

ON GUARD

est. February 1980

A MAGAZINE BY THE 163d ATTACK WING

April 2019





COMMANDER'S PRIORITIES

GLOBAL MISSION READINESS

FLAWLESSLY PERFORM OUR STATE MISSION

RECRUIT, DEVELOP, AND RETAIN OUR AIRMEN

VISION

EXPERTLY TRAINED AIR NATIONAL GUARD PROFESSIONALS
PROVIDING GLOBAL MISSION CAPABILITIES AND
READINESS TO LOCAL, STATE AND NATIONAL LEADERS,
NOW AND INTO THE FUTURE

MISSION

ONE TEAM PROVIDING DEDICATED, DISCIPLINED AND
DIVERSE GUARDSMEN READY TO DEFEND OUR STATE,
NATION AND LOCAL COMMUNITIES FROM ANY THREATS
THAT COMPROMISE THE SAFETY, SECURITY AND
WELL-BEING OF OUR CITIZENS AND ALLIES

On Guard is proudly published for the members of the 163d Attack Wing and their families.

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The contents of On GUARD are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Air Force or the 163d Attack Wing.

OUR MISSION

To be one team providing dedicated, disciplined and diverse Guardsmen ready to defend our state, nation and local communities from any threats that compromise the safety, security and well-being of our citizens and allies.



Wing Commander
Col. Sean Navin



Vice Wing Commander
Col. Carrie Colas



Command Chief
Chief Master Sgt.
Gilbert Sanchez

163throwback



Staff Sgt. Richard Glover, 163d Attack Wing IT Specialist, shows burn areas to Staff Sgt. Jamel Seales (sitting) and Staff Sgt. Shawn Blue (background) on, Oct. 14, 2017, at the wing's Hap Arnold Center at March Air Reserve Base, Calif. The center is one of several wing assets that was activated to support the wildland firefighting efforts in northern California. Airmen worked at the center around the clock to support CAL FIRE and other agencies. (U.S. Air National Guard photo by Senior Airman Crystal Housman)

Grizzly's Race Toward Autism Awareness at 163d ATKW 5K

163d Airman Turns Family Distress into a Run for Resiliency



By Staff Sgt. Cynthia Vega

163d Attack Wing Public Affairs

When Master Sgt. Timothy Bratton first learned of his daughter's autism, he "quickly realized this is a life-altering situation. It's not like a scratch on the knee. There was a loneliness to it all, because I didn't know anyone else with special needs or someone with a special-needs child."

Then came an advantageous training day for Bratton, a section chief with the 163d Operations Support Squadron of the 163d Attack Wing here: A chaplain spoke on the subject of resiliency. "He explained that he knew a thing or two about it because he has an autistic child," Bratton recalls. "I can't even begin to explain how good it felt to feel like I wasn't the only one!"

"I felt like there was a stigma with having an autistic child. People don't know how to respond, and you don't want to make them feel like they have to, just because it can be conceived as a difficult situation," says Bratton. "I felt like I was carrying a lot on my shoulders."

After visiting Los Angeles Air Force Base for an autism and special-needs awareness 5K run, Bratton developed the idea of hosting a similar event at the 163d Attack Wing. The first 5K event was scheduled here April 7, with the intent of imparting information to Airmen with autistic or other special-needs family members or spouses.

"This is how we can talk to people about resiliency and raise awareness," says Bratton. "It is so wonderful to be around people in similar situations, and I want the members here to have that chance to connect."

Bratton recalls that at the beginning of his search, it felt to him "like blindly throwing darts, because not a lot of civilian doctors know how to help on the military side." So he prepped for the 5K event by going to Military OneSource's website to gather some information to present before the start of the run.



"I wish I had known all of these things years ago," said Bratton. "The information covered everything—from the first steps after a diagnosis, to taking care of a special-needs adult."

