

Scope



193rd Special Operations Wing
Pennsylvania Air National Guard

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February 2015

www.193sow.ang.af.mil

Enlisted Promotions

Promoted to Senior Master Sergeant
Kristensen, Harold 193 SOMOF

Promoted to Master Sergeant
Roper, Lisa 271 CBCS
Nagel, Jamie 112 AOS

Promoted to Tech. Sergeant
Martin, David 193 SOLRS
Rarig, Sean 193 SOMXS
Tischbein, Matthew 193 SOLRS

Promoted to Staff Sergeant
Barrett, Emery 193 SOMXS
Buss, Aubrey 112 AOS
Dorman, Michael 193 SOMXS
Latta, Brittnee 112 AOS
Campbell, Victoria 211 EIS
Ream, Cori 193 SOAMXS
Shelton, Travis 193 SOMXS
Cooper, Brian 201 RHS
Lenker, Alexandra 203 WF
Sehar, Scott 193 SOMXS

Promoted to Senior Airman
Bryant, Spencer 201 RHS
Demsko, Neil 193 SOMXS
Girton, Ryan 193 SOMXS
Gyger, Jaclyn 203 WF
Jenks, Tyler 193 SOMXS
Lopez, Alicia 193 SOSS
Rich, Mark 201 RHS
Smith, Prudence 193 SOSFS
Sproul, John 193 SOMSG

Promoted to Airman First Class
Lach, Cody 148 ASOS

Congratulations!

NEWS & EVENTS

Right Start flight sergeant position announced

The Special Operations Force Support Squadron is in search of a high caliber non-commissioned officer who aspires to take on an active role in a leadership capacity. This is a great opportunity for members who desire to take on a first sergeant role in the future. This opportunity is a temporary, two-year appointment with a projected start time of April 2015. All applicants must have approval from their unit commander in order to apply.

This position mentors the Airmen of the 193rd Right Start Flight, schedules and conducts UTA training to prepare members of Right Start for basic military training, conducts mock fitness assessments to ensure members are able to meet Air Force fitness standards, and maintains accountability and conduct administrative duties.

The qualifications to apply are: Open to technical sergeants and master sergeants only, individual must be professional in both appearance and conduct, passing AF fitness score require, position is open to drill status Guardsman and technicians.

To apply submit a current fitness program score sheet, memorandum or endorsement from the applicant's immediate supervisor and commander (member must maintain their drill status guardsman position), a memorandum of intent, and military resume (civilian resume is optional).

Packages should be submitted to Lt. Col. Susan Stuck at susan.stuck@ang.af.mil or call 717-948-3290 for any questions. Applications must be submitted by Sunday.

Food service charges update

Effective Jan. 1 the dining facility meal prices have changed and will be charged to all officers and enlisted members receiving an allowance for subsistence. Standard rate, lunch: \$5.55 and standard rate, holiday: \$9.05.



LRS commissioning opportunity

The 193rd Special Operations Logistics Readiness Squadron is accepting applications for a traditional guard Logistics Readiness Officer. Enlisted applicants seeking commission will be considered as well as currently commissioned officers wishing to transfer units and/or cross-train.

A selection board will be conducted during the March unit training assembly. Applications are due by close of business Sunday.

The ideal candidate will possess a bachelor's degree from an accredited academic institution; however a bachelor's degree is not required to apply but must be conferred before the member can be promoted to 1st lieutenant. For entry into this specialty, undergraduate academic specialization in logistics management, economics, management, business administration, computer science, information management systems, finance, accounting, petroleum engineering, chemical engineering, or industrial management is desirable.

Qualified individuals seeking this opportunity should submit a resume with cover letter (letter of intent), two letters of recommendation, copy of college transcripts, Physical fitness test scores, AF Form 24, AF Form 2030 and AFOQT scores to: 193 SOLRS/CC 79 Mustang Alley Middletown, PA 17057.

Airmen awarded as PA OAY

Three Airmen of the 193rd Special Operations Wing have been selected as Pennsylvania Outstanding Airmen of the Year for 2015. The following Airmen were selected in their respective categories:

Airman category: Senior Airman Nicole Gentzel, 193rd Special Operations Squadron

First sergeant category: Senior Master Sgt. Nancy Stoltzfus, 201st RED HORSE Squadron Base

Honor Guard Member: Staff Sgt. Rodney Bly, 193rd Special Operations Maintenance Squadron

Each of these Airmen's packets will move on to compete at the federal level amongst all Airmen in the Air Force.

