

SCOPE

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



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SCOPE

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THE VOICE OF THE QUIET PROFESSIONALS

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ON THE COVER



Airmen of the 193rd Special Operations Wing Fire Department participate in annual training on the aircraft of the Wing. (Photo by Senior Master Sgt. David Hawkins)



By Chief Master Sgt. Victor H. Guerra

State Command Chief

You may have been expecting the last part of a four part article on The Airmen's Creed; which I will try to get back to next month. Instead, this month I felt the need to talk about an issue that continues to impact the military as a whole, and our Pennsylvania National Guard family as well.

We recently received word that we lost another one of our own, a Pennsylvania Guardsman, to a self-inflicted gunshot wound. The Soldier was 25 years young and was having on-going personal challenges; was unemployed and having relationship problems.

There are times when the best of us (probably each and every one of us) will feel or have felt helpless, hopeless, overwhelmed or even worthless. Life's pressures can get to us all sooner or later. I know there've been times when I wondered if I was going to make it, and get through what I perceived as an overwhelming issue or problem. No one is immune to having suicidal thoughts.

I was recently reminded of the movie "It's a Wonderful Life." The main character, George Bailey, is a man whose life seems so desperate that he contemplates jumping off a bridge. The key word here is seems. As he's about to jump, his guardian angel Clarence stops him and shows

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him all of the lives he's touched, and what would have become of his family and friends had he never been born.

We don't often realize just how we've touched the lives of others. Doing what we think is a small thing for someone could be huge in that person's eyes, even life changing. During the movie, George is shown by Clarence just how much of an impact he made in the lives of others.

There may not always be signs but we should always be looking. Those working though challenging times need to know help is available and more important, to be open to getting help; this takes strength. No problem calls for ending one's life.

If you suspect someone might be contemplating suicide, remember ACE. ACE stands for Ask, Care and Escort. Ask – talk with the individual. It's okay to ask them specifically, "Are you thinking about killing yourself?" It may be difficult or feel uncomfortable to do, but it's critical to ask. Care – intervene, calmly control the situation, actively listen and remove any means to do self injury. Escort – get them to a chaplain, primary care provider or other healthcare professional. If the person refuses, call 9-1-1.

A few resources which can help someone through challenging times include the following:

Wingman Project, www.WingmanProject.org; Military One Source, 800-342-9647, www.MilitaryOneSource.com; National Suicide Prevention Lifeline – 800-273-8255; Suicide Prevention Resource Center – www.sprc.org. One other resource on this and various other subjects is the Air National Guard Family Guide which can be found at www.ang.af.mil/shared/media/document/afd-111128-048.pdf.

It's best to err on the side of caution; the worst that could happen is you face a bit of embarrassment. The best is that you save a life. Be someone's Clarence, because it is a wonderful life.



