

# Snapshot

944th Fighter Wing, Luke Air Force Base, Arizona

April 2015 newsletter



## Headlines:

Zero tolerance policy for serious issues

Reserve Medics train with Scottsdale SWAT

AF Reserve celebrates 67th birthday

Tuskegee Airmen honored at Luke

UFC delivers health and fitness tips to Luke





# 944th Fighter Wing Monthly SnapShot

[www.944fw.afrc.af.mil](http://www.944fw.afrc.af.mil)

Bringing the Heat

April 2015

## 944 FW KEY LEADERS

### **Commander**

Col. Kurt J. Gallegos

### **Vice Commander**

Col. Robert D. Whitehouse

### **Command Chief**

CMSgt. Rhonda L. Hutson

## 944th Fighter Wing Electronic Monthly SnapShot

Contents of the 944th Fighter Wing Electronic Monthly SnapShot are not necessarily the official views of, or endorsed by, DoD or the Department of the Air Force. The editorial content is edited, prepared, and provided by the Public Affairs Office of the 944th Fighter Wing, Luke Air Force Base, Arizona, 85309. All photographs and graphics are property of the Air Force unless otherwise indicated. Articles can be submitted via [944fw.pa@luke.af.mil](mailto:944fw.pa@luke.af.mil).

## SnapShot Editorial Staff

### **Commander**

Col. Kurt J. Gallegos

### **Chief, Public Affairs**

Maj. Elizabeth Magnusson

### **NCOIC, Public Affairs**

Tech. Sgt. Barbara Plante

### **Operations Chief, PA**

Tech. Sgt. Louis Vega Jr.

### **Photojournalists, PA**

Staff Sgt. Joshua Nason

Staff Sgt. Lausanne Kinder

## Inside:

Command Commentary.....	3
AF/AFRC Command Commentary.....	4
Reserve medics train with Scottsdale SWAT.....	5
Arizona entrepreneurs learn benefits of hiring vets...	6
Tuskegee Airmen honored at Luke.....	7
UFC delivers health and fitness tips to Luke.....	7
AF sexual assault prevention: moving in right direction...	8

### 944th Mission

Train and provide Combat-Ready Airmen.

Mission ■ Airmen ■ Family

Ryan "Darth" Bader, Ultimate Fighting Champion fighter, takes a swing at the Haymaker vending machine to measure his punching power Mar 21 during the UFC Fitness Tour 2015 presented by the 944th Fighter Wing Air Force Reserve Command at the Bryant Fitness Center, Luke Air Force Base, Ariz. (U.S. Air Force photo taken by Tech. Sgt. Louis Vega Jr.)





## Command Commentary

# Zero tolerance policy for serious issues

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

I am back from South Korea! I had the pleasure of participating in a large Pacific Air Force exercise, Key Resolve. The experience was unique and helps keep us ready for war, but it is great to be home and I am excited about the April UTA.

April is Sexual Assault Awareness month and Child Abuse Prevention month. Both are very serious issues and ones that we have a zero tolerance policy for in our Air Force.

Sexual assault is an issue that should be taken seriously and the Air Force has gone to great measures to provide resources to those affected and to prevent it from happening. As Airmen, we are held to a higher standard and need to understand the damage behavior like this can do to the mission and morale of a wing, squadron, or office.

The Air Force has instituted avenues for reporting sexual assault in the form of Restricted and Unrestricted Reporting. The Sexual Assault Prevention and Response (SAPR) training program is set up to ensure all Airmen understand what sexual assault is and how to implement these reporting avenues if an incident occurs. Our number one goal is to prevent sexual assault from ever happening.

Children are probably the most vulnerable members since many times they do not have a voice or are too scared to say they are being hurt. According to the National Child Traumatic Stress Network website, recent research has shown an increase in military child maltreatment and neglect since the start of combat operations and deployments to Afghanistan and Iraq.

As parents, being equipped with the right tools and resources can help prevent instances of or identify when your children are in danger. The abuse can be physical, emotional, sexual, or neglect, and preventing child abuse is everyone's responsibility. Reporting suspected or known abuse is mandated for childcare providers, medical provider, commander, first sergeants but we all need to be vigilant and report.

This UTA we will be hosting a Parenting Class for anyone who is interested. It will be in the wing conference room from 1100-1200.

During the May UTA we will have our Commander's Call in Hangar 999 and the wing picnic will immediately follow. I look forward to seeing all of you there for some good chow. Thank you and have a great UTA.



