



SCOPE

193RD SPECIAL OPERATIONS WING

Ex-cop collars K-mart criminal



Photo by Senior Master Sgt. David Hawkins

Master Sgt. Bradley Meals stands for photo op with his family and Capt. William R. Fraly, PA State Police Commanding Officer, Troop H, in front of 193rd SOW Commando Solo.

By Senior Airman Vicki Angell

If you saw a crime being committed, would you intervene? Would you try to help the authorities apprehend someone or would you continue on with your day-to-day activities? We can all give an answer to this question, but few of us actually know for sure what we would do. Master Sgt. Bradley S. Meals, turbo mechanic for the 193rd Special Operations Wing, is positive that he would intervene because he actually did.

Meals did not intend to help fight crime when he went to K mart on April 25, 2008. His intentions quickly shifted from shop-

ping, however, when he heard a commotion behind him as he was walking out to his car. As soon as he realized what was happening, he immediately began to help store security catch the alleged criminal.

The actual apprehension seemed to be something straight out of the television show Cops. The pursuit was first done by vehicle and then on foot. Even the criminal was grudgingly amazed by Meals' tenacity. When it was evident that there was no way for him to escape, he asked Meals in wonderment, "Who ARE you?" Meals answered him by saying he was a master

sergeant in the 193rd SOