

# Scope



193rd Special Operations Wing  
Pennsylvania Air National Guard

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[www.193sow.ang.af.mil](http://www.193sow.ang.af.mil)

## Enlisted Promotions

### Promoted to Chief Master Sergeant

David Barton 112th AOS  
Keith Lloyd 201st RHS

### Promoted to Senior Master Sergeant

David Houtz 211th EIS  
John Stover 193rd SOCS

### Promoted to Master Sergeant

Thomas Nancarvis 193rd SOCS

### Promoted to Technical Sergeant

Nicholas Brydun 201st RHS  
Eric Leidhecker 201st RHS  
David Martin 201st RHS  
Michael Richer 193rd SOMXS

### Promoted to Staff Sergeant

Erica Dixon 193rd SOCS  
Amber Waters 112th AOS

### Promoted to Senior Airman

Shana Ginter 193rd SOW  
Jonathan Jones 211th EIS  
Jordan Hoover 193rd CPTF  
Nicholas Carlson 201st RHS

## Fitness Corner



### Improve your 1.5-mile run time

With the run counting for 50 percent of an Airman's overall score on the physical fitness test, a low run time is key to meeting or exceeding the standard.

Some people believe that by running 1.5 miles at testing speed three times per week, they are preparing well for the test, which is **not** the case. Many fitness experts recommend training for the run using a two-part rotation six days a week.

On days one, three and five, Airmen should run for distance rather than speed, focusing on overall cardiovascular endurance.

To find out what to do on days two, four and six, visit <http://www.offutt.af.mil/news/story.asp?id=123153992>.

## NEWS & EVENTS

### SGLI premiums to go up July 1

Effective July 1, the Servicemembers' Group Life Insurance program will adjust the SGLI monthly premium rate from 6.5 cents to 7 cents per \$1,000 of insurance. This means, for example, that servicemembers with the maximum \$400,000 of life insurance will experience a premium increase from \$26 to \$28 a month.

All servicemembers will continue to pay an additional \$1 for traumatic injury protection coverage.

To learn more and view a table with information regarding the new rates, visit [www.benefits.va.gov/insurance](http://www.benefits.va.gov/insurance).

Servicemembers with SGLI coverage can expect to see the adjusted premium rate reflected in their Aug. 1 Leave and Earning Statement.

Members drilling for points towards retirement, or not receiving pay for other reasons, will be billed by their service for the higher premium on the regular billing schedule.

### SECAF urges, 'Make every dollar count'

The Secretary of the Air Force is urging Airmen to continue to cultivate a culture of innovation, efficiency and savings through the "Make Every Dollar Count: All In, All The Time" campaign.



From large scale initiatives, such as implementing cutting-edge energy practices or acquisition process improvements, to base-level actions, such as video teleconferencing and contract review, every initiative counts.

There are two programs available to submit great ideas to increase cost savings across the Air Force. Ideas may be submitted online to the Airmen Powered by Innovation website at <https://ipds.afpc.randolph.af.mil>, or by contacting your local Air Force Smart Operations for the Twenty-first Century Office. All ideas will be actively processed by the Office of the Under Secretary of the Air Force for Business Transformation.

### Help with keeping track of points

Guardsmen, did you know that your point credit summary should be reviewed yearly? To assist with that, a new procedure, which began in March, includes an email notice sent 90 days before the closeout of an individual's retention/retirement year.

Upon receiving this email, within 90 days Airmen are reminded to request any point corrections needed and complete any participation required for a good year.

Airmen may view participation points through the virtual Military Personnel Flight and request any corrections using vPC-GR.

#### To view points:

1. Using a CAC, log on to [myPers.af.mil](http://myPers.af.mil).
2. From the myPers homepage, go to the "I Would Like To..." section and select "Access AFPC - Secure Apps (vMPF, PRDA) - CAC Only."
3. Select OK at the bottom of the DOD Notice and Consent Banner.
4. Under "Available Applications" click "vMPF."
5. In vMPF, on the left side of the page under Navigation, select "Self Service Actions."
6. Select "Personal Data."
7. For point summary, select "ANG/USAFR Point Credit Summary Inquire (PCARS)."
8. For RIPS, select "View All."