## The responsibility lies with everyone

By Chief Master Sgt. Rhonda Hutson, 944th Fighter Wing Command Chief

944th Warriors! I'm going to continue Col. Gallego's theme.

April is Sexual Assault Awareness and Prevention Month. This year, our Air Force's theme is eliminate sexual assault, know your part, Do your part!

Sexual assault is contrary to our core values. It takes a devastating toll on victims and undermines trust between Airmen. Without trust, a Unit's effectiveness is degraded and mission is compromised.

Everyone in the Wing has a responsibility to eliminate sexual assault and its destructive effects. The Wing leadership will not tolerate it and neither should you. That said, you cannot rely on the leaders to stop all inappropriate behavior. It is our responsibility but we need you to do your part. So what is your part?

Let me illustrate your part with a different perspective. When I was a young Airman, I assumed my Command Chief knew everything, so I assume you feel the same way. As command chief I spend much time out and about in the Wing, talking to you and leadership. As much time as I spend walking about I never witness bad behavior. Whenever I walk in, all activity stops and I see perfect behavior. So far, no one has raised their hand and said, hey Chief, I am about to screw up, hold my beer and please watch.

So what is your part? It is your responsibility and your duty, to avoid this type of conduct, stop others who may be exhibiting this behavior, protect those who may fall prey, and especially report behavior that is inappropriate. Without that, leadership cannot be fully aware of problems nor can we fix them.

Last month I talked to you about change and suggested you take time to influence change. Elimination of sexual assault is imperative for the good of our Air Force. Your part is to influence change, to not accept inappropriate behavior or to report behavior contrary to our core values, especially sexual harassment and assault. It's imperative that we tackle this challenge as a team, and I am relying on your help. Til next time!

■ To report an incident or answer questions concerning sexual assault please contact the Luke Air Force Base Sexual Assault Response Coordinators (SARC) Com: 623 856-4878/4979 DSN 896-4878/FAX: 623 856-7927 or Ms. Jessica Paul, 944th Fighter Wing Family Advocacy Outreach manager at 623-856-2289. The Sexual Assault Hotline (24/7) telephone number is 623 856-4878/623-363-6590.

■ For questions regarding Child Abuse Preventions please contact Ms. Jessica Paul, 944th Fighter Wing Family Advocacy Outreach manager at 623-856-2289. To report child abuse contact the Department of Child Safety 1-888-767-2445 or visit <https://www.azdes.gov/landing.aspx?id=9485>. If you have young children and need help you can call the Birth to Five Helpline at 1-877-705-KIDS (5437) to speak with an early childhood specialist.



# AF Reserve celebrates 67th birthday



*Courtesy photo*

From Lt. Gen. James F. Jackson, Air Force Reserve Command commander

As we prepare to celebrate the 67th birthday of our Air Force Reserve in April, this is a great opportunity to tell our story. Our theme for this year's celebration is "Air Force Reserve: significant in the past, critical to the future".

The Air Force Reserve was created as a separate component on April 14, 1948, when the Army Air Corps Reserve was transferred to the Air Force. The Air Force Reserve lineage dates back 99 years to when the Federal Reserve was established in the National Defense

Act of 1916. The roots of today's Air Force Reserve were planted by visionaries such as Maj. Gen. George Squier and Lt. Charles D'Olive. Squier proclaimed that the provision establishing the Organized Reserve Corps was one of the most important sections of the 1916 National Defense Act. D'Olive was commissioned in the Signal Officers Reserve Corps and was the final American ace of World War I. His squadron, the 93d Aero Squadron continues today as the 93d Bomb Squadron at Barksdale Air Force Base.

The Air Force Reserve produced many Airpower giants like Col. Jackie Cochran (award-winning pilot/director of the Women's Airforce Service Pilots Program), Gen. James H. "Jimmy" Doolittle (Eighth Air Force Commander and led the first American bombing attack on the Japanese mainland), Brig. Gen. Jimmy Stewart (decorated bomber pilot/Oscar-winning movie star), Brig. Gen. Charles Lindbergh (Medal of Honor recipient for the first solo nonstop flight across the Atlantic Ocean), Maj. Gen. Betty Mullis (first pilot female officer in

the Air Force to attain the rank of Major General), Maj. Gen. Barry Goldwater (pilot/U.S. Senator from Arizona), Col. William Warren Scranton (pilot/Governor of Pennsylvania), Airman 3rd Class Joseph "Walking Joe" Teasdale (military paralegal/Governor of Missouri), Maj. Gen. Howard Cannon (bomber pilot/U.S. Senator from Nevada) and Capt. Ronald Reagan (military public relations officer/40th President of the U.S.). These Airmen, using their unique citizen's perspective and agility, pioneered creative ways to win the fight while shaping the future of the United States Air Force.

