

Scope



193rd Special Operations Wing
Pennsylvania Air National Guard

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June 2014

www.193sow.ang.af.mil

Enlisted Promotions

Promoted to Chief Master Sergeant
Scott Ball 148th ASOS

Promoted to Senior Master Sergeant
Greg Souders 193rd LRS

Promoted to Master Sergeant
Dwight Smith 201 RHS
Adam Walter 193rd SOCF

Promoted to Technical Sergeant
Geroge Gerner 112th AOS
Ryan Glass 193rd SOMXS
Magdalena Kelley 193rd SOLRS
Peter Tipka 193rd SOMXS

Promoted to Staff Sergeant
Matthew Ankabrand 193rd SOAMXS
Eric Bauman 211th EIS
Robert Frantz 193rd SOMXS
Cynthia Lose 211th EIS
Jordan Parrish 193rd SOCF
Emily Shertzer 553rd AFB
Jared Witmer 193rd SOMXS

Promoted to Senior Airman
Ethan Clemens 193rd SOFSS
Kelsie Coyle 193rd MDG
Cole Deiner 211th EIS
Ryan Handley 148th ASOS
Zachary Holder 148th ASOS
Sean Kistler 193rd SOCS
Jeremy Newton 211th EIS
Kyle Quinlan 193rd CES
Ethan Rickabaugh 211th EIS
Joseph Rooney 148th ASOS
Kimberly Snyder 193rd SOW
Shawn Zolna 271st CBCS

Promoted to Airman First Class
Ryan Weiner 211th EIS

NEWS & EVENTS

Finance Customer Appreciation Day

A Finance Customer Appreciation Day is set for Saturday in the finance office on base (Bldg. 79). This will be an all-day event.

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."

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 Saturday.

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, DSN 423-2577.

193rd offers child care services

The 193rd Special Operations Wing now offers free, local child care to parents on Guard drill weekends. In order to take advantage of this program, Guard members must be single parents, dual military parents, or have a spouse who's working on the current drill weekend.

There is currently one provider located in Harrisburg and the program plans to expand to additional locations in the near future. Child care providers are state certified and approved by Child Care Aware.

Parents can drop off their kids at the provider as early as 6:30 a.m. and must pick them up by 5 p.m.

For more information or to sign up, Airmen can go to a first sergeant or contact 1st Lt. Leslie Knight who is in charge of this program.

Forms must be filled out no later than the Tuesday before the next drill weekend.

June Flag Retirement Ceremony

The First Sergeant Council is hosting its Second Annual Flag Retirement Ceremony Saturday at 1:00 p.m. Any tattered or worn American flags may be brought to the event to be retired.

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.
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 Menu



Saturday

MAIN LINE:

Pepper steak
Baked chicken
Rice
Mashed potatoes
Carrots

Brussel sprouts

SNACK LINE:

Hamburger
Cheeseburger
Chicken tenders
Baked beans
French fries

Sunday

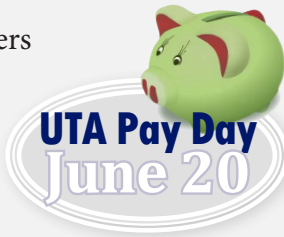
MAIN LINE:

Chili mac
Baked cod
Mashed potatoes
Pasta
Mixed veggies

Italian green beans

SNACK LINE:

Hamburger
Cheeseburger
Cheese steak sub
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

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Maj. Amy Crossley, **Wing Executive Officer**
Capt. Jay Ostrich, **Chief of Public Affairs**
Senior Master Sgt. Dave Hawkins, **PA Superintendent**

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

NEWS&EVENTS^{cont.}

Don't let your guard down:

A message from the director of the ANG

As we transition into summer, many of our Guard Airmen are spending well-deserved time off with family and friends.

Whether planning an afternoon picnic, taking the boat out on the lake, or venturing out of town for an extended vacation, seemingly ordinary activities can impose significant risks if not managed appropriately. The goal of the Critical Days of Summer safety campaign is to help mitigate those risks and, thereby, reduce the number of mishaps during the statistically high accident time between Memorial Day and Labor Day.

Last summer, tragically, the ANG lost seven Airmen; six in motorcycle crashes and one in a motor vehicle accident. The Air Force suffered 19 fatalities last summer, the majority of which were caused by motorcycle and motor vehicle incidents. Several family members, including children, were also killed or injured in preventable mishaps.

This year's campaign extends our ANG theme of "Don't Let Your GUARD Down." Taking time off is important for morale and resiliency; so, recharge, enjoy family time, travel, and participate in recreational activities. Just remember to keep safety and risk management at the forefront, concentrate on the task at hand, and minimize distractions – especially while driving.

To read the rest of this message from Lt. Gen. Stanley Clarke, visit: <http://www.ang.af.mil/shared/media/document/AFD-140522-058.pdf>.

Fitness Tip



Switching up your workouts

Is your workout program getting old? Tired of the same weight training cycle, circuit routine, or cardio exercise? Many people get into a rut by repeating the same old plan week after week. Your body needs change in order to effectively stimulate muscle growth and caloric expenditure. So, if you're not sure how to change things, here are a few examples of how to change the most common exercise routines.

The most common weight lifting plan is a split routine. To find out what routine split routine to follow, visit <http://www.military.com/military-fitness/workouts/switching-up-your-workouts>.

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.