

# 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 Senior Master Sergeant

Shane Gettler 201 RHS

### Promoted to Master Sergeant

Kevin Gates 112 AOS  
Matthew Lemmon 193 SOCS  
Kathryn Cope 193 SOMDG

### Promoted to Technical Sergeant

Daniel Nicholuson 148 ASOS  
Christopher Miller 193 SOLRS

### Promoted to Staff Sergeant

Colin McNoldy 201 RHS  
Jessica Erickson 112 AOS  
Michael Meininger 193 SOCES  
Laurel Mitchell 193 SOCES  
Anthony LaRochelle 193 SOCES  
Brandon Phillippy 193 SOLRS  
Derek Papakie 193 SOMDG  
Michael Frauenhoffer 211 EIS

### Promoted to Senior Airman

Garret Black 112AOS/CES  
Anthony Arthur 112 AOS

### Promoted to Airman First Class

Kenny Fisher 271 CBCS

## Fitness Corner



### Make fitness a hobby

By Stew Smith - I have had many questions about yard work compared to exercise and other rigorous activities common to the Spring Season. I have found that the caloric expenditure in many of these outdoor activities is comparable to running, walking, and even calisthenics/weight training. The problem that many people face with seasonal "hobbies" is that a good part of the year little or no physical activity gets accomplished. That is where I come in!

Click here for the rest of the story.

## NEWS & EVENTS

### First sergeant vacancy announced

The 193rd Special Operations Wing is seeking high-cliber non-commissioned officer applicants for the position of first sergeant. This vacancy announcement is to fill the following position of 193rd SOW master sergeant.

The individual must be exemplary in professional conduct, appearance and possess professional maturity; only master sergeants and technical sergeants who completed requirements to be promoted to the grade of E-7; must have three years of retainability in the Air National Guard after completion of the First Sergeant Academy; must have a passing fitness score (must have a 90 or above or two consecutive 80 or above scores). Drill status guardsman and technicians may apply.

To apply, submit an official application package to the 193rd SOW First Sergeant, Senior Master Sgt. Dennis Ward.

Package will include:

- Current Fitness Program score sheet to include previous scores
- Memorandum of endorsement from the applicant's immediate supervisor and commander
- A memorandum of intent (why the applicant wants the position)
- Military resume (optional civilian resume)
- A color print out of awards and decorations
- Letters of recommendation desired but not required

Applications must be submitted by close of business Sunday.

Applicants will be scheduled to appear before the first sergeant selection board in service dress uniform on May 15, the Friday prior to the May UTA.

### 193rd SOW on social media, web

Don't forget the 193rd SOW on social media and on the web! Find the latest wing news, up-to-date wing information, and maybe even a photograph of yourself on the wing's Facebook page and website: <https://www.facebook.com/193sow> and <http://www.193sow.ang.af.mil/>.

### 211th commander position available

The 193rd Regional Support Group is accepting applications for the traditional guard 211th Engineering Installation Squadron Commander position. Officer must be a lieutenant colonel and hold the qualified 17D AFSC.

Please submit a cover letter, resume, last three OPRs and current fitness assessment to Maj. Angela Stateler, 193 RSG/CCE, email [angela.stateler@ang.af.mil](mailto:angela.stateler@ang.af.mil) no later than Sunday.

### IA position announced

193rd Special Operations Group intelligence section is seeking application packages from interested personnel for the position of Intelligence Analyst. This is a drill status guardsman position. The ideal candidate should be senior airman through staff sergeant with at least a five level in their current AFSC. Previous operations or intelligence experience is highly preferred but not required.

Applicants should possess excellent written and verbal communications skills, intermediate technical proficiency using the Microsoft Office suite and have the ambition to learn the use of technologically advanced intelligence information systems.

Interested personnel should contact the 193 SOG Intelligence section at DSN: (312) 423-2296/Comm: (717) 948-2296. Application packages must include a cover letter, resume, awards and decorations printout, physical fitness report, and two letters of recommendation.

Packages are due by 4 p.m., Sunday of the May UTA weekend and an anticipate interview board over the July UTA weekend. Candidates selected for interview will be contacted to schedule a meeting with the selection board.

### 193rd offers child care services

The 193rd offers free, local child care to parents on UTA weekends. In order to take advantage of this program, Airmen must be single parents, dual military parents, or have a spouse who's working during UTA.

For more information or to sign up, Airmen can go to their first sergeant or Capt. Knight.