February Menu



Saturday

MAIN LINE:

Mediterranean basil garlic salmon
Orange glaze chicken breast
Glazed carrots
Zucchini
Steamed jasmine rice
Roasted red skin potato

SNACK LINE:

Hamburger
Cheeseburger
Deli wrap
Potato chips
Baked beans

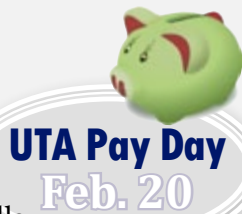
Sunday

MAIN LINE:

Swedish meatballs
Chicken cordon bleu
Jefferson noodles
Spicy brown rice pilaf
Grilled asparagus
Calico corn

SNACK LINE:

Hamburger
Cheeseburger
Deli wrap
Potato chips
Baked beans



Scope

Col. John Dickinson, **Wing Commander**
Lt. Col. 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
Staff Sgt. Claire Behney

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193rd Public Affairs
81 Constellation Court
Middletown, PA 17057

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

NEWS&EVENTS_{cont.}

Clinical nurse position announced

The 193rd CERFP Medical UTC is accepting applications for traditional guard 46N/clinical nurse officers; this is a commissioning opportunity for qualified enlisted personnel, as well as captains and below. A hiring board will be conducted during April UTA. The Medical UTC is seeking highly motivated individuals with a Bachelor of Science degree in nursing.

The CBRN Task Force Medical is an element of the Homeland Response Force located at Fort Indiantown Gap. They are looking for motivated registered nurse professionals to work on a highly specialized CBRN medical team, who have a desire to assist the Commonwealth of Pennsylvania and the FEMA Region in the event of a natural or man-made disaster. Members chosen for this UTC assignment will be required to complete commissioned officer training, basic life support, advanced cardiac life support, pediatric advanced life support, NIMS/ICS courses, emergency preparedness response course, trauma nurse core course and Center for Sustainment of Trauma & Readiness Skills within two years of joining the team.

This specialized UTC drills on a non-traditional quarterly drill cycle. Members are required to participate in two full scale exercises per year and may be required to stage for National Special Security Events. Applicants interested in more information may contact Lt. Col. Julie Carpenter at julie.a.carpenter.mil@mail.mil or 717-861-6860.

Application package requirements:

- Detailed resume
 - Copy of college transcripts
 - Passing fitness test (within last 12 months)
 - Three letters of recommendation
 - AF Form 24
 - All DD Form 214s, NGB 22s, Separation Orders
 - Military Personnel Record Review
- Positions are pending funding with suspense of Sept. 1.

For more information or to submit your application package, please contact Master Sgt. Martina Crouse, recruiting office supervisor, at martina.crouse@ang.af.mil or 717-861-1171.

Applications are due by close of business March 15.

193rd blood drive raises numbers

The 193rd blood drive held Saturday, Jan. 10, resulted in 41 attempts at drawing blood and a total of 35 pints of donated blood; all of which resulted in 105 local patients benefited.

CE, CS commander opportunities

The 193rd Special Operations Mission Support Group commander is accepting applications from commander eligible (major and lieutenant colonel) civil engineers and communications officer for the positions of civil engineering commander and communications squadron commander.

The potential for full-time position opportunities will be coordinated through the human resources office and appropriately announced.

Qualified individuals seeking this opportunity should submit a resume with cover letter (letter of intent), two letters of recommendation, a copy of college transcripts, and physical fitness test scores to:

93 SOMSG/CC
81 Constellation Court,
Middletown, PA 17057.

Applications will be accepted through March 8. A selection board will be conducted during the April unit training assembly.

193rd SOS pilot position available

The 193rd pilot section will be accepting applications from prior service members (rated and non-rated) for an interview board on April 10. Completed applications are due no later than Feb. 28.

Please email: 193sos.pilot_recruiting.omb@ang.af.mil for application requirements, instructions, or questions.

Fitness Tip



Stuck inside? Indoor workout ideas

No matter what your situation is, some days you just cannot get outside or to the gym to exercise. Here is a great routine that you can do in your bedroom, hotel room, or whatever keeps you inside.

There are a few components of a workout program to make it complete. Now you do not have to do all of these to get a good workout, but one thing I try to stress is complete balance in your workouts.

That means you want to do some form of resistance training that will work your arms and legs, chest and shoulders. You will also want to focus on your torso - meaning abdominal exercises as well as lower back and upper back movements. You can do all of these with little or no equipment using calisthenics and isometrics with just your body weight. If you add in some dumbbells, elastic bands, or my favorite - the TRX, you can multiply your exercises tenfold.

Click [here](#) for the rest of the article.