Airpower delivers unprecedented advantages; speed, range, flexibility, precision, lethality and payload. The Air Force Reserve is rooted in its original role that was assigned in 1948 and revolves around the Air Force core missions; we call them Air and Space Superiority, Intelligence, Surveillance and Reconnaissance, Rapid Global Mobility, Global Strike and Command and Control. We are a combat-ready force, composed of about 70,000

Citizen Airmen, stationed locally at over 60 locations throughout the U.S. and serving globally for every Combatant Command in air, space and cyberspace, whenever the nation calls.

Since the very first powered flight, Air Force Reserve Airmen have viewed the world differently - seeking to "go over, not through," forever changing the nature of warfare. From 1948 until today, Citizen Airmen are bound together by our warrior ethos, our core values and our agile approach to problem solving. Agility is an integral part of how we train and employ our forces, develop our capabilities, and ensures a lean and cost efficient component of the Total Force.

My hope is that each of you will find your place in this spirit of service as we celebrate our birthday and give back to our communities just as we have so faithfully given to our nation. Happy birthday Air Force Reserve and thanks for all you do!

## CSAF describes Air Force of the future

In the future, the Air Force's core missions will probably not change, but the way they are carried out will, said Air Force Chief of Staff Gen. Mark A. Welsh III on April 8.

Welsh, speaking to the Defense Writers Group, said the Air Force's missions include air and space superiority, intelligence, surveillance and reconnaissance, rapid global mobility, global strike, and command and control.

Those missions "are what the joint force requires to be successful," the general said.

**Hot jobs** - New technologies, new methods and new domains will change the way Airmen do their jobs, Welsh said.

"The hot jobs will be probably be in the cyber domain (and) they will be in remotely piloted aircraft (RPA)," he said.

The RPA career field is growing leaps and bounds, the general said. Airmen currently working in this field are figuring out what the technology can do and how it can be worked into today's and tomorrow's service.

"Many of them came in to do this, which is a change from 10 years ago," Welsh said. "They are really excited about the potential and what it brings."

These Airmen are working to figure how to work RPAs with manned aircraft, he said, and they are the ones figuring how microminiaturization technology can be used and what it will bring to the table.

**Building on Air Force traditions** - There will also be more traditional jobs, too, Welsh said with a smile.

"We're going to get the same kind of people who we've gotten for years," the general said. "They want to fly the F-22, the F-35, the X-wing fighter. Those people still want to come do this and we'll have options for them in the future."

Some of the systems the Air Force has in the current inventory will still be in use in 2035, but what is carried aboard these platforms will bring new capabilities to the service and the nation, Welsh said.

"A lot of how the Air Force looks will depend on what the budget looks like and what the economy looks like," he said. "It could look a lot more robust, it could look a lot more modern, or it could look like it does today. The danger is that we settle for that. That won't be good for us."



*Courtesy photo*





## Wing News

# Reserve medics train with Scottsdale SWAT

By Staff Sgt. Lausanne Kinder, 944th Fighter Wing Public Affairs

The 944th Aeromedical Staging Squadron conducted Tactical Combat Casualty Care training here March 23 to 26.

The four-day course consisted of in-class, hands-on, and field training exercises at the Luke Auxiliary Field.

"The training is based off of current evidence based research/approach medicine in the field," said Master Sgt. Christopher Martin, 944th Aeromedical Staging Squadron Non-Commissioned officer in charge of Critical Care Air Transport and TCCC instructor.

Along with 944th Fighter Wing Reservists, members of the Scottsdale Fire Department and SWAT team participated in the training.

"For new members to SWAT teams like me, training like this is the backbone for everything that I will do as a member of the SWAT team," said Capt. Jeremy Brunk, Scottsdale SWAT Team Emergency Medical Services medic.

During the field training exercise, students were briefed by the 944th Security Forces Squadron about the rules of engagement on the field before they were sent out to complete their missions. Both students and opposing forces were armed with paintball guns and were put through different combat scenarios.

