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SCOPE

193rd Special Operations Wing - Pennsylvania Air National Guard - Middletown, Pa.

Medical Group measures "E malama kakou" spirit

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SCOPE

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The Voice of the Quiet Professionals

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ON THE COVER

Lt. Col. LaDawn Straub, a registered nurse with the 193rd Special Operations Wing's Medical Group measures the height of 23-month old Kahia Inman. Straub and other members of the 193rd Medical Group provided free health screenings at Kihei Pua Emergency Shelter in Hilo, Hawaii June 14.
Photo by Tech. Sgt. Culeen Shaffer

State Command Chief Perspective

By Chief Master Sgt. Ralph Braden

State Command Chief

Last month my article addressed the Air Force Eagle Eyes Program, which tasks all Airmen to be the eyes and ears in our communities to help prevent terrorist attacks. This month I will continue the theme of attack prevention with the topic of bystander intervention.

Did you know that roughly 60 percent of violent crimes in the United States are witnessed by a bystander? Sadly, only about 15 percent of the time does a bystander intervene.

The Bystander Intervention Program has been created by the Air Force Sexual Assault Prevention and Response Office. The goal of the program is to empower our Airmen to prevent the violent crime of sexual assault through intervention.

Training will be provided to all Airmen which will enable them to develop the skills to protect themselves and others from sexual assault.

In aircraft accident investigations, the investigation focuses on the chain of events that lead up to an accident. There is always a chain of events that precedes an accident or incident. Usually there are at least three links in the chain of events that lead to the accident. If any link in the chain of events is broken the accident is able to be prevented.

I suggest that there is a chain of events that leads up to the violent crime of sexual assault. I contend that a sexual assault incident can be prevented by breaking a link in the chain of events that leads to the sexual assault. Bystander Intervention Training will empower you to break the link in the chain.

The key to that empowerment is bystander intervention.

"If Airmen witness a situation that could lead to an assault, they have an obligation to intervene and prevent the crime", said Carl Buchanan, Bystander Intervention Program manager.

To do this, the staff members at the SAPR office have developed three different bystander intervention education modules specifically designed for women, men and leaders.

"The goal of the bystander training is to empower our Airmen to effectively prevent sexual assault against fellow Wingmen by providing a learning environment in which they can practice and become confident using intervention skills," Buchanan said.

I challenge each of you to do your part in preventing sexual assault. Remember that sexual assault is not just an active duty Air Force problem, it is committed against both women and men and it is a problem in the National Guard. Sexual assaults have been committed in the Air National Guard and sexual assaults have been committed in our Pennsylvania Air National Guard.

No one would knowingly want anyone they know to be sexually assaulted. It is our responsibility as Airmen and as Wingmen to intervene and prevent sexual assaults. Share what you learn in Bystander Intervention Training with your family and your civilian coworkers. Sharing this information can help prevent sexual assaults in the other important areas of our lives.

Visit the SAPR Web site for more information on the Bystander Intervention Program at http://www.sapr.mil.

Promotions

For the month of June

Promotion to Chief Master Sergeant	
Ronald K. Swartz	211 EIS
Promotion to Senior Master Sergeant	
Lloyd E. Herman III	193 SOS
Philip A. Stuck	193 SOS
Promotion to Master Sergeant	
David R. Wozniak	193 SOS
Timothy L. Bartholomew	193 SOS
Brandon E. Kopp	193 SOS
Larry M. Boyer	193 MXS
Jeremy T. Frost	193 MXS
Alan V. Kaylor	193 MOF
Matthew D. Wright	193 SOS
Shawn C. Spock	193 MOF
Randy B. Kane	193 CES
Darin K. Wildasin	193 SOW
Jeffrey L. Zeigler	Headquarters
Robert D. McGuirk	193 SFS
Promoted to Technical Sergeant	
Matthew P. Olszewski	193 MXS
Steven N. Rudy	193 MXS
Anthony B. Davis	193 MXS
James M. Pringle	193 LRS
Promoted to Staff Sergeant	
Nicolas J. Crouse	193 MDG
Cory A. Harvey	193 CS
Matthew J. Nettles	193 MDG
Chad K. Weaver	193 MXS
Justin M. Shaffer	193 MXS
Andrew C. Francois	148 ASOS
Daniel E. Rose	271 CBCS
Kevin M. Kennedy	193 FSS
Promoted to Airman First Class	
Jacob M. Penhorwood	193 SF/193 MXS
Juan C. Montes	193 SF/201 RHS
Ryan S. Beistline	193 SF/193 MXS
Victoria M. Campbell	193 SF/211 EIS
Dylan C. Johnston	193 SF/201 RHS
Matthew R. Monteleone	193 SF/211 EIS
Tyler J. Neuhard	193 SF/211 EIS
Jacob M. Wisner	193 SF/201 RHS
Steven D. Niemkiewicz	193 SF/193 MXS
Zachary W. Boyer	193 SF/201 RHS
Benjamin E. Otterbein	193 SF/193 AMXS
James J. Montaque III	193 SF/148 ASOS
Kaitlyn E. Cook	193 SF/193 SOW
Aubrey M. Buss	193 SF/112 AOS
Vanessa K. Scaife	193 SF/211 EIS
Cassandra L. Price	193 SF/193 SOW
Jaclyn R. Nettles	193 SOS

