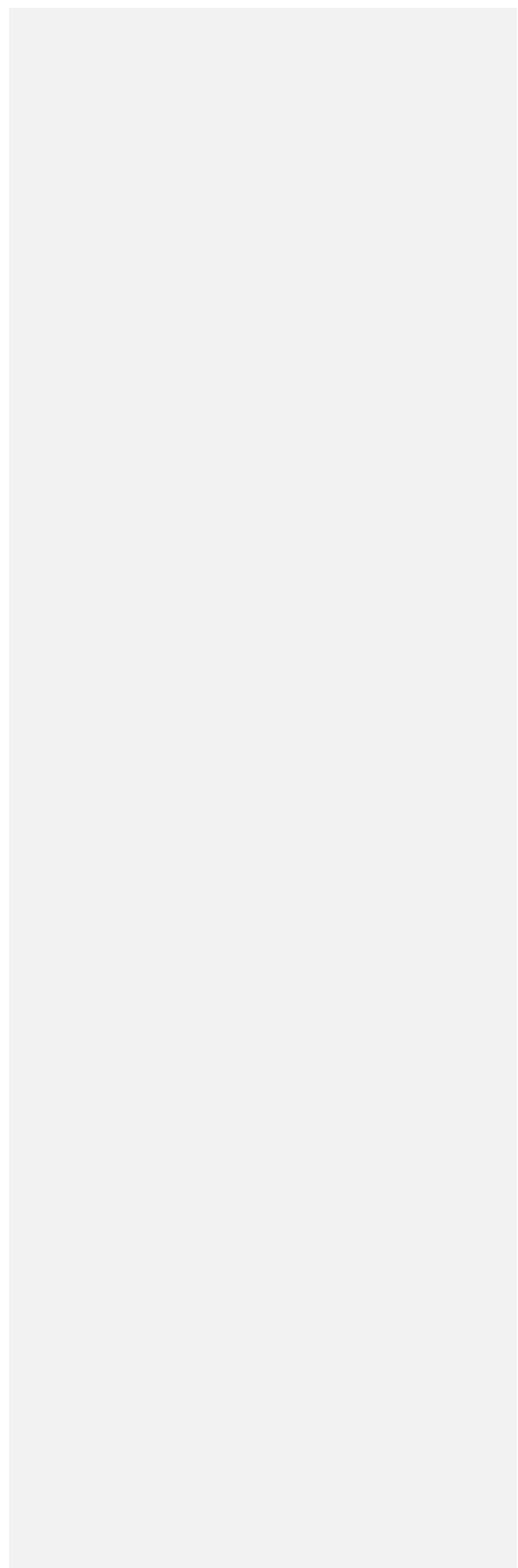


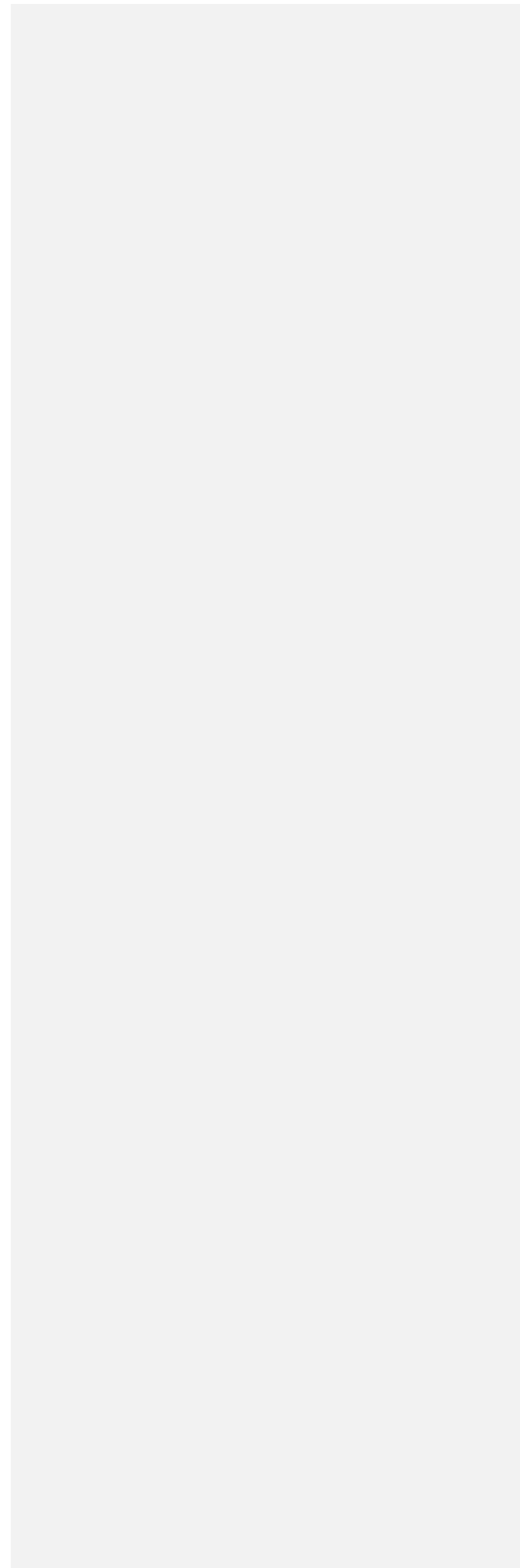
SOLDIER'S HEART: NONCOMBAT WOUNDS OF PTSD

by

Phemia Gabriel



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Preface

My alias is Phemia Gabriel. I was born in Nuremburg, Germany on a Military base as an American citizen. I was born prematurely at 2 lbs. and 0 ounces. I grew up in Milwaukee, Wisconsin. My childhood experiences are the least but happy. I grew up to an alcoholic mother with severe mental illness. That is where my trauma started. I learned that I was not important enough or that my needs did not matter. I learned to walk on eggshells every day and that at the age of 8 I needed to be the mother of the family. My mother left at a young age. I was the oldest living in the home. I came from an internal family of molestation from my cousin, abuse from my mother, and misery. My stepfather is great to me, him and his mom are my biggest supporters. My stepfather has been in Law Enforcement for over 18 years and is also an Army veteran. One of my other siblings is also a Law Enforcement Officer. However, I am the first Federal Law Enforcement Officer, first female veteran in my family and first to obtain a BA Degree.

I have six siblings. One younger brother and five sisters. I am the third eldest but second in line since my eldest sister dies when she was one year old with my father (PFC, 19 years old) in a vehicle collision in Germany.

But my real intense trauma did not start until I was in the United States Army.

I went to college and received an associate degree. I went from being bullied in school, to being the outcast in high school. I later got tired of my mother, when she was around, dragging me by the hair, the constant arguments, being in fear to go home, dragging

me down the steps, throwing me across the floor, the constant abuse that taught me I did not matter. I cohabitated and met my first husband who took me out of the abuse for a while and transplanted me to California. There I went to college for a year before his abuse became too much to bear. It started to get physical. I then went from one abusive situation to another.

These short stories are compiled case by case, so the story is outspoken, genuine, and raw. Little did I know I and other servicemembers would have had to suffer sexual abuse in the Military. So that is where the story begins. These are all true events, the only thing that is changed is the assailant's names and any other name that does not need to be disclosed.

Poem #1

**"The hostility and venomous response the topic of sexual
trauma and rape Military bring up,**

**The opposition speak to their guilt and toward the truth that
stay hidden."**

**Every day I wake up, learning each day that I will never
forget,**

**Immersed as if under water, only to continuously float, back
and forth like an oceans wave.**

**These memories I cannot forget; This trauma my body keeps
tense.**

They violated my body but now my mind never forgets,

**They do not see my pain, but these men and women just
continue to snicker,**

**I feel like the Army wants to continue to cover it up "How can
you be raped multiple times; they ask?"**

**"What where you wearing, they said?" "I bet you liked it, they
said."**

**Every day I listen to a hymn, a song that she made, an
anthem for survivors (SURVIVOR – Lady Gaga).**

Yet, those that who do not have experienced, cast judgement, and do not understand.

Intrusive memories are like cigarettes, they suck the breath out of you but continue to draw you in.

I was supposed to trust my Command, but they failed me.

They have proven time and time again to derail me and not believe me.

There is nothing worse than not being believed, not being heard, not being seen, not being reborn.

Your Command threatening and retaliating, and now this, you lose your career for speaking out.

The damage that can never be undone,

All I wanted was to be, BELIEVED, I do not seek attention.

No, not for this, I never wanted to join the greatest job on earth to be violated,

Now this continues to haunt me.

Interface

This story needs to be told, so I oversee writing it. I will choose to keep my name anonymous due to personal reasons, but I will go by the alias Phemia Gabriel. I am writing this book for others to get to know my story and to be able to give a voice to the many incidents the public does not know about when it comes to personal trauma in the Military. I had to sustain 15 cases of wrongful sexual contact, nine sexual assaults, one sodomy, one retaliation and reprisal, one rape, one indecent exposure and one abusive sexual contact. Then face the backlash of reporting in terms of retaliation and eventually being kicked out for reporting.

"Zero Tolerance": Speaking out against Sexual Assault

July 13, 2014

On New Year's Eve of century, when I was eight years old, is when the I was molested by my female cousin which influenced my sexual orientation for years to come. Even though many years have passed since the beginning of my assaults, 12 years to be exact, the two most terrifying incidents are the ones I endured in South Korea during my first tour (deployment) in the United States Army. Consider now this excerpt that I am about to share, while as I reread; Tears start to form in my eyes: "As he kissed me on the lips, I didn't kiss back." She stated, "He continued to kiss my breasts from left to right, simultaneously, and started tracing his lips down my stomach while placing his hand in my pants." She stated: As I kept tightening my legs, he kept asking "No?", but when he couldn't get me to stop tightening my legs, he proceeded to start kissing me and playing with my chest the same way as before...As he decided to forcefully try and pry my legs open, eventually I became numb and couldn't resist anymore."

As I begin to type this, I am clenching my fist at the same time. The Army's main program is called S.H.A.R.P, which is abbreviated for Sexual Harassment/Assault Response and Prevention (SHARP Website ref 8), alongside the Criminal Investigation Command and rushing to the Emergency Room to receive a S.A.N.E Kit (Sexual Assault Nurse Examiners). More

importantly, even though this situation is viewed as being negative, the fact that I am still alive, breathing, and trying to succeed is good enough for me to continue being who I am. The Uniformed Code of Military Justice defines sexual assault as "any person subject to this chapter who – Commits a sexual act upon another person by – threatening or placing that other person in fear; causing bodily harm, Quid Pro Quo, impairing by drugs or intoxication... so forth." (Manual for Court-Martial United States 352)

While Army Regulation 600-20 Army Command Policy defines Sexual Assault as: Sexual assault is a crime defined as intentional sexual contact, characterized by use of force, physical threat, or abuse of authority or when the victim does not or cannot consent..."Consent" will not be deemed or construed to mean the failure by the victim to offer physical resistance. Consent is not given when a person uses force, threat of force, or coercion or when the victim is asleep, incapacitated, or unconscious. (Chapter 8-4 Definitions) In my cases, even though all these facts were present both times, they were still deemed "Unfounded". What does that mean? While researching many articles, the word "Unfounded" populated several pertaining to false reports and the lack of evidence thereof. Unfounded does not mean that the event never occurred it just means there is not enough physical evidence or probable cause that the incident can be legally prosecuted in the court of law.

Consider now, if you were put in a situation where such an offense occurred, only for months later authorities tell you that there is not enough evidence to prosecute this person therefor the case is "Unfounded". The first time I heard that word was during

my first assault in South Korea, the facts do not matter, it was the outcome and events thereafter that affected me the most. On the night of the assault, December 1st, 2012, my supervisor rushed me to the Emergency Room for nurse to evaluate me and begin the process of "reporting". I would advise all servicemembers start with a restricted report, you can always go unrestricted later. There are only three personnel you can talk about a sexual incident: **A medical staff, law enforcement or SHARP representative.** This is particularly important. If you tell anyone else like your supervisor, they are not sworn to protect your confidentiality and it will compromise your restricted reporting and make your report "Unrestricted".

This is where the victimization came in to play and it was here that I was forever stigmatized with a label above my head that told the world I was a survivor of sexual violence. Reporting a sexual assault and harassment case is very humiliating.

Now imagine, you are in a room with your supervisor and the medical provider sitting there in tears, scared, and humiliated. The provider asks you to tell him what happened, the sexual acts, and jotting "he said, she said" right in front of you. Nonetheless, during the process they collect what is called a "Rape Kit" where the use of black lights, cotton swabs, inspections of bruises, all evidence they can collect, clothing articles, with hair and saliva collections. When all is said and done, at least for my case, I had to spend three to four days in a room with investigators and no sleep, no food, and held against my will to leave. Have you ever been interrogated? I felt ashamed, humiliated, embarrassed, and like I was a criminal.