"I just thought it was great to combine what we learn in the civilian world through a military perspective," said Brunk. "Usually when we operate it's in close quarters, and out here [Luke Auxiliary Field] it's in the open."

The students endured heavy fire while trying to suppress enemy fire and care for wounded patients.

"TCCC is a course that provides the member with realistic combat experiences in a tactical environment to prepare for upcoming deployments," said Martin. "It raises the bar and skill level to make medics more prepared for future events."

"[These programs] are total force initiative where sister services and civilian entities have participated in our classes and have established training relationships with," said Martin. "We are providing the most current lifesaving skills and information coming straight from the battlefield."

The 944th ASTS also provides Advanced Cardiac Life Support (ACLS), Pre-Hospital Trauma Life Support (PHTLS) and Trauma First Responder Course (TFR).

"Everyone has been great, I've learned a lot and I can't wait to come back and hopefully do it again in the future. I'd recommend it to any SWAT operator who hasn't attended or any paramedic for that matter, whether they're on the SWAT team or not," said Brunk.



Photo by Staff Sgt. Lausanne Kinder

## April 2015 promotions: Congratulations to the following 944th Fighter Wing promotees

### From Airman Basic:

AMN Ayanna Blanco, 944 MDS  
AMN Leonardino Gentiles, 944 CES  
AMN Kasandra Rodriguez, 944 FSS



### From Airman:

A1C Dinah Romero, 944 SFS  
A1C Torriane Upshaw, 47 FS



### From Airman First Class:

SRA Jeremy Cox, 944 ASTS  
SRA Kendyll Holbby, 414 MXS  
SRA Amadou Jallow, 944 SFS  
SRA Jose Lee, 944 CES  
SRA Jessica Ramirez, 944 ASTS  
SRA Ivan Villa Higuera 414 MXS



### From Senior Airman:

SSGT Adrienne Gamble, 944 FW  
SSGT Christopher Wadginski, 924 MXS



### From Staff Sergeant:

TSGT Orlando Black, 924 MXS



### From Technical Sergeant:

MSGT Christopher Fry, 924 MXS



### From Master Sergeant:

SMSGT Kirk Finkbeiner, 924 MXS  
SMSGT Jason Head, 944 CES  
SMSGT Stephen Hunter, 944 CES  
SMSGT Michael Orso, 944 LRS



# Cougars serve community and country



Courtesy Photo

From Kellis High School

In honor of the Peoria Unified School District's 125th anniversary, Mrs. Walsvick and Mrs. Copeland took thirteen English students to Luke Air Force Base in Glendale to give back to our community and country by serving those who serve us every day.

At the time of the group's visit, the 944th Fighter Wing was preparing for the following day's retirement

ceremony.

The Cougars helped our troops ready the airplane hangar and surrounding area in which the retirement ceremony was held. While on the base, the group was greeted by Col. Kurt Gallegos, 944th Fighter Wing commander, 1st. Lt. Robert Lindberg, 69th Fighter Squadron pilot, and Capt. David Walsvick, 944th Aeromedical Staging Squadron deputy administrator.

The Airmen expressed their gratitude for the group's help and talked to them about the upcoming ceremony, as well as the Air Force's mission. Lindberg and Walsvick treated the group to an up close and personal view of the F16 Fighter Jet.



# Arizona entrepreneurs learn benefits of hiring vets during tour

By Tech. Sgt. Louis Vega Jr, 944th Fighter Wing Public Affairs

Ten Arizona Chapter Entrepreneur Organization members held their annual retreat/meeting and toured the base March 27.

This year part of their meeting was focused on hiring veterans and improving business practices.

Andrew Ryan, Department of Economic Security local veteran employment representative for the west - Phoenix Workforce Connection office, spoke with the members on the benefits of hiring veterans.

"With the help of our Disabled Veteran Outreach Program team, we help to create employment opportunities by showing employers that the value a veteran brings to their organization is greater than the total cost of employing him or her," said Ryan.

"In preparing to separate from any of the Armed Forces, servicemen/women and their family members need to be ready to do their homework on their new civilian careers. This should be done as soon as possible, prior to transitioning."

Ryan talked about services available to all eligible veterans and spouses that meet federally mandated guidelines as well as the services available to employers who are looking to hire veterans.

"Many of the group members mentioned that they would definitely consider hiring a

veteran" said John Mellor, President and CEO of Work In Sports and group moderator. "I think the work ethic, commitment, experience and attitude would make a veteran a great hire for any sized business."