News In Brief

Association nominates board officers

The board officers were nominated for the 193rd Special Operations Wing Association. They are as follows: Barry Frey- president, Rick Shirk- vice president, Bill Shupp- past president, Randy Eckert- financial secretary, Kathleen Loughran- Recording Secretary, Dennis Walborn- Treasurer.

The Association sponsored the 193rd SOW Softball team by donating $360.00. Troop MWR funds were distributed to each group as well. The Association has doubled their giving this year by donating $1 per person to be used at their discretion throughout the year. The Association donated $80 to the Leadership Seminar as well. The Association helped a member and their family in need this month by donating $732.50.

Please remember that the Association is here to help. If you would like to become a member please obtain a membership form from our Web site www.193sow.org, fill it out and return it to a board member or place the form in base mail, addressing it to the 193rd SOW Association.

Pittsburgh Strong Bonds announced

A Strong Bonds marriage enrichment weekend will be held at the Westin Convention Center, Pittsburgh, Pa., August 13 to 15.

This two night excursion is designed to help you live and love, before and beyond deployment – starting with a strong family foundation. This is for married couples in Pennsylvania National Guard. Space is limited to 50 couples with priority given to previously deployed servicemembers.

Spouses will be placed on Invitation Travel Orders by the State Family Program Office. Overnight accommodations for the hotel and meals are the responsibility of the attendees, but will be reimbursed at the per diem rate as well as mileage for personally owned vehicles. Travel vouchers will be completed before participants leave the workshop. Incidental expenses (phone calls, room service) must be paid for by member/spouse. Military members will be placed on ADOS or RTA/SUTA status for pay only based on available funds. RTA/SUTA status is based on command approval.

For more information and to register for the event please contact Melissa Frentz of the Pennsylvania State Family Program Office at 717-861-2650 or melissa.frentz@us.army.mil.

AIR NATIONAL GUARD

From Gulf to golf, bunker to bunker

PA Air National Guard combat veteran hits the links with Tiger Woods

Story and photos by Capt. Jay Ostrich

Public Affairs Officer

The pressure of driving iron through sand, running from bunker to bunker or getting near troubled woods while desperately trying not to hit innocent civilians is nothing new for most combat veterans.

But for one day in late June, combat veteran Chief Master Sgt. George Vasiloff couldn't be happier to have done all of that. Especially being near troubled woods – Tiger Woods, that is.

That's because through what he describes as the "luck of the draw," and a little help from his Army brethren, Chief Vasiloff was asked to play a round of golf with the world's best, if not now most infamous golfer at the AT&T National Pro-AM at Aronomink Country Club, Newtown Square, Pa.

They didn't need to ask twice.

With a slight breeze and early morning dew glistening from the tee box of the majestic, 430-yard first hole, Chief Vasiloff, a 27-year veteran of the Air Force, was introduced to an enthusiastic crowd and his golf dream would begin.

Hauling off boldly with a driver, he hit a towering shot that faded into a thicket of lush, green rough. Sitting 85 yards ahead of him, squarely in the middle of the neatly manicured fairway, was the champion, Woods. One shot later, Woods was on the green putting for birdie. As for Vasiloff, he was back with a familiar friend – the sand.

All in perspective

Just a few short weeks ago, Vasiloff, chief of logistics with 201st RED HORSE Squadron of the Pennsylvania Air National Guard, Fort Indiantown Gap was finishing up his third combat tour in an austere location devoid of green anything let alone the comfy confines of country clubs.

The unit's six-month mission was to build and repair military infrastructures that support missions as part of the wars in Iraq and Afghanistan. For the chief, driving his airmen and keeping them safe was the only thing he could think about. Doing that for a golf ball would have to wait.

But as he walked up through the par-4 second hole, where he would again find himself in a bunker, it all started to come into perspective for both the chief and his family.

"George thinks he died and went to heaven," said a beaming Ronda J. Vasiloff, his wife of 16 years. "Usually we would be worried about when he's in the sand. Not today though. Today there are no worries."