You know it is funny, because if one person looked at me, no one would believe that I have endured so much agony. Most people view me as being this genuine, positive, outgoing person who probably grew up in a white picket fence house with the love and appreciation from having a good childhood. Intermittently, there are other procedures in the process, but I want to convey how I felt after the incidents. After reporting to Criminal Investigation Command, my story was out, all the Sharp Representatives could say was, "Good job!" and "That was the right thing to do, you spoke up!" but deep down inside I felt disgusted with myself, how I could let this happen to me again. These feelings were deeper than when I was a child, when the assaults occurred my body went numb and my mind, was barely involved. There are three things that evokes the **flight, fight, or freeze** response in your body when you undergo a traumatic event.

My body felt it was in danger enough to evoke the freeze response for most of these assaults for these offenders to not kill me if I resisted and threats were made to harm me further if I resisted. That was the beginning of being victimized, and it just got worse throughout the year. Immediately after reporting, I had to return to the barracks only to find out my Commander wanted to speak with me, hence I walked to her office only to be humiliated once again.

I was voluntold to sleep on a cot in the staff duty office and monitored for the first three days after the assault as a suicide risk, from there I was allowed back in my room and only allowed to leave the Battalion if I had one of my NCO's (Supervisors) present. During that treatment which lasted well over a month, I

was forced to attend behavioral health classes, all the while being threatened by my Commander to be chaptered due to her interpretation of my "failure to adapt to the Military environment". Furthermore, I was out casted by my unit because a corrupt little bird told everyone I was assaulted. Please consider the possibility, by understanding and imagining yourself in my boots, that by being isolated and mistreated, any Soldier would want to take their own life. I finally understood why the Military has so many suicides, and in those conditions, all I could do was huddle on the floor wailing out loud, crying through the walls, and screaming at myself. The feeling of disgust grew deeper and deeper until one day I looked in the mirror and decided to volunteer for the base in MWR (Morale Welfare and Recreation) program.

After that uplifting event, I was able to move forward and I attempted to train for the Air Assault Mobile unit that was coming to Camp Casey, South Korea. As the negative stigma followed me throughout my 1-year tour I reluctantly treaded lightly up until I was assaulted YET again at the end of my tour. I wish I never had reported this second time due to the first being so traumatic and the investigators "victim shaming/blaming" and continuously asking me or warning me of making a false statement. Unfortunately, this second assault ended up following me to my current unit which I am still being in a sense, victimized for. Remarkably, I was able to pass all the rigors of the Air Assault entry test. The entry test consisted of an obstacle course, rope climbing, and a 12-mile ruck with full gear and a cap time of 3 hours to to prequalify. I passed it in the dead freezing cold, with full gear and weapon, assault pack and helmet within 2 hours and 50 minutes. I was the only female in my battalion S1 to try out for

this Air Assault prequalification. In my mind I thought, "I can do this, I am not going to allow these assaults to overcome me, and I will prove my ability to continue the fight."

As I have demonstrated the power of being resilient and persevering, I would have never made it to this point where I am today. If I did not have the courage and will power to overcome fear of reprisal, disrespect among my past units, and myself-deprecation. I speak to you not as an advocate but as a survivor of sexual violence. Seventy-five percent of my life has been disastrous and traumatic so far. The other twenty-five is content and beautiful. The strength that I have now counters the amount of pain that I endured, and currently I am happy and healthy in life and I have a few people to thank for that. I would love in this life or the next to help others, especially survivors of sexual violence in this aspect. Women and men should not just feel but BE empowered by their strength to overcome all barriers. The more people I get this message to, the more the world may understand the seriousness of this, and maybe, just maybe someday... there will be zero tolerance in everyone's mind.

Military Sexual Trauma and Symptoms

Some of the difficulties both female and male survivors of MST may have included:

Strong emotions: feeling; having intense, sudden emotional responses to things; feeling all the time.

Feelings of numbness: feeling emotionally "flat"; trouble feeling love or happiness.

Trouble sleeping bad dreams or Trouble with attention, and memory: trouble staying focused; often finding your mind wandering; having a hard time remembering things drinking to excess or using drugs daily; getting drunk or "high" to cope with memories or unpleasant feelings; drinking to fall asleep.

Trouble with reminders of the sexual trauma: or "jumpy" all the time; not feeling safe; going out of your way to avoid reminders of the trauma; trouble trusting others feeling alone or not connected to others; abusive relationships; or authority figures Physical health problems: sexual issues; weight or eating problems; stomach or bowel problems.

Possible Effects of Sexual Violence:

Self-Harm- Deliberate self-harm, or self-injury, is when a person inflicts physical harm on himself or herself, usually in secret.

Sexually Transmitted Infections- A sexually transmitted infection (STI) is a bacterial or viral infection passed from one person to another through vaginal, anal, or oral contact.

Substance Abuse - If you are concerned that you are using substances in a way that could be harmful to your health or have concerns for someone you care about, consider learning more about the warning signs and places to find support.

Dissociation- is one of the many defense mechanisms the brain can use to cope with the trauma of sexual violence.

Panic Attacks - A panic attack is a sudden feeling of intense fear and anxiety that happens in situations when there may be no immediate danger. They tend to affect people who have experienced trauma, abuse, or high levels of stress.

Eating Disorders and Self-image - Sexual violence can affect survivors in many ways, including perceptions of the body and feelings of control.

Pregnancy - If you were recently raped, you may have concerns about becoming pregnant from the attack.

Sleep Disorders - Symptoms of sleep disorders can include trouble falling or staying asleep, sleeping at unusual times of day, or sleeping for longer or shorter than usual.

Suicide and Suicide Attempts - Suicide is preventable and suicidal thoughts are not permanent. If you are thinking about suicide, there are resources to give you the support you need to get through this tough time. Call 1 (800) 273-8255 (Also a song by Logic) and Press 1 to be connected VA CRISIS LINE

Post-Traumatic Stress Disorder - Post-traumatic stress disorder

(PTSD), including flashbacks, nightmares, severe anxiety, and uncontrollable thoughts.

Depression, including prolonged sadness, feelings of hopelessness, unexplained crying, weight loss or gain, loss of energy or interest in activities previously enjoyed.

Emotional Effects:

Changes in trusting others.

Anger and blame

Shock

Numbness

Loss of control

Disorientation

Helplessness

Sense of vulnerability

Fear

Self-blame/guilt for "allowing" the crime to happen.

Feeling that these reactions are a sign of weakness.

The Navy Recruiter

Who: Chinese (American) Navy Recruiter who spoke Cantonese

What: Sexual Assault

When: September 20, 2011

Where: San Gabriel Navy Recruiting Station, California

Me: F, 19 YRS OLD, USC Clothes

How:

I met him at a store near Starbucks and a Vietnamese sandwich place he was in his tan Navy mess uniform with sunglasses on and a black navy folding hat. I was in a USC shirt and sweat Capri maroon in color w/ USC etched in gold font. It was a Tuesday and sunny. It was in the afternoon and evening by the time I arrived home. I was 19 years of age. I am not sure what his height or age was. Approximately 28- 35 years old. He arrived with a portable laptop in a bag and set it on the table. I remember making physical contact by greeting and shaking his hand. He never took his sunglasses off until we got in the car. I sat their taking the pre-asvab. An hour passed I noticed him staring in my general direction the whole time and leaning over me to help me when I got stuck. Once we finished; he told me to come with him to go back to the recruiting station for height and weight.

He met me in my city Alhambra, CA. I got in his car, passenger side and asked him questions about the Navy, himself, his age, languages he spoke and told him he was handsome. Once we parked and pulled up to the recruiting station, he unlocked the door, and we went inside.

The building lights were off. He turned them on, walked to the desk, and shuffled some papers around. I walked in a few steps

saw a wall with navy recruits looked at it, and asked a question, and walked further into the station toward the back of the door. Before I proceeded, he showed me a picture on his phone and told me had a child. I did not notice he had a ring on his finger. I continued to walk to the back of the office, my back facing the door. Unexpectedly, he pulls my ponytail back and I collapse on to him from behind, his arms wrap around me and on to my breast, he squeezes them. My face blushes and he pull my hand and pulls me in to the small storage room next to the entrance. He was against the wall next to the door unzips his pants and belt and pulls his penis out, telling me to "suck it" and asks me " If I ever had an Asian cock inside my mouth". I placed my mouth on his penis as ordered while he puts his hand on the back of my head and neck thrusting it pulling my hair while he thrusts his penis in and out of my mouth. My eyes began to tear while I was on my knees as I forced a "No" out while his penis was in my mouth. After that he just stopped and told me "Let's go".

He pulls his penis back in and zips up his pants then takes me back home.

On the car ride home he told me "Not to say anything", "Delete it from my mind", "It never happened." He then called me after I got home, and I answered. My boyfriend was there so I just acknowledged.

The San Gabriel Police Department has records on file for this incident.

I went to the police a few days later and they wanted to do a wiretap, but by the time we got to the recruiting station the Navy had got wind of it and moved him. I later found out in the

investigation that he “stonewalled” them or remained silent and did not cooperate in the investigation.

I was at MEPS that month signing my Initial Entry Paperwork for the United States Army.

This case was unfounded.

Basic Training

Who: Caucasian Male Basic Recretee, A Company, 1-34th

what: Sexual Assault

When: May 15th, 2012 (Started April 4, 2012, Graduated June 14, 2012)

Where: Live Night Fire Exercise, Fort Jackson, South Carolina

Me: F, 20 Yrs Old, Uniform ACU's with weapon

On May 15th, 2012 between the hours of 2000 to 2100 my platoon was supposed to do the NIC (night infiltration course) here at Fort Jackson "Victory Hammer" but it began to pour rain with lightning involved. When lightning is involved the Soldiers have to sit under an LPA (lighting protection area) which at the time was dark with dimmed red lights, but they were so faint the area had no light at all, loud from rain hitting the ground, crowded and tightly compacted with Soldiers.

I was one of them. I remember being in the third row, toward the center of the LPA ground but more toward the right. As I sit there leaned back-to-back against my battle buddy, who kept complaining ever so often of me shifting knowing myself that I was trying to get away from Private Line. As I was just sitting there on the ground with my head resting against my knees Line begins to run his left hand up my lower leg then traces it to my thigh after a few minutes or so, he then continues to up to my crotch and begin to rub at the upper mid area for several minutes, by then I am still trying to move away slightly scooching back after each attempt.

Dead tired and scared but never having dealt with these situations before, I just let him get it over with and move on. However, at the

very moment I remember being so tired that I kept dozing in and out, drifting from sleep to awake just letting it happen as I occasionally tried to move but my battle buddy kept complaining. I figured, me trying to move would tell him to stop, at times I even placed my hand there pushing it away. even when he tried to move his hand down my pants, as much of this event took place on top of my clothes. He still would not stop. Dozing in and out I noticed his face looking at me as he kept doing it while nodding at me but I gave him no response except trying to move while returning to rest my head on my knees once more. At no time did I give him any consent, nor did I appreciate that gesture.

This case was proven to have happened, the assailant received and Article 15 and graduated than went to Advance Individual Training and remained in the Army.

Basic Training Bullying

It took me a few days to report because I was being discriminated/harassed by my female peers for my sexual orientation and Drill Sergeant (DS) Rogers.

When I did muster enough courage to report the mistreatment and sexual assault to DS Rogers and DS Aurora, DS Rogers ordered me to refrain from being in the female bay latrine at the same time the other females were bathing. I was isolated. I was either the first to shower or the last, mostly last. I could not even go to the latrine to pee, shower, or clean. I was ordered to do everything alone, by myself. This persisted for a few weeks. This is a form of social retaliation with threats coming from a few female recruits, "to beat my ass and to hurt me". As a result, in reporting both the female's mistreatment, the DS's Action and my sexual assault incident I was threatened with disciplinary action if what "I" was doing continued. I stood at attention, practically begging, to the company Commander that they (the female recruits) were lying and expressed how I was being treated by the DS.

As a result, Private Line and I lost our family day as unfavorable action. My experiences in basic training surrounding these events affected me by "shutting down" any evidence of me being a lesbian later bisexual, further at my new duty stations. I was being "silenced". By the time I graduated basic training most of the lesbian and gay Soldiers dropped out, except one other and me.

