

SCOPE

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

UNFIT TO FIGHT

NO MORE



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WING COMMAND CHIEF
PERSPECTIVE





SCOPE

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Tech. Sgt. Mariko Bender

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THE VOICE OF THE QUIET PROFESSIONALS

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193rd Public Affairs
81 Constellation Court
Middletown, PA 17057
<http://www.193sow.ang.af.mil>

Wing Command Chief Perspective



By *Command Chief Master Sgt. Steven Hile*
Wing Command Chief

Greetings and welcome to another great UTA weekend. This month I am focused on one main issue: your membership with professional organizations. *Please don't stop reading here because important information follows.*

With this stated, I have questions for you. Do you like the benefits you have now? Would you like more benefits or the ability to keep what you have? If so, then in simple terms, please consider taking the steps in gaining a membership in professional organization that is ready, willing, and able to represent you on Capitol Hill. Believe it or not your voices and memberships make a difference with our legislators.

There are several professional organizations that represent you and are as follows: the Air Force Sergeants Association, the Associations of the National Guard of the United States and the National Guard Associations of Pennsylvania. These organizations represent our initiatives and lobby for our benefits.

This year for our state PNGAS and PNGEA leadership are working issues regarding the Educational Assistance Program's minimum pay for state active duty; local earned income tax treatment for active duty pay; support for state funding for readiness centers; and support for federal funding for PNG.

The AFSA's legislative platform for 2010-2011 includes items for the Air National Guard like reducing the earliest Guard and Reserve retirement compensa-

tion age from 60 to 55; provide employer and self-employed tax credits; obtain appropriations to reimburse travel expenses for UTAs, this is approved but not yet funded by Congress; set Air Reserve technicians' retirement eligibility for unreduced benefits to age 50 with 20 years of service, or at any age with 25 years of service (if honorably, involuntarily separated); eliminate the annual cap on inactive duty training points; enhance Selected Reserve Montgomery GI Bill (SR-MGIB) benefits; award full veterans' benefit status to Guard and Reserve members who complete 20 qualifying years of service, but do not otherwise qualify as veterans under title 38. I am sure there is at least one item listed that matters to you. If you want more details on these items, feel free to contact me and I will explain them.

Now what about you, how can you help and what are your responsibilities? You can help by becoming a member and by paying attention to the issues that affect you. Being a member gives you access to know what is going on and how you can make a difference. As for responsibilities, I could make statements like; IAW AFI 36-2618, the Little Brown Book, it explains that it is the responsibility of all Airmen to join and support professional organizations, which is true but, I believe you need to join because you CARE. This, to me, is the greater responsibility.

PNGAS and PNGEA are the professional organizations that directly address specific Guard related issues. To become a member visit PNGAS.net and select join on the home page to start the registration process. There are dues payments of \$10, \$15 or \$20 depending on rank.

This organization does truly work for you! I encourage you to become a member today. If you have any problems with the registration page please don't quit. See me or any other Chief for assistance. The chairman of PNGEA is ready, willing, and able to assist.

If you want information on any other professional organization I mentioned or even some I have not please let me know, I'd be happy to help.

ON THE COVER



Trainees of the 193rd Special Operations Wing's Right Start program stand at ease as they wait their turn to weigh in on the scale as part of their routine physical training test. The importance of a fit Airman is taught from day one at the 193rd. (Photo by Tech. Sgt. Mariko Bender.)



News In Brief

NG PA implements new Web site

The National Guard public affairs office has put together a new Web site with general information regarding identity theft. With the number of personally identifiable information breaches the National Guard has experienced, it became import to have a Web site that potential victims can be given that would allow them to obtain general information on protecting their identity.

The information in the Web site was taken from a general pdf file the Department of Defense put out and posted on their website a few months ago.

The Web site is: http://www.ng.mil/features/identity_theft/default.aspx. There is also a link to it on our Privacy GKO site.

Biden promises to care for families

I promise we will take care of and support your families every time you deploy, Dr. Jill Biden said during a call to duty ceremony at the Delaware Air National Guard's 166th Airlift Wing, New Castle, Del., March 4.

"As family members, we honor and support our [Guard members], but we also know that we will miss them each and every day they're away from us," she said.

Biden, who is the wife of Vice President Joe Biden and a Blue Star Mother from the state of Delaware, announced Feb. 28 that she and first lady Michelle Obama will be launching a campaign this month that's designed to rally citizens, businesses and nonprofit organizations to provide support for servicemembers and their families.

