

SCOPE

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

Your brother's keeper

Wingmen prevent suicides



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SCOPE

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THE VOICE OF THE
QUIET PROFESSIONALS

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State Command Chief Perspective



By Chief Master Sgt. Ralph Braden

State Command Chief

In August the 193rd Special Operations Wing held a Change of Authority Ceremony for their Wing command chief master sergeant position. Command Chief Master Sgt. Steven Hile became the new Wing command chief, replacing retired Command Chief Master Sgt. Scott Keener.

I would like to take this opportunity to publicly thank Chief Keener for his leadership and friendship during his tenure. The leadership and energy he brought to the 193rd Wing Command Chief position has resulted in many enhancements to enlisted programs and he has left a legacy that will last for many years.

I also want to take this opportunity to welcome Chief Hile and thank him for accepting the demanding role of Wing command chief. I am positive that he will build on and further enhance the programs Chief Keener set in place. Chief Hile has a passion for his work and I look forward to serving with him.

I would like to give you a little background on each of the Pennsylvania Air National Guard command chiefs, including myself.

Chief Master Sgt. Ralph C. Braden:
I am the state command chief master

sergeant and I have held the position since March 2007. I am a traditional Guardsman and have a full-time position in the airline industry working as a maintenance manager.

Chief Master Sgt. Richard W. Mertz Jr.: 111th Fighter Wing, Wing command chief. He has been in the position since May 2008. In addition to his position as Wing command chief, he is a full-time technician at the 111th working as the Logistics Readiness Squadron Operations and Compliance NCO.

Chief Master Sergeant Steven P. Hile: 193rd Special Operations Wing, Wing command chief and he has been in the position since August 2010. In addition to his position as Wing command chief, Chief Hile is an Air Guard/Reserve employee and serves the 193rd as the Personnel Support Superintendent.

Chief Master Sergeant Victor H. Guerra: 171st Air Refueling Wing, Wing command chief. He has been in the position since January 2007. Chief Guerra is a traditional Air National Guard member. He is employed full-time working in the airline industry as a manager working safety and regulatory compliance issues.

For the first time, to my knowledge, we now have Pennsylvania Air National Guard senior enlisted leadership that represents the three employee groups that make up our Air National Guard. We have two traditional Guardsmen, a full-time technician, and an AGR representative as members of our team.

It is our job in the Air National Guard to work together as a team. As with any team, there are varied perspectives that each team member brings to the table. Your senior enlisted leadership's varied backgrounds and status as Air National Guard members have formed our different perspectives. These different perspectives will enhance our ability to perform in our role as your servant leaders.

ON THE COVER



There are 32,000 annual suicides in the United States and it's the 11th leading cause of death. Be a Wingman and lookout for your fellow Airmen, seek help if you or someone you know is having suicidal thoughts. (U.S. Air Force photo illustration by Airman 1st Class Corey Hook)



News In Brief

ANG adds psych health directors

Air National Guard officials have created a new position at the wing level to provide mental health support to Airmen and their families before and after deployments.

“The Air Guard is the only service component that does not have military members, who are mental health professionals or technicians,” said Maj. James Coker, the chief of public health and prevention for the Air Guard surgeon general's office. “We do not have that career field in the Air Guard, so (appointing) someone who can direct those types of programs is very important.”

In addition to the mental health and non-medical support services, these wing directors of psychological health will be the point of contact for the Automated Neuropsychological Assessment Metrics program, the Yellow Ribbon program, Air Force suicide prevention programs and the Air Force resiliency program when it is fielded.

“These duties, and several others dealing with mental health, will depend upon the needs of the wing and its mission,” Major Coker said. “The WDPH will take into account Air Force-unique missions as well as Guard domestic operation issues on an individual basis.”

Air Guard officials hope to have a total of 97 WDPHs located across the country.

For more on this story visit [af.mil](http://www.af.mil/news/story.asp?storyID=123229930), <http://www.af.mil/news/story.asp?storyID=123229930>.

Airmen advised in using Facebook

Facebook has recently launched a new application called “Places I Checked Into,” which is automatically active on all Facebook accounts until disabled. This application utilizes the IP address to identify where the user logs onto their Facebook profile. It then posts the status on the wall of the user's profile and includes a map of the location.