Promotions

Promotion to Chief Master Sergeant

Regina I. Stoltzfus 193 LRS

Promotion to Senior Master Sergeant

Robert S. Smith 193 MXS

Promotion to Master Sergeant

Chad E. Parma 193 MXS

Geoffrey L. Gemundt 193 SOW/Det 1

Scott A. Kreiser 201 RHS

Promoted to Technical Sergeant

Brian J. McNally 553 Band

Promoted to Staff Sergeant

Jody A. Meade 193 CES

Gregory A. Mazzone 193 CES

Corey N. Wileman 193 CS

Kayla A. Lash 112 AOS

Jackie L. Julian 112 AOS

Promoted to Senior Airman

Natonya R. Hill 193 MSG

Erin M. Hoover 193 MSG

Marissa L. Unitis 193 MXS

Daniel C. Lee 193 MXS

Steven D. Neimkiewicz 193 MXS

Jordan D. Miller 193 AMXS

Emery A. Barrett 193 AMXS

Kayla R. Hetzel 193 AMXS

Derek L. Kuhn 193 LRS

Matthew P. Kachurik 193 LRS

Ryan M. Leland 193 MXS

Vanessa K. Scaife 193 MXS

Shane C. McCoy 193 MXS

Emily J. Shertzer 553 Band

Clayton M. Lee 533 Band

Madeleine Y. Bittner 553 Band

William L. Wakefield III 211 EIS

Jeremy P. Webb 201 RHS

David C. Graci 201 RHS

Benjamin D. Wargo 201 RHS

Kari L. Tedesco 112 AOS

Maxwell D. Floyd 112 AOS

David R. Lamberson 112 AOS

Jessica L. Erickson 112 AOS

Jordan E. Heichel 112 AOS

Promoted to Airman

Shana A. Ginter 193 SOW

News In Brief



Hydraulics systems apprentice graduates with ACE Award

Col. Kenneth Backes (left), 782nd Training Group commander, congratulates Staff Sgt. Samuel Zimmerman IV, 193rd Special Operations Wing, pneudraulics technician, on receiving his ACE Award after graduating from the 364th Training Squadron's Hydraulics Systems Apprentice Course with a 100 percent average May 2, 2012 at Sheppard Air Force Base, Texas. The ACE award is given for academic excellence in a course when the student completes all required work with a 100 percent score. (U.S. Air Force courtesy photo) To read the full story, visit <http://www.sheppard.af.mil/news/story.asp?id=123300483>



Wing armed with new crash, rescue force

Story by Senior Airman Claire Behney

Public Affairs Specialist

The 193rd Special Operations Wing is now armed with a new defensive weapon, 24-hour firefighter coverage. This coverage is not limited to just fire response, but also emergency medical care and fire safety education, training and inspections; thus making this new weapon both effective and beneficial.

The 24-hour coverage commenced at 7 a.m., Saturday, April 14. Having this coverage will improve mission and personnel safety as well as enhance resource protection.

“With our on-duty 24-hour staffing we can now provide that immediate first response capability to effectively mitigate incidents at the incipient, or establish the necessary command, control and coordination systems needed to effectively manage a larger incident involving multiple on and off base responders,” said Senior Master Sgt. Timothy W. Sevison, superintendent, 193rd Fire and Emergency Services.

mander, and Col. David Smoker, commander, 193rd Mission Support Group, presented at the state and National Guard Bureau levels.

Having the approval from higher headquarters, the next step was implementing the program.

Sergeant Sevison worked to develop an alternate work schedule that would meet the Department of Labor and Fair Labor Standards Act requirements for firefighters.

“In addition, once AWS was approved, I worked with the Department of Military and Veterans Affairs and the state Bureau of Employment on soliciting qualified applicants, conducting interviews and initiating the hiring processes for the new personnel, as well as the eventual migration of incumbent personnel from their standard duty schedule to the 24/7 coverage schedule,” Sergeant Sevison said. “Other areas include coordinating modifications to the fire station and acquisition of resources to accommodate 24-hour operations, development and implementation of basic policies and procedures needed for the new shifts and working conditions.”

Five individuals were hired to support the new 24-hour crash and rescue coverage. They come from varied backgrounds, but all meet the specific requirements to fulfill the demands of the job.

“The new firefighters were provided a two-week training and orientation period which included training on the Wing’s aircraft and firefighting system,” said Sergeant Sevison.

The new hires also had to get ramped up on the various security screenings for the Wing and the Transportation Security Administration.

“It is a great benefit to the safety and protection of all our members, but in particular, crash and rescue coverage has been tremendously enhanced for our air crews, aircraft maintainers, logisticians, and security forces who work second and third shifts and weekends,” said

Colonel Smoker. “As a result of the 193rd’s greatly expanded hours of

crash and rescue coverage, Harrisburg Airport and the local community are also benefactors in that the capability and potential response time to address fire, accidents, medical, and rescue needs are improved significantly for our members and local citizens alike.”