**To read the rest of this story visit*

<http://www.ng.mil/news/archives/2011/03/030711-Biden.aspx>



Promotions

For the month of February

Promoted to Senior Master Sergeant

Pauline F. Gonzalez 193 SOW

Promoted to Master Sergeant

Erik J. Smith 193 MSG
 Suzanna M. Alleman 193 FSS
 Thomas A. Bereschak 193 OSF
 Jason M. Hummel 271 CBCS
 Andrew J. Callo 553 Band

Promoted to Technical Sergeant

Katrina M. Scheibelhut 193 FSS
 Kevin L. Rhyder 193 SOS

Promoted to Staff Sergeant

Alfred M. Saks 193 CES

Promoted to Senior Airman

Kyle M. Bevins 193 AMXS
 Blaze A. Auman 112 AOS

Congratulations!



Health, wellness key in ‘fit-to-fight’ lifestyle

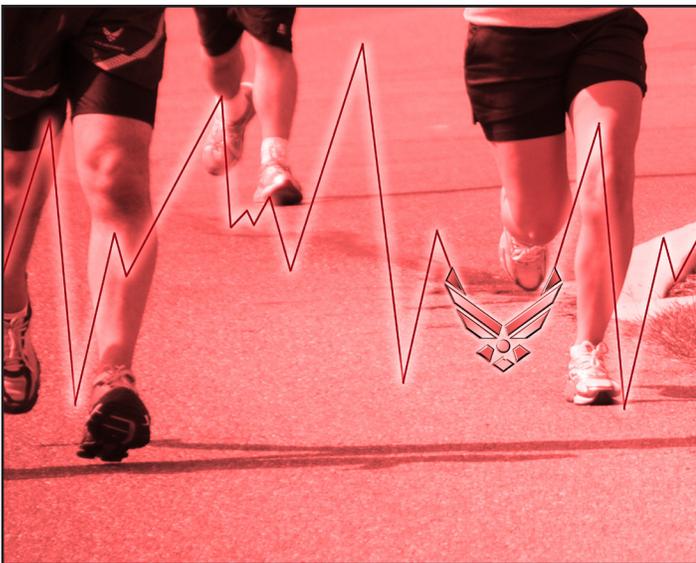
Story by Tech. Sgt. Erin Heiser

Public Affairs Specialist

One of the most common New Year resolutions is to lose weight or get in shape. Fitness club memberships sky rocket during the month of January and there’s rarely an open treadmill to be found. As time goes by and the enthusiasm of sticking to one’s resolution begins to wane, more and more people fall off the wagon, or treadmill and return to the couch - Airmen included.

It’s no secret that Americans over indulge during the weeks between Thanksgiving and the New Year, and at a time when physical fitness is no longer referred to as an epidemic, but rather a matter of National Security, the military services are hard pressed to get our forces in shape.

In response to the Department of Defense call for a healthier, fit-to-fight force, the Air Force has instituted a new and improved fitness program aimed at ensuring today’s Airmen are physically ready to meet mission requirements and the 193rd Special Operations Wing is on board.



Maintaining a fit-to-fight mentality has become a mission requirement for Airmen throughout the Air Force. The DoD has implemented a new fitness program to ensure Airmen are ready to answer their nation’s call. (Photo illustration by Senior Airman Claire Behney.)

Wing leadership has drafted a Wing Fitness Program Instruction that outlines fitness responsibilities for all SOW Guardsmen. The ultimate goal of the WFP is to “...ensure that 193rd SOW members maintain acceptable, if not superior, fitness levels to ensure maximum mental and physical efficiency to perform any designated mission.”

In line with our active duty counterparts, the 193rd strives for excellence in all we do and physical fitness is a critical component of such success.

“The 193rd has been preparing for the transition into the new AF fitness program since April 2010,” said Tech. Sgt. Erick Rittle, Wing Fitness Program Manager. “We’ve collaborated with

a wide variety of sections, leadership, and active-duty AFSOC units to assist in the guided execution of an ANG-specific Fitness Program for the Wing.”

And while there may be programmatic differences between active duty and Guard units, the overall goal is still the same: to motivate members to adopt a lifestyle of fitness through the realization of positive health-benefits from regular exercise and good nutrition.

A recent Air Force Times article outlined several elements of the new Air Force fitness program. Active duty Airman are now facing a “two strikes and you’re out” policy, and are monitored by civilian contractors, who are hired to ensure that all test components, specifically the push-up and sit-up components, are properly executed.

