

Scope

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193rd Special Operations Wing
Pennsylvania Air National Guard

Vol. 45 No. 8
August 2013

Enlisted Promotions

Promoted to Technical Sergeant

Neil Baughman 193 SOMXS

Promoted to Staff Sergeant

Nyrel Shearer 193 SOSFS

Promoted to Senior Airman

Alicia Sabatini 193 SOMXS

Christopher Shirk 193 SOMXS

Denien Oden 193 SOFSS

Karl Hawkins 193 SOLRS

Dylan Upperman 211 EIS

Matthew Weneck 271 CBCS

Jeremy Carles 553 Band

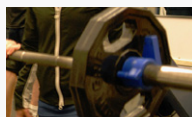
Kyle Kinard 148 ASOS

Promoted to Airman 1st Class

Nicholas Meininger 193 SF

Terrell Archer 148 ASOS

Fitness Corner



Easy tips to improve your run time

The segment of your Air Force fitness test that most affects your score is the 1.5-mile run. To improve your score consider:

1. Training outdoors. Doing all your running on a treadmill can fool you into thinking you're more fit than you are. By running outdoors, you experience things like wind resistance, varying slopes and grades and different running surfaces.

2. Change it up. If you're running your 1.5-mile course at a certain pace, try one day a week of shortening the distance but speeding up the pace. You'll build up your stamina and speed at the same time. Also, try performing your push-ups and sit-ups before you run to increase endurance.

3. Interval training. Constantly varying your pace with short bursts at a high speed will help train your body for faster speeds. You should vary between different running paces up to your maximum speed for interval training to be effective.

NEWS & EVENTS

211th officer vacancy announcement

The 211th Engineering Installation Squadron, Annville, Pa., is accepting applications for two traditional guard Cyberspace Operations officer positions, 17DXB. Enlisted applicants seeking commission will be considered.

A selection board will be conducted during the October unit training assembly. Applications are due by close of business Oct. 1.

Qualified individuals seeking this opportunity should submit a resume, two letters of recommendation, copy of college transcripts, AF Form 24, AF Form 2030 and AFOQT scores to First Lt. Colin Wilson at colin.wilson@ang.af.mil.

Applicants are required to have a degree in computer science; cyberspace security; electrical, computer or systems engineering; physics; mathematics; information systems; or information security/assurance. Graduate academic degrees in the above disciplines will also be considered. Officers not meeting above academic degree requirements must have a minimum of 24 credit hours (200-level equivalent or higher) of science courses, to include courses in telecommunications, computer science, mathematics, engineering and physics.

Severe storm season in full swing

Did you know that, out of the ten most costly hurricanes in the United States, eight of them occurred in late August and September?

Airmen are urged to be aware of the hazards associated with hurricanes, lightning, flooding, tornados, downed power lines and power outages.

"Be prepared and have a plan for your family to deal with hazards. Know your surroundings and how they are affected by adverse weather conditions," said wing safety personnel. "Finally, consider getting weather alerts from media or smart phones. Pay attention to all alerts/advisories and communicate your plan of action to loved ones."



193rd SOW to host Family Day

The 193rd SOW is set to host a Family Day Sept. 8 from 11:30 a.m. to 4 p.m. Wing members and retirees may attend for free. The cost is \$2 for guests. Games and activities for all ages will be ongoing throughout the day. Questions about the event should be directed to individual squadron Family Day committee representatives.

Summer: 'Critical' time for accidents

The 101 Critical Days of Summer mark the time when Air Force injuries and fatalities tend to peak. The Wing Safety Office urges Airmen to have a plan, properly manage risks and be safe!

Motor vehicles continue to be the No. 1 cause of Air Force fatalities. Also, tornadoes, hurricanes and lightning claim many lives each year. Airmen should be prepared for severe weather conditions at home and away. Extreme sports and high-risk activities peak during summer months as well. Airmen should wear appropriate safety gear and apply proper risk management techniques.

MXG seeks AMXS commander

The 193rd Special Operations Maintenance Group is currently accepting applications for the 193rd Special Operations Aircraft Maintenance Squadron commander position. The position is for a traditional guardsman. Applicants should be a major to lieutenant colonel. Anyone interested should forward an application package (including a cover letter, resume, vMPF rip, PT scores and letters of recommendation) to Capt. Andrew Odell at Charles.odell@ang.af.mil. For more information, call 717-948-2338. Packages will be accepted until close of business of August UTA.

ANG director sends video message

"Sexual assault is a crime and is counter to our Air Force core values."

Lt. Gen. Stanley "Sid" Clarke, director of the Air National Guard recently shared his view on Airmen and leadership's roles and responsibilities for the prevention of sexual assault in uniformed service. To view the video, visit: <http://www.youtube.com/watch?v=V0nO8PPZ7yM>.