After slightly struggling to find his best game through three holes, his caddy, retired Army Col. Joe Laneski, former Pennsylvania National Guard chief of staff, took the bulky bag off his shoulders and presented Vasiloff with his trusted driver and some comic relief.

"The bag's getting heavy," said Laneski to his golf partner of 12 years. "You better start playing."

After all, it was Laneski who had submitted his name for the AT&T military caddy program, which turned into an invite to play in the Pro-Am when the sponsor of the Tiger Woods Foundation learned Vasiloff could score near par.

Like any good troop, Chief Vasiloff followed orders and sent a missile 330 yards on the 466-yard par 4, fourth, sailing it past three bunkers and softly landing it on the fairway about 15 yards ahead Woods, winner of more than 70 PGA events, including 14 major titles.

But if that wasn't enough, Vasiloff chipped onto the green eight feet below the hole and coolly drained a birdie putt, one ahead of the champ who hadn't yet broken par and wouldn't be able to muster it on the fourth.

When asked on the next fairway whether he felt pressure, the humble hero paused and put it all into perspective.

"After the first hole when I could finally breathe, I realized pressure is sending your guys out on a combat convoy," said Vasiloff. "This here? This is just fun."

Golfers Tiger Woods and Chief Master Sgt. George Vasiloff of the 201st RED HORSE Squadron walk up to their approach shot as fans cheer in admiration for both at the AT&T National Pro-AM at Aronomink Country Club in Newtown Square, Pa. Vasiloff was selected to play with Woods just weeks after returning from combat in Afghanistan.

The real hero

As Vasiloff settled in and hit his groove, sending bomb after accurate bomb down the hilly and treacherous course, Tiger's fans started to be abuzz about the man with the buzz cut.

"Who is that guy" asked a casually clad country club couple after watching Vasiloff outdrive the champ on another hole.

"He must be the president of the club or something," replied another.

"No, he is just a normal military guy," said Ronda, who followed him with a smile throughout the more than 7,000 yards of his journey.

This was just fine with his professional playing partner, who was happy to talk about his father, Earl Woods, a U.S. Army

Continued on next page

In a familiar pickle, Chief Master Sgt. George Vasiloff of the RED HORSE Squadron, tries to figure a safe way out of the sand while playing alongside Tiger Woods at the 2010 National Pro-AM tournament June 30 at the Aronomink Country Club. Vasiloff was selected to play with Woods just weeks after returning from combat in Afghanistan.

lieutenant colonel and two-tour Vietnam veteran who introduced Tiger to golf at a young age and remained a coach and mentor throughout his life.

Woods, the tournament host, wanted some way to honor the military through golf.

"I just think it was something that should be honored, and that's why we're doing it," said Woods. "It's just a way to say thank you."

With a special military pavilion and more than 30,000 complimentary tickets given to military members and their families, Woods hopes they were on target.

"Tiger knows where we are coming from," said Vasiloff. "This was just a great overall experience."

For Ronda, this was just another example of her husband being humble and thanking others before taking credit for himself.

"He is a noble man," said Ronda, who tried to hold back tears of pride. "He is in a noble profession and he gives it his whole heart and soul."

His caddy and friend, who hours earlier had helped bring it all into perspective, couldn't have agreed more.

"He's dedicated to his family and to his service first," said Laneski. "The third love of his life is golf and somehow he's able to tie it all together and be excellent in everything."

Ultimately, the team finished a 7-under par 63, tied for seventh place, far from the prestige both have felt as being the best in their business.

And as Tiger Woods shook hands with his partner and walked over an isolated bridge by himself, Chief Master Sgt. George Vasiloff humbly walked through the crowd and into the loving arms of his family, not just as an above-average amateur golfer, but a superior airman and a champion at life.

From the Gulf to golf and bunker to bunker, it was a perfect ending to a near perfect day.

Chief experiences unforgettable round of golf

Story by Chief Master Sgt. George Vasiloff

201st RED HORSE chief of logistics

I have to admit when I stepped on the first tee that morning at Aronimink Golf Club, it was just like I expected it would be: I couldn't breathe.

There were so many people there, and Tiger was watching. No pressure at all. It was pretty intense. But I didn't hit my drive too badly. I'm an 8-handicap, so I can play all right. I hit my ball into the right rough, and it wasn't too far off target. But when they say "rough," they're right. It was definitely challenging and a little different from what I'm used to. So I opened my pro-am round with Tiger Woods with a double bogey.

That was the beginning of what was a pretty incredible day.

How I came to play in the AT&T National Pro-Am still is amazing to me. Even now, I'm thinking, did all this really happen? Did I really just play a round of golf with Tiger Woods?