Advanced Individual Training – School

Charlie Company 369th Adjutant General Battalion
Fort Jackson, South Carolina 29207-5200

AIT – June 14, 2012 to August 15, 2012

By the time we advanced to AIT still dealing with the mistreatment, harassment, and continuous threats to harm me from Private Panini. She was the Alpha. Panini, her girlfriend, and some of the same females in Basic were still spreading rumors, teasing me, and taking advantage of me. Panini's daily threats to "kick my ass" struck fear in me and caused me to further "silence and shut down". I reported this to Sergeant First Class Jonas, he handled a few times, but she persisted. While in AIT, Panini and I had to pull CQ, patrolling the hallways, cleaning and I attempted to use that chance to reconcile our differences. To no avail, she used that opportunity to learn about my life and take that information and spread it like wildfire, some of our conflicts had her literally at my throat, jumping out at me, made violent gestures to jump at me physically. Her girlfriend had to pull her off from attempting to harm me.

Eventually we both permanently changed stations to South Korea, where I saw Panini a few months after getting there and learned she was doing everything she could to get out of service. She ended up leaving the Army before I arrived at Joint-Base Lewis McChord. There were two or three times both I and Panini ended up in SFC Jonas office because of reporting her actions.

On the night of our pass, I do not remember the incident, but my friend remembers some excruciating evidence about how Private Himura and his friends were gloating about running a train on me while I was drugged and they recorded two videos, me in the barracks in the shower and of the sexual assault. I do not remember drinking but I do remember alcohol being present. My colleague agreed to write up a testimony on her observations of my treatment in Basic, AIT, and that incident. My perpetrators were spreading rumors that I was a "lying cunt, cum bucket, that I liked it" after passing around those videos to the unit. I was called a "whore" and out casted by my peers.

This case was unfounded.

Camp Casey, South Korea Part one

On Sunday December 1, 2012 around 1200 hours, I met a Katusa Ji and walked off post to take a taxi right outside Jihaeng. From Jihaeng, we got off at the main plazas around where Dunkin Donuts is. From there we walked a few doors down to a Korean barbeque restaurant, ate chow from 1300 to 1400 then around 1430 went to get some coffee at Dunkin Donuts.

This took place like a Korean karaoke bar. I suggested going to a real movie theater in Uijeongbu, but he insisted on that being too far and wanted to go straight to Marty's Cafe. Once we arrived in Marty's Cafe, we exchanged slippers, locked up our shoes about 1500 then proceeded to the room with the pink futon like set with large pink pillows. At the time I felt extremely uncomfortable, "like this doesn't feel right".

I asked the Soldier if this room was used for more than watching movies and he said "No, don't worry about it". We decided to watch an American war movie called "Act of Valor"; the time was set for about two hours. Ten minutes into the movie he started to hug me from behind and grope my breast and asked, "Are these natural?". I did not give a response. He then proceeded to touch them, a few moments later he told me he was hesitant to place his hand inside my bra because his hands were cold.

Then he proceeded, as I was squirming trying to just pay attention to the movie. He then kissed my neck, despite that feeling good or not, I just continued to squirm because I felt uncomfortable. Soon after I was pulled on to my back and he went in between my legs. I crawled on my back to move away from him, but he just

persisted, moving closer and closer until he was in between my legs again. He pulled my dress up until my bra was exposed. Once the bra was exposed, he pulled my left breast out and started sucking on it lightly than harder, then licked my neck and that continued for what seemed like minutes.

He then placed his left hand down the slit of my shorts, I would pull his hand away, but he kept persisting. I resisted a few times, once he finally got to the point of placing his hand within my shorts, he then went deeper in to massaging my genital area. I continued to pull his hand away, but as he became hornier, he then proceeded to stick his fingers into me, While I was defending myself, I decided to continue to watch the movie for as long as I could withstand.

Eventually he got my clothes and tried to stick his penis inside of me, but I wrapped my legs around him and contracted them outward to push him back so he could not penetrate me. He continued to persist. After several attempts and me giving up because of his strength, I just let him finish. Alongside the attempts he continued to squeeze, lick, and fondle my breasts. He then kissed down my stomach and tried to orally lick me, but as he got to the bridge of my stomach, I told him, "No". During the time he was doing all of this, I kept saying "NO, I do not want this, I have not showered. No, please don't, I haven't showered".

I also told him I do not like unwanted sexual advances, nor do I like having any sexual relationships while in a relationship, which he knew, nor do I like having sex without showering. As I would say this phrase, he replied "He showered, and it is okay...!" He did not proceed with oral vaginal sex, but then kept continuously

trying to penetrate me, as I kept evading by pushing him outward with my legs contracted. He continued to make more attempts to penetrate me, and that is when I looked at the timer. It said 01:24, meaning the time was ticking down.

I eventually gave in, so he pulled me up on him as if I was straddling him, tried to penetrate me in which he succeeded, but didn't quite make it, so he pushed me back down on to my back and penetrated me. It was about time for me to give up, admit that I lost, and just let him finish, as he penetrated me, he did it swift and hard, saying "He'd make it fast!" and he did. The next thing you know he is asking me if he can ejaculate inside. He ejaculated on my pelvic area.

This case was unfounded.

For your information: If you are ever stationed in South Korea. The Republic of Korea (ROKA) Army and South Korea does not prosecute sexual crimes like the United States Criminal Justice system.

Air Assault School

Who: Caucasian Male

What: Sexual Assault

When: Winter 2013 – February 2013

Where: Camp Casey, South Korea (Gym on Casey Main)

Me: F, 21 years old, Workout Uniform

Private, E-2

How:

I knew him from Air Assault prequalification's exam; we pushed each other motivationally on the day of the 12-mile march. He was from a different unit than I was and was enlisted. I ran to the gym days later. Before I left the gym, I ran in to him again. As I was about to leave, he brushed me up against the wall with his hand on the wall blocking me from escaping. I do not remember his age or name. He ordered me to give him oral sex and wanted to feel me up and asked, "When are we meeting again?" But by that time this incident occurred the gym was getting ready to close. I was frightened and called out to the Korean desk clerk and told him about it in Korean. The clerk drove me to my barracks across the street.

Staff Sergeant Mitch

Who: Staff Sergeant Mitch

What: Sexual Assault

When: Spring 2013 but prior to September 3rd, 2013

Where: SASMO building, near the Tank Washer Rack, 70th BSB, Camp Casey, South Korea (Casey Main)

How:

I was a Private First Class, E-3.

I do not remember the building number or his age. SFC Mitch was the S6 NCOIC, while I was stationed in Camp Casey, South Korea. He appeared to be mixed African American; Light skinned, curly hair, B. eyes, Tall (approximately 6'2).

I remember it was night SFC Mitch had me a three to four other Soldiers in the building, we met up there because the Soldiers were throwing some type of party. It was me, SPC Cardigan Sweater (Now a civilian.), PFC Orange Julius, SPC Oregano and another. I was the only female there. After eating pizza and drinking soda we all decided to watch a movie called "One Piece Film Z". We sat there watching it together all of us, and then out of nowhere the other Soldiers left. It was past midnight. I do not remember ever falling asleep that night by the time the assault was over it was morning time.

I was the only one left behind. He had told me to stay back because it was so late and that I could sleep there. I was not drinking alcohol.

He began kissing me while the movie was on. Then we started to get undressed. I cannot remember what I was wearing. I went along because I knew he was going to take it anyway; my body just freezes, and I became submissive. He was a higher rank than I by many.

He told me to get him wet and to "get him up". I did as I was told.

He had me sit there naked and told me to get on top after I got him off. While subsequently had me jack him off and give him head. I remember tasting the sweat in my mouth and the heat from his body, as before he pushed my head farther down on his penis repeatedly. He then had me get on top again until I got tired, then flipped me over and shoved his penis in missionary and then from behind. He penetrated me anally and vaginally. My body exhausted and me pushing him to stop but he wanted to ejaculate inside of me. The projector of the movie was replaying the movie title screen because the movie was over hours before. He placed his mouth on my vagina to get it wet because I was not wet enough.

remember the smell of sweat and alcohol, I was being asked to switch positions every few minutes.

I had told him to "Stop!" during because he was hurting me; he was strong and had a masculine. Overpowering with force my hands were clenched down to the couch.

I gathered my clothes, left immediately after he fell asleep and ran down the street, it was cold, and snow was halfway melted on the ground. I had to walk home a few miles because

there were no taxis on the road. It was somewhat dark, and the sun was beginning to rise. It was either a holiday or the weekend. I went home and slept. I had to continue to see him my entire time there, but I just acted normal. He would constantly talk to me about getting with me and us both liking Asian women and liking Japanese Anime.

He never used a condom.

This case was unfounded.

Korean Soldier KATUSA Kim

Back in the middle of April I messaged Kim on Facebook because he "Liked" all my statuses and I was trying to figure out why this Soldier added me. From then on, we talked for days about our life problems, past and future. Subjects we talked about included the relationship issues I was having, history events of our lives, and his last relationship, and if all worked out and my relationship issues were sorted out that possibly the two of us could be together, but I could never fully like him for I was still in love with someone else.

Our conversations lasted until approximately April 22nd, 2013 when I returned home from emergency leave and brought some gifts back as a token of friendship. That weekend we went on the DMZ (Demilitarized zone) tour with some other Korean and American Soldiers to which included a trip to an outlet store. At the time we began to hold hands, but we were just friends. I specifically told him via messages that we can befriend each other. As my rocky relationship was ending, going on and off or being finalized June 17th, 2013 around 1700 hours because my boyfriend graduated his term of Korean army enlistment contract and became a civilian again.

Kim and I became closer of friends, nothing more until one night we had a one-night stand. Our friendship then turned to Friend with Benefits or what he termed "Best Friends" from May until the 3rd week of June. During May to June, we went to karaoke, dining out at least once a week, buying and browsing for Korean traditional dresses called Hanbok, and played in a ravine near his hometown. Throughout this time knowing Kim the initial

stages of friendship seemed great until May/June and thereafter when I started to feel threatened and felt that I had to stay in a friendship/relationship with him because he kept guilt tripping me about making him feel bad, his depression and his suicidal ideations.

The week of June 24th, 2013 and before, he kept threatening me, saying he would kill himself if I did not date him, thus being forced into a relationship.

This email he sent me to hang the relationship over my head for me to continue to be forced to stay in it. Kim even told me he wanted to "chop my ex into tiny pieces and throw him in to the ocean". He even went as far as to investigate my phone, which was password protected, without asking, stole addresses, phone numbers, and email of my ex-lover. At the time I felt scared and forced to do something I did not want to do. I then confided in my supervisor about it and she took care of it, all three of us talked, and she ordered us to have a no contact order.

We did not have any contact in June, until August during UFG (Ulchi Freedom Guardian exercise Military drill) which was approximately ~ August 16th to 19th around 2100 hours or so after coming back from dinner, not knowing my door didn't properly lock and I went to go smoke. I came back to my room pitch and Kim standing over my bed with his back turned looking in to my phone and messages cause when he turned around he looked mad, started to yell as I went toward my bed and said, "Why would you do this again?". Not knowing what he was talking about. He walked up to me put his left hand over my right cheek and slapped me in the face.

I was so shocked and fell back into my mobile coat rack and slid down to the floor. I had my hand over my face where he had slapped, I could feel the vibration and force of the slap remaining. Then stayed there tearing up, he kneeled and continued to yell at me then tried to rub my face and said, "Sorry." in a whiny ass voice. And my instinct was to slap his hand away. Thinking, "Get away from me!". I told him not to touch me; he tried to stop me from leaving the room then had the nerve to ask if we were still forcefully dating or being friends.

That was the day I started smoking and still was holding my face for two hours before I cried myself to sleep.

This case was unfounded.

KATUSA Kim Part Two (The Assault)

On September 3rd, 2012 around 2440 to 2450 hours Kim came to my room, opened the door, and just came right in, with a black bag and started taking out a hard drive while I hopped out of bed and ran to my computer. He would have only had 10 to 20 minutes then was supposed to leave but he planned to stay the night and I did not want that. As I was putting up my hair, I told him, " I have a knot in my hair, could you help me get it out?". He spent a few minutes combing it out but could not so I gave him permission to do what he could to get it out. Once he got it out, I went back to bed and let him continue working on the laptop. He said the transfer would take 30 minutes.

As I laid in my bed to rest with my stomach down meaning my back was revealed, I got a solid 5 to 10 minutes of rest before Kim straddled me on my back and started to massage me. Being exhausted I fell asleep quickly, he hopped on me of his own free will, as I just continued to sleep. But then as he was massaging me, he told me to flip over. As I was drifting in and out of consciousness from exhaustion and lack of sleep, I thought he was someone else, so I started groaning the name of my ex-boyfriend June. "June....June....", faintly but quietly with my eyes closed and flipped over.

At that point he started to massage my collar bone area, chest and then told me it would be better to take my top off cause it would make it easier to massage. I sleepily begin to take my top off than fell back into a deep slumber. Once he began massaging my chest, he placed his mouth on my breasts and started sucking them than kissed me on my lips. I refused and did not respond

nor kiss him back. He continued to kiss my chest then started to make his way down my stomach with his mouth until he got to my vaginal area and began to digitally penetrate me.