August Menu

Saturday

MAIN LINE:

Sweet & sour pork

Lasagna

Rice, garlic bread

Peas & carrots

Italian green beans

Soup du jour

Salad bar

Assorted desserts

SNACK LINE:

Hamburger

Cheeseburger

Catfish sandwich

Baked beans

French fries

Sunday

MAIN LINE:

Cheddar chicken & broccoli

Baked fish almonidine

Rice, Italian roasted potatoes

Mixed vegetables

Cauliflower

Soup du jour

Salad bar

Assorted desserts

SNACK LINE:

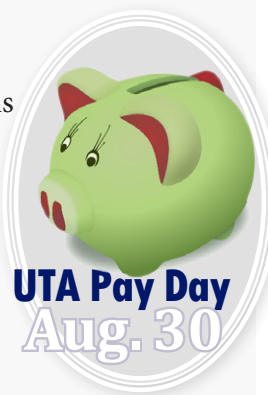
Hamburger

Cheeseburger

Meatball hoagie

Baked beans

French fries



Scope

Col. John Dickinson, **Wing Commander**

Maj. Amy Crossley, **Wing Executive Officer**

Capt. Jay Ostrich, **Chief of Public Affairs**

Senior Master Sgt. Dave Hawkins, **PA Superintendent**
SCOPE Staff

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Tech. Sgt. Culeen Shaffer

Staff Sgt. Susan Penning

Senior Airman Claire Behney

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193rd Public Affairs

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<http://www.193sow.ang.af.mil>

NEWS&EVENTS cont.

Nominate kids for new COY award

From October through December this year, any 193rd Special Operations Wing member may nominate a child for the new 193rd SOW Child of the Year award.

This award is for SOW military dependents who have proven leadership accomplishments, extracurricular activities and resiliency.

Nominees must submit a 300-word essay (in the children's own words) describing the Air Force Core Values and what they are doing to "pay it forward."

To be eligible, nominees must be 193rd SOW military dependents between the ages of 8 and 18. Age categories are 8-12 and 13-18.

One overall wing winner will be selected from each age group and awarded \$300. Two additional winners from each air station (one from each age category) will be selected to receive \$100 apiece.

Award information can be found on the 193rd SOW portal page and on the "L" drive in the Family Readiness Group folder (sub folder 193 SOW CHILD OF THE YEAR). The SOW Instruction 36-2805 award will be officially announced at Family Day this year and winners will be awarded at Family Day 2014. Please forward nominations to Tech. Sgt. Pam Nee.

SAPR reinforces zero tolerance

Incidents of sexual assault corrode the very fabric of the Air Force's wingman culture. Airmen must strive for an environment where this type of behavior is not tolerated and where all people are respected.

The Sexual Assault Prevention and Response Program reinforces the Air Force's commitment to eliminate incidents of sexual assault through awareness and prevention training, education, victim advocacy, response, reporting and accountability.

The Air Force promotes sensitive care and confidential reporting for victims of sexual assault and accountability for those who commit these crimes.

Sexual assault is criminal conduct. It falls well short of the standards America expects of its men and women in uniform. Specifically, it violates Air Force Core Values. Inherent in the core values of integrity first, service before self, and excellence in all we do is respect: self-respect, mutual respect and respect for the Air Force as an institution. Core values and respect are the foundation of the wingman culture - a culture in which Airmen look out for and take care of each other.

For more information on SAPR, contact the unit Sexual Assault Response Coordinator, Maj. Amy Crossley, or visit <http://www.afpc.af.mil/library/sapr/index.asp>.

Reports reinforce need to guard CACs

Recent reports compiled through the NCIS Norfolk, Va., Field Office indicated that military members have allowed cigarette marketers to scan their common access cards in exchange for free cigarettes.

Apparently, a major tobacco company with marketing teams consisting of up to four-to-five individuals actively promoted their cigarettes outside of bars and night clubs on Friday and Saturday nights. In order to receive two free packs of cigarettes, the marketing team required consumers to scan an identification card to verify their age and to record information for future mailings.

According to the reports, the marketers scanned both driver's licenses and common access cards. Military members presented their CACs to these marketers at various locations.

Presenting CACs to be scanned without proper authorization or security measures could compromise the sensitive PKI certificates and personally identifiable information embedded in the CAC. Additionally, presenting a CAC to a private vendor could also compromise a service member's date of birth and social security number, potentially leading to identity theft.

Defense Department personnel are urged to protect the sensitive information on their CACs and refrain from providing their CACs to anyone outside a government facility.

There has been no further reporting of this tactic in other locations in the area of responsibility, but awareness is recommended for all personnel.

Enlisted council golf tournament

The 193rd SOW Enlisted Council is set to host a golf tournament Aug. 31 to benefit the Keystone Wounded Warriors project and the council.

The tourney will be held at Valley Green Golf Course, 1227 Valley Green Road, Etters, Pa. Registration is set for 7 a.m. with a shotgun start at 8 a.m. The format is four-person scramble and the goal is to get 36 teams to participate.

The tourney will include refreshments on the back nine, a full-course steak dinner, raffled prizes, a silent auction and awards for the first through third-place teams.

The cost is \$75 per golfer; \$30 for additional dinner guests. Register for the event by Aug. 24 by contacting Tech. Sgt. Ryan Roberts at 717-574-7858 or Staff Sgt. Nichole Stiner at 823-9269.

