

# SCOPE

193rd Special Operations Wing - Pennsylvania Air National Guard - Middletown, Pa.

## The Social Threatwork



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## SCOPE

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### THE VOICE OF THE QUIET PROFESSIONALS

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## ON THE COVER

### The Social Threatwork



*Social networking is a part of our everyday lives and a thriving form of communication. Military members must always practice sound OPSEC to mitigate threats to security. Being situationally aware when it comes to operational security could be a matter of life and death. (Photo illustration by Staff Sgt. Mauriko Bender.)*

## Wing Command Chief Perspective



By Command Chief Master Sgt. Steven Hile

### Wing Command Chief

Greetings! I appreciate the great response from my last article. In the future, you will see articles either from myself or wing subject matter experts on topics such as security clearances and Officer/Enlisted development. I will inform you about legislative issues from ENGUS and the Air Force Sergeants Association. (By the way, are **you** a member?) This month, however, I am focusing on a topic that affects us all, in more ways than one.

**Social Media.** Like it or hate it, social media is here. We can, with limitations, use it to help us with our jobs (see the AF and PaANG policies). We use it at home to stay in contact with friends and family and use it as a means of entertainment (as a user, you know this). What interests me is how this type of network applies to you, our airman, in a *non-social media expert* sort of way.

When we use social media networks or any print or media tool we must use common sense and good judgment by applying a considerable degree of caution. Why? Simply put, what you say is not always translated as what you *meant* to say. I, personally, have been misquoted in the newspaper. The news media will often edit comments to fit their needs.

Case and point: have you ever written an e-mail while you were angry, sad, overjoyed, or had a strong opinion on a particular subject? How about when you

write on your Facebook page? Are you emotional? If so, STOP AND THINK before you hit "submit" or "send" because once you do, it is out there for the world to see and interpret, as it sees fit.

Today's world offers many controversial issues, ready and waiting for you to express your opinion. I ask you, as airmen, to remember that once you submit your opinion, it can and will be translated as the opinion of the Air Force or, more specifically, the opinion of the 193rd.

With that said, my advice to you is this: apply caution and get advice before posting your thoughts and opinions.

If you're writing on personal subjects, always remember that once you hit "send," the damage may already be done with that long-term friend -- or foe. Be cognizant of what you write, post, or do within the media world.

We don't always know who is watching, reading, or listening. Ask yourself: "What is in the background of those pictures I'm posting? Is it really important to put my whole life out there for everyone to see?" If so, know that when you do, it will be known by thousands in just minutes.

Please use the tools on these programs to block or make private subjects you want to keep private. I also encourage you to know what your kids are doing; nothing should be private to you, the parent.

My last comment is this: yes, social media is appealing and useful, but it should not be your only means of communication. We still need to get out there and meet people face-to-face.

If you need advice when addressing issues related to the Air Force, PaANG, or the wing, it is imperative that you meet with our great (and ever available) Public Affairs (PA) Office. PA will assist you with the required protocol, laws, and regulations needed BEFORE you address matters or activities associated with the AF or the PaANG.

The point, Airmen? Use common sense and good judgment while participating in the world of social media.





## News In Brief

### **TRICARE beneficiaries encouraged to review new dietary guidelines**

2/4/2011 - FALLS CHURCH, Va. (AFNS) -- New dietary guidelines released by officials from the Department of Health and Human Services and the Department of Agriculture urge Americans to increase physical activity, reduce sodium intake, choose foods that provide more potassium and opt for water instead of soft drinks.

The 2010 Dietary Guidelines for Americans, which are issued every five years, come at a time when the majority of adults and one in three children are overweight or obese. The military and uniformed service communities are not immune to this obesity epidemic. Recognizing obesity is a major health hazard in the United States, the seventh edition of the guidelines place stronger emphasis on reducing calorie consumption and increasing physical activity.

Eating and physical activity patterns that are focused on consuming fewer calories, making informed food choices, and being physically active can help people attain and maintain a healthy weight, reduce their risk of chronic disease, and promote overall health, according to the guidelines.

TRICARE officials agree and encourage their 9.6 million beneficiaries to review the guidelines and incorporate good eating habits, as well as physical activity into their lifestyle.