This is how it all came about. A couple of weeks ago, I received an e-mail asking if I wanted tickets to AT&T National. I'm a big golf fan, so I was definitely interested. I asked for eight tickets. Then the next thing I knew, they asked me if I would be interested in being a part of the military caddie program, where troops get to serve as caddies for the pros on one of the holes during the pro-am. Even better. I guess one thing led to another, and pretty soon I was getting an e-mail asking if I wanted to play in the pro-am, with Tiger Woods as my pro.

So I got about 40 minutes of sleep the night before the Pro-am. While I wasn't sleeping, I just kept telling myself, "Keep the ball in play."

Before that day, I had never seen a tournament with Tiger, so I've never seen him in person. I spent the night in a hotel Tuesday night and went to the pairings party. I then woke up that morning and got to the course at about 5:20 a.m. Our tee time was 6:40 a.m. I hit some balls and I have to admit I was spraying them all over. I finally made my way to the first tee and he came up to me and said, "Hi, I'm Tiger. What's your name?"

He gave me a couple of tips along the way. He was very personable and gave me two rules to remember about putting on a Donald Ross course. The first he said was to keep the ball below the hole. The

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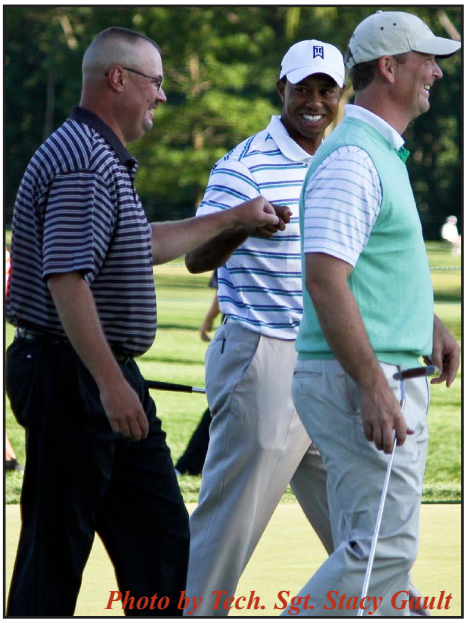


After sinking a birdie putt to place his team in the lead for the AT&T National Pro-Am at Aronomink Country Club in Newtown Square, Pa., Tiger Woods gives his gratitude and a hearty fist bump to Chief Master Sgt. George Vasiloff of the 201st RED HORSE Squadron. Vasiloff was selected to participate in the tournament after volunteering for the military caddie program.

second rule was to follow rule number one. It was good advice. They were easily the fastest greens I've ever played.

Tiger couldn't have been more gracious with me as a member of the military. He thanked me for my service, but I felt I had to thank him for what he does for the military; for this tournament, for all the tickets we get and for the hospitality tents and everything set up at the tournament for us. He's very personable and he made plenty of time for us.

The whole day was memorable, but a couple of things stood out. First of all, my whole family was there to watch. My wife, Ronda; my two sons, my mom and dad, two sisters-in-law, my brother-in-law, my aunt and two of my golf buddies. My caddie was Joe Laneski, a retired colonel who is my usual golf partner. So it really was an awesome day playing golf with the best player in the world and sharing the experience with my family and friends.

As for my playing, the highlight of the round came on number four. On that hole, I actually out-drove Tiger. Okay, so he was playing from the pros' tees, no need to let the facts get in the way of my good story. Still, my family saw my ball ahead of Tiger's on the fairway. Number four is a par four, eight feet. Tiger missed the green and made par. I made my putt for birdie. That was pretty good.

I shot a 93, which I don't think was too bad since I was playing the course for the first time under those conditions. I also didn't hit anybody, so that's a good thing since that was in the back of my mind.

I obviously didn't want the day to end, but it eventually did. When we were done, I gave Tiger one of my unit hats and a RED HORSE coin. He signed another unit hat for me, along with the photograph we had taken.

I look back and realize something like this will probably never happen again. I'll definitely be thinking how I walked 18 holes at Aronimink Golf Club with Tiger Woods, the best player in the world and one of the best of all time, with my whole family there to watch, you can't beat that.

If the opportunity arises for you and your family to take advantage of free tickets, take advantage of it because you never know it could turn out to be a once in a lifetime experience like mine.

Laser injury can result in eye irritation

Story by the 193rd Medical Group

Optometry and Public Health Offices

If you have been involved in a laser incident, then naturally you are concerned about what effect the laser might have had on your eyes and vision. Laser injuries can have a variety of effects including flash blindness, dazzle, dark spots, hazy vision, floaters, burns, and retinal bleeding. Of special interest are the hazards posed by visible lasers from glare and flash blindness, and from high energy lasers that could cause serious thermal injuries.