Bratton explains that he doesn't want others to suffer his experience without support and hopes that the event gives parents the chance to connect with one another, and gives Airmen who don't have an immediate need for support a beneficial source of information they can pass along to those who do. He adds that getting people the help they need early on "gets to the heart of resiliency."

Bratton explains that most jobs in the military can be considered high stress, and trying not to take work home with them is difficult for Airmen, especially when handling all that additional duty at home. "This is why really understanding resiliency, and knowing how to apply it to your life, is so important."



April 2019 is the 18th Anniversary of Sexual Assault Awareness Month

Even before its official declaration, SAAM was about both awareness and prevention of sexual assault, harassment, and abuse. Looking at the history of the movement to end sexual violence, it's clear why: It's



impossible to prevent an issue no one knows about, and it's difficult to make people aware of a problem without providing a solution. The two work in tandem, and they always have. From the civil rights movement to the founding of the first rape crisis centers to national legislation and beyond, the roots of SAAM run deep. To learn more go to <https://www.nsvrc.org/>.

What is Sexual Assault Awareness Month?

Sexual Assault Awareness Month is a campaign to raise public awareness about sexual violence and educate communities on how to prevent it. The campaign theme, **I Ask**, champions the message that asking for consent is a healthy, normal, and necessary part of everyday inter-

What IS Consent

- When someone gives consent, they're giving permission for something to happen or agreeing to do something.
- This means they need to know specifically what they're agreeing to — so make sure what you're asking is clear.

What is NOT Consent

- Your partner may not tell you "no," but that doesn't mean they're saying "yes."
- If someone says nothing, "um... I guess," or an unsure "yes," they're likely communicating that they don't really want to do the thing you're asking about.
- In these cases, you don't have clear consent. Check in with your partner about how they're feel-

Why Consent Matters

- Talking about what your partner wants to do ensures sex is consensual and makes it more enjoyable.
- You'll feel more confident about what you're doing, and your partner will feel comfortable getting close to you.





(SARC)
Cassie Campbell
951-318-0292



(Alternate SARC)
Captain Lee Nichols
951-318-0292



163d Attack Wing **SARC**

Sexual Assault Response Coordinator

If You Have Been Sexually Assaulted:

Go to a safe location away from the attacker.

Call 911 or the Riverside Rape Crisis Center 24/7 Hotline
951-686-7273,

or

enter your zip code to locate the nearest
Rape Crisis Center at:

www.calcasa.org

You do not have to report a sexual assault through your
military chain of command unless you choose to do so.

For information on what to do, you can call
the following personnel with confidentiality:

SARC
163d ATKW Chaplain
Director of Psychological Health
Military One Source

951-318-0292
909-289-6525
951-655-7625
1-800-854-3019



(Victims Advocate)
Senior Master Sgt.
Lana Miller
(951)-655-7713



(Victims Advocate)
Master Sgt.
Erika Saunders
(951)-655-3867

AUTISM AND SPECIAL NEEDS AWARENESS 5K RUN - WALK



DATE: APRIL 7TH

TIME: 1300

LOCATION: NEW RUNNING TRACK

POC: MSGT BRATTON EXT 3144

STRAIGHT TALK



THIS IS THE WING COMMANDER'S COMMUNICATION TOOL TO STAY IN TOUCH WITH THE WING. THERE ARE TWO WAYS TO VOICE YOUR OPINIONS OR CONCERNS:

1. CALL THE HOTLINE ABOVE, OR
2. SEND A PRIVATE MESSAGE TO THE 163D ATKW FACEBOOK, WHICH WILL BE FORWARDED TO THE COMMANDER

IF THE COMMANDER HAS INFORMATION TO PUT OUT, YOU CAN FIND IT ON EITHER THE WING FACEBOOK (WWW.163ATKW.ANG.AF.MIL) OR THE HOTLINE.