While the 193rd isn’t fully mimicking the active duty approach, our Unit strives for the same end result: a leaner, physically fit force.

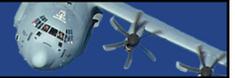
“Our Guardsmen constantly strive to meet or exceed all standards and physical fitness is no different,” said Col. Jerry Otterbein, Wing vice commander. “Efforts spent today on physical fitness will help to ensure that our ‘golden years’ are spent with more energy and fewer doctors visits.”

And doctors around the nation have noted an increase in patient visits for weight-related maladies, with Pennsylvania-based doctor visits proving to be no exception. Pennsylvania was named the 17th most obese state in the country, according to a 2010 Trust for America’s Health obesity report.

To help combat these statistics and meet its goal of 100 percent PT pass rate, the WFP includes several outreach support services to assist Airman attain their goals. Group and personal fitness training sessions, quarterly fitness recreation events, and nutrition seminars are just a few of the initiatives soon to be available to all 193rd Guardsmen. The Wing recognizes the need for programmatic assistance when it comes to physical fitness, health, and wellness, and stands ready to support each Airman ready to make the commitment.

“Our Guardsmen constantly strive to meet or exceed all standards and physical fitness is no different,” - Col. Jerry Otterbein, Wing vice commander

Physical fitness is a personal responsibility; however, it is a recognized fact that physically fit Airman are healthier individuals, have higher morale and overall productivity. The goal of the Wing WFP is not just to have a 100 percent pass rate, but rather to promote a healthy, physically fit lifestyle for all Airmen in order to be better prepared and mission ready.



Medical Group implements new Air Force program



By Chief Master Sgt. Ken Souders

193rd Medical Group Chief

On Oct. 1, 2010 the 193rd Special Operations Wing Medical Group implemented the new Air Force Web-based Health Assessment program and is no longer using SF 507. WEB HA is the next step towards the use of electronic medical records. We already house a majority of your medical documentation in the Preventive Health Assessment and Individual Medical Readiness program.

To access the WEB HA program from the Air Force Portal main page, click on the featured links, health and wellness, AF WEB HA. Your CAC card is required if you have access from home. Another way to connect is from a military computer at <https://afwebha.afms.mil>.

Both methods are acceptable and must be accomplished prior to your visit to the Medical Group and your unit health monitor will inform you when to complete your annual WEB HA.

There are a minimum of 54 health assessment questions to answer, with a maximum of 209 questions. The online assessment takes approximately 15 to 30 minutes to complete. Once you have completed your WEB HA you must notify your UHM.

The UHM will send the Medical Group a list of members that have completed the WEB HA. After a thorough review of the assessment, the Medical Group staff will either clear you for no further action or put you on the schedule to be seen by one of our providers. The provider visit will allow you to discuss any current issues that you may have.

If you have any questions about the WEB HA program, contact the Medical Group staff at extension 2235 or 3158.

Current Wing UHMs:

RSG – Staff Sgt. Michael Barber
271st CBCS – Master Sgt. Lisa Miller
112th AOS – Master Sgt. Robert Wells and Master Sgt. William Burns
HQ PaANG – Master Sgt. Ronda Fawber and Master Sgt. Jamie Tyler
SFS – Staff Sgt. Michael Dawson and Staff Sgt. Dustin Hoppes
FSS – Senior Master Sgt. Christopher Shull and Senior Airman Mallory Harvey
148th ASOS – Staff Sgt. Ashley Kessler and Tech. Sgt. Joshua Millard
CS – Chief Master Sgt. David Kann and Chief Master Sgt. Leslie Black
MDG – Master Sgt. Georgia Powell and Tech. Sgt. Ashley Roughsedge
CES – Master Sgt. Leland McKenney
Wing/CF – Master Sgt. David Durham
LRS – Tech. Sgt. Deyna Crummel
MXG, MOF – Tech. Sgt. Renae Lester
MXS, AMXS, MOF – Master Sgt. Helen Stortoni and Master Sgt. Kathy Suhr
MSG – Tech. Sgt. Pamela Nee
Det 1 – Master Sgt. William Ketner and Master Sgt. Daniel Long
OG, OSE, SOS – Staff Sgt. Daisy Andino, Senior Master Sgt. Halina Monczyn, Master Sgt. Aaron Harman, and Tech. Sgt. David Heine
201st RHS – Master Sgt. Michael Fritz and Staff Sgt. Nicholas Brydun
203rd WF – Senior Master Sgt. Michael Sema and Master Sgt. Joseph Plante
211th EIS – Tech. Sgt. Sharlene Sprouse
553rd Band – Staff Sgt. Andrew Stike

Fitness, nutrition work hand-in-hand for fit Force (continued from Page 4)

According to the 2010 Physical Activity Guidelines for Americans, individuals need to perform two types of physical activity each week to improve overall health— aerobic and muscle strengthening. The average adult needs, at a minimum, 150 minutes per week of moderate intensity aerobic activity (e.g. brisk walking) and muscle-strengthening activities on at least two or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms). But physical well-being is just half the battle.