After the briefing from Ryan, Jessica Paul, 944th Fighter Wing family advocacy outreach manager, discussed the specific challenges faced by Reservists looking for jobs and balancing their service one weekend a month and 15 days of annual tour a year.

"Reservists are able and willing to be hired on a fulltime basis and can still fulfill their military obligations," said Paul. "They are a great pool of individuals to choose from because of their unique skill sets and strong work ethic and would be a great asset to any organization."

The group finished up their day on base with a tour that gave them an up close look at an F-16, hands-on display at explosive ordinance disposal, and a military working dog demonstration.

"Everyone thought the tour was outstanding," said Mellor. "Being able to meet with the outstanding men and women that serve our country was a unique experience. Seeing inside an F-16, learning all about the bomb



Photo by Tech. Sgt. Louis Vega Jr.

squad and the working dogs was fascinating."

For veterans looking for a job, resume writing tips, computer job search skills, as well as interview preparation guidance, resources are offered on base as well as at six One-Stop locations throughout the Valley.

For more information for both active duty and Reserve service members and their spouses seeking employment please contact Terry Grossman, Department of Economic Security Arizona Veterans Employment Advocate, at the Luke Air Force Base Family Readiness Center Mon. Wed. and Fri at 623-856-6362, Jessica Paul, 944th Family Advocacy Outreach Manager at 623-856-2289 and the 944th Fighter Wing Family Readiness Center at 623-856-8324.

## Distracted Driving: One Call Can Change Everything

**NOTICE**



**Please,  
No Cell Phone  
Use While Driving**

Courtesy graphic

From the 944th Fighter Wing Safety Office

Distracted driving is a dangerous epidemic on America's roadways. In 2013, 3,154 were killed in distracted driving crashes. An Estimated one in four car crashes involves cell phone use.

Many distractions exist while driving, but cell phones are a top distraction because so many drivers use them for long periods of time each day. Almost everyone has seen a driver distracted by a cell phone, but when you are the one who is distracted, you often don't realize that driver is you.

The U.S. Department of Transportation is leading the effort to stop texting and cell phone use behind the wheel. Since 2009, they have held two national distracted driving summits, banned texting and cell phone use for commercial drivers, encouraged states to adopt tough laws, and launched several campaigns to raise public awareness about the issue.

Hands-free is not risk-free. With some state laws focusing on handheld bans and carmakers putting hands-free technology in vehicles, it's no wonder people are confused. However, while many drivers honestly believe they are making the safe choice by using a hands-free device, it's just not true. Your brain remains distracted by the conversation.

Did you know there is a lot you can do to help prevent distracted driving? Stop using your phone while driving. Use social media to tell others about the dangers of cell phone distracted driving. Take the pledge to drive cell-free.

Distraction.gov is your resource for learning more about distracted driving. Get the facts, get involved, and help us keep America's roadways safe.





## Base News

# Tuskegee Airmen honored at Luke



Photo by Tech. Sgt. Louis Vega Jr.

By Tech. Sgt. Louis Vega Jr, 944th Fighter Wing Public Affairs

A ceremony honoring the great heritage of the “Red Tail” warriors from the 302nd Fighter Squadron took place Mar 26 during the second annual Tuskegee Airmen Commemoration Day at Luke Air Force Base, Arizona.

The ceremony, held at the Tuskegee Airmen Memorial Air Park, celebrated the men and women of the Tuskegee Airmen who signify sacrifice, the struggles of overcoming adversity in the face of racial discrimination, and a strong legacy of pioneer aviators.

About 100 people attended the ceremony including Lt. Col. (Ret.) Robert Ashby, Lt. Col. (Ret.) Asa Herring, and Master Sgt. (Ret.) Rudolf Silas, three of the original Tuskegee Airmen, members of the

Archer-Ragsdale Arizona Chapter Tuskegee Airmen, Mayor Georgia Lord, City of Goodyear, Mayor Kenn Weise, City of Avondale, leadership from the 56th and 944th Fighter Wings, and veterans of the Chinese Canadian “Dragon Tales” who also fought in World War II.

Like the Tuskegee Airmen the “Dragon Tales” share a similar story of overcoming racial prejudice to serve their country with courage and distinction.

During the ceremony, a wreath was laid at the base of the red tail by four World War II vets; two Tuskegee Airmen and two Dragon Tale members. The Luke AFB Honor Guard performed Taps and rendered the proper military honors.