### **McKinley: Relationships vital to National Guard domestic operations**

1/19/2011 - NATIONAL HARBOR, Md. (1/18/11) -- The National Guard's ability to respond to a domestic response depends largely on relationships established prior to an incident, the chief of the National Guard Bureau said today at the 2011 National Guard Bureau Domestic Operations Workshop here.

"You establish these relationships in your hometowns, with the first responder communities, with your neighboring states, territories and the district ... and with national level agencies," said Air Force Gen. Craig McKinley.

"It is critical to get to know people before you need to know them...we've made strides and improvements in the past, only after great shocks to our system."

After the events of Sept. 11, 2001, and Hurricane Katrina, the Guard took a look at its response capabilities, McKinley said.

"Preparing for a weapon of mass destruction is different than preparing for a hurricane. We must use the full power of our planning and preparation skills to be ready."

The National Guard must be as prepared for a domestic response as it is for an overseas war, he said.

McKinley also laid out the National Guard's future plans for domestic operations.

"In fiscal year 2011, I've promised, on behalf of the adjutants general, with their concurrence, to Secretary [William] Lynn, the deputy secretary of defense, that the National Guard will field two Homeland Response Force units," he said.

"We've chosen the states of Ohio and Washington as our first two state programs, to be followed by 10 more in the future, throughout the nation, to respond with the FEMA [Federal Emergency Management Agency] regions."

## Promotions

For January 2011

### Promotion to Senior Master Sergeant

Scott W. Gross	193 MXS
James T. Spring	193 AMXS

### Promotion to Master Sergeant

Daniel A. Blouch	193 MXG
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### Promoted to Technical Sergeant

Erin A. Fitzgerald	193 MOF
Christopher H. Traugh	193 MXS
Lucas R. Mummert	193 MXS

### Promoted to Staff Sergeant

Megan A. Brown	193 FSS
Stephanie A. Ritchie	193 LRS
Daniel E. Boydston	271 CBCS
John W. Wallen	271 CBCS

### Promoted to Senior Airman

Leon V. Korejwo	193 MXS
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### Promoted to Airman

Rebekah E. Mesaric	193 FSS
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## Congratulations!

# Social media's downside, danger

Story by Senior Airman Claire Behney

Public Affairs Specialist

Social networking sites are global, public forums, open to friends and foe alike. Knowing what's shared and with whom it's being shared is vital to one's personal security, as well as the security of the 193rd SOW and your fellow Airmen.

The adversary is out there, willing and able to gather any information, and the question is – will you be an enabler?

"An Al-Qa'ida training manual recovered in Afghanistan commented that it is possible to obtain 80 percent of what is required about the enemy from public sources," said Phil Withers, Air Force Special Operations Command Operational Security program manager.

The military communications and intelligence communities conduct daily briefings on the threats and vulnerabilities that social media presents, said Capt. Jay Ostrich, 193rd Special Operations Wing chief of public affairs.

"What was once considered by the military a great vehicle to recruit, foster esprit de corps and efficiently pass command information may now be headed for dangerous curves and a dead-end street," said Captain Ostrich. "The only way to avoid these dangerous curves is to be situationally aware of who you represent when you're both on and off duty."

Situational awareness applies to military policy and operational security, both on and off duty.

"Simply put, the First Amendment rights of members of the military are limited by the requirements of both the Uniform Code of Military Justice and the Pennsylvania Code of Military Justice," said Lt. Col. Dennis J. Buckley, 193rd Special Operations Wing staff judge advocate. "The Codes of Military Justice that we are bound by and sworn to uphold require that 'good

order and discipline be maintained,' and that we not engage in acts that would bring discredit on the military forces."

Bringing discredit on the military forces includes how you reveal yourself to the world through your social networking site, a site that again can be accessed world-wide by anyone from adversaries to family members.

"Whether speaking verbally or in print, including blogs, always consider your special status as a member of the Armed Forces in what you say," said Colonel Buckley. "We are all volunteers, and we have willingly agreed to limit some of our own liberties to protect those enjoyed by our friends, families and the other citizens of our nation."

