

Scope

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193rd Special Operations Wing
Pennsylvania Air National Guard

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April 2014

Enlisted Promotions

Promoted to Master Sergeant

| | |
|-------------------|---------|
| Matthew Bennett | 201 RHS |
| David Blough | 201 RHS |
| Michelle Wamboldt | 112 AOS |

Promoted to Staff Sergeant

| | |
|----------------|-----------|
| Joshua Evans | 193 SOSFS |
| Morgan Simpson | 193 SOMXS |

Promoted to Senior Airman

| | |
|----------------|------------|
| Tyler Berger | 193 SOCPTF |
| Zachary Bross | 193 SOMDG |
| Ryan Cerwinski | 201 RHS |
| Jacob Everett | 201 RHS |
| Kyle Fieldsted | 201 RHS |
| Adam Jones | 193 SOMXS |
| Devin Orme | 193 SOSS |
| Terrell Waters | 193 SOCF |

Fitness Corner



With the PT test just around the corner for most, here are a few test-day tips:

- Eat half a peanut butter and jelly sandwich to boost your energy.
- Drink 12 to 18 ounces of water when you get up in the morning.
- When you wake up, stretch out your arms and legs until fully straight, then put your hands behind your head, rotate your hips so your right hip is down and left is up, and bend your legs as if you were sitting on a chair. Repeat on the opposite hip.
- Warm up properly by doing five to 10 medium-to-slow-paced pushups five minutes prior to the event; job in place or do walking lunges for about a minute before the run.

- During your pushup and sit up test, pause at about the halfway point to your typical max, take two quick breaths and then knock out five more reps and repeat until time is up.

For the rest of the article visit: <http://airforcetimes.com> and search PT test tactics: 53 expert tips.

NEWS & EVENTS

AFSOC social media policy

All Air Force Special Operations personnel are reminded that any time they post to social networking site, even in a personal capacity, they are representing AFSOC, SOCOM, and the Air Force. You must use your best judgment at all times and avoid inappropriate and unprofessional behavior that could bring discredit upon yourself, your unit, and the command. AFSOC personnel must always abide by OPSEC rules and protect critical information.



You are personally responsible for what you say and post online and Air Force standards must be observed at all times, both on and off duty.

- Classified, For Official Use Only, critical information and personally identifiable information are prohibited from being posted on social networking sites without proper authority.

- Photos, videos and text posted online must obey federal law, DoD directives and instructions, and Air Force instructions. Keep in mind the Uniform Code of Military Justice: As an Airman, you are on duty 24/7, 365 days a year.

- When expressing personal opinions on social media sites where you can be identified as an Airman (for example, your profile picture is of you in uniform or you list Air Force as your place of work), make clear that you are speaking for yourself and not on behalf of the Air Force.

- Do not use your Air Force affiliation to endorse or promote products, political positions or religious ideologies.

- Do not use your Air Force affiliation to promote or benefit yourself or any profit-making group or agency.

- Do not post something online that you would not be comfortable saying to someone in person in the presence of others.

- Cyberbullying and other unprofessional behavior brings disrespect upon you and can result in adverse administrative, non-judicial, and judicial action.

EO office seeking video assistance

The Equal Opportunity office is creating a video to incorporate into their ancillary training and is seeking individuals who are willing to share their experiences (on/off-duty) with sexual harassment, racism, discrimination or any EO related matter to feature in the video. This matter could be an event you were part of or witnessed.

Please contact 2nd Lt. Matthew Robinson or Tech. Sgt. Mariko Bender if you have an experience to share and are willing to have it featured in the EO office's training video. They can be reached at 423-2379 or at 193SOW.EqualOpportunity@ang.af.mil.

Military Child of the Year Award

The deadline has been extended through March to submit children for the 193rd SOW Military Child of the Year Award and award information can be found on the 193rd SOW home portal page under New Wing Instructions (193SOWI 36-2805), the wing bulletin board, and the Family Readiness Group folder.

Key points about this award:

It is not a scholarship, but rather a gift to honor children who have given of their time to a community project or charity.

Applicants will be judged on resiliency, leadership/accomplishments and extracurricular activities as well as on a 300-word (total) essay on "Air Force Core Values" and "pay it forward."

In the essay, applicants should write about how they are demonstrating Air Force Core Values and what are they doing to make a positive difference in the lives of others.

The age range for eligible applicants is 8-18. There are two age categories: 8-12 and 13-18.

Two overall \$300 winners (one from each age category) will be named each year.

In addition, two \$100 winners from each air station (one in each category) will be named.

Winners will be announced at the 2014 193rd SOW Family Day event.