The main concern relating to the use of this application is that it may inadvertently compromise the locality of a military user. For example, users on operations in Antarctica are potentially putting themselves at risk by drawing attention to their exact location.

Social network sites already provide an extensive open source intelligence gathering tool. This application is almost creating a one-stop-shop targeting pack, which could potentially be used to target military personnel, family and friends.

The Wing Information Assurance Office and OPSEC manager advises Airmen, especially those deployed or deploying, to disable this Facebook application to ensure the safety of our Wing and Airmen. The application can be disabled by customizing the user's privacy settings.

If you have questions contact the Information Assurance Office at extension 2420 or the Wing OPSEC manager at extension 3287.

193rd Association election time

The 193 Special Operations Wing Association will be holding an election for three open director positions to serve on the board. The election will be held during the annual meeting in April 2011. We are accepting candidates for the positions. To be eligible you must be an active member of the Association and be able to attend the Board of Director meetings on the first Thursday of each month. We hold our meetings in the Wing conference room in the Headquarters building at Air station Middletown. Interested candidates must submit a one paragraph biography by December 31, to Senior Master Sgt. Rick Shirk at rkcschirk@yahoo.com. The biographies will be published in the January Scope for membership review and consideration.

If you have an interest and want to learn more, feel free to contact Sergeant Shirk to discuss this rewarding opportunity.



Promotion to Chief Master Sergeant

Michael S. Kovach 193 SOS

Promotion to Master Sergeant

Dorothy Wozniak 193 LRS

Georgia Powell 193 MDG

Matthew R. Kennedy 193 FSS

Promoted to Technical Sergeant

August J. Smith 193 LRS

Thomas P. Cusick 193 LRS

Eric D. Lengle 193 FSS

Tina M. Joy 193 FSS

William F. Dennison 193 FSS

Elizabeth A. Kotzmoyer 112 AOS

James L. Armbruster 112 AOS

Jessica A. Neff 112 AOS

Promoted to Staff Sergeant

Brian R. McQuillen 271 CBCS

Jeremy J. Scheibelhut 193 FSS

Nicholas E. Hoover 201 RHS

Promoted to Senior Airman

Theodore J. Keppley 203 WF

Eric C. Bauman 211 EIS

Rachel E. Tarbert 193 MDG

Promoted to Airman

Kathleen A. Schmitt 193 LRS



Human outreach key to saving Airmen's lives

Story by Senior Airman Claire Behney

Public Affairs Specialist

Suicide affects us all. It is a killer on the home front, taking the lives of servicemembers. Stepping up as Wingmen and taking action is crucial if you notice a change in a fellow Airmen or yourself – it could save a life.

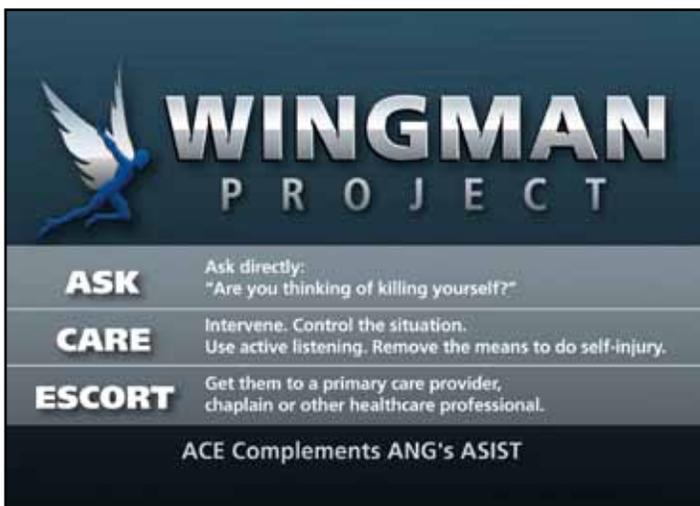
More Airmen have lost their lives to suicide than combat at a rate of seven to one since the beginning of Operation Iraqi Freedom and Operation Enduring Freedom, according to the Wingman Project's Web site. With suicide rates at this level, intervention and knowing what to look for play key factors in keeping Airmen alive.