Being situational aware when it comes to matters of operation security could be a matter of life and death.

"OPSEC is about protecting unclassified information that would provide an adversary an indication of our capabilities or intentions," said Capt. Darren Zimmerman, 193rd Special Operations Wing OPSEC Program Manager. "The success or failure of a military operation can be determined by a careless spoken or typed word."

There have been situations within the Wing where Airmen have posted information that should not have been made public. Some of the most common posts the Intelligence Squadron has seen are comments about flight schedules, aircraft status, supply issues, and exercise schedules said Captain Zimmerman.

"Social media networks are powerful tools that have tremendous possibilities but they also have the potential to pose great risk," Captain Zimmerman said. "If we're not careful with our words and postings, the results can be devastating. The right word to the wrong person can be instantly transmitted around the globe and into the hands of a waiting adversary."

## Rules of the Internet road

**BE A QUIET PROFESSIONAL:** There are reasons why our motto is, "Never seen, always heard." The safety of our Airmen is mission number one, so unless you have been asked specifically by command to do otherwise, leave mention of the 193rd SOW off your social media pages.

**YOU CAN'T UN-RING A BELL:** Once you put information on the Web, assume everyone can see it. OPSEC violations can be inadvertent, but no less deadly.

**IF YOU SEE SOMETHING, SAY SOMETHING:** If you see something on a fellow Airman's social media site that shouldn't be there, talk with them directly and ask them to remove it. If they refuse to do so, contact your PA office and chain of command. If you believe you have seen a violation of OPSEC, immediately contact your chain of command.

**PERCEPTION IS REALITY:** You cannot simultaneously represent yourself as an Airman and a fool. Remember core values extend to Internet usage and Airmen are expected to protect OPSEC; if asked to speak by command to represent military activities accurately; follow all DoD, Air Force, AFSOC, Pa NG and Wing policies; and always make sure they represent the military with good taste. If there are any questions, contact your public affairs office.

**NO GOOD DEEDS GO UNPUNISHED:** Think you have some good photos or video from training or your mission that would look good on YouTube or your Facebook site? Think again! Images taken while on duty belong to DoD and must be vetted and approved by the public affairs office before posting to outside sources. Airmen are NOT authorized to post directly to the Web without going through this process.

**STAY IN YOUR LANE:** Per TAG and Wing policy, no organizations at any level are authorized to create or maintain official or unofficial "pages" for Facebook or any other social media. Please see your public affairs office for additional information.





# Celebrating diversity, leadership

*Story by Master Sgt. Pauline F. Gonzalez*

Wing Human Resource Advisor

February 1st marks the beginning of African-American History Month. It is an event celebrated annually in the U.S. and was founded in 1926 by an African-American historian, Carter G. Woodson. He initially founded it in honor of two influential men, Frederick Douglass and Abraham Lincoln. Throughout history, African-Americans have made significant contributions to the armed services by serving our country with honor and distinction. This month pays tribute to such Americans and the 193rd is proud to follow suit by recognizing one of our own, Staff Sgt. Timothy Washington.

SSgt Washington entered active duty with the Army on December 1, 1987. His first duty station was in Baumholder, Germany. He was stationed in Germany when the Berlin Wall came down during the Reagan Administration and after serving his tour overseas, SSgt Washington transferred to Fort Bragg, North Carolina for four years. He departed active duty in March, 1996.

In 2005, Washington enlisted in the Virginia Air National Guard's 192nd Fighter Wing, in the Metals Tech career field. In February 2006, he attended Airman Leadership School

(ALS) at McGhee-Tyson ANGB, Tennessee, and received the prestigious John L. Levitow Award for superior performance and leadership during ALS.

The John L. Levitow Award is the pinnacle of achievement for Enlisted Professional Military Education (PME) in the Air National Guard and United States Air Force. It is one of the highest honors an Airman can receive and exemplifies excellent leadership and academic qualities. It is awarded to the top graduate at each level of PME.

"It was a great honor and quite a humbling experience. I'll never forget ALS graduation," said SSgt Washington.