I resisted and tightened my legs and pulled away his hand. I did not want to be touched there even worse penetrated. He knew that I was still in love with someone else and only wanted to have my last moments with that person in that way. But Kim insisted. The more I resisted, the more he would keep asking, "No?", and I whispered "No...". Still being tired than as I resisted, he began to keep kissing me my breasts repeatedly to formulate a response. I felt like he was trying to weaken my body. I was frozen, lapsed in a time of inescapable harm or potentially death.

Once paralyzed he began to try and pry my legs open, but I locked them, eventually I got tired enough to just let them open, and then he attempted oral sex. I just kept saying June's name while still half sleepily trying to close my legs, but he used force to keep them open and continued licking, sucking, and using his tongue. When he finally stopped, I was in agonizing pain. He wiped his face, so I decided to lock my legs again. He returned to sucking at my breasts again, and I locked my legs while he began to touch himself and tried to penetrate me with his penis, but I kept contracting my legs until eventually I got tired again and let him pry them open again.

Only for him to keep trying to reinsert his penis inside of me, at this point I tried to kick him off and used a combative move to thrust him inward than back, he must have thought that gave him the initiative to continue then tried to penetrate me again, but I locked my vaginal area, contracting it as hard as I could to not

allow entry. That became tiring too, so I just let him do what he wanted and even turned to my side when he stopped to contract again, he still tried to keep forcing it in. Because I kept saying the other person's name, Kim said, "Pretend that I am him". I told him, "No".

"I only wanted him; I wanted June to be my last, that was important to me", I stated. Kim replied, "I want to be your last". If there was one thing, I did not want to happen that night was to be penetrated by anyone any longer that was the one thing I did not want to happen, and he did it. So, I just let him continue. I was even more exhausted, fighting off a combatant, to struggling and trying to save my life from danger. What else was I supposed to do?

This case was unfounded.

Backlash After Reporting

Under the Command of CPT Brusselsprout in the 70th Brigade Support Battalion, HHC I was sexually assaulted December 1, 2012. I reported it. Prior to the sexual assault I was picked to be promoted to PFC with a waiver because of my excelling performance and rapport with my coworkers and supervisors. After the assault and reporting it, the waiver and DA 4187 that was already signed, that favorable action was taken away from me.

I was also defamed and humiliated by being made to sleep on a cot at staff duty for the first three days after the assault, gossiped about by staff and peers, could only leave the Battalion, which I lived, if I had an NCO with me. I was denied favorable actions such as going to the Soldier of the month board, promotion. CPT Brusselsprout threatened and attempted to discharge me on a Chapter 11: Failure to Adapt to the Military after reporting the sexual assault. The command responded with an unwanted behavioral health evaluation.

When I finally could leave the Battalion by myself after being assaulted by our Korean counterparts KATUSA, the assailant's colleagues harassed me for the rest of my tour in Korea and as a result I could not eat in the chow hall. I complained to the chain of command, but nothing was done. For five months I resorted to the Katusa Snack Bar, Popeyes, Burger King attempted another DFAC, but every time I attempted to go in to the DFAC (Dining Facility), I felt a sense of fear, the assailant and his friends were usually in there. I attempted to use battle buddies to shadow me

and they encouraged me to re-enter, but it brought back to many memories.

After reporting sexual assault with Kim (September 3, 2013), I was given poor work assignment removed from my position as a Human Resources Specialist and assigned cleaning duties, pick up trash, and put in the orderly room – those are jobs usually given to Soldiers who had been in trouble.

After the report of the second sexual assault and being moved, I still had to work alongside CPL Kim, passing him in the hallways, down the street, at the smoke pit. The unit and other KATUSA's made it awkward, the KATUSA told me they used my first case of rape blurred my name and used it for their class and told KATUSA' "that is why you don't date or mess with American Female Soldiers they will make false claims of sexual assault toward you". None of this is a lie, I was told by KATUSA' after my first assault my incident came up in their training as a warning.

The effect of having to see the perpetrators on a daily, monthly basis, the forms of social retaliation, constant staring and gossiping from roommates fostered a hostile work environment but I still persevered.

I did not even want to report the second rape because of the negative effect and the physical, psychological, and emotional effects that I was unaware of and undiagnosed until four years later. The retaliation of the first one with CID and my unit's mismanagement of the case/care.

I was convinced reporting was the "right way", I took the chance, reported not knowing I would face the rest of my Military career this far "walking on eggshells", having to "lose potential for advancement", and continue to face "social retaliation in", "threats" and later "disciplinary action".

Fort Lewis, Washington

September 12, 2013- I permanently changed stations to Joint Base Lewis-McChord, WA where I was gained at the Waller Hall Reception Building. My ride never showed up from the Battalion Staff Duty and to find my unit, my (Battalion Commander) of 1-229th ARB, recognized my name and escorted me in his truck to the Battalion.

Now pre-arrival to Washington, I was communicating to my new Battalion S1 by email months in advance from South Korea to understand their expectations, how I could get ahead of myself, unit history. My responses usually came from my new NCOIC and SPC P. The email traffic was my attempt to build a positive relationship with my new unit and rapport.

Once I in-processed 1-229th ARB, CID, the Battalion and Brigade SHARP pulled me aside to talk to me about them knowing I am a sexual assault survivor from South Korea and how my case was still open.

From September 2013 to November 2013, I did not have any disciplinary, work, performance, or family issues. I went on a field training exercise to Idaho called High Altitude Maintenance Exercise, where SFC M. and I were the sole S1 for that duration of time end of October into November 2013, we returned to Washington state before Thanksgiving. I experienced a few family deaths in November and December of 2013, my divorce was finalized, and I was progressing to where I earned my Specialist waiver early and was pinned by SFC M. December 1, 2013. Then

SPC E. arrived and shortly after was promoted. She became my Squad Leader as the only female Soldier under her.

That was repeatedly the first time in this unit I "appeared" according to CPL E. to have disciplinary problems according to the negative counseling I received for disrespecting a Noncommissioned Officer. SFC M. had called me on the phone during our units deployment readiness Soldier Readiness Process (SRP), he was in a rush and needed our files there, at the time I didn't have a car and I relayed the message the same way that was asked of me in an upbeat excited voice, "SGT E., SFC M. says we have to leave TIME NOW.", that ended being disrespectful because we were in a rush and she was taking her time.

I ended up getting counseled twice for this issue and was asked to type up a paper. I submitted the paper late because of internet difficulties and then in a subsequent counseling or being late I was humiliated and disrespected back by being told to repeat every morning for come 0900 to come to the position of attention and recite the Creed of the Noncommissioned Officer.

One morning came and she was down the hall, but the counseling specifically stated I have to say the creed at a certain time. I stood up in an empty office and proceeded to proudly recite the creed. CPL E. interjected loudly from down the hall, stomping into the office, locking me up in parade rest, "SPC Gabriel, I am not in...". As if I am not humiliated already that I am the only Soldier with this type of treatment under her supervision.

I brought the situation of her attitude and treatment to SSG B. and SFC M. and they told me they would talk to her. Nothing resulted from their talk, I just was later switched under SSG B. supervision and still had to take orders respectively from CPL E.

SSG B. emphasizes that CPL E. is learning to be an NCO and she I still need to respect her rank and position.

March 29, 2014: The Unit deploys and to prepare the unit I was asked to help with Soldier Readiness Processing, supervising, briefings, and accountability (conducting Personnel Asset Inventories) on my own on multiple occasions.

When the unit deployed CPL E., SPC L., SFC M., CPT Z. deployed. The rear detachment S1 consisted of myself, SSG B., and PFC B.

My NCOIC SFC M. wanted me to deploy with them and originally, I was considered on the list until the Battalion Commander shot the request down and told him I could not deploy with a sexual assault case.

The information that was relayed to me by SSG B. was that I could not deploy because I was sexually assaulted. A week after I reported that to the medical staff CPT R., she called the unit 1SG. First Sergeant (1SG) requested me to come in the office and told me I was not allowed to deploy because my sexual assault case was still active. (Hence why I regret telling anyone and reporting the second time around.)

April 2014: Under the Rear Detachment Command of 1SG D. and CPT C.

SGT M. and SGT L. were two NCO's leading Physical Training exercises one morning and mocking the Gay community, knowing, or not knowing that we had Gay and Lesbian Soldiers in that formation that morning. During group formation we the comment "Hop if you are GAY" from SGT M. and response from SGT L. "If you are offended go to the woods and pick up some faggots" after I on-the-spot corrected the NCO SGT M. of his inappropriate comments while doing the hamstring stretch standing caused conflict for me. I bring this up because my on-the-spot correcting as an E-4 was relayed to the 1SG and Commander as "interfering with unit cohesion" when CPT C. threatened and attempted to Chapter 5-17 me during August 12, 2014.

Because I reported their comments to the Equal Opportunity sergeant, and he pulled the NCO's aside and talked to them. The next few weeks the NCO's mentioned above and SGT M. wife SGT M. and her NCO started treating me disrespectfully to the point where the female SGT M. would call me after hours on multiple occasions leaving voicemails or calling me yelling for kicking back awards my supervisor told me to return to the company. Even though ten minutes ago she was arguing with SSG B. about it in the office over the phone and I was there.

The other NCO's and peers started to spread rumors about me, and those rumors circulated back to my supervisors, 1SG and Commander. It became another attempt at "undermining my

credibility as a Soldier where leaders in my unit and peers didn't take me seriously and mocked me behind my back".

Fort Lewis, Washington Part Two

I reported these nonstop unnecessary behaviors to 1SG (First Sergeant) and he told me he would talk to them and sided with them. While continuing to work in a hostile environment asking for assistance after I was discharged from Intensive Outpatient which I volunteered for, the 1SG and Commander moved our S1 shop to the orderly room while SSG (Supervisor) was on convalescent leave. The 1SG knew I had been harassed by the SGT's in the orderly room for singling me out and for being pregnant. He persisted that 1SG was going to handle it.

I volunteered for the Intensive Outpatient Program treatment for anxiety related issues during pregnancy. I want to clarify that on the MEDICAL EVALUATION BOARD Standard Form 600 block j, documents "occupational stressors" which was now geared toward Equal Opportunity reporting reprisals and pregnancy mistreatment.

While being pregnant I asked my supervisor if I can attend BSEP (ASVAB GT Class), Soldier of the Month boards (asked monthly), and if I could go to an NCOES school prior to being pregnant. At every angle at advancing my career, I have been denied and given no explanation. Both units were aware of my sexual assault cases.

The main issue while attending Intensive Outpatient, was while being referred for an unexplainable CDE (Command Directed Evaluation) requested by CPT C. in which he attempted to Chapter 5-17 me first. I was denied the favorable action of taking leave. Acting 1SG and I quote "You had all that time off,

and you want more". This was no ordinary request for leave, my husband's mother died a year earlier, and he did not get to visit her grave. My ex-husband wanted to grieve and visit her gravesite in Ashland, Oregon.

After SFC W. reported it to the 1SG and Commander, I was later told that day when I came home that CPT C. called my husband "First Shirt – Air Force 1SG" and told 1SG DAVIS and my husband that "I didn't want to take leave with him, conveyed that my husband was suicidal" and on top of that violated my HIPPA rights by telling 1SG , " I am planning on chaptering SPC Gabriel for being mentally unstable". The effect CPT C. had on my marriage but negatively impacted. Not to forgot, adding unneeded stress to a pregnant woman.

The command was clearly overstepping their boundaries and creating a hostile work environment. CPT C., sided with the NCO's that were having "issues" with me started exaggerating and fabricated another Command Directed Evaluation with false evidence of collateral misconduct that was submitted and reviewed August 12, 2014 with information about my sexual assault in the primary bullet.

I advocated for myself and counteracted the false information which wiped out the evaluation.

With my reports of sexual assault being used against me by commands to recommend separation is a continuous pattern. The end of August came, and I wrote down all the retaliatory acts so CSM (Supervisor above all the supervisors, Command Sergeant Major) can review them with me after asking he moved me up to HHC, 16 Combat Aviation Brigade S1 on August 29, 2014.

In the beginning my work ethic and performance was above par that 7th Infantry Division wanted to move me up there, with their knowledge of the retaliatory acts and hostile environment while pregnant CSM R. (My mentor and G1, 7ID), and SGT Bu. (Mentor G1, 7ID) attempted to pull me but 16 CAB CSM resisted. The unit (later found out) told Division they would take care of me.