Airmen of the 193rd Special Operations Wing Fire Department participate in annual training at Joint Base McGuire-Dix-Lakehurst, N.J. The firefighters were able to work with ground, wing and tail fires on this simulator aircraft during their training. (Photo by Senior Airman Claire Behney)

With the expanse of the Wing’s missions and duty hours, increasing resource and personnel protection became a necessity and a lot of time and effort went into creating an around-the-clock firefighting team.

“A number of years ago a basic risk analysis was conducted concerning fire and emergency services coverage at the Wing and it was felt then that based on risk to the aircraft and crews 24/7 coverage was warranted,” said Sergeant Sevison.

Once the risk assessment was finalized, it was then developed into a proposal that Brig. Gen. Eric Weller, former Wing com-





Colonel Locklear accepts command of 112th AOS

The 112th Air Operations Squadron hosts a change of command ceremony Saturday, April 14. Col. Keith Locklear accepts command of the 112th Air Operations Squadron from Col. Gerald E. Otterbein, commander 193rd Special Operations Wing. Colonel Locklear joined the 112th in November 2004. He previously held the title of chief of combat operations. (Photo by Tech. Sgt. Mariko Bender)

Wing commander pins on brigadier general rank



During a promotion ceremony, April 15, Mrs. Nedette Otterbein and Brig. Gen. Eric Weller, former commander, 193rd Special Operations Wing, pin the rank of brigadier general onto the lapel of Brig. Gen. Gerald Otterbein, Wing commander. (Photo by Tech. Sgt. Culeen Shaffer)



Airmen need to practice OPSEC while on vacation

*Story provided by
Wing OPSEC Program Managers*

With summer quickly approaching, it's important to discuss summer vacations. Not so many years ago, summer meant the kids would leave the house at 7 a.m. and be out all day playing football, swimming, fishing, riding bikes, etc. But those days are gone for the most part.

Today most kids think nothing of never leaving the house, and spending the entire day on a computer. Now might be a good time to talk to your kids about Operational Security and the Social Media. Go to the IOSS website at www.ioSS.gov and check out our Library Resources section for OPSEC Community Briefings and Media. There are three different links for OPSEC and Social Media/Social Network training. It might be good for your kids.... or even you.

Consider the following scenario: If you looked at your neighbor's house and there were a stack of newspapers on their front step, the grass was six inches high and the mailbox door wouldn't even shut because of the overflowing mail, would you think they were home, or maybe on vacation?

Criminals look for these types of indicators (something that points to your critical information) that could help identify an empty house.

Before leaving on vacation, think like the adversary. Look at your own home as a criminal would. Here are some suggestions to help protect your home and possessions while you are gone:

1) Be careful not to post your upcoming vacation plans on social media sites. Also be careful where you talk about your plans in public spaces. You don't always know who might be listening.

2) Have someone pick up your mail and newspapers daily.

3) Make sure garbage cans are taken out and returned to their normal location after pick-up.

4) Use timers for a few outdoor and indoor lights. You can even use timers to turn on a TV or radio. Make sure your timers don't turn on/off at fixed times. Many manufactures have models that have settings for random times.

5) Have your lawn cut.



Maj. Howard Nast and Master Sgt. Calvin Kaloz are the Wing's new OPSEC program managers. You may contact Major Nast at 717-928-2356 or howard.nast@ang.af.mil. Stay tuned for monthly input in the Scope from our new OPSEC program managers.

New guide helps Airmen, families navigate social media

By Tech. Sgt. Karen Tomasik

Air Force Public Affairs Agency

Airmen and families have a new resource at their fingertips with the recent release of an updated and revised social media guide by the Air Force Public Affairs Agency in San Antonio, Texas.

The guide features sections geared toward all Total Force members and their families as well as Air Force leaders. It highlights topics including using social media effectively, security awareness, social media platforms, and social media policy among others.

"Our social media team has made great strides in updating this guide," said Larry Clavette, Air Force Public Affairs Agency director. "Airmen and families will see information they can apply to their social networking practices, whether they've been using social media for years or are just coming onboard with the technology."