Luckily, the part of the eye responsible for most of our central vision is about the size of a pinhead. It is possible, that this area could be damaged by a laser, but only if a person happened to be looking directly at the light. A laser injury, even a few millimeters away from this area, will probably not significantly affect central vision. Central vision is what you use to read, watch television and drive.

Most people after encountering a laser incident, quite naturally start to become overly conscious about how their eyes feel and sometimes begin to rub their eyes. This has caused some people to erroneously conclude that their eye was injured. Furthermore, rubbing of the eyes can produce small scratches on the cornea resulting in painful irritated eyes.

The important point is that if your vision and eyes seem normal after direct laser beam exposure, then there is probably no significant damage to your eyes due to the laser beam. If you can read 20/20 and there is no distortion on the Amsler grid test, then it is unlikely that the laser did any significant damage. In fact, it may have done none at all.

If you suspect any injury or are concerned, please consult the Medical Group or when deployed, a fight surgeon at the aerospace medicine clinic.

For more information contact the Medical Group at 948-2235 or extensions 2236 or 3158.

SCOPE
193rd Special Operations Wing - Pennsylvania Air National Guard - Middletown, Pa.

Have a story to tell?
Contact your Public Affairs Office and share the good news!
Job vacancy?
Scope advertising works for you to get the word out!

Sounding Off

What you need to know to keep you flying...

1st sergeant positions announced

The 193rd Maintenance Squadron, 533rd Air Force Band and 211th Engineering Installation Squadron are looking to fill first sergeant openings.

Please submit packages to Senior Master Sgt. Peter Mireles in the Logistic Readiness Squadron or Chief Master Sgt. Steven Hile by close of business August 15. The board will be held Friday, September 10, with the time and location still to be determined.

Children's family day activities scheduled

The Family Readiness Office will have refreshments, movies and games available for children from 7:30 to 11 a.m. in the Blue Room on Sunday of August drill prior to family day activities.

If you have any questions please contact the Family Readiness Office at extension 3155.

UTA Payday: July 30

What's on the Menu

Constellation Cafe

Hours of operation 11:30 a.m. to 1:00 p.m.

SATURDAY	SUNDAY
Main Line:	***Main Line:***
Teriyaki chicken stir-fry	Chili-mac
Sweet Italian sausage	Chicken fajita
Peppers and onions	Mexican rice
Rice	Scalloped potatoes
Sweet potatoes	Mixed vegetables
Broccoli	Veg du jour
Veg du jour	
Snack Line:	***Snack Line:***
Hamburgers	Hamburgers
Cheeseburgers	Cheeseburgers
Chicken caesar wrap	Reuben sandwich
French fries	French fries
Baked bean	Baked Beans
Clancy's:	***Clancy's:***
Chicken tenders	Chicken Caesar wraps
Meatball sub	Sloppy Joe's
Baked beans	Beans
Chips, dessert, and a drink	Chips, dessert, and a drink

CP officer vacancy announced

The 193rd Command Post will hold a selection panel during September drill to interview potential candidates for a vacant traditional officer position. Interested officers who are currently below the grade of major or enlisted members seeking a commissioning opportunity can apply.

Applicants can send a resume, letter of intent, a copy of college transcripts, AFOQT scores, and dates available for training to Maj. Keith Littlewood. All submissions must be received by close of business August 15. The selected candidate will be required to attend the Academy of Military Science commissioning course and Command Post orientation course for the position selected.

Any questions in regards to this position, please contact Master Sgt. Kevin Kistler at extension 2249.

LRS officer vacancy announced

The 193rd Logistical Readiness Squadron will hold a selection panel during the September drill to interview potential candidates for a vacant traditional guardsman Logistics Readiness Officer position. Interested officers who are currently below the grade of major or enlisted members seeking a commissioning opportunity can apply.

Applicants can send a resume, letter of intent, a copy of college transcripts, AFOQT scores, and dates available for training to Maj. Keith Littlewood. All submissions must be received by close of business August 15. The selected candidate will be required to attend the Academy of Military Science commissioning course and Logistics Readiness Officer course.

Strong Bonds retreat announced

A Strong Bonds couples retreat will be held July 23 to 24 at the Chateau Resort and Conference Center, Tannersville, Pa.

Space is limited and priority will be given to previously deployed/deploying Airmen.

Registration deadline is July 19. Please see Sandy Scott or Tracey McCarthy in the Family Readiness Office to register.

CCMSgt's retirement banquet scheduled

A retirement dinner will be held for Command Chief Master Sergeant Scott A. Keener August 28 at the Holiday Inn, Grantville. Cocktails and hors d'ouevers are from 5:30 to 6:30 p.m. with dinner and ceremony beginning at 6:30 p.m.