"We must all take the time to care about those around us," said Chief Master Sgt. James A. Roy, Chief Master Sgt. of the Air Force, in a recent commentary. "That's what good Wingmen do, and that's what our Air Force needs."

Caring about those around us allows suicidal red flags to be detected and the warning signs are there, said Capt. Mark Brumbach, 193rd Special Operations Wing chaplain.

"If you see a red flag express concern then most importantly, listen," said Captain Brumbach. "Don't be afraid to ask the question: are you thinking about killing yourself?"

Warning signs come in several forms. There could be a change in a person's attitude and a noticeable depression; someone could have experienced a traumatic situation; they express verbal warnings and there are also multiple behavioral warnings, like giving away personal possessions or having an obsession with death.



"Relationship pressures, a person's area of occupation and behavioral health are the three main factors we see that cause stresses that lead to suicidal thoughts," said Captain Brumbach. "But, suicide is a permanent solution to a temporary problem."

Knowing how to help is imperative and early intervention is the key. If a warning sign is detected immediate action needs to occur. Encourage the person to talk about the situation and ways to change the situation. Assist the person in seeking help, the resources are out there.

"Some resources available are the Military One Source's 800 number, the hospital's emergency room is an option for an acute case or seek out the base Chaplain, spiritual advisors are always available to help and direct you," said Captain Brumbach.

The only thing that will save a human life is a human relationship, so step up as a Wingman.

"We need to be good Wingmen for others, and also need to develop and maintain trusted relationships and friendships where we can talk openly and honestly about things happening in our own lives," said Chief Roy. "We need to feel comfortable exchanging ideas, views and experiences with those who are closest to us. There is always someone available for you."

Military One Source's telephone number:
1-800-273-TALK (8255)

Air Force's suicide prevention Web site:
<http://www.af.mil/suicideprevention.asp>

The Wingman Project's Web site:
<http://www.wingmanproject.org>

Chief Master Sgt. James A. Roy's commentary on af.mil:
<http://www.af.mil/news/story.asp?id=123229021>

Suicide Myths vs. Facts

Myth: People who talk about suicide seldom commit it.
Fact: 80 percent of complete suicides had given definite indication of their intentions.

Myth: Talking about suicide will give some people the idea of it
Fact: Suicidal people already have the idea. Talking about it may help them ask for help.

Myth: A person who attempts suicide will not try again.
Fact: Some people who attempt suicide have attempted to do so before.

Myth: Suicide is usually an impulsive act.
Fact: Most suicides are carefully plan and thought about for weeks.

Myth: Improvement following a suicidal crisis means the risk is over.
Fact: Most suicides occur within weeks after the perception of improvement.

Myth: Women complete suicide more often than men.
Fact: More women attempt suicide than men, but men have a higher completion rate.

*The above information was provided by the Chaplain's office



Dingdong - Airmen can't un-ring toll of Internet bell

Commentary by Capt. Jay Ostrich

Chief of Public Affairs

With more than 500,000,000 possible Internet friends to choose from globally, it's time to revisit the old proverb, "With friends like these, who needs enemies?" Since the social media revolution and its ramifications to operational security and image are well upon us, no truer words may have been spoken.

Though new threats and vulnerabilities of social media are exposed and briefed daily by our communications and intelligence communities, are our Airmen really getting the message? Many leaders fear not. And what was once considered by the military a great vehicle to recruit, foster esprit de corps and efficiently pass command information, may now be headed for dangerous curves and a dead-end street.

Whether Airmen will drive down the information highway is no longer in question – more than 90 percent of them are already behind the wheel and heading out to parts unknown. What remains then is to look squarely in the eyes of Facebook and other social media and face the reality: Our Airmen need to know the rules of the Internet road.

Just days ago, the information assurance office warned of a new OPSEC threat from Facebook that would allow an application to track your exact whereabouts when logging onto the site.

So much for deploying to undisclosed locations, right? Well, not exactly. Airmen can disable the application by following a

simple set of instructions within the sites privacy settings.

And therein lies the rub.