Sgt. Washington came to the PaANG in 2007 when the 192nd Fighter Wing transferred from Sandston, Virginia to Langley AFB, Virginia. As a result of the move to Langley, his unit lost the majority of their traditional Metal Tech slots. "The BRAC

hindered my advancement to Technical Sergeant," said Washington. "I just started my upgrade [training] to 7-Level in the Metal Tech career field, but had to cross train. It was frustrating to start over again, but I recalled what I was taught at ALS, which is to "trust in the system and the leaders above you."

Today, Washington is a thriving member of the 211th EIS and is once again in 7-level upgrade training. When it comes to his philosophy on rank and leadership, Sgt. Washington is well grounded.

"It has always been clear to me that rank does not define a leader; a leader is defined by his/her actions and his/her ability to lead others. Therefore, I made the decision to trust in the system and the leadership above me and made the commitment to stay in and use the experience in a positive way."

When asked for words of wisdom for up and coming airman, Sgt. Washington had this to offer: "Leadership is a continuing learning process. Take time to develop your leadership abilities. This can be

done by getting mentors in your life, reading books on leadership and putting the principles taught in the books into action in your individual life. In order to be a good leader, you must be a good follower. This is something that a lot of people struggle with; however, you must be able to follow directives if you are going to be a good leader."

The 193rd is full of great leaders and we're proud to have Staff Sgt. Washington as a member of such an elite group of award recipients. We salute you, Sgt. Washington.



## SCOPE SUBMISSIONS UPDATE

*Have a story to tell? Need to post an announcement or job vacancy with max distribution? All SCOPE submissions must be received NLT Sunday of the UTA prior to the desired run date. Please contact the Public Affairs team for specific guidance on article submissions, job announcements, or upcoming events.*



# DoD program helps members, family connect

*Story by Technical Sgt. Sally Panzar*

Airmen & Family Readiness Program Assistant

The Department of Defense has instituted a new mandatory program for members who have deployed for 90 or more cumulative days. The Yello Ribbon Re-Integration Program is a DoD-wide effort to help National Guard members and families connect with local resources during all stages of deployment; before, during, and upon return home.

The program provides hands-on access to current information and resources regarding healthcare, education/training opportunities, financial support, and legal benefits.

The following questions and answers rundown addresses program specifics and frequently asked questions:

**-- What kind of information is provided?** Briefings Service providers include: TriCare, Transition Assistance Advisor, Employer Support of The Guard and Reserve, GI Bill, PA Career Link, VA Medical Center, Chaplain Services, Military One Source, and many others.

**-- Where are events held?** Events are held nationwide. Most recently, events have taken place in family resort accommodations throughout Pennsylvania to include, Split Rock Resort, Lake Harmony; Omni Hotel and Resorts, Nemaquin Resorts, Farmington; and Antique Car Museum in Hershey, Pennsylvania.

**-- How long does an event last?** Typically events last one or two days depending on reintegration cycle.

**--How much does it cost for the member/family members?** The events are provided to you at no cost. Member is placed in a "pay status" and reimbursed for lodging, meal(s), and mileage. Family member(s) may be placed on Invitational Orders.

**--Do I get paid to attend?** Yes; spouse and up to one child may be placed on an Invitational Travel Order.

**--How do I register for an event?** Members should access the Joint Services Support portal at [www.jointservicessupport.org](http://www.jointservicessupport.org) for a complete list of scheduled events.

For more information visit the official program website at [www.yellowribbon.mil](http://www.yellowribbon.mil) or contact Tech. Sgt. Sally Panzar via phone at 717-948-2513.

## PA Guard Participates in Corbett Gubernatorial Inauguration



*Pennsylvania Governor Tom Corbett and Mrs. Corbett stop to listen to the musical postlude of the governors inauguration ceremony played by a combined band made up of members from the 28th Infantry Division Band and the Air National Guard Band of the Mid-Atlantic. The inauguration ceremony took place on the steps of the Capitol Complex in Harrisburg PA on January 18, 2011. The band was under the direction of Chief Warrant Officer 2 Jeffrey A. Jaworowski and First Lieutenant Joseph R. Denti. (U.S. Air Force photo by Senior Master Sgt. David Hawkins/Released.)*