The cost is $30. Please respond to Tech. Sgt. David Durham by August 18 at 948-2201 or e-mail at david.durham@ang.af.mil.

193rd Medical Group lives "E malama kakou" spirit

Story and photos by Tech. Sgt. Culeen Shaffer

Public Affairs Photojournalist

E malama kakou is Hawaiian for "to care for all," and that is exactly what 28 Airmen of the 193rd Special Operations Wing's Medical Group did the moment they arrived in Hilo, Hawaii, June 10.

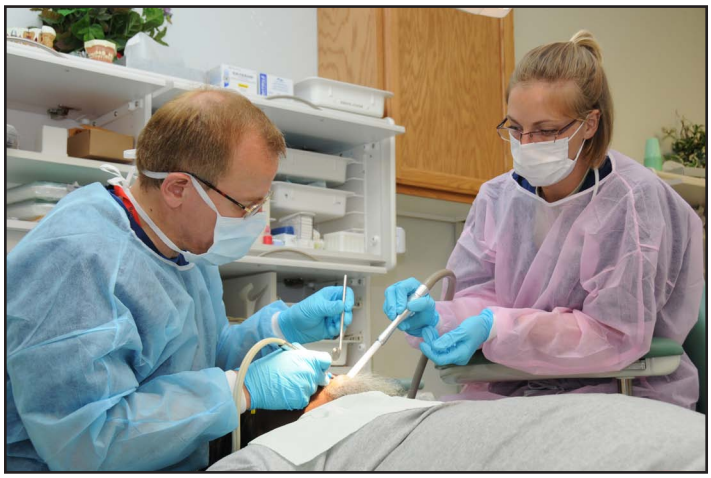
As part of the Hawaii Medical Innovative Readiness Training program, members of the 193rd Medical Group provided free health and dental screenings to the people of Hilo and surrounding areas for six days. Assisting the 193rd was a dentist from the 104th Fighter Wing, Westfield, Mass., and five members from the 171st Air Refueling Wing, Pittsburgh, Pa. The Airmen also worked closely with the Bay Clinic, Office for Social Ministry and the State of Hawaii Department of Health. This was the first HIMIRT on the Big Island of Hawaii.

E malama kakou was a concept members of the Medical Group took to heart.

"We were told that it was a humanitarian mission in Hawaii where we will be providing free medical screenings to the underserved," said Staff Sgt. Katie Duff, a medical technician with the 193rd Medical Group. "Not only was I excited that it was Hawaii, but more so because it was a humanitarian mission and I truly love helping those in need."

HIMIRT provided much needed care to the people of Hawaii and also provided a training opportunity for members of the 193rd and for members of the local community. Cardiopulmonary resuscitation training was provided by nurses and a physician's assistant of the 193rd at two locations in Hilo. In addition to the CPR training, 193rd nurses and medical technicians conducted intravenous training for the Bay Clinic staff at their Keaau Clinic in Hilo.

Along with medical training, the various medical care given to the Hilo community included cholesterol checks, glucose checks, blood pressure checks, eye exams, height and weight measurements, dental care, and medical background and family history reviews.



Lt.Col. Rockwell of the 104th Fighter Wing in Westfield, Mass., cleans the teeth of Lee M. Kaikuana, a native of Hilo, Hawaii, at Keaau Clinic, Keaau, Hawaii. Assisting Rockwell is Staff Sgt. Chantiel Umberger a dental assistant for the 193rd Special Operations Wing Medical Group. Rockewell assisted the 193rd's Medical Group during their participation in the HIMIRT mission.

"We saw 93 people which in a course of four days with a treatment facility is quite a bit," said Maj. Wade Newman, a dentist with the 193rd Medical Group.

Duff assisted in the medical screenings during the mission but she also had the opportunity to entertain children while family members were being screened, making a significant impact on both the children and their families.

"At one of the health fairs I made friends with a little boy that stole my heart and we ran into him on a few different occasions- I won't forget him," said Duff.

Because of the attention the little boy received on his first encounter with the medical group the next time he saw them he immediately ran up and tagged some Airmen, resuming the game of tag they played with him before.

"Everyone in the medical unit has a huge heart and we were happy to help," Duff said.

The people of Hawaii were appreciative of the care that the 193rd provided and they were sure to express that to the Airmen.

Newman had extracted the teeth of a five-year old named Nalyssa Keawekane. As a sign of gratitude, Keawekane and her siblings made a thank you banner and leis of construction paper and yarn for the military members and the staff at Bay Clinic and OSM.