No longer can Airmen passively surf the Web and use social media sites, oblivious to the dangers of OPSEC spillage. We must all take personal responsibility and proactive steps in securing our personal information as it can clearly compromise the safety of our Airmen and missions. You cannot un-ring a bell – once the information is out on the Web, the larger questions become not if, but who has seen it and what they will do with it.

Many Airmen argue that since they control the "friends" who see information posted, there is no need to further tighten their social media security. Experts say not so fast.

Recently, privacy watchdogs and military intelligence have reported threats of spies befriending people on a variety of social networks in order to take advantage of their willingness to share personal information.

After all, how well do you know that old friend from high school? Is it really them? Are you honestly taking the time to investigate who you confirm as your friends? Do these more casual friends and family really need to know exactly where you are and what you are doing?

Protecting OPSEC is never a matter of choice it is a matter of duty. If you aren't asking yourself these questions and proactively protecting your privacy, you may be putting yourself and your fellow Airmen in harm's way. By knowing the rules of the road and driving past lurking threats, Airmen can assure safe travels on the information highway and throughout the world.

Rules of the Internet road

BE A QUIET PROFESSIONAL: There are reasons why our motto is, "Never seen, always heard." The safety of our Airmen is mission number one, so unless you have been asked specifically by command to do otherwise, leave mention of the 193rd SOW off your social media pages.

YOU CAN'T UN-RING A BELL: Once you put information on the Web, assume everyone can see it. OPSEC violations can be inadvertent, but no less deadly.

IF YOU SEE SOMETHING, SAY SOMETHING: If you see something on a fellow Airman's social media site that shouldn't be there, talk with them directly and ask them to remove it. If they refuse to do so, contact your public affairs office and chain of command. If you believe you have seen a violation of OPSEC, immediately contact your chain of command.

PERCEPTION IS REALITY: You cannot simultaneously represent yourself as an Airman and a fool. Remember core values extend to Internet usage and Airman are expected to protect OPSEC; if asked to speak by command to represent military activities accurately; follow all DoD, Air Force, AFSOC, Pa NG and Wing policies; and always make sure they represent the military with good taste. If there are any questions, contact your public affairs office.

NO GOOD DEEDS GO UNPUNISHED: Think you have some good photos or video from training or your mission that would look good on YouTube or your Facebook site? Think again! Images taken while on duty belong to DoD and must be vetted and approved by the public affairs office before posting to outside sources. Airmen are NOT authorized to post directly to the Web without going through this process.

WITH FRIENDS LIKE THESE, WHO NEEDS ENEMIES?: Remember to thoroughly look into "friends" before you accept them into your Facebook site. Ask yourself if you really need to have them know information you posted to your page. Limit the amount of private information you share on your site.

STAY IN YOUR LANE: Per TAG and Wing policy, no organizations at any level are authorized to create or maintain official or unofficial "pages" for Facebook or any other social media. Please see your public affairs office for additional information.



Wing introduces new non-profit league



Story by Col. Jerry Otterbein

Vice-Wing Commander

One of the hallmarks of the 193rd Special Operations Wing is the generosity of its members when it comes to charitable events. Over the years, our Wing has contributed thousands of dollars to great causes like the Pennsylvania Food Bank and the Wounded Warrior Foundation. When disaster strikes one of our members, we raise funds to help ease financial burdens on our 193rd families.

Raising funds for charity is highly encouraged by the Wing senior leadership. It promotes good community relations, fosters stronger bonds with our Major Command and helps those within the Wing in time of need.

It is important though, that in today's highly litigious society, we operate our charitable events wisely and with an eye on potential liability. It is with that thought

in mind that we have formed a civilian non-profit corporation, the 193rd Special Operations Wing Benevolent League.

The corporation is comprised of a board of five directors including the president, Lyn Marquez; vice-president, Amy Crossley; secretary, Ben Jackson; treasurer, Leslie Knight and a director without title, LaDawn Straub. You'll notice that military rank was not used, because these directors are in civilian status while acting as corporate board members. The board positions are manned by each of the groups within the Wing. The officer serves a one-year term and then rotates to the next higher office the following year.