“I ask that you remember the legacy of these incredible men who fought for our future at a time when they had a perfect excuse not to serve,” said Bernard Bruce, 56th Fighter Wing ground safety manager and chapter historian for the Archer-Ragsdale Arizona Chapter of the Tuskegee Airmen. “America didn’t want them, but serve they did, and with honor.”

In July of 1987, the 944th FW re-activated the 302nd Fighter Squadron and a few years later in March of 2000 they re-activated the 301st Fighter Squadron. Both these units belonged to the 332nd

Fighter Group during World War II. Both units have since transitioned to the F-22 mission and are located at Elmendorf Air Force Base, Alaska and Holloman Air Force Base, New Mexico respectively.

“Here at the 944th FW we feel a special bond with our Tuskegee brothers and sisters,” said Col. Kurt Gallegos, 944th Fighter Wing commander during his speech. “Although we no longer have the 302nd or the 301st squadrons here at Luke, this air park behind me serves as a constant reminder of the accomplishments, contributions and sacrifices the Airmen made in the defense of our country.”

Several pivotal milestones happened in the month of March from 1940 to 1949 for those who participated in the Tuskegee Airmen experience, including when the first Tuskegee Airmen ground crews began training, when the first flying unit, the 99th pursuit squadron, was activated and when the first aviation cadets received their pilot wings. In April 1913 former Governor Jan Brewer signed into law Senate Bill 1128 that designates the fourth Thursday in March as the Tuskegee Airmen Commemoration Day in the state of Arizona.

# UFC delivers health and fitness tips to Luke

By Tech. Sgt. Louis Vega Jr, 944th Fighter Wing Public Affairs

The Ultimate Fighting Championship mixed martial arts organization in collaboration with the Air Force Reserve recruiting command presented the UFC Fitness Tour 2015 Mar 21 here at the Bryant Fitness Center, Luke Air Force Base, Ariz.

Former and current service members and their families participated in the event which included a visit by UFC members, a UFC memorabilia display, a console with the latest video game version of UFC to play and a Haymaker punching vending machine to measure punching power.

UFC fighter Ryan “Darth” Bader and UFC fit coach Mike Dolce spoke with the gathered service members, offered health tips for diet and exercise and answered questions from the audience.

Afterward, pictures with the duo and a personal meet and greet was offered to everyone who attended.

“We work out here three times a week and saw the flyer,” said Mr. Daniel Peabody, retired Navy Chief. “My family and I are big UFC fans and we were pleased to be a part of the event.”

Bader, has a record of 20-4-0 and is currently ranked number five in the UFC. He attended Arizona State University and was an All-American

wrestler with the Sun Devil’s. He currently fights out of Tempe Arizona and is scheduled to fight Daniel Cormier June 6, 2015.

Dolce, is a fit coach for a number of UFC and professional boxing athletes. One of his more notable fighters is “Rowdy” Ronda Rousey, the current UFC Women Bantamweight Champion.



Photo by Tech. Sgt. Louis Vega Jr.

“My passion for health and fitness stems from a life-long experience,” said Dolce. “My father had a stroke when I was eight years old which made me very aware of health, fitness, diet and exercise.”

Dolce expressed the message he wanted everyone to take from the event.

“Start now, life is too short to wait, often times people spend the bulk of their life waiting to start or waiting to be something,” continued Dolce. “Time is precious, eat well now, work out now, set goals now and start moving forward to achieve them because after that, anything is possible.”

Tech. Sgt. Tamika Culpepper, Air Force Reserve Command recruiter with the 944th Fighter Wing, organized the event by coordinating with fitness center managers Mr. Ansel Bingham and Mrs. Antonia Espinosa-Bazan.



# AF sexual assault prevention: moving in the right direction



By Tech. Sgt. Terri Paden, 15th Wing Public Affairs

"I was raised in a household where you take responsibility for your own actions and don't blame others for your downfalls," said Tech. Sgt. Kathleen Thorburn.

"Instead of seeing a crime that had occurred, all I could see were my mistakes. Why did I go to that party? Why did I accept the drink? Why did I laugh at their jokes? Why didn't I scream?"

Thorburn was sexually assaulted by a co-worker she trusted shortly after joining the Air Force. She'd been invited to a party by one of her instructors and encouraged to drink and take shots of alcohol, even though she was underage. Though she can't remember all the details from the night, she clearly remembers her ride leaving, being led into a bedroom and waking up with someone on top of her.