There are many healthy behaviors that contribute to fitness and health and wellness. Basic nutrition is the other core component of a balanced, healthy lifestyle. Fitness and nutrition complement each other. An active exercise routine compels one to

healthy eating habits, and vice versa. To support this notion, the 193rd Force Support Squadron is charged with providing on-duty Airman with healthy meals, while sponsoring a healthy eating awareness program at all FSS facilities.

“The best preparation comes from developing a culture of fitness and nutrition for yourself and community,” said Sgt. Rittle. “If fitness and a well-balanced diet is not part of that culture, then chances of passing the PT test decrease significantly.”

Health and wellness is a lifestyle, not just a temporary New Year resolution, born from an ill-fated, marketing-based tradition. It’s a personal commitment that the Wing stands ready to support. As Airman, we are obligated to the fit-to-fight mentality because our lives depend on it – both on, and off the battlefield.

Have a story to tell, announcement or job vacancy?

Scope advertising works for you to get the word out!

Contact the public affairs office.

All Scope submissions must be received by the Sunday of the UTA prior to the desired run date.



193rd celebrates Women's History Month

Story by Senior Master Sgt. Pauline Gonzalez

Wing Human Resource Advisor



Each year during March, the United States pays tribute to generations of women by reflecting upon their contributions to society during National Women's History Month. This year, the 193rd Special Operations Wing recognizes one of our own, Master Sgt. Patricia L. Massie, 211th Engineering Installation Squadron, Fort

Indiantown Gap, Emergency Manager.

In 1988, Sergeant Massie joined the Air National Guard. Inspired by her father, 2nd Lt. U. Walter Massie, a decorated World War II Veteran and Naval Radar Officer who once served on the USS Sidonia, she knew she wanted to serve.

Sergeant Massie has served with the 211th since 2000. In June, she will retire after 23 years of dedicated service.

While not in uniform, Sergeant Massie works for the Pennsylvania Department of Agriculture as the Domestic Animal Health Inspector, and also works as a Veterinarian Technician at the Carlisle Small Animal Clinic.

With only months to go until retirement, I sat down with Sgt. Massie to reflect on her career, mentors and significant moments as a military servicewoman:

Q: What has it meant to be a woman in the military?

A: I started out as a telephone switcher (central routing equipment repair), then that field was eliminated and Tech. Sgt. Suzanne Arsic convinced me to cross train into the Cable section. At times, it was difficult being a woman in that career field and I knew I needed to prove that I belonged there. Once my male colleagues realized that I was there to work hard and finish the job, no matter how dirty or difficult the task at hand, I was accepted and ultimately earned the respect I deserved. Then they accepted me, like anyone else I had to earn their respect.

Q: How has your career field changed over the years?

A: I've been in EM field since 2000, and after September 11, everything changed, and is still changing as my work has evolved to deal with the constantly changing enemy threats and tactics. EM is so much more than Chemical warfare.

Q: Who's made an impact in your career?

A: First and foremost, my father. He always believed I could do anything I put my mind to, in fact, I still call him for advice and he's 87! Tech. Sgt. Suzanne Vantine Dodson, has also greatly impacted my career, as she taught me a good work ethic and responsibility; Master Sgt. Eric Krause, has always believed in me and served as a mentor and friend. He is the last remaining person I know from the telephone switcher field.

Q: What has been your finest hour in the military?

A: When I was promoted to Master Sgt., a lot of my family members were in attendance, to include my step-sister, retired Lt. Col. Jeanne Pounder, who came down from New Hampshire to present me with a plaque. After that, the unit changed the way it promoted people to the top 3 ranks, they now also present a

plaque, and do an induction to the top-three tier. I was glad that it was a positive influence on the unit management.

Q: What has had the most meaning to you in your career?

A: Pride of service and feeling like what I do helps others. Being a part of something bigger than me, and knowing service to my country and to my fellow Airmen, has had a ripple effect and made a difference.