(Hostile environment due to pregnancy and sexual assault stigma)

The background of how I was admitted to 5N our inpatient Psychiatric Unit: CPT R, SGT M. and I is interesting. All three of us had a meeting, I agreed to let SGT M. to be in there with me as another set of ears. After discussion with CPT R. my options, I volunteered to try 5N. She told us both while we were in the room together that I was not high risk enough. She had to fabricate on the form that my risk was high enough or 5N would not have admitted me.

20 May 2015: SM presented for safety evaluation and reported ongoing thoughts of self-harm and developing plans for suicide. While waiting for her appointment, SM asked staff at the front desk to call Provost Marshall because she did not trust herself to be safe and later told the provider that she should have stayed at 5N for another week and wanted to go back (because COL X., discharged me on a medication that caused adverse side effects that I was experiencing days earlier). In truth, my command was reacting to me and building a packet to separate me from the U.S. Army because I reported my situations and it caused friction or the higher ups to look at my unit. By a Commander having a sexual violence in their unit. The Commander's perspective is that it

looks bad on their leadership position. Since I was the scapegoat, they wanted to fabricate information so that I seemed unstable for them process me out instead of allowing me sufficient time to heal and get better.

Upon discharge from 5N the following incidents happened: 1SG R. and CPT U. came to visit me a few days prior to discharge. CPT U. threatened to Chapter 5-17 me, broke the news by counseling me that he was going to chapter me.

CPTG. (16 CAB Psychologist), 1SG R., CPT U., CPT C., and a few nurses were present. I held my composure until the end, I did not even have a chance to seek treatment and have a trial of duty.

Retaliation

I was emotional, still had post pregnancy hormones surging through my bloodstream, breast pumping and on Zoloft. By the time I was discharged, a combination of the Zoloft and my pending threatened Chapter 5-17, caused me to pace back and forth through the halls from May 16 through 18th, have insomnia, especially the last day I was there and waiting for command to come. My brain and body were not functioning well that day, I never had a sense of "fear, paranoia, fixation with doors, a feeling of being afraid of how my unit would receive me and how my body was reacting on Zoloft, caused the female Dr. who examined for PPD look in my eyes while I was sobbing, shaking, paranoia and asking, "Why do you look so scared?". I was scared because the medication reaction but even more because of my mistreatment within my unit.

That experience effected my career negatively, interfered negatively with my marriage, and was why I was later referred to a Medical Board and was the whole basis to Medical Retention Control Point.

I was hospitalized again less than 48 hours later due to adverse side effects from the medication causing this time "morbid suicidal thoughts ", spacing out, confusion and almost causing a vehicle collision with a semi-truck which my Commanders held over my head. After reporting to Command about the collision, I told them I did not feel safe to drive. The medication impaired my ability to function which the current and former company command team used as a basis to type up the narrative new CDE after I appealed them twice and the

Commander Statement attached to the Medical Board. I was impaired by the Zoloff for the duration of being back to work after release of discharge and for those 48 hours I was judged, counseled multiple times both times I was discharged and stripped of my desk, counseled that my security clearance would possibly be suspended, unassigned from my position and placed in the orderly room as a form of retaliation (supervision), and consistently being accused of unrelated misconduct in order to give me counseling and threatened that if I "continued" that I would receive another Article 15 and that they would press for unfavorable action.

The "demonstrated manipulative behaviors that interfered with unit cohesion" was about me exercising my right as a Soldier to seek out support and character letters, I was also verbally counseled don that and the Command team did not agree with what I was doing, told me I was interfering with the mission when I was asking Soldiers of all ranks that knew me and supported me staying in. I was told that I am not allowed to ask the Soldiers on duty hours, that I would have to call them on my off time. But my Commander had already pulled my clearance, restricted me from computer access and refrained me from being in S1 around PII (Personal Identifiable Information), phone numbers and names account as PII.

If the other documents were read, you found out that the Article 15 for Failure to Report was really an act of reprisal for contacting Inspector General on my pregnancy mistreatment. The other pregnancy Soldiers got to go home early and released from duty, but I had to stay long hours after my shift. As a result, I developed

hypertension and had to be induced early. My daughter was a 33 + hour labor.

In my defense about the "constant command attention and direct supervision", correct me if I am wrong, it is standard Military protocol after being discharged from an inpatient facility, the act of "direct supervision" was a tactic put in place for unwarranted physical visits to meet up with supervisors that the commander put in place and agreed upon for about two weeks or so. Unnecessary, I was not actively suicidal, if they were that concerned keeping me in the barracks would have been an easier choice.

I appealed two Command Directed Evaluation one by CPT E. and MAJ D.

Somewhere in my file my "credibility" is shot because, I am just judged off past medical history and not taken in to account the tenacity, resiliency and progress I have made these last few years. In my commands I am not taken seriously or respected due to this stigma and my leadership potential. Despite the stigma, I still persevere am positive, motivated, tenacious, hardworking and that scares people with the potential these Soldiers keep telling me I have but not allowing me to advance.

Looking through just the one four-page document of the Medical Evaluation Board, there is counts of:

5 retaliatory Command Directed Evaluations (Mandated Mental Health Exam)

3 threats of Chapter (1 – Chapter 11: Failure to Adapt and 2 – Chapter 5-17: means you had a physical or mental condition that

prevented you from fulfilling your **Military** duties.)
1 attempted Medical Evaluation Board and Physical Evaluation Board

For a fact I was diagnosed with an Anxiety disorder from South Korea to until 1 June 2015.

That evidence contradicts the label of "chronic adjustment disorder". I was not diagnosed with a "chronic adjustment disorder" until after the medical board examination which I appealed at all levels numerous times trying to prove my Commands mistreatment. Signs do not add up, I can see the foul-play within the text. The Military behavioral health system should not be allowed to say I was treated. My command while in South Korea, when I initially came to Washington and we were preparing for deployment and when I was pregnant was being told not to go to my appointments and to cancel them or reschedule due to the needs of the mission. There is more to the situation than just these medical files. I prepared this document to make sense of the whole story. Note: The Military will use "Adjustment Disorder" to not fully compensate you for PTSD, make sure to get a second opinion and answer the PTSD questions truthfully when you are asked about it during treatment or if your forced to see Behavioral Health). Like you feel right now, I was scared to answer them honestly and if I had to do redo it now, I would have made sure even though I fear being discharged that it is important if you need to challenge your command and appeal. Why? Because it creates a trail of documented evidence you can use to appeal or get adequate treatment if you want to be retained.

At the time I wrote "I would like to be reevaluated not based off inaccurate medical record, and a reconsideration for proper

treatment of my accurate medical diagnosis changed from "adjustment disorder" to "PTSD secondary to Military Sexual Assault." Many who support me see attachment of support letters, recommend after sufficient treatment for my trauma (EMDR) that I be placed back on Active Duty.

If this was not important to me and I felt I could lose this case, or if I was just making up stuff, then I would not have a chance. These words are true. I may not be finished yet on this document completely, here is what I have compiled."

To date, I had over 20 letters of recommendation from all over my community and other Chain of Command from Colonel, Chief Warrant Officer, Sergeant First Class, Staff Sergeants, Sergeants, and all ranks advocating on my behalf to retain me and allow me to get help.

PFC Ramos (Warrior Transition Battalion)

Now is the time to tell the story about the numerous sexual assaults while on Fort Lewis, Washington. Although I do not have the investigations of them with me, I will do my best to relay by memory these fragments of details. We have unknown Soldier, PFC Ramos, CPT Gabriel-Delacruz, and SGT Eli.

To the unknown Soldier who forever will be etched in my mind, and whose stories I forgot because I blocked out. I do not forgive you. I just do not remember because it was that insignificant.

I met PFC Ramos outside by the smoke pit one night while I was on staff duty, (24 hour security detail), he was fidgeting with his cell phone talking about how it was in Korean and how he just came back from there. I instantly used that to build rapport and told him I could help fix it. I told him when I was finished with staff duty or on my next break, I would help him reprogram his phone from Korean to English and he gave me his room number. I did not think anything of it but that I was going to help a Soldier.

Time passes by my Sergeant releases me for a few hours to get some sleep, so I go and help that Soldier using all ways nondetectable to reach his room and going counterclockwise to reach him. That was my first premonition. Once I reached him barracks room, I knocked, and he let me in. He was laying down watching a movie. I asked him to give me his phone. Reprogrammed it and then he asked me to stay. In the back on my head, I felt that I should have left.

He invited me over to sit on the edge of the bed and the next thing I know he is on top of me and my uniform is being stripped off me, slightly delirious and confused. My newly fresh operational camouflaged patterned uniform is being shredded right between my eyes with the figure of a Hispanic man above me. I, on my back, him on top of me unable to move, pinned down with him trying to penetrate me. Unforeseen, hopeless, distraught, and once again feeling destroyed.

My mind zoned out, I was not in my body, this time. I disassociated, too many of these attacks and frozen. They compound. Why was this happening yet again? I do not remember much of the attack. Just what I was feeling. I felt scared, powerless, empty, a shell. INVISIBLE, a tool, someone only used for sexual activities. And that is how I continued to perceive myself for an exceptionally long time, 9 years to be exact.

This case was Unfounded.

Captain Delacruz

I met CPT Delacruz through a phone application called Whisper, I posted a Whisper about being raped in the Military and how they were kicking me out. He responded trying to console me. We ended up meeting at a bar downtown in Tacoma on 6th avenue called The MIXX (a Gay bar).

I had arrived early that night not planning on meeting anyone, had a few drinks and sitting on a bar stool at the bar. I gave the bartender the keys and instinctively told him, "If I try to leave, I'm not driving". While four or five drinks in I was still texting this stranger through Whisper, he wanted to meet up and chat in person, so he met me at the bar. When he arrived, he pulled up next to me and started feeding me more drinks. Eight drinks go by, I am singing karaoke, getting up to go to the bathroom and find out my drink has been replaced with another drink. He has been giving me the same pink strawberry milkshake drug induced drink all night.

Hours go by, he walks me outside to his car, I tell him I want to check the other bar down the street and that I am hungry. Stumbling out the bar, staggering down the sidewalk. He leads me to his car and hauls me away to his to an RV park where he lives in a trailer. Halfway cognizant I step inside pushing past a metal jagged door, looking around me with shoes, uniforms, and junk lying across the floor, he walks me toward the bed.

I hit the bed instantly and my eyes close shut. I could feel the bare hands of this man peeling each article of clothing off my skin, pulling up my skirt just enough, pulling down my shirt just enough.

When is enough, enough? I thought. I was barely coherent. Drugged, inebriated, and cold lying in an unknown stranger's bed being raped for what felt like an eternity. He had to wake up early the next day so after the assault, I passed out completely until he woke me up to take me back to my car.

The next morning, I woke up with a pounding headache and everyone acted like nothing happened until I safely made it back to my car. Let me tell you, I did the walk of shame to my car, opened the door, and sat down. Tears instantly began gushing down my face, I had known something had happened. My body ached in pain, my vaginal area bruised and sore, my mind incomprehensible. Guess what I thought..."Why did this happen again, and again and again?".

I immediately reported it to my chain of command and went to Madigan to get the rape kit done.

At this time I was juggling two rape cases and this case happened three days before I got out of the Military. In the process of this, I participated in a workshop for servicemembers struggling with mental health issues. The workshop is called ***I WAS THERE*** film workshop. It was created to help those struggling with mental health issues tell their story in a short film. I do not want to release my real name, but it does exist. A year later I worked at Pierce College and they had my short film on display in their psychology and Criminal Justice class. I walked in and saw it on the bulletin board and was so amazed.

Later that year, I decided to use my public speaking skills as an advocate for Military Sexual Violence and taught a seminar as a panel, with my short film, and shared my story to class about 30

individuals. I would like to continue my advocacy one I retire from law enforcement.

This was founded and he was sentenced to adultery and discharged from the Military.

His command downgraded his sexual assault charge to adultery.

Sergeant Eli

I met Sergeant Eli, a Palauan American Soldier, at the Warrior Zone on North Fort Lewis some time ago before the incident took place January 19th, 2017. I was just getting off duty from work as a Federal Correctional Officer when I received a text from Sergeant Eli asking if he could come over because he did not want to drive back to base drunk and get a DUI. Knowing my leadership history and kindness for helping Soldiers, I invited him over to stay the night. The report reads:

By the time I fell completely asleep it was approximately 2400 hours.

I woke up at 0130 after he left and told my roommate, "I think I was just violated in my sleep". The seaman was dripping out of me as I stood there. Then I fell back asleep and woke up around 0400 hours to get ready for work and left. I thought nothing of it until 1020 hours when I went to my car to check my phone.

At 1020 hours SGT Eli text me, "Are you still on that birth control thing?"

Me: "Yeah, why do you ask? Did something happen last night?"

Eli: "Yes, do you or do you not?"