"Seeing that kid over there (Keawekane) that I treated on Monday and seeing how happy and healthy she is," said Newman in regards to what he found most gratifying from the mission. "She

Continued on next page

MDG receives high honor

The 193rd Special Operations Wing Medical Group was recently awarded the Theodore C. Marrs Award as the Outstanding Medical Unit for fiscal year 2009 at the 2010 Air National Guard Readiness Frontiers conference in Minneapolis, Minn., June 19. The Medical Group provides direct mission support of the third largest Wing in the Air National Guard, which includes eight geographically separated units.

"The motivation of the 193rd Medical Group was also tested and proven during this year through multiple Wing inspections, deployments and short-notice support worldwide," said Col. David Gann, commander 193rd Medical Group. "The successful results of these daunting missions confirm our commitment to excellence."

was not afraid to come back and have her picture taken with me and smile with me; that was the most rewarding."

Airman 1st Class April Loeper, 193rd Medical Group medical technician said she also found the locals appreciation to be the most rewarding aspect of the mission.

Pennsylvania community members also played a role in the 193rd's mission to Hawaii.

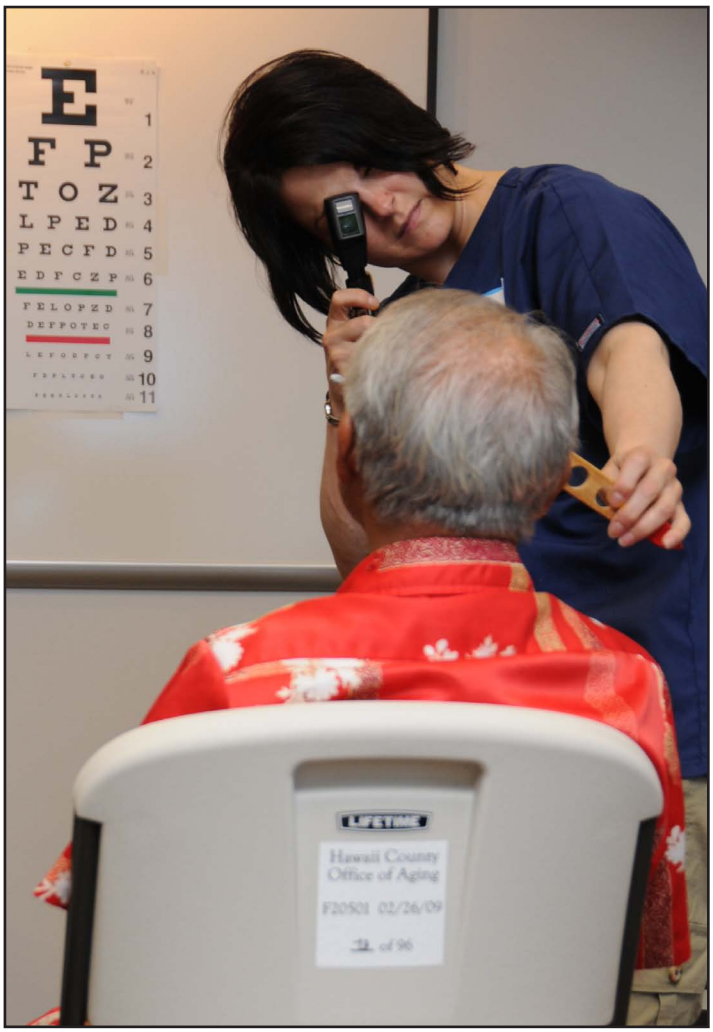
Derrick Duff, president of Mid-State Occupational Health Services, Williamsport, Pa., and father of Staff Sgt. Katie Duff, loaned four cholesterol machines to the Medical Group. This proved to be beneficial because many Hawaiians had not had their cholesterol checked in years and for some this was their first time.

Staff Sgt. Chris Frederickson, 193rd medical administration specialist, works at Washington Elementary, Barto, Pa. She spoke with a fellow teacher, Julee Carns, about her concern of keeping the Hawaiian children entertained while their family received the free health screenings. Carns is the monitor of a council made up of Washington Elementary students called the Kindness Council. This group raised more than $200 to purchase coloring books and other items for the children in Hawaii.

Carns also received other donations for the mission which included crayons donated by Linda and Frank Gerhinger of National Penn Bank, Barto, Pa.; "kids under two" toys from Jen Huffman, manager of the Wendy's in Pottstown, Pa.; and baseball cards of Philadelphia Philly Shane Victorino, a Hawaii native, and figurines of the Philadelphia fanatic from Kelly Yergin of the Philadelphia Phillies donations department.

From medical care to donated equipment and toys, Airmen and community came together to be able to provide to those in need through HIMIRT in Hilo.