In the future, any Wing, group or squadron charitable event that takes place outside the gates or taking place on base, that involves civilians, must be operated through the 193rd SOW Benevolent League. The league will provide oversight and liability protection for the commander, the Wing and the Pennsylvania Air National Guard.

Examples of charitable events the League will oversee include golf tournaments, 5K running events, etcetera. Events such as basket raffles and bake sales would not fall under the purview of the Benevolent League. Events requiring League oversight will use the 193rd SOW Benevolent League title in the event name and all event advertising.

It's important to note that the Benevolent League is not staffed to manage a charitable event, only to provide oversight. Each event will be staffed by its originating group or squadron. Board members will sign a memorandum of agreement with the originating organization approv-

ing the type of charitable event along with relevant details and review the financial statement provided after the event, showing how much was raised and where the money was distributed.

Numerous times I have been asked about the 193rd Special Operations Wing Association and why they aren't the organization tasked with oversight of our charitable events. The Association is a volunteer organization that does many great things for the Wing and our retirees. It was our initial choice, but due to their affiliation with the Combined Federal Campaign and their tax exempt status it was not legally possible for them to take on the Wing's charitable events.

The Benevolent League will be a great way to bring all of the Wing's charitable events under one umbrella for the purpose of oversight and liability protection.

If you are thinking about raising money for charity, please contact a Benevolent League board member or your commander before you get started.

The board meets on a quarterly basis, but has the flexibility to meet as needed to provide a timely approval process. If you would like to serve as a future board member or just want to get involved with a charitable event, please contact your supervisor or commander.

Finally, I would like to say thank you to all of the men and women of this great Wing that have worked on charitable events in the past. Your efforts are truly appreciated and the donations we have made as a Wing have helped those less fortunate. The spirit of giving is just one more quality that makes the 193rd one of the finest ANG Wings in the nation.

193rd Airmen place at annual bowling tournament

Story by retired Senior Master Sgt. John Kuntz

The Air National Guard's annual North-East Regional Bowling Tournament was hosted by the 121st Air Refueling Wing, Columbus, Ohio, Oct. 9 and 10. The 193rd Special Operations Wing entered four teams and represented the Wing well.

The team of Senior Master Sgt. Halina Monczyn, Master Sgt. Lenny Lemieux, Master Sgt. Gene Scholler and Jim Coffman came in 2nd place out of 30 teams and almost brought the team trophy back to Middletown. Also finishing on top were singles event-women, Kathy Brillhart, finishing 3rd; men, retired Master Sgt. Joe Magaro, finishing 3rd also and retired Master Sgt. Shu-

gie Proctor, finishing in 6th place. In the doubles event, Sergeant Magaro and retired Technical Sgt. Larry Henderson finished in 4th place and Jim Coffman and Sergeant Scholler finished in 5th place. Sara Proctor and Deb Ausberry cashed in on a couple scratch and handicap pots.

The 34th NERBT is being held by the 177th Fighter Wing, Atlantic City, N.J. Oct. 8, 9, 2011. There will be more information on the Atlantic City's host hotel and costs in the coming months. If any member of any unit under the 193rd SOW umbrella wants to bowl next year at Atlantic City, contact Senior Master Sgt. Mike Beachley at 948-3237.



Sounding Off

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

WF commander position announced

There is an open position for a traditional Guard member as a Weather Officer (15W3) with the 203rd Weather Flight. The position is for officers only.

If interested in the position, please send letter of intent and military resume to Col. Dutton, Regional Support Group commander at chris.dutton@ang.af.mil by close of business Tuesday, Nov. 30.

RHS NCOIC position announced

The 201st RED HORSE Squadron is accepting applications for the position of Services non-commissioned officer in charge at the rank of master sergeant or higher.

This position leads the RED HORSE Services section through all phases of the career field, lodging, cooking, mortuary, etcetera while in garrison as well as potentially austere environments.

If interested in this challenging position, please provide your resume to Lt. Col. Terry Robinson, 201 RHS commander at terry.robinson.1@ang.af.mil by close of business Saturday, Dec. 4.