Former Wing Commander Now Sees Guard Issues from the Pentagon's Altitude



By Master Sgt. (CA) Gregory Solman

163d Attack Wing Public Affairs

When Brig. Gen. Dana Hessheimer left command of the 163d Attack Wing here to become the Director of the Joint Staff at the California Military Department, little did he realize that he'd soon be called up to the Pentagon, where he's proving the concept of Total Force Integration.

At first, the Air Force "dual-hatted" Hessheimer, asking him to maintain his leadership position in Sacramento at the same time he'd been put on staff as a special assistant to Headquarters Air Force/A3O (Operations) in Arlington, Va. However, in February, Lt. Gen. L. Scott Rice, director of the Air National Guard, nominated Hessheimer through the General Officer Management Office of the National Guard Bureau to work full time for the Deputy Chief of Staff of Operations.

As the Acting Director of Current Operations, at least through the summer, Hessheimer's role has not typically been filled by an Air National Guardsman. "It's rare," Hessheimer says. "It's usually an active duty [Air Force] officer."

Hessheimer's effortless assimilation into "big" Air Force Operations has been the sort of seamless integration long sought. "I couldn't tell you if it was a problem before, having been on the west coast, but I see more of it now—that the Guard and the Reserve are getting integrated at all levels of Air Staff," says Hessheimer. That trend provides a healthy "education level for the active-duty leadership. And there can be a Guard or Reserve voice when decisions are being made. You can put a Guard 'spin' on [issues], for instance, on Guard limitations."

For example, The Federal Aviation Administration has mandated that all aircraft be Automatic Dependent Surveillance—Broadcast (ADS-B)-equipped—allowing shared situational awareness—by next year. The Operations unit implementing the change "lives beneath" Hessheimer's directorate in the organizational chart, "and when they were doing coordination, I made sure that all Guard aircraft, not just active duty, are included in that."

Also, with the new U.S. Space Command standing up as a unified combatant command, and the HAF/A3/OS (Space) also in his portfolio, Hessheimer has been "making sure we have a voice in that, especially since the Guard has equities in that already. We want to make sure they are included in the Total Force." He added that with the exception of A10 ("there is no nuclear weapons nexus in the Guard"), Air National Guard should be, by design, "sprinkled throughout every directorate."

As if to symbolize the complete acceptance of an Air National Guard general officer serving on the Air Staff, Hessheimer says he and a Chief Master Sergeant from the Air Force Reserve were on stage last month, "handing out awards to active duty people" during the Air Force's annual ceremony last month, "and nobody would know the difference."



Command Chiefs from across the Air National Guard gather at March Air Reserve Base, Calif. on April 3 for the first ever Enlisted Field Advisory Council meeting on the west coast. The council meets to discuss and resolve issues that occur in the Air National Guard and to take steps to prevent issues from arising. (US Air National Guard photo by Airman 1st Class Michelle Ulber)

Air National Guard members attend a marriage retreat hosted by the 163d Attack Wing Chaplain Corps, in Del Mar, Calif. March 16. The intent of holding these marriage retreats is to bring positive change to marriages through better communication and connection. (Courtesy photo)



Q4Zero

Quest for Zero Mishaps
April 2019

Some SUMMER Safety Tips

Motorcycles:

Motorcycles are coming out of the garage! Please beware of the increased amount of motorcycles.

Bicycles:

Bicycle safety tips;

- Wear a proper fitting helmet
- Avoid busy streets such as Graeber Street on base
- Headlights and rear lights are essential when riding at night
- Signal your turns
- Stay alert at all times
- Do not compromise hearing with the use of portable music devices or cell phones
- Ride with the traffic flow and obey all traffic laws
- Look before turning
- Never ride on a sidewalk or area that isn't designated for bicycles
- Yield to traffic when appropriate
- Be predictable; ride in a straight line, not in and out of cars
- See and be seen by wearing something bright, even during the day
- Don't ride in an automobile's blind spot

Beach/Outdoor Safety:

- Wear proper clothing
- Long-sleeved shirt and/or pants sunglasses that block 100 percent of UV rays and a hat
- Sunscreen, SPF rating indicates how long a sunscreen remains effective on the skin
- Find sunscreen that protect both UVA and UVB rays
- Apply lip balm with at least SPF 15
- Stay in the shade whenever possible
- Drink plenty of water to avoid heat-related illness
- Be aware of the invisible sun. Clouds and overcast do not block UV rays. UV rays can be reflected by water and sand.