# April Menu



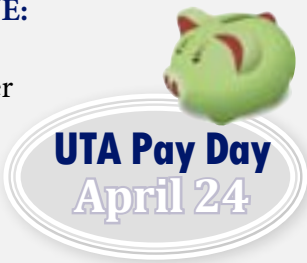
## Saturday

### MAIN LINE:

Corn beef  
Bourbon style chicken breast  
Red-skin potato  
Steamed cabbage  
Green beans with mushrooms  
Carrots  
Buttered dinner rolls  
Three bean salad

### SNACK LINE:

Hamburger  
Cheeseburger  
Turkey pita  
Baked beans



## Sunday

### MAIN LINE:

Maple glazed salmon  
Asian bourbon beef  
Broccoli cheese rice  
Rice noodles  
Lima beans  
Cauliflower combo  
Buttered dinner rolls  
Carrot raisin salad

### SNACK LINE:

Hamburger  
Cheeseburger  
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

2nd Lt. Susan Penning  
Tech. Sgt. Culeen Shaffer  
Staff Sgt. Claire Behney

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

### Discount tickets through MWR/ITT

The 193rd Family Readiness Office will not be selling tickets to local attractions, but tickets to local and out-of-state attractions and events can be purchased at the following Morale, Welfare and Recreation/Information, Tickets and Travel offices:

#### - Carlisle Barracks Family and MWR Administrative Office

Hours: 7:30 a.m. to 4:30 p.m.  
Phone numbers: 717-245-3442 or 717-245-3309

#### - NSA Mechanicsburg ITT Office

Hours: Monday through Friday 9 a.m. to 4 p.m.

Phone number: 717-605-2297

#### - New Cumberland ITR Office

Hours: Monday through Friday 9 a.m. to 4 p.m., closed daily from 12:30 to 1:00.

Phone number: 717-770-4671

The Carlisle Barracks MWR/ITT will have a representative available in the lobby of building 81 Sunday from 11 a.m. to 2 p.m.

### ANG Command Chief's Huddle motivates, inspires leaders

Air National Guard command chief master sergeants and other senior enlisted leaders met to discuss issues and challenges facing the ANG during the annual Command Chief's Huddle March 28-29 at Volk Field Combat Readiness Training Center, Wis.

Chief Master Sgt. James W. Hotaling, command chief of the Air National Guard, hosted the two-day meeting and remarked on the growing significance of the ANG during times of shrinking resources and manpower.

"It is critically important to know that the environment we are in today is very dynamic", said Hotaling. "The [Air National] Guard that you joined no longer exists. The dynamics of the Department of Defense and your United States Air Force is fundamentally changing how we operate within the Air National Guard. This is an amazing time in our history."

The Command Chief's Huddle brings together more than 150 command chief master sergeants and other senior enlisted leaders from 89 Air National Guard wings and units, representing 54 states, territories and the District of Columbia to openly discuss a wide range of issues and challenges facing the ANG.

Maj. Gen. Donald P. Dunbar, Wisconsin Adjutant General, welcomed those in attendance and stressed the importance of strong senior enlisted leadership.

[Click here to read the rest of the story.](#)

### Sacrifices of military child recognized during April

To highlight the year-round contributions, courage and patriotism of the military community's youngest members, the Defense Department observes April as the Month of the Military Child, said a Pentagon official.

Established by then-Defense Secretary Caspar Weinberger in 1986, the month recognizes some 1.9 million U.S. military children ranging in age from infants to 18 years old, who have one or both parents serving in the armed forces, said Barbara Thompson, the director of DOD's Office of Family Readiness Policy.

"We want to highlight their sacrifices (and) support of the military member in their families, so it behooves us to take time from the busy calendar of our events and recognize military children," she said.

Permanent change of stations, deployments and training activities, among other facets of military life, can present unique challenges to children who must constantly adjust to distance, unfamiliarity and uncertain schedules, Thompson explained.

"That can be a real sacrifice, because each parent is a very important part of that child's makeup," she said. "So we want to make sure that when they move or change schools, all of those transition times are supported with resources, programs and services."

DOD offers a variety of programs to help military children overcome these challenges, Thompson said.

#### Available programs offer assistance

The Child Development Program offers child care up to age 12. Similarly, youth development programs offer older children opportunities for recreation, and character, social and emotional development.

Thompson reported that parents, too, have resources to help best guide and nurture their children of all ages.

The New Parents Support Program helps parents during pregnancy and childbirth, and children up to 3 years of age, to reach their full potential through home visitations and parent support groups, she said.

Military OneSource is another resource available 24/7, 365 days a year, to support parents to learn more about parenting skills, as well as to find support for themselves, Thompson added. It also offers telephonic, face-to-face, online and video nonmedical and financial counseling, which she described as "strengthening pillars" for military households separated from extended family or settling into a new environment.

"On the installations, we have military family support centers," she said.

[Click here to read the rest of the story.](#)