"The 193rd Medical Group may only come together one weekend a month and for missions like this, but when we are together the teamwork is unbelievable and we consider each other family," Duff said. "There isn't anything we can't do when we do it together."



Maj. Danelle McMinn, a optometrist with the 193rd Special Operations Wing's Medical Group checks the vision of a patient. McMinn and other members of the 193rd Medical Group provided free health screenings at the Hawaii County Office of Aging in Hilo, Hawaii.

Online personnel services available for ANG members

Article provided by Mary A. McAfee

Personnel Services Delivery Strategy chief

Do you want to avoid waiting in line at your Military Personnel office? Did you know that you can perform many personnel actions from your home using a variety of online services? For ANG members, the virtual Personnel Center-Guard and Reserve, the virtual Military Personnel Flight, and the Personnel Record Display Application are all online services and available for your use 24/7. Some of the applications available in vPC-GR include, initiate and process decoration nominations; request corrections or changes to your federal awards and decorations; view your duty history and request a correction or change to your duty history; submit a voluntary separation discharge/resignation or retirement application; write, sign, and submit evaluation's including LOE's and request a copy of your EPR/OPR forms. Applications for your use in vMPF include view/print a visual display of your federal awards and decorations; view your data verification brief, access your record review and update some of the data; as well as update your emergency data information. The Personnel Record Display Application allows you to view and print forms from your official military personnel record.

You can access vPC-GR, vMPF and PRDA from the AF Portal, www.my.af.mil, under the Top Portal Links section.

For an all inclusive view of what services are available, please refer to the Online Personnel Services Brochure. A copy can be obtained from your Military Personnel office or you can view/print a copy from the Air Force Portal, Life and Career Tab, ANG Page

The Total Force Service Center is available for customer support and provides processing for online services. Contact the Total Force Service Center at 1-800-525-0102 for assistance.

To access vPC-GR, vMPF and PRDA please visit the Air Force Portal at www.my.af.mil, under Top Portal Links

'Veterans helping veterans'

Photo by Airman 1st Class Claire Behney

Three members of the Warrior Brotherhood Veterans Motorcycle Club listen as Senior Master Sgt. Mike Kovach explains the inner workings of the 193rd Special Operations Wing's one-of-a-kind Commando Solo aircraft. More than 35 members of the motorcycle club, including members from Canada and Norway, visited base, July 9, as part of their annual national convention. Along with a tour of the aircraft, the club members were briefed by Kovach and 2nd Lt. Jason Tuell about the 193rd's missions, aircraft and the Air National Guard. The Warrior Brotherhood Motorcycle Club is made up of veterans and current servicemembers and prides itself on being veterans helping veterans. More information about the motorcycle club can be found on their Web site at www.warriorbrotherhood.com.

Chaplain: Airmen must become sisters', brothers' keeper

Story by Lt. Col. Richard Denison

193rd Special Operations Wing Chaplain

Often in the Air Force we talk about having someone as your Wingman. Traditionally, to fighter pilots a Wingman was the pilot of a partner aircraft who watched out for danger while his partner was engaged in a dog fight with the enemy. Today we use the concept of Wingman in regards to watching out for fellow Airmen.

Most of us are familiar of the story from Genesis about Cane and Abel. Remember how in a fit of jealousy Cane murdered his brother Abel. The Lord came looking for Cane and asked what happened to his brother. Cane's response was, "I am not my brother's keeper."

Sometimes we are too much like Cane. We watch out for our own interests and we neglect the interests of others.

For any unit to be successful we have to watch out for each other. In Biblical terms, we must become our sister or brother's keeper. This involves caring and watching out for each other not only in combat or while performing potentially hazardous duties. We must also encourage each other to greater effectiveness. We also need to encourage and support each other in living up to the highest moral standards of our Air Force values.

Any of us in a moment of stress or weakness might violate values we might otherwise cherish. In times of weakness someone's family can be destroyed or their career ruined. In moments of weakness another Airman might be harmed because the indiscretion of another. When we see someone about to do a stupid thing, as good Wingmen we shouldn't hesitate to confront and ask our Wingman if he realizes what he is doing. A simple reminder of the Air Force values may avoid much pain and hardship.

As Airmen we have a responsibility to each other – to watch our Wingman's back. That means more than just simply helping someone avoid danger – its also encouraging your Wingman to live according to the highest Air Force values and making a caring intervention when we think our Wingman might be in danger of violating those values.

****Catholic Services: Sundays of Drill at 11:15 a.m., Building 81 Commander's Conference Room***
****Protestant Service: Sundays of Drill at 1 p.m., Building 81 Commander's Conference Room***
Both services are available by VTC at Air Stations 1 and 2