While information on social media has been around for several years, the types

of platforms people use evolve and new ones start up nearly every day. No matter which social media platform you use, and whether you use social media personally or professionally, many basic principles apply to using it.

Operations security ranks first and foremost in the minds of many military members, but the casual nature of social media can easily lead to inadvertent sharing of sensitive personal information via personal profiles and accounts. Everyone should make sure they share personal information only with people they trust and understand that no matter how secure they set up their own accounts friends can unintentionally share details about their lives with individuals who may have malicious intentions.

Though the desire to protect personal information is one reason people may not join social media platforms, unfamiliarity with the platforms is another commonly cited reason for staying out of the social media arena.

"By now, many people are already using social media so this guide doesn't focus on how to set up new personal accounts," said Capt. Amber Millerchip, the deputy director of public communications at AFPAA. "Instead, we focused on how to communicate more effectively on some of the most commonly used social media platforms. We hope everyone finds something in the guide they can use in their personal or professional communications on these platforms."

For most Airmen and family members, the first half of the guide, along with the social media policy references, frequently asked questions and glossary at the end, cover the basics they need to successfully navigate social networks. Unit leaders and public affairs Airmen will benefit from all those sections plus the sections addressing social media and a public affairs program and social media and AFPAA.

To read the full story, visit <http://www.af.mil/news/story.asp?id=123301694>



Sounding Off

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

Updates from 193rd SOW Association

The 193rd SOW Association recently sponsored the 193rd co-ed softball team by donating \$400 to offset their costs. The Hershey Free Church has donated \$100 in Giant gas gift cards through the Association which are available in the Family Support office.

The Association recently sponsored a Retiree's Day on May 9. The itinerary included a mission brief, aircraft tour, bomb range visit, and a stop at the museum. Thank you to everyone who attended and helped to make this day a success.

The 193rd SOW Association would like to welcome our newest directors; Senior Master Sgt. John Seitz and Master Sgt. Sue McMurray. Congratulations!

Wing launches Facebook page

The 193rd Special Operations Wing has entered the social media realm. "Like" our Facebook page at <http://www.facebook.com/#!/pages/193rd-Special-Operations-Wing/200923618834>. Check the page for Wing news and let us know what you would like to see on our Facebook page.

FSS commissioning opportunity

The 193rd Force Support Squadron is announcing a commissioning opportunity for a traditional guard Force Support officer. Qualified individuals seeking a commission opportunity as a Force Support officer should submit a cover letter, resume, military biography and AFOQT scores to Maj. Keith Littlewood, 193 FSS/FSO, at keith.littlewood@ang.af.mil no later than Sunday, June 10.

5k charity walk/run scheduled

The 193rd SOW Benevolent League is sponsoring a 5k charity walk/run to benefit the Central Pennsylvania Food Bank. The event occurs Saturday, June 2 at Memorial Lake State Park, Fort Indiantown Gap, Annville, Pa. Registration runs from 7:30 to 8:45 a.m. with the race starting at 9 a.m. Pre-registration prior to May 18 is \$25 for adults and individuals 17 years old and younger it's \$10; after May 18 and day-of registration is \$35 for adults.

There is a waiver form that must be completed, signed and returned to participate in the event.

For any questions call Keith Brannon at 717-948-2180 or email fivekforfood@yahoo.com.

The registration form and waiver have been posted to the Wing's Facebook page under the "Forms" photo album.



What's on the Menu

Constellation Cafe

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

SATURDAY

Main Line:

Italian sausage
Baked chicken
Steamed rice
Mashed potatoes
Broccoli
Carrots

Snack Line:

Hamburgers
Cheeseburgers
Meatball subs
Baked Beans
French Fries

SUNDAY

Main Line:

Country style steak
Fried chicken
Oven browned potatoes
Mashed potatoes
Bean combo
Cabbage

Snack Line:

Hamburgers
Cheeseburgers
Pizza burgers
Baked Beans
French Fries

Grab and go lunch:

Mexican salad

Clancys:

CLOSED

