media for the Air Force Public Affairs Agency, Joint Base San Antonio-Lackland, Texas. She said in many cases, problems arise when people are “too trusting” with their personally identifiable information.

“It can be something as simple as sharing your location when visiting your favorite store or restaurant,” said Schusler. “This tells your social network one critical piece of information -- you’re not home.”

To take full advantage of social media, and still post to Facebook and tweet to friends safely, Schusler offered the following advice:

Many Airmen cause issues by posting photographs of themselves violating appearance standards, acting inappropriately and most importantly, violating operational security protocol. If you’re not within regulations, don’t post it.

Airmen should not post information about deployments or photos of secure areas within their workplace. Even if the Airman takes the information down shortly after posting, someone has already seen it. The information can be printed, screen captured, copied etc. Once information is released to the internet, it’s there permanently.

When posting personal opinions about Air Force topics, provide a disclaimer stating the opinion as your own, and not that of the Air Force. This can be done either as a disclaimer on a profile, or on each individual post and will alleviate any potential confusion from followers reading the post.

If an Airman posts a statement about hurting himself or others, time is of the essence. Contact 911 if you know the location of the Airman. If you do not know the person’s location, contact the command post or your supervisor for assistance in locating the Airman. It is important to seek help for these individuals immediately.

Using certain security features within social media sites can help mitigate some of the risk of personal information being shared. However, privacy policies change almost daily, and Airmen may not know about the updates. Therefore, do not rely on site security measures alone. Be careful of whom you allow into your social media networks, and don’t trust that the account will always remain secure. Assume personal responsibility.

Airmen’s social-media pages are their personal space, and they are encouraged to tell their personal Air Force stories through social networks. They simply need to ensure the information they post is cleared for release and within regulations. Don’t jeopardize the mission or put anyone’s life, or lives in danger. Think before you post.

“We don’t want Airmen to feel like they are stifled from sharing information,” Schusler said. “We just want to emphasize the use of common sense to keep people safe.”

If Airmen have questions about acceptable posting to social media, there are resources available to them for guidance. AFPAA has published a new booklet, the Air Force Social Media Guide, available for download here, or at http://www.af.mil on the homepage under the social media icons. Airmen can also contact their local public affairs office with questions.

The Department of Defense estimates there are about 19,000 sexual assaults in the military per year but according to the latest Pentagon statistics (2013), only 1,108 troops filed for an investigation during the most recent yearly reporting period and during that period, only 575 cases were processed. Of the cases processed, only 96 went to court-martial. Another investigation found that only one in five females and one in 15 males in the United States Air Force would report having been sexually assaulted by service members. This is a staggering statistic on how little we are identifying and reporting these occurrences.

Once again, take effort in making this training count and get involved in follow-on training, surveys and focus groups that will come within weeks of this down day. This is an issue that takes all of us to combat, not just those in leadership positions. Remember, EVERY AIRMAN COUNTS!