Me: "I do have an IUD, but what happened? Is it sharp related? Cause I'm quite sure I said I didn't want to have sex because I had with the prosecutor and reliving my other sexual assault account alongside an inmate dying at work".

Eli: Are you mad?

Me: Fucking of course, I am mad, as soon as I said no, and you

did it anyway while I was sleeping. When you wanted to come over to "sleep" because you were drunk and "tired". I wake up butt naked when I had my gear, underwear, and bra on. How can anyone consent in my sleep?

After the message exchange I reported it to the Officer at work who directed me to HR, . I then called the VA and my Special Victims attorney and the local police. I reached Madigan at 1800 where I met my attorney, CID agents, Victim Advocate, and a SANE nurse for rape kit.

The actual rape:

I stayed in bed as he entered at approximately 2130ish. I figured it was him and I remained sleeping he entered my house and my bedroom with the lights off. He undressed and entered my bed with only his boxers and immediately started attempting to place my hand on his penis, I gravely and quickly moved my hand away. He then kissed me on my neck and tried to kiss my lips, but I turned.

After turning he wet his fingers and digitally penetrated me with his left-hand numerous times as he kept attempting, I would shuffle. After the third time; hazily asleep; I yelled, " Touch me again, and I'll handcuff you and pepper spray you". At approximately 2330 my roommate came home, and I got out of bed and turned the lights on to talk to her. She put music on and turned on all the lights. I alerted her he was there then blatantly talked loud enough for him to here, while he hid under the covers pretending to sleep.

I talked to her for approximately 20 minutes put my entire correctional officer uniform on, belt, vest, boots included then laid back down. He appeared asleep. I slept in uniform for about ten minutes, then took most of it off until I was back in my underwear and bra. By that time, I fell asleep due to the sleeping medication in my system.

"List of charges per UCMJ (Uniformed Code of Military Justice)
Article 120:

Specification 1:

In that Sergeant Eli, US Army, did, at or near Tacoma, Washington on or about January 19th, 2017, commit a sexual act upon Phemia Gabriel, by penetrating Phemia Gabriel's vulva with his finger, by causing bodily harm to her, to wit: penetrating her with his finger, without her consent, with an intent to gratify the sexual desire of himself.

Specification 2:

In that Sergeant Eli, US Army, did, at or near Tacoma, Washington on or about January 19th, 2017, commit a sexual act upon Phemia Gabriel, by penetrating Phemia Gabriel's vulva with his finger, when he reasonably should have known that she was asleep, with an intent to gratify the sexual desire of himself.

Specification 3:

In that Sergeant Eli, US Army, did, at or near Tacoma, Washington on or about January 19th, 2017, commit a sexual act upon Phemia Gabriel, by causing penetration of her vulva with his penis when he reasonably should have known that she was

asleep. He had caused fear the day after when he texted her at work January 20th, 2017 - as he texted her about the incident."

After the fact when I would see him on post within the last three months, he would cause fear by anxiety that he could hurt me again. I was afraid that he would come find me now that he was discharged from the Military and remained in the same county.

The assailant was discharged from the US Army January 28th, 2018 at 1700 hours.

This case was founded, and we almost went to trial, but he decided to get out on a chapter and was kicked out of the Military.

The Interlude to my daughter

My daughter has lived on and off with her foster mother since she was 8 months old due to my ex-husband's abusive nature (psychologically and mentally). When she was eight months old; D. and I were both active-duty Military members. He had factually placed a gun up to his face while sitting on the couch and pulled the trigger than took the same weapon and placed a round to fire at the television and threw himself down the stairs. The day after I voluntarily placed my daughter into Child Protective Services with the Army's help. At the time I was active-duty Army and was suffering from postpartum depression and untreated/unknown Post Traumatic Stress Disorder from my multiple sexual assaults from the Military. I placed Ariana in the custody of the mother and gave my rights over to her in December 2019.

List of amendments to his argument.

- 1) I never accused him of abuse of our child, I was the one being abused.
- 2) I have never lived with the foster mom at any point, between 2016 and 2019 I was homeless and did not have sufficient income. There were times where I was temporary housed within those years at shelters and VA housing.
- 3) I took Ariana out of the state of Washington back in March 23, 2018 to live with me for four months while I attended the Police Academy. She stayed with me until August 5, 2018. I have proof of those dates on my social media of when I picked her up and left.

4) My ex-husband should not use my mental health to judge my parenting. We as parents would not have gotten our child back if I were severely mentally disabled.

5) He states he is a safe parent but when we were pregnant, he had to go to classes for anger management through the Army/Air Force; one night we were driving home, and I was at least 5 months pregnant maybe more and got mad at me and slammed on the breaks intentionally out of anger toward me right before we got home and harmed the unborn fetus. I had seatbelt marks across my abdomen and collar bone which I ended up going to the emergency room the next day to check on the baby.

6) I was discharged out of the Army on April 13, 2016 and then retired officially December 18, 2018. I was struggling to maintain work, stable housing, and income to take care of my daughter. The next best decision as a mother I had to make was to keep her placed in the foster mother's care since Ariana was being taken care of, happy, healthy and all the necessary needs met.

7) I moved back to Washington state January of 2019 and was homeless, staying in the Soldier's Home in Orting upon my arrival to the state and had a stable job until I got laid off from covid-19 this March 2020. I have stable living quarters. Ended up sleeping with a veteran than brought me a hotel room for a night when I was homeless so I would not have to live on the street. We ended up sleeping together and I became pregnant, but the baby did not make it.

8) I believe Ariana' should continue to be placed in the foster mother's care, the only reason I signed my rights over once my

ex-husband took her for a month back in December 2019 was so that the foster mom could fly Ariana out here and have visitation.

9) No one is taking Ariana away from her father.

10) I want my daughter to start school and be in a consistent spot.

My ex-husband sent her back because his ex-girlfriend would not watch Ariana and he did not have loco parentis for his Military Family Care Plan. It would have been a detriment and caused him to be kicked out of the Air Force if he kept Ariana there and he had to deploy with no local person to take care of her. I was Army so I am familiar with FCP. His only option was to send Ariana back to Washington with the foster mother.

11) I have not fully had my daughter since August of 2015. I have been in treatment for my PTSD due to Military Sexual Trauma for the over six years. I served my country voluntarily and should not be scrutinized for being injured on duty and trying to better myself and my daughter's life. I choose to keep a distance with her because I am working on stabilizing my mental health, financial and work situation.

12) I chose to keep Ariana in this state because she is well taken care of by the foster mother. Ariana is about to start school this year. She does not need to move. What if he gets deployed? Ariana should not be in a household where her dad has many women and children coming in and out every 6 months to a year. It is not conducive to her development.

13) I want to be a part of my daughter's life, but I cannot provide for her necessary care off my VA disability income. I care for her in other ways by buying her shoes, clothing, toys, sleep overs and spending time with her on a weekly basis and give the foster mother money when I can.

14) I am in no way conspiring or scheming anything with my daughter's foster mother. That allegation is a lie.

15) I do not want my daughter to feel abandoned, changing parents between the three is not a stable environment for her. I made a sacrifice for my daughter; I have made multiple sacrifices. As a mother, her biological parent, I chose to keep Ariana in her place of residency with the foster mother. I love my daughter and still love my ex-husband dearly, but as a parent I know what is right for our daughter to grow and keep a stable life.

16) I grew up in an abusive environment and seen the horrors of not having both parents around. My father died when he was 19 years old and my older sister at one years old; I was less than a month old. My mother survived but she was undiagnosed and unmedicated with Bipolar Disorder, depression, suicidality, and alcoholism. I grew up in a toxic household, mother left at a young age and I grew up as the "mother" figure to my siblings and raised them. I have experience in my childhood of being dragged by my hair, beaten, choked, and thrown across the floor by my mother. Due to how I was raised and the environment I was raised in; I do not want to risk putting my daughter in a situation where she would have to be subjected to the childhood I have had. I have been through many forms of abuse and neglect as a child and having a parent with a mental illness did not fare well with me.

I **never** want to subject my daughter to the childhood I had. I am hoping with this information you will understand why I made such a tough sacrificial decision on behalf of my offspring.

My daughter has lived with her father and his new wife since June 2020. He violated the parenting plan and threatened the Foster Mother and I that he would seek legal or sanctions if we did not release her to him. To date he now complains that he cannot provide for her and monetarily struggling. Though I attempted to pay him child support for over six years and he still uses manipulation and abuse to use her as a pawn to get me to react and it is February 2021.

I chose to keep my daughter away from me until she is in her teenage years so that I can explain why her biological mother has been estranged so she doesn't grow up with the same impact my mother left me.

The Aftermath

The aftermath is about the struggle between transitioning from the Military to homelessness, domestic violence, regaining employment, the Veteran Affairs, college and returning to the civilian work force. It was by no means easy for me. This timeframe last from September 2015 to March 2019.

From September 2015 to April 2016, I transitioned to the medical unit called the Warrior Transition Unit. In between, that struggle I was going through divorce, my daughter in child protective services and beginning the transition from Military to civilian not to mention that sexual assaults in between. I finally left a hostile command and came into a richer healing environment. As the time drew near to discharging, I ended up homeless with no job in sight.

Note, that I was still legally married to my ex-husband and I asked him if I can stay with him, but I ended up living in my car for the next six months, then being subsequently homeless for years on end on and off until 2019 of March. Those were turbulent times indeed. From night to night, I would sleep in my car in various location from my ex-husband's truck to Walmart parking lot and on post secretly, while gaining part-time employment at Dominoes on North Fort Lewis and going full time to online college to finish my degree. I also took the time to go to the gym.

Six months went by and I ended up getting a security job, moving into Veteran Affairs section 8 housing program and graduating from college. Until I got in to law enforcement and Sergeant Eli incident came along, then I flew back to Wisconsin for a year from

February 2018 to February of 2019. From Wisconsin, I stayed in the Boudicca House, which was a female shelter for veterans, landed another security job and spent several months working on getting into the Police Academy. My dream was coming to fruition and I was content, until the case came up for Captain Delacruz and halted my Police Academy process. I ended up leaving the Police Academy and moving back to Washington state to be with my daughter.

I spent those four-year trying to rebuild my life after discharge and trauma. Having over eight jobs, and moving from place to place, unstable lover to lover... Once I finally came back to Washington state in 2019 of March, I stayed in the fun, small, town of Soldier's Home in Orting, Washington. I stayed there for a few months and then moved in with a Marine veteran and his friend. Living with two unknown males, once which I met at the Veteran Affairs during group therapy was a process. In time, it too, became hostile and intrusive. I fled, was homeless again. If I can count on my hand, I would use both hands to tell you how many times I was homeless, that goes for how many civilian jobs I have also had since transitioning.

I did not gain stable housing on my own until December of 2019, and stable long-term employment until March of 2019 until December 23,2020.

As of January 2021, I am back in college for my bachelor's in Criminal Justice. Am now employed as an armed bank protection officer and facing discrimination in Washington state Law Enforcement hiring practices because I am a disabled female Hispanic Veteran that has suffered sexual abuse. I have decided

to act against those departments and in the file a complaint of Equal Opportunity Employment Commission, Human Rights Commission, Office of Attorney General, Congressional, WA Supreme Court, United States Supreme Court, White House and have oversight with the Veteran Liaison at the Pentagon level to help make law and get my discrimination situation resolved.

Nobody should be discriminated against for being a survivor of a violent crime. I do not tolerate anything less. If you feel you have because of a similar situation. You ARE your best advocate. There is hope. There is justice. There is balance. Find that inner peace in yourself and take control.

This discrimination complaint has four options:

EEOC submits a letter on my behalf to limit my HIPPA and name as a victim of violence so Law Enforcement agencies cannot discriminate.

Or The media finds out.

Or based off the investigations and proof of discrimination because I am a disabled veteran with Military Sexual Trauma, the EEOC could give me a right-to-sue letter and I would be awarded \$200,000 at maximum, per each of the three to four department who discriminate because of the damages they caused me.

Also used as a Case Study for the Supreme Court Docket.

In due time, justice will prevail.

Military Sexual Trauma and Dating

Now this chapter focus on sexual dysfunction, romance after trauma, my experiences, and some issues no one is willing to tread on.

For a long time, I lied to men and women when I would I sleep with them about "getting me off". I am sexually incapable of feeling orgasms due to my sexual assaults. Dating is extremely difficult because I used to share my information of my rapes from the Military upfront, either subconsciously trying to self-sabotage or hoping they would just love me for me. I know some of you reading can relate. Dating is not easy. What is even more excruciatingly painful is that I have a daughter and I want to tell her my story but as a mother and given her age of six, she is too young to know.