#### To correct points:

1. Log on to myPers.
2. From the myPers homepage, go to the "I Would Like to..." section and select "View More" to locate the "Complete a Career Management Action" link.
3. Select "Change/Correct My Retirement Points" from the list of transactional options.
4. Fill out the request form, attach appropriate documentation, and choose "continue." At the next screen, choose "Finish Submitting Question."

### June Flag Retirement Ceremony

The First Sergeant Council is hosting its Second Annual Flag Retirement Ceremony in June at Middletown. Any tattered or worn American flags may be brought to the event to be retired.

# May Menu



## Saturday

### MAIN LINE:

Mexican beef wrap  
Chicken fajitas  
Mexican rice  
Hacienda potatoes  
Corn O'Brien  
Green beans

### SNACK LINE:

Hamburger  
Cheeseburger  
Taco boats  
Baked beans  
French fries

## Sunday

### MAIN LINE:

Swedish meatballs  
Pineapple chicken  
Noodles  
Garlic cheese potatoes  
Squash

### SNACK LINE:

Hamburger  
Cheeseburger  
Hot ham and cheese sandwich  
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.*

## 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

Tech. Sgt. Culeen Shaffer  
Staff Sgt. Susan Penning  
Senior Airman Claire Behney

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

## NEWS&EVENTS<sup>cont.</sup>

### Weapon systems officer openings

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 are willing to accept the challenges of becoming an AFSOC aviator.

Qualified individuals seeking this opportunity should request application requirement information from Capt. Dave Teufel at David.Teufel@ang.af.mil, DSN 423-3115.

### Job opening in medical group

The 193rd Special Operations Medical Group is seeking a drill-status officer to fill the position of Health Services Administrator in the Medical Service Corps (Air Force Specialty Code 41AX).

The position is open to qualified second lieutenants through majors.

Any interested individuals should submit an application by June 8.

For more information and a list of qualification requirements, visit the *Wing Bulletin* and click on "MSC Position 193rd SOMDG," or contact Chief Master Sgt. Kenney Souders at [kenney.souders@ang.af.mil](mailto:kenney.souders@ang.af.mil), DSN 423-2577.

### Finance Customer Appreciation Day

A Finance Customer Appreciation Day is set for Saturday of June UTA in the finance office on base (Bldg. 79).

The event is being held to show appreciation of all finance office customers.

Light refreshments will be served and a small get together hosted to say, "Thanks."

### 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 Bldg. 75.

### Chaplain assistant job available

The 193rd Special Operations Wing is currently seeking a chaplain assistant.

The primary role of chaplain assistants is to provide support for ministry. This is done not only through administrative means, but also as the "eyes and ears" of chaplains on deployments, visitations and a wide variety of other exciting opportunities.

Chaplains and chaplain assistants deploy all over the world, taking care of troops and ensuring their first amendment rights to worship.

Chaplains are noncombatants; however, chaplain assistants are combatants and must be qualified to carry and use firearms.

Please contact the chapel office for more information or to set up an interview at DSN 423-2265.

### PA National Guard Scholarship

The PA National Guard Scholarship Fund provides members of the PA National Guard (Army and Air) with financial assistance as they pursue their educational goals.

This year, at least two \$2,000, one \$1,500, two \$1,000, two \$750 and many \$500 scholarships will be awarded.

These grants are provided through the generosity of the PA National Guard Association, the 28th Infantry Division Association, USAA and other individual contributors.

The deadline to apply is June 30. For more information and to obtain an application, visit the *Wing Bulletin* and click on "PA National Guard Scholarship - Deadline 30 Jun 2014."

### 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 requirements include a six-year commitment to the PA National Guard; being a resident of Pennsylvania; attending a PA/PHEAA approved school; and is for all enlisted, officer, full-time and part-time employees.

### Location designations change

The location designations for the 193rd SOW have changed. Rather than referring to them as Air Stations 1, 2 and 3, they are Middletown, Fort Indiantown Gap and State College.