"The next day I woke up in a haze ... confused by missing clothes, where I was, and what had happened," she said. "Although, I was very aware of the fact that someone had been inside of me and it hurt down there."

She was convinced by a friend to report the incident to her chain of command, which ultimately resulted in an investigation by Air Force Office of Special Investigations and a Letter of Reprimand for underage drinking. This was before the SAPR program had really been implemented, so after the paperwork, she was switched to a new team and no one spoke with her about the incident again.

"At the time, that's what I wanted," she said. "I was a brand new Airman. I had only been in the shop for a couple of weeks and I just wanted this to go away. Sometimes when I think about it, I feel guilty that I didn't do more and 'let' him walk away, because who knows if he might have done the same thing to someone else."

Shortly after this incident, the options of restricted and non-restricted reporting of sexual assaults were introduced to the Air Force; a concept Thorburn believes really helped change the way the service deals with victims and sexual assault for the better.

"After that happened to me, not one person asked if I needed to talk to a counselor ... not one person suggested I go to medical for a checkup, but that was fine with me because at the time I just wanted it to go away," she said.

"But two months later, they announced restricted and non-restricted reporting and I thought, 'That would have been helpful a few months ago.' I think going restricted would have been a good option for me."

She said the changes in reporting protocols also came with additional training and education about how to assist victims, which she believes helped change the culture.

"When I think about my leadership at the time and how little training and experience they must have had dealing with sexual assault and

how much training everyone receives today ... I think today we are much better equipped to deal with it," she said. "There is a greater understanding of sexual assault."

Thorburn said the culture at the time made it easy for her to pretend her assault didn't happen, which is what she tried to do.

Hurt, angry, frustrated and confused, following the assault, she said she began to try to move on with her life. It wasn't until she was approached by her new supervisor, who offered moral support and empathy, that she realized what had happened to her was wrong, but that she could rise above it.

"It took me a long time to even admit to myself or agree with the fact that I had been raped," she said.

"I could agree verbally, but I could not fully accept it. Years went by and it was constantly in the back of my mind, yet I was always ignoring it and pretending it didn't happen. Slowly, but surely, I began to come to terms with what happened."

Right around that time, the Sexual Assault Response Coordinator began to look for victim advocates (VA) to support the new program and assist in victim recovery, and Thorburn took her first step toward recovery.

"No one was really there for me when I needed help, and a VA may have been just the person that could have helped me," she said. "I wanted to take what I learned and gained from this horrific event in my life and help someone else."

Before she would be able to fully help someone else, she knew she would need to face her own past head on.

"I'm not very good at journaling, but I do believe in spoken word," she said. "I no longer fully believed that it was my fault, but I knew I that I could never help someone else if I could not admit what happened to me. I was a seeing a counselor at the time, and one day I just sat down in her office and explained my story from beginning to end — it was liberating. I told a couple of my best friends and it was even more liberating. No longer did I have this secret to hide."

After that defining point in her life, Thorburn joined the Sexual Assault and Prevention Response Program and became an active participant.

"With each new event I became more and more confident in myself," she said. "I think the feelings I have, I will have for the rest of my life, but it gets better."

As part of her work as an advocate against sexual assault, she speaks out against myths regarding alcohol use and sexual assault.

"Sexual assault is not a side effect of drinking," she said. "Just because you've been drinking does not equal rape. Dizziness, headaches and nausea are all side effects of drinking, but rape is not one of them."

Thorburn said it's important to teach Airmen about responsible drinking practices and being good wingmen, but it's just as important, if not more so, to talk to them about sexual assault and respecting other people.

"Air Force training has become more assailant based and it's great that it's shifted focus from victim blaming," she said.

"Assailant based training, I think, addresses so many questions about what happens to people after the assault and what happens to the assailant and I think that's a good way to go.

We're moving in the right direction, working toward prevention and not just response."





# Keeping our military safe on social media

By Staff Sgt. Amanda Dick, Headquarters Pacific Air Forces Public Affairs

Social media. It incorporates several platforms that allow military members to stay in touch with friends and loved ones around the world, however, sometimes what is shared comes with a hefty price tag; loss of operational security.

As seen in recent events, these platforms can also be an instrument for adversaries to target military members and provide an avenue for identity fraud.

According to the Federal Trade Commission, identity theft has been the No. 1 consumer complaint in the last 15 years.

In an independent research study conducted by Next Advisor, 54 percent of social media profiles were the target of identity fraud with another 70 percent of profiles targeted to visit a scam website via private message.