I want to teach her, inform her, protect her, and guide her. This book is partly being written for her just in case one day I am no longer around she will have this memento of me. Trust, trust is a big issue. I am scared to tell new partners about my traumas, triggers during sex, because I want to seem normal. But if they trigger me than they see the opposite of what I wanted.

Some of my triggers are my hair being pulled, being slapped on the ass, and being choked in any fashion. Most partners men and women want some sort of rough play with me and it gets difficult to tell them "Hey, my safe word is "Pickle Rick", if you do too much, I will tell you to stop" (Rick and Morty reference). Other triggers could be someone grabbing me on the shoulders from behind, or from below on my hips from behind. Sensory reminders

of the trauma, certain smells, sights, darkness, things of that nature.

I pay attention to my body's danger signals and used to ignore them to appear normal. That is not healthy. Healing from sexual trauma is a gradual, ongoing process. My healing journey and process is different from yours and others, it is not linear. It is all over the place. Setbacks, one step forward, two steps back. I commonly like to talk about my trauma and will to just about anybody. It is not a secret; it is not primitive. It is not even something I feel I should hide. People get taken back, scared, flabbergasted, and even turned off by how much I can talk about it so openly.

That does not mean you have too. Some of my deepest secrets with my trauma involve opening to people too quickly and my relationships or first dates fizzling out with no repair. Or sexual relationships, like having multiple unhealthy one night stands with too many strangers off dating applications like Tinder, OK Cupid, and Whisper. I meet people with potential than have the habit of habitually ruining it right away. I do not want you to fall into the same pitfall. Another issue, I have had in the past is having unprotected sex and getting pregnant multiple times over the past few years which involved in miscarriages and one abortion. I was homeless at the time and did not feel I could bring the baby in to the world at that condition.

Sexual Trauma has a funny way of bringing the worst out of you. At those times I already regarded myself as damaged goods and unwanted or only seeking attention through sex that I did not fully value myself. I did not have boundaries. I have never told anyone

these most vulnerable facts. In fact, it is embarrassing but they are part of the history and trauma, thus need to be told.

SIDENOTE: Over time this will change. The more treatment for mental health and going the Veterans Affairs Military Sexual Trauma groups, Warrior Renew, Dialectical Behavior Therapy, Cognitive Behavioral Therapy, Intensive Outpatient, PTSD Clinic, Exposure Therapy, and other healing modalities can help. I have experiences inpatient and outpatient treatment and have the skills to cope on my own now.

Military Sexual Trauma, Mental Health and Suicidality

The first time I ever had suicidal thoughts was after my first actual rape with KATUSA Ji after my command locked me in my room for three days and on that cot back in 2012 of December.

The second time was dealing with post-partum depression in 2015 March after I gave birth to my daughter.

Then subsequently it went on unnoticed for many years, festering, like and unseen wound.

Once I came to realization that I had PTSD in November of 2015, my suicidality became worse, but it was always hidden. Deep inside, deep in the crevices of my mind. Unable to escape both what had happened to me and what my mind chose to relive on a constant basis. The fear, the anguish, the mental pain, the disassociation. I was numb, cold, just a hollow shell.

Once I realized I had PTSD due to Military Sexual Trauma, I started to understand why I was feeling all these intrusive memories, mostly thoughts, and deepened intense emotional states.

I have journeyed through a few rehabilitation centers to help heal from Madigan, Well-found, Fairfax and the Veteran Affairs. I have found them useful as far as coping skills and learning to redirect my overwhelming feelings from the past into more creative outlets.

Throughout the years of 2016 to 2020 the Veteran Affairs and civilian hospital gave me medications that counteracted each other which caused adverse effects in my body on multiple occasions: which was worsened suicidal ideations. Until March to April 2020 when I was given Prozac and that caused a myriad of suicide behaviors.

Another veteran had the following: In March 2020 she had one major suicide attempt on April 19th, 2020 where she had overdosed 6 bottles of psychiatric pills due to a one-night stand, she had that triggered her abuse and ended up drinking two bottles of Korean Vodka (Soju) when she did not realize that she took all those pills. That caused her to go to the emergency room partly intoxicated and body failing her. She ended up in the ICU days later finding out that her body went into respiratory failure and intubated with a tube in her mouth. At that time, she felt she went to afterlife and had a near-death experience where she dropped off her mental rucksack of bullshit and left it over on the other side.

Having similar empathy changed my life for the better and made me humbler. I still tend to beat myself up a little, but I am learning to nurture myself more and not be so hard on myself. At the time I was seeing a psychiatrist at the VA for medication and weight loss management, and an outside referral for EMDR at the VA choice program for psychotherapy. I have been doing this on and off for the last 6 years and it has helped. I have also delved into non-western healing modalities like shamanic healing and soul retrieval. It is imperative or important to continue a constant method of healing in whatever you choose, be it nature, therapy,

or metaphysical help. My religious belief stem from my heritage. I am indoctrinated with Viking blood.

Other issues I have had in the civilian workforce:

- In 2016 Sep, I had sexual assault issues with one of my employers at a private security agency: I reported it to HR and was fired the next day "at will" state. That termination is also a discriminating factor when viewed in the eyes of the Law Enforcement Background check. (First job after discharge).
- In 2017 Jan, I was hired as a Federal Law Enforcement. I was there for a month and subsequently sexually assaulted in my home by SGT Eli. Once my work found out that I was assaulted they put me through two Internal Affairs investigations to "weed" me out. The Warden at the time said, "Because of what happened I don't deserve to be a law enforcement officer". I was being harassed and spread rumors by other law enforcement coworkers which prompted the second IA investigation. In the best interest of the department and my health at the time I resigned, and they lied and said, "I resigned due to accepting a position in another state ". (Second Job after discharge).
- In 2018 June, I was accepted to the Wisconsin State Law Enforcement Academy because I self-sponsored myself using the GI Bill - The students found out I was a SA survivor from the Military, so they outcast me, spread rumors, and exiled me from class. I told the Academy Director and he allowed me to restart the Academy in an alternate class. But rumors spread and so I was given a "contract" I had to follow with rules just for me. If I violated those unrealistic rules I would be exiled from the

Academy. Rumors continue to spread that and one of the rules said I am not allowed to communicate with the rest of recruits. I was subsequently removed from the Academy but could reapply to a different Technical College. At that time, I completed 2018 June to 2018 October approximately 4 or 5 months of the academy.

- In 2019 to 2020, I worked for the local casino and faced sexual harassment twice. The second time I reported it in June 2020, my employer took me off duty and placed me on a 6 month "investigation" paid leave. I sought legal advice and talked to the Attorney General's Office in WA. I returned to work for 5 days. I was then transferred to another site where all three of my offenders were. It became a hostile work environment as a form of retaliation. That company wanted to suspend me on "violating a policy" by reaching out to my supervisor to tell him I cannot work with my offenders. I quit.

Chronological impact to date:

1. Survivor of Sexual Violence (2012 to 2017)
2. Divorce x2 (2012, 2016)
3. Domestic Violence Survivor (2015, 2016, 2017x 2)
4. Homelessness Veteran (2016 to 2021)
5. Ex-husband DV aggressor led me to place my daughter (8 mo. old) in Child Protective Custody to protect her for 1 year. (Ended up being estranged from her for 6 years while she lived with Foster mother and now her Dad and his wife)
6. Financial Loss in wages; collections, charge offs, medical debt (2016 to current)
7. Death of two of my children (2018 December and 2019 March)

My journey is far from over. I hope this book reaches the masses to help others and give people and idea of what goes on in the lives of those who have this syndrome or for those who have been through sexual assault in the Military.



List of Sexual Violence Cases I went through with Criminal Investigation Command

Commented [VM1]:



My Barracks Room in Camp Casey, South Korea for Second Korean Soldier Rape



First Rape Case in Camp Casey, South Korea (Marty's Café)



**Night Infiltration, Fort Jackson, South Carolina, First
Sexual Violent Crime
Private Line – Basic Combat Training.**



My unit in at Camp Casey, South Korea where my one year of being an Army based with five offenders and being forced to see them every day, At that time I was told the only way to escape was to go AWOL or commit Suicide by one my Supervisors from a different unit.

Gabriel / Soldier's Heart: noncombat wounds of PTSD / 85



Warrior Transition Battalion, Joint-Base Lewis McChord



16TH COMBAT AVIATION BRIGADE

Resources

National Sexual Assault Telephone Hotline

Call 800. 656.HOPE (4673) to relate to a trained staff member from a sexual assault service provider in your area.

Safe Helpline - DOD Department of Defense Helpline

Call **877-995-5247** to be connected with a trained, confidential Safe Helpline staff member, 24/7.

Veterans Crisis Line - for Veterans, Active Duty Service Members

1-800-273-8255 press 1

Speak with your existing VA health care provider

Contact the MST Coordinator or the Women Veterans Program Manager at your local VA Medical Center

Contact your local Vet Center - you can get free confidential help while still active duty.

Call **1-800-827-1000**, VA's general benefit information hotline

National Domestic Violence Hotline at 800-799-7233

Find your local Family Advocacy Program.

If you would like to learn more about FAP's services – or need to make a report of domestic abuse, child abuse and neglect, or problematic sexual behavior.

Military One Source: Military OneSource is provided by the Department of Defense at no cost to active duty, Guard and Reserve (regardless of activation status) and their families. It is a virtual extension of installation services. 1-800-342-9647. However, victims who desire assistance with sexual assault should request to speak directly with a Sexual Assault Response Coordinator at or near their location. OneSource operators cannot offer Restricted Reporting to Military members.

Conclusion

I know sorry will never change anyone's life hardships but if any of you had to go through this and or may be dealing with these issues now in the Military or post-service. I just want to tell you. You can heal. You will feel at peace one day.

To those still in the Military and going through these issues. I would recommend reporting restricted only unless you feel you have enough evidence. That way you can get help without your chain of command finding out. Another resource I did not know about was the Vet Center. You can go there, and they have Military Sexual Trauma professionals, and you can seek help while on active duty. Good references would be to watch the documentary "The Invisible War" to give you a good visual and testimonial insight on the Military processes. I would not want others to face retaliation and discharge the same way I did.

To male and female veterans who went through this before me, your sacrifices and your trauma is valid. I believe you. I know all too well the impact and continue to have on your psyche. If I can survive these challenges that I have faced. So, can you. Thanks for giving me a platform and for reading my story thus far. It may not be complete, but it gives you a good idea into the life of a Military Sexual Trauma Survivor.

In the end we are all here for each other. We all bleed red. We all are human and have emotions. No human life is exempt from stress or life challenges.

Being raped in the Military comes with a lot of trials and tribulations. But not everyone develops PTSD (Post Traumatic Stress Disorder) from it. You must recognize in yourself the symptoms and changes in your mind and body if you feel you need psychotherapy or treatment. It is okay to get help. As a survivor, an advocate, a fellow human being, a female, a minority, a Military disabled veteran and as a prior Federal Law Enforcement officer and hopefully future local law enforcement professional again. I implore you to keep going. There comes a time when you must want to take care of yourself. I am tired of being discriminated against for being a victim of a crime that I had no control over.

Up until December 1, 2020 I did not believe in the phrase that "time can heal wounds". I will never stop being a human, a Soldier, a prior Law Enforcement Officer (Corrections and Police). Those skills are engrained in my body, my mind, my heart and my soul. I will continue to pursue my career as a humble, passionate, compassionate, active listening, and truth-seeking law enforcement professional. There will be a time when I will be free of discrimination and be re-employed in a Law Enforcement agency that is willing to give this old soul another chance.

Law Enforcement is my calling and advocacy is a side hobby. There is a purpose to these challenges and that pushed me heavily in to Law Enforcement where I know I can make a difference in my daily interactions with the citizens in my community that I serve. I am an amazingly effective communicator. I take the time to listen to every individual who crosses path with me and blessed to make an acquaintance. If

there is anything, that you take away from personal testimony. I say this with tears in my eyes. Take this message:

The human body, brain and psyche can be repaired over time. I am no longer on psychiatric medication. I have done every form of therapy the Veteran Affairs has to offer, but they do not have my need of EMDR. I utilize coping skills every day.

Where you might be debilitated with Post-Traumatic Stress syndrome now if you talk about it or write it down. Even share your own story. There is a theory called Post-Traumatic Growth. Please take away the amount of unbearable strength that I possess. The unmatched resiliency. The courage to continue to live and serve, and undeniably tell this horrendous story.

The previous pages will have images from the investigations, quotes, and other images. Stay hopeful. Tomorrow is a new day. Every day you are reborn to make new decisions, new thinking patterns. You have to ,HAVE TO, find some solace in recognizing if you have these experiences and symptoms right away. Get professional help as soon as an assault happens so you do not end up facing the same challenges I undergone. The sooner you recognize these symptoms and get help. The easier your healing process will be.