Sunburn care;

- Keep it cool: apply cold compresses such as a towel with cool water
- Keep it moist: apply aloe or moisturizing cream
- Leave blisters intact, don't break them

Severe sunburn Signs and Symptoms;

- Cover a large portion of your body with blisters
- Are accompanied by a high fever or severe pain
- Do not improve within a few days

Eggstravaganza 2019

5K Color Fun Run

19 April @ 0900

Base Ops – Bldg 395

To sign-up please go to:
Marchfss.com or Fitness center

FREE T-SHIRT

For first 50 people who sign-up

Please call 655-2284 for more information



Air National Guard Maj. Gen. Clay Garrison, California Air National Guard Commander, and Command Chief Master Sgt. Steven Pyszka, CANG Command Chief, visit Airmen of the 163d Logistics Readiness Squadron, March Air Reserve Base, Calif. March 2. (U.S. Air National Guard photo by Staff Sgt. Cynthia Vega)

Air National Guard Airmen raise their right hand as they recite the Oath of Reenlistment at March Air Reserve Base, Calif. March 3. (US Air National Guard photo by Staff Sgt. Cynthia A. Vega)



ARE YOU RETIRING SOON? ✓

**COME BY THE CE
CLASSROOM MAY 4TH!**

OR IS YOUR ETS APPROACHING FAST?