# Sounding Off

*What you need to know to keep you flying...*

## Commissioning opportunity

The Pennsylvania Air National Guard's 193rd Communications Squadron, based at Fort Indiantown Gap, is looking for the PA Air Guard's best and brightest who possess a passion for cyber technologies to fill a traditional Guard vacancy as a Cyberspace Officer (17D AFSC). Previous information technology, telecommunications, or related cyberspace experience required. For individuals qualified for commissioning as a 17D, boards will held April 16 and 17; complete packages are due no later than April 1 (no exceptions). Direct all questions, including package requirements, to Lt. Col. Kris Kollar at kris.kollar@ang.af.mil or via telephone at 717-861-8689.

## Officer professional development seminar

The 2011 seminar will be held April 18 - 21 at the ANG Schoolhouse, Fort Indiantown Gap. The seminar will have special guest speakers and military subject matter experts. The registration form can be found on the 193 SOW AF Portal listed under the topic "Education and Retention." Return your registration to wayne.isett.ctr@ang.af.mil, or mail to 193 MSG/IM, 81 Constellation Court, Middletown, Pa. 17057-5086. Rooms are available at the ANG Schoolhouse. Information about orders, lodging, and pay should be addressed to your squadron orderly room. Any curriculum questions please contact the Seminar OIC, Lt. Col Dan Bailey at daniel.bailey2@ang.af.mil or Seminar Facilitator, retired Chief Master Sgt. Wayne Isett at wayne.isett@ang.af.mil.

## Wing first sergeant vacancies

The 193rd is seeking motivated applicants for three First Sergeant Positions: **193 LRS**, **193 MSG**, and the **148 ASOS**. All candidates must submit packages to Master Sgt. Rick Panazar NLT COB of Feb UTA. Interview boards will be conducted on March, 18. Time and location to be announced once all packages are received. Please refer to the 193 SOW INSTRUCTION 36-2104 for application procedures.

## Reenlistment kits now available

Members who reenlist are eligible to receive a Reenlistment Kit. The Reenlistment Award Kit is given to those ANG members reenlisting for a minimum of three years (ABU backpack or duffel, an MP3 player, and a retention coin). This program started September 1, 2010 and notification is sent to the member's current .mil email address. To date, only 13 percent have responded to the notification. Members should utilize the Virtual MPF to populate their civilian email address and update their .mil email address. If the e-mail is returned undeliverable or if there is no reply, a direct mailer is then sent to the member at their Home of Record address. For deleted or misplaced direct mailers, please contact 1-800-TO-GO--ANG. The Retention Office does not have awards on hand, you must contact the number provided.

## Chapter 33 Post 9/11 GI Bill Updates

Effective Aug. 1, 2012, members applying to transfer Post 9/11 GI Bill benefits will incur a four year service obligation (tacked on to the date of transfer application, no matter how many years of satisfactory service). This is only for members transferring the benefit, not using Chapter 33 Post 9/11 GI Bill for themselves. Bottom line: if you think there is any possibility you might transfer this benefit to a family member, it is advised that you fill out the TEB as soon as possible. Eligibility requires a minimum of 90 days of Title 10 or Title 32, post Sep. 11, 2001. Contact the Retention office for more information.

## What's on the Menu

### Constellation Cafe

Hours of operation 11:30 a.m. to 1:00 p.m.

#### SATURDAY

##### Main Line:

Pepper Steak  
Mr. Z Chicken  
Steamed Rice  
Cheesy Potatoes  
Green Beans  
Carrots

##### Snack Line:

Meatball Sub  
Hamburgers  
Cheeseburgers  
Baked Beans  
Chips

#### Need space for a working lunch?

The atrium is available for working lunches and can accommodate up to 24 people. Please call extension 2456 to reserve this space, 48 hours in advance.

#### SUNDAY

##### Main Line:

Baked Chicken  
Cornbread Stuffing  
Mashed Potatoes  
Fried Cauliflower  
Cabbage

##### Snack Line:

Roast Beef Sandwich  
with Onions and Cheese  
Sauce  
Hamburgers  
Cheeseburgers  
Baked Beans  
Chips

AE 7766  
55 **UTA PAYDAY: Feb. 28**