Q: Describe the feeling you will have, or sentiment on the day of your retirement?

A: It's time to pass the torch and give the opportunities I've had to the next generation of Airmen. I will definitely miss the 211th and the friends I've made over the years. Overall, it's been a rewarding and priceless experience.



Sergeant Massie (right) assists a fellow Airman through the Airman's Manual during a exercise at EIS. As the emergency manager with the 211th she has made an impact in the careers of Airmen throughout the Wing training them in chemical warfare defense. (Photo provided by Sergeant Gonzalez.)

Q: Any parting words and advice to our Airman?

A: Believe in doing the right thing, and always support your fellow Airmen, no matter what your personal feelings are toward that person, they may be doing the best that they can do. Always remember that we're all in this together and don't forget to laugh. No matter how bad it gets, there's almost always a bit of humor in every situation.

In 2008, Sergeant Massie participated in the EIS's inspection. Her long hours and tireless efforts helped the unit earn a rating of "Excellent." This is but one example of her outstanding service and contributions to the 193rd and the Pennsylvania Air National Guard. For all you've done and accomplished, Sergeant Massie, we salute you.



Sounding Off

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

Cyberspace officer position announced

The 193rd Communications Squadron, based at Fort Indiantown Gap, is looking to fill a traditional Guard vacancy as a Cyberspace Officer (17D AFSC). Previous information technology, telecommunications, or related cyberspace experience required.

For individuals qualified for commissioning as a 17D, boards will held April 16 and 17; complete packages are due no later than April 1.

Please direct all questions, including package requirements, to Lt. Col. Kris Kollar at kris.kollar@ang.af.mil or via telephone at 717-861-8689.

Intro to Spec Ops course announced

An introduction to special operations course will be held Thursday through Sunday in the Operations blue room.

This course is designed for Air Force Special Operations personnel filling or programmed for a position requiring knowledge of joint United States special operations.

The course examines the historical evolution, development, organization and mission activities of U.S. Special Operations Command and its components. The course is taught at the unclassified level and has open enrollment.

Officer seminar scheduled

The 2011 seminar will be held April 18 - 21 at the ANG Schoolhouse, Fort Indiantown Gap. The seminar will have special guest speakers and military subject matter experts.

The registration form can be found on the 193 SOW AF Portal listed under the topic "Education and Retention." Return your registration to wayne.isett.ctr@ang.af.mil, or mail to 193 MSG/IM, 81 Constellation Court, Middletown, Pa. 17057-5086.

Rooms are available at the ANG Schoolhouse. Information about orders, lodging, and pay should be addressed to your squadron orderly room.

Curriculum questions can be addressed by seminar OIC, Lt. Col. Dan Bailey at daniel.bailey2@ang.af.mil or seminar facilitator, retired Chief Master Sgt. Wayne Isett at wayne.isett@ang.af.mil.

Donation drive announced

The 193rd Enlisted Council is sponsoring a donation drive for the Ronald McDonald House. Several items are being requested as donations to include various food items, disinfectant spray, hand sanitizer, toiletry items, board games, books, and gift cards. Because of the immune suppression of some of the children, all items that are donated must be new. Flyers and donation boxes are placed around base until March 31.

193rd Benevolent League announced

The 193rd Special Operations Wing Benevolent League is now the single focal point for Wing, group, and squadron charitable events in the future. Any charitable event that takes place outside the gates or any charitable event taking place on base must be vetted through the league.

The 193rd Benevolent League provides oversight and liability protection for the commander, the Wing and the Pennsylvania Air National Guard.

If you would like to raise money for a charity please contact the league at their e-mail, 193sow.benevolentleague@ang.af.mil.

What's on the
Menu

Constellation Cafe

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

| <u>SATURDAY</u> | <u>SUNDAY</u> |
|------------------------|----------------------|
| Main Line: | Main Line: |
| Syrian beef stew | Corn beef |
| Pineapple chicken | Mashed potatoes |
| Cod | Buttered noodles |
| Brown rice | Sauerkraut |
| Red skin potatoes | Asparagus |
| Black eyed peas | |
| Snack Line: | Snack Line: |
| Hamburgers | Hamburgers |
| Cheeseburgers | Cheeseburgers |
| Chicken steak sandwich | Rueben |
| Baked beans | Baked beans |
| Curly fries | Curly fries |

Need space for a working lunch?

The atrium is now available for working lunches and can accommodate up to 24 people. Call extension 2456 to reserve this space 48 hours in advance.

UTA PAYDAY: April 1