0900 TO 1200 / 1300 TO 1500

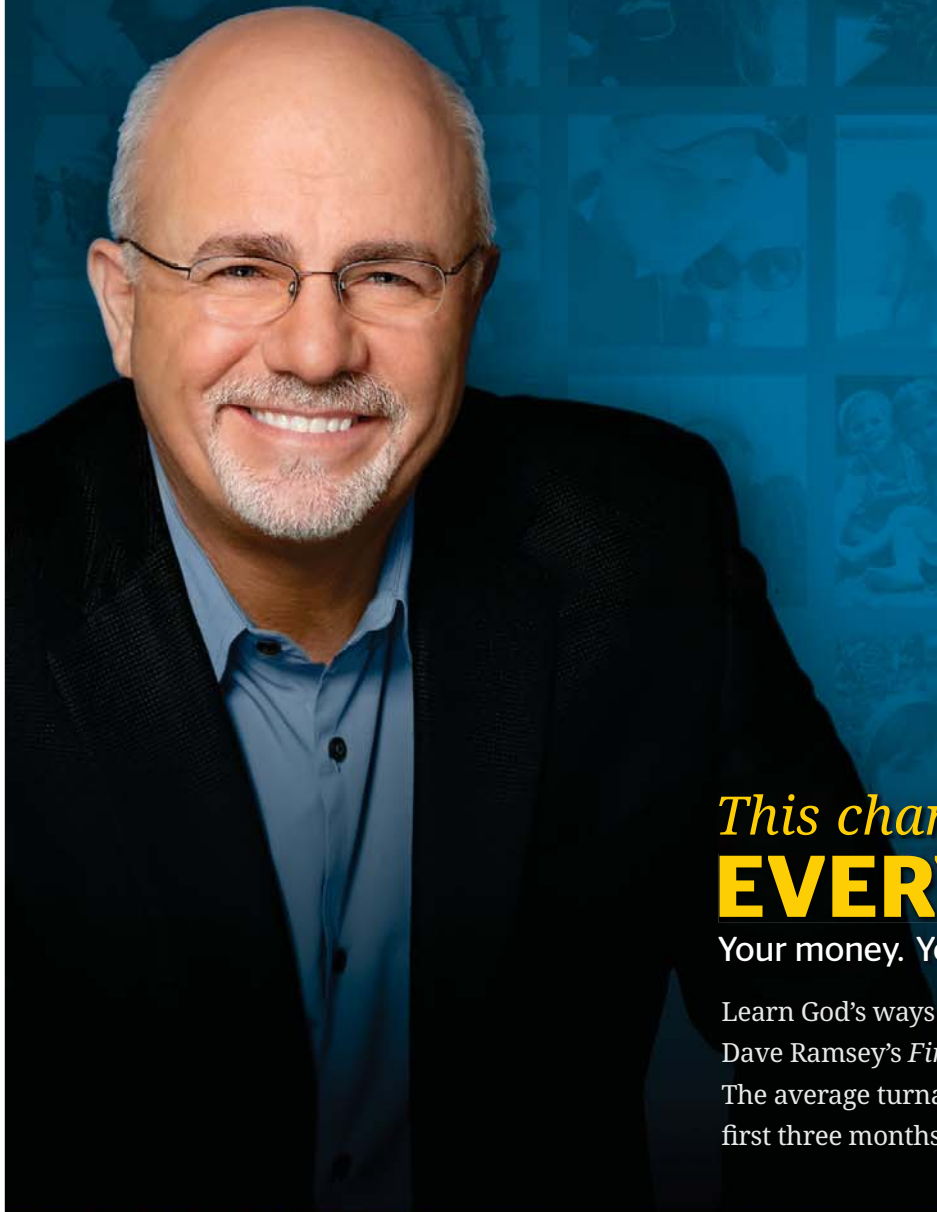
RETIREMENT/TRANSITIONING CAN BE A STRESSFUL PROCESS IF YOU DON'T FEEL LIKE YOU HAVE ENOUGH QUESTIONS ANSWERED. THAT IS WHY THE AIRMAN & FAMILY READINESS PROGRAM HAS INVITED OUT REPRESENTATIVES FROM ORGANIZATIONS LIKE CALVET, TRICARE, AND MORE TO HELP YOU PLAN YOUR TRANSITION.



DAVE RAMSEY'S

FINANCIAL *Peace*[®]

MILITARY EDITION



This changes
EVERYTHING!

Your money. Your story. Your life.

Learn God's ways of handling money with
Dave Ramsey's *Financial Peace Military*!
The average turnaround is \$8,000 in just the
first three months!

More Info

This course will start on Tuesday, March 5th in the Wing Conference room at 1100.

Please register by calling 951-655-7625.

All spouses and significant others are encouraged to attend.

Participants should bring their lunch.

 daveramsey.com/military



Airmen from the 163d Attack Wing supported an air show in Malaysia by answering questions about the wing's MQ-9 Reaper remotely piloted aircraft displayed there, March 30. (Courtesy Photo)

Air National Guard Staff Sgt. Jonathan Ward, 163d Force Support Squadron, 163d Attack Wing, California Air National Guard, is recorded by a physical therapist while running on a treadmill during a running clinic, March 2, in the fitness center at March Air Reserve Base, Calif. At the station, which was one of four that airmen cycled through during the clinic, airmen had their running techniques evaluated and received tips for improving their efficiency. (U.S. Air National Guard photo by Senior Airman Crystal Housman)





PIZZA AND PRAISE NIGHT



SAT, APRIL 6, 2019

5PM – 6PM

163D ATKW CONFERENCE RM

FREE!! FREE!! FREE!! FREE!!

Pizza and Praise!!

SPECIAL MUSICAL GUESTS

SPECIAL MESSAGE

Sponsored by: 163d Chaplain Corps

POC: Ch Shannon Dong / SSgt Brian Ellsworth

951-655-5404

951-655-2267



YESTERDAY. TODAY. TOMORROW.