For more information and to submit documents, contact Tech. Sgt. Pamela Nee at pamela.nee@ang.af.mil.

March Menu

Saturday

MAIN LINE:

Meatloaf
Baked fish
Mashed potatoes
Seasoned rice

Carrots

Broccoli

SNACK LINE:

Hamburger
Cheeseburger
Cajun chicken sandwich
Baked beans
French fries

Sunday

MAIN LINE:

Breakfast for lunch

Eggs

Bacon

Sausage

Hash browns

Biscuits and gravy

SNACK LINE:

Hamburger
Cheeseburger
Hot dog
Baked beans
French fries

Note: As of Jan. 1, rates for paying customers at the base dining facility are as follows: \$4.65 for lunch and \$7.70 for holiday meals.



NEWS&EVENTS cont.

Finance workshop scheduled

There will be a finance workshop on April 6. The topic for this session will be Maximizing the Effectiveness of Your TSP (401k) Plan Contributions. It will take place from 12:30-1:30 p.m. in the Civil Engineer classroom.

EAP application now available

Education Assistance Program applications for the 2014-2015 school year are now available with a deadline of June 30. To apply, you must know which school you are attending and how many credits per semester. Students are encouraged to estimate credits needed for the entire school year.

Applications are available on the 193rd portal, through your UCA, in the retention office, or at L:\Shared\Force Support Squadron-Public\Retention\EAP.

EAP eligibility includes a six-year commitment to the PA National Guard; a resident of Pennsylvania; attend a PA/PHEAA approved school; and is for all enlisted, officer, full-time and part-time employees.

Weapon systems officer opening

The 193rd Special Operations Squadron is accepting applications for traditional Guard weapon systems officers. A hiring board will be conducted over June UTA. Applications are due by close of business May 23. The 193rd SOS WSO section is seeking highly motivated individuals with strong technical backgrounds and degrees who desire and accept the challenges ahead of becoming an aviator.

Qualified individuals seeking this opportunity, should request application requirement information from Capt. Dave Teufel at David.Teufel@ang.af.mil, DSN 423.3115.

Air Force uniform policy update

Air Force Chief of Staff Gen. Mark Welsh approved several updates to Air Force Instruction 36-2903, *Air Force Dress and Appearance*. Some of the main changes are with regard to morale T-shirts/patches, earned Air Force and other service badges, and the physical training uniform. For details, visit <http://www.af.mil/News/ArticleDisplay/tabid/223/Article/473134/af-uniform-policy-update-welcome-back-morale-t-shirts-badges-and-limitless-athl.aspx>.

Base ATM now available

There is now an ATM available (for cash withdrawals only) on base located in the break room of Building 75.

Four ways to make a difference now

Operation Homefront provides emergency financial and other assistance to the families of service members and wounded warriors.

A 501(c)(3) nonprofit organization, Operation Homefront was formed in February 2002 to support the families of deployed service members immediately following 9/11.

Operation Homefront is headquartered in San Antonio, Texas, but currently provides services to military families across the nation with 23 locations serving 43 states.

The Operation Homefront Pennsylvania/Delaware field office serves the needs of the 193rd SOW and other nearby military installations. The majority of clients are the lowest-paid service members, the E-1 through E-6 enlisted ranks.

There are many ways to get involved with Operation Homefront including:

Run with Team Operation Homefront

Team Operation Homefront runs in several races such as the Air Force and Marine Corps marathons. For more details, visit <http://www.teamoperationhomefront.net/>

Help a family keep a roof over their heads

Many military families are struggling to keep their homes and pay their bills. See the current needs of military families at <http://www.operationhomefront.net/need/list>.

Plan an event with Operation Homefront

Looking to organize something locally? Operation Homefront would love to work with you on one of their annual programs including The Star Spangled Baby Shower, Back to School Brigade and Veteran's Day 5K. Contact Pete Stinson at pete.stinson@operationhomefront.net for more information.

Calling all quilters

OHF wants to shower military moms with homemade blankets for their new arrivals and they need the help of quilters. Email pete.stinson@operationhomefront.net for details.

5K for food scheduled

The 193rd Special Operations Wing Association is sponsoring the 5K For Food, benefitting the Central Pennsylvania Food Bank, Saturday, May 10. Registration opens at 7:30 a.m. at the Riverview Pavilion on City Island, Harrisburg. The walk/run will start at 8:30 a.m.

Register on Active.com at 5K For Food, <http://www.active.com/harrisburg-pa/running-distance-running-races/05-10-14-5k-for-food-2014>. For any questions, email fivekforfood@yahoo.com.

Scope

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