“Using social media is a personal choice, and you have a degree of control over the information you share. Carefully consider how much information you make available and to whom,” said Tanya Schusler, the Air Force Public Affairs Agency social media chief. “You need to protect your safety, your career and the Air Force’s mission while balancing your need to connect with people. It takes just an extra few seconds to thoroughly consider what you’re about to share online, but the consequences of a misstep could follow you for years to come.”

Practicing good operational security helps combat risks that arise from using social media, namely by protecting critical information (CI). The Interagency OPSEC Support Staff lists several examples of CI:

- Usernames, passwords, computer and networking information
- Job title, location, salary, grade and clearances
- Operational, security and logistical data
- Social Security numbers, credit card and banking information
- Work/personal addresses and phone numbers

The biggest hurdle on social media is posting information that may not be critical on its own, but when pieced together by someone, on one or more platforms, can have detrimental effects.

According to the study, it was determined that 30 percent of Facebook users do not have their profiles set to private and 14 percent don’t know their privacy settings.

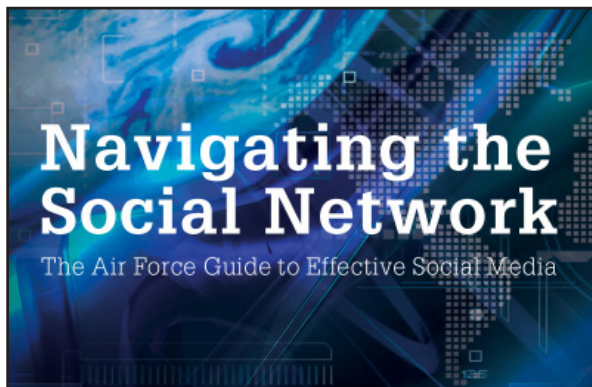
There are several ways Airmen can protect themselves on social media:

- When posting, remember “when in doubt, throw it out.”
- Take notice of security settings: Are you hard to find/access? Each social network platform has security settings, but Airmen should not solely rely on those settings and should make their profiles as secure as possible.
- Disable location-based social media, or geotagging: this alerts others to your exact location and could inadvertently

reveal more information than should be out there.

- Do not post work or personal schedules or travel itineraries: this is especially true if the travel is related to deployments. Posting this information could give adversaries information on troop locations and movements.
- Be aware of backgrounds in photos: sensitive or classified information could inadvertently be in the photo. The background could also give clues as to where you are and what you are doing.
- Do not post information on casualties in your unit: the Air Force has a procedure in place to properly and respectfully notify next of kin in case of injury or death.
- And again, remember “when in doubt, throw it out.”

For more information on social media safety, visit DoD’s Social Media Web Guide at <http://www.defense.gov/socialmedia/> or contact Mr. Pete Hightower, 944th Fighter Wing security specialist, at 623-856-3201.



## Are you protecting your online/social media footprint?



Courtesy Photo

Recently, ISIS/sympathizers claiming to have hacked DoD networks, circulated the names, pictures, and home addresses of 100 active duty service members living in the United States--57 of which are Airmen. Evidence suggests all information on the service members was mined from social media sites. It is important AFRC Airmen, which includes our AF Civilians and DoD Contractors, take extra precautions to safeguard their identity on social media networks by checking their online/social footprint, ensuring privacy settings are adjusted to limit the amount of available personal information, and avoiding posting USAF related photographs, comments, and/or other personal and work-related information. Bottom line, Airmen should practice vigilant OPSEC and remain ever-conscious that there are people diligently working to exploit vulnerabilities and harm Americans.

In addition to remaining vigilant, it is highly encouraged to educate family members on not being a target, and to report any suspicious activities (both on- and off-base) to the AFOSI Global Watch at 1-877-246-1453.

-Information provided by HQ AFRC OPSEC PM





## 944th FIGHTER WING HEADQUARTERS



The SnapShot wants to highlight you and/or your unit. If you would like to submit an idea, article, or photo for the SnapShot, please e-mail [944fw.pa@luke.af.mil](mailto:944fw.pa@luke.af.mil) or call 623-856-5388.



Please visit the 944th FW on Facebook and LIKE us.

944th Fighter Wing members stand and observe Mar 26 during the Tuskegee Airmen Commemoration ceremony at Luke Air Force Base, Ariz. (U.S. Air Force photo taken by Tech. Sgt. Louis Vega Jr.)