I am no longer impaired by what happened. Call it a miracle or whatever your religious belief depicts. You will not always feel like a "victim", you are a Survivor. If I can heal and successfully be in a career I love, fighting for my rights and yours, finally in 2021

have a successful long-term relationship with my Chinese partner who loves me for me and is reading this book right now. Thank you for being by side through thick and thin. I love you. I love our daughter, our future kids. Our two cats, Ringo, and Der.

I am a servant leader. Let me continue to serve you in the community as your friendly neighborhood Law Enforcement Professional.

Thank you all for supporting me and reading along with this memoir of the past I hope you find the courage in such a short, but important story.

My one review:

Michael:

Sat, Aug 1, 2020 10:16 AM

I like it a lot. It's hard to read, not because it's not well written, but because it's very raw and real. I love the use of poetry throughout, it gives it almost a dream-like quality that helps break up the horrors of what you had to go through. I also weird like the Who:/What:/Rank: thing. I can't explain why, but it grounds the book in reality. It also helps show how much you've gone through over how long and by how many people. My biggest struggle is just with Military anagrams. You do a great job at usually explaining what they are, but I've got a bad memory so I find myself forgetting.

Poem # 2

The stroke of a pen, A signature.
Creates loss, conviction, death, a warrior
Crumbled heart; stuck on where to start,
A warrior rises from the muck and dirt,
Soiled linens, a caged heart
Unravel her mysteries of poems and art...

Memories arise, her demise

Unfolding the mysteries, suppressed for years but wanting to
heal

Death seems near, strength still to persevere

There is beauty in life, a story to be told
a story unfinished, this semicolon beholds

Love is out there, her self-image ruined

In her mind, she is undeserving

But out there someone will love her

The past is the past, memories old

That rucksack is full; leave is beyond the veil

Challenges: thoughts arise.

Daughter alive; must get by

I am needed in this life and so are you.

We got this together, no matter how blue.

Stand up and rise; our powers unite.

If you ever want to reach me. Go to Amazon and just leave a comment on the review page and I will reach out to you. Due to the nature of my job, I cannot be personally identified.

I do apologize. I am writing this as a silent warrior.

If you know anyone that can benefit or add to this book also reach out via the Amazon. Just search my name "Phemia Gabriel". This book will pop up and leave a comment. I am working on making it an audible book and my fiancé is translating it in Mandarin Chinese. I will do my best to add your story to this book.

If this book lands in your hands, it must have been for a reason. Learn what you can. Take the knowledge for prevention method and to use as a reference for veterans and others in this category of trauma.

If I donated this to Domestic Violence shelters, Hospitals, Sexual Assault centers, Police Departments and so forth. Then this is meant to be used as a case study.

The Department of Veteran Affairs, Congress, and Policy makers if this hand yours hands. Do the right thing. Use this to make several policies and changes so that you can see what disabled male and female veterans have to life with. ***Sexual Violence Survivors are treated to poorly in American society.*** Something needs to change.

Very Respectfully, Phemia Gabriel

Background:

Learned qualities I possess as a Law Enforcement candidate due to my Military and law enforcement/corrections training are:

Phenomenal Self-control, confidence, and emotional maturity when striving to be good peacekeeper. Level-headed always, even under acute stress, and have the requisite human relations skills to deal with all kinds of people in any circumstances.

Self-reliance: high level of independence and solitary. The ability to manage myself and my own schedule without having to depend on the guidance of others unless necessary or for improvement. My leadership style is a servant leader. I have the capacity to be honest (integrity) and refuse to cross ethical lines. There will always be new skills to strengthen and learn. I have experience with writing reports, engaging with civilians, education on arresting criminals, patrolling areas and a multitude of other responsibilities.

I always act in a manner to positively influence and make good impressions on the people that I protect and serve. Whether that was training in the Police Academy to issue speeding citations or arresting a criminal, and to be firm while also showing humanity and compassion for all civilians. My work history shows that I have been consistent in being proactive, working hard to control potential crime even in times of minimal or high stress, tension, and reasonable problem-solving skills. I have decent communication skill but want to learn more from BLEA and COA. I am constantly analyzing Washington Criminal and Traffic Law from the pocket guides. I am technically inclined to operation of telecommunications systems for over 9 years and Microsoft suite.

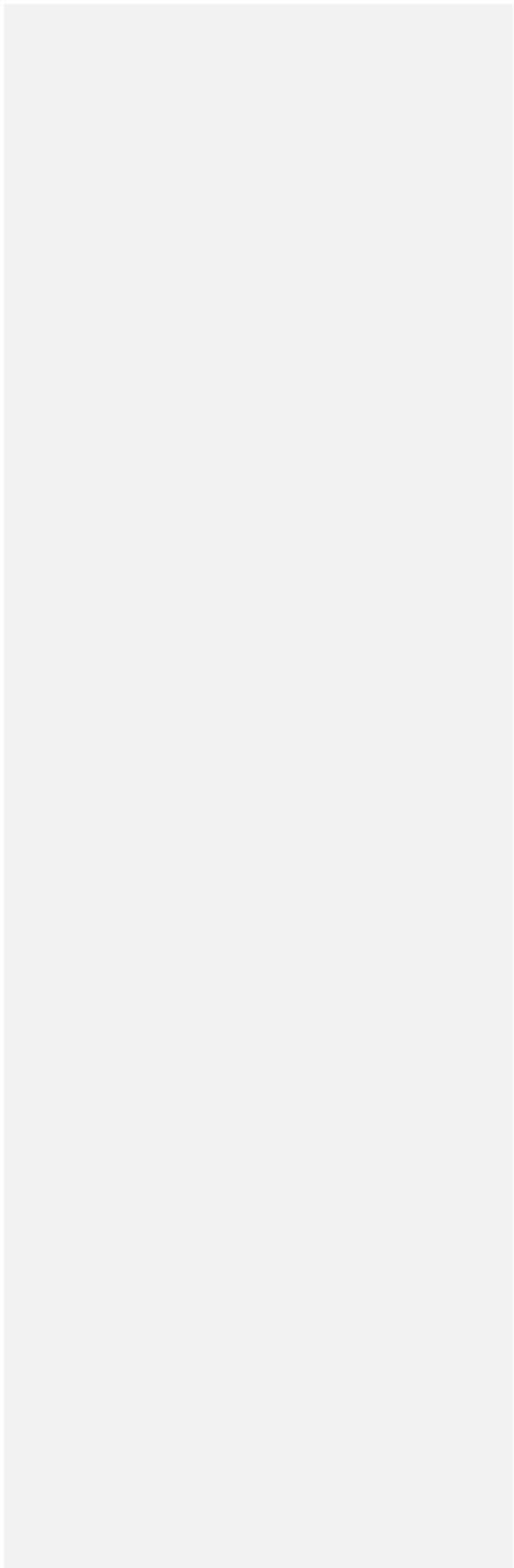
I want to embark on the journey of being a Law Enforcement officer trainee and self-improving. I am not looking to be a frequent turnover on department resources. Law Enforcement is my chosen life-long career and passion. By being in college and earning my second degree in Criminal Justice, it reduces the likelihood as an officer to only use the amount of appropriate force needed to gain compliance and imply stronger community relations. Officer safety and survival are critically important, and I learned that through Military, corrections, security, and law enforcement academy

training. I have been trained in various defensive tactics, use of force continuum, articulation, over 9 years of safe weapons handling.

I am mentally, physically, and emotionally fit from my Military and life experiences. I have adapted positive stress management techniques that combat stress, burnout, and other forms of law enforcement illness. I do monthly volunteer work to feed the homeless community in King and Pierce County. I maintain lifetime physical fitness helping to establish a positive public image. I often use my training daily conducting mental dry runs, reciting the RCWs, running plates through dispatch in my mind, reciting the phonetic alphabet and other habitual training for when I am called upon to use it in real world situations.

Lastly, I am a disabled female U.S. Army veteran, prior Federal Law Enforcement Officer, wanting to have a second chance at serving my community. My origin is Hispanic and half Caucasian. I have dramatically improved my fitness, emotional health and "fitness for duty" over the last year. I speak three languages: Korean fluently, Mandarin intermediate, and some Japanese, some Spanish. I have been actively "protecting and serving" my country for the last 9 years in different capacities. I would love to have the personal courage to serve with any department.







My Daughter

All my Army Achievements per awards:

Exceptional performance as the squad leader of the advanced individual training class of 42A-099. Private Gabriel's leadership ensured the squad was prepared daily and that all tasks assigned were performed above the standard and in a timely manner. (10AUG12)

For outstanding performance as a member of the 369th Adjutant General Battalion's Military funeral honor team. Through dedication and self-discipline, you completed all your technical requirements, and have proven your ceremonial proficiency in all aspects of the execution of Military funeral honors. (15AUG12)

PFC Gabriel continually strove to better herself in her job. As the Battalion S1 Promotions Clerk, she became the Subject Matter Expert for all promotions throughout the battalion. PFC Gabriel sacrificed countless personal hours establishing a new SOP (Standard Operating Procedure) for her section, streamlining promotion actions, and training her peers to the high standards she set. She also assisted with in-processing and out-processing (Receive and Discharge) over 500 Soldiers during her times in South Korea. (18SEP12 to 19SEP13)

In addition to her duties as a Promotions Clerk, PFC Gabriel also oversaw the battalion's monthly and quarterly NCO/Soldier of the month boards. She was a crucial to setting up, conducting, and tearing down the board while maintaining professional bearing and later drafting up the promotion board proceedings. Her professionalism continually received praise from the Battalion Command Sergeant Major. She was also highly sought after by the

company First Sergeants for her knowledge on the newly update APD (Army Publishing Directorate) promotion system, and all the packets she put together for the battalion. The battalion had a team of five companies. (18SEP12 to 19SEP13)

Due to her love for the Korean culture, including her ability to teach herself the native language, PFC Gabriel was hand selected to be part of the initial Head Start Program. This gave PFC Gabriel the ability to strengthen the United States and Korean Alliance, while building cohesion amongst her peers. She also showed the ability to place herself above her peers by completing the Self Structured Development 1 course as well as completing several college courses through the Warrior University. (18SEP12 to 19SEP13)

In preparation for the Battalion Command Inspection Program (CIP), on 6 December 2013, SPC Gabriel spent countless hours training, education and preparing the awards section while helping her coworkers correct and organize flag reports. Her effective training methods enabled all Soldiers to better understand the correct procedures which significantly improved the effectiveness of the Battalion's Human Resources operations unit wide. SPC Gabriel's expertise resulted in the Battalion S1 receiving yet again commendable ratings in the awards section and S1 shop. (06DEC13)

For outstanding achievement for attaining a perfect score on the final exam at the 7th Infantry Division Adjutant General's University. Your hard work, dedication, professionalism, and commitment to excellence are instrumental to your unit's success.

Positive Quotes you can use for undergoing this type of treatment these quotes have inspired me:

"My past is an armor I cannot take off, no matter how many times you tell me the war is over".

"Be proud of who you are and not ashamed of how someone else sees you".

"The same boiling water that softens the potato hardens the egg. It's about what your made of, not the circumstances."

"You're stronger than you know. You're braver than you've been told. Your greater than you'll ever imagine". – Robin Sharma

"Focus on your strengths, not your weaknesses. Focus on your character, not your reputation. Focus on your blessing, not your misfortunes". – Roy T. Bennett

"You have the power to be excellent. To inspire everyone who intersects your path. To innovate and make things better than ever before. To wow customers. And to stand for the best. Will You?" – Robin Sharma

"An entire sea of water can't sink a ship. Similarly, the negativity of the world can't put you down unless you allow it to get inside you".

“PTSD is not the person refusing to let go of the past. But the past refusing to let go of the person”.

“Today I close the door to the past, open the door to the future. Take a deep breath, step on through and start a new chapter in my life”.

“You don't have to save me, you just have to hold my hand while I save myself”.

The brave men and women who serve their country and as a result, live inside them, exist in the world of chaos. But the turmoil they experience isn't who they are; the PTSD invades their mind and bodies”. – Roger Koger

There are people who come home from war and want to talk about the pain, but no one will listen; there are other that want to keep silent and repress the memories, and all their family and friend want is to talk about it. I call this the war integration paradox”. – M.B. Dallochio

Sometimes the hardest thing and the right thing are the same.

The best way out is always through – Robert Frost

Keep going, you got this!!!

Rest but never quit. Even the sun has a sinking spell each evening. But it always rises the next morning. At Sunrise, every soul is born again. – Muhammad Ali

The shrink calls it Post Traumatic Stress syndrome. I call it hell.
The demons are waiting in each corner, ready to drag me back to
the battlefield (Mentally or Externally). – James Coyne