Travel voucher filing change announced

Please advise of this change in travel reimbursement protocol: Effective immediately, lodging receipts from online hotel booking sites such as hotels.com, priceline.com, etcetera will not be accepted. All travelers must have the receipt from the actual hotel with the detailed charges. In addition, they also cannot accept a lost receipt in lieu of an actual receipt in these cases.

Per the DoD-aided Per Diem, Travel and Transportation Allowance Committee, these changes are currently in effect and scheduled to appear in impending prints for both Joint Federal Travel Regulation change number 287, and Joint Travel Regulation change number 541, dated Nov. 1.

Feel free to contact your finance office if you should have any questions regarding this matter.

TRICARE representative visit scheduled

Ginger Goodyear, a TRICARE community representative, will be available for questions and TRICARE information Saturday, Nov. 13 from 11:30 am to 1 p.m. in the dining hall.

Ginger can address questions in regards to TRICARE for AGRs, TRICARE for deployers, the TRICARE Reserve Select programs and much more. Please take advantage of having her visit base and don't hesitate to get your questions answered.

AFI does not allow disguised USB devices

The use of disguised USB storage devices designed to look like anything other than a USB storage device is not permitted in locations containing Department of Defense information systems, per IAW AFI 33-100 and AFSSI 8502. Examples of these disguised devices include watches, pens, pocket knives, flashlights and calculators.

Any questions or concerns, contact you IAO, CSA or the Wing IA office.

Discount Bears tickets available

The Hershey Bears are hosting Hometown Heroes nights, Oct. 31, at 7 p.m. and Sunday, Jan. 23, 2011 at 5 p.m. Tickets are \$16.50 a seat both nights.

To purchase tickets and reserve seats, please visit Sandy Scott in the Airman and Family Readiness Program Office.

What's on the Menu

Constellation Cafe

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

SATURDAY

**The same meal will be served in both the main and snack line*

Roast turkey
Baked ham
Mashed potatoes
Sweet potatoes
Bread stuffing
Turkey/chicken gravy
Corn
Glazed carrots
Salad bar

SUNDAY

Main Line:

Chicken parmesan
Pasta with meat sauce
Broccoli
Vegetable du jour

Snack Line:

Hamburger/cheese burger
Hot dogs
Assorted chips

**Clancy's will be closed both Saturday and Sunday*

UTA Payday: Nov. 26

About Face

What is your favorite Thanksgiving tradition?



Tech. Sgt. Suzanna Alleman
Force Sustainment Squadron

"Friends and family get together and before we can eat we have to go around and all say what we're thankful for and it has to be something heartfelt."



Staff Sgt. Justin Rhinehart
Security Forces Squadron

"Our family turkey bowl, which is when friends and family come over and we play football; it's my favorite holiday."



Tech. Sgt. Daisy Andino
Operations Squadron

"Just getting together with my family and being able to catch up on our lives."

Association asks members for support during CFC

Story by Staff Sgt. Matthew Mehalick

193rd SOW Association member

It is nearing that time when we ask you to keep us in mind during the Combined Federal Campaign. As you hopefully know, the 193rd Special Operations Wing Association is a 501(c)(3) non-profit organization. Our non-profit status requires that we must raise funds through membership dues and charitable donations.

We hope you're not wondering, "What does the Association do with these funds?" Well if you are, we would like you to know that those same funds collected by the Association are returned to you.

Since the start of 2010 the Association has given \$5,667.50 in assistance to Wing members in need and to Wing functions. We seek to assist our fellow Airman through serving the past, present, and future members of the 193rd.

By serving those who have put service before self the Association is unique. It provides financial aid through the Association assistance fund; acts as a provider and co-partner with the Wing to support Wing activities; supports recognition programs, such as the outstanding ready Guardsmen program with over \$2,000 in awards and provides funds for fellowship events, such as the enlisted banquet, dining outs,

Christmas parties and our annual family day activities.

To continue our service we are asking Wing members to consider of the Association during the Combined Federal Campaign. With every charitable donation, the Association is able to continue its mission of supporting the great history of the Wing and its future accomplishments.

If you wish to contribute to our mission our donation number is 45961. The 193rd SOW Association thanks you for your contributions as well as your support.

For more information please visit our Web site at www.193sow.org or e-mail the association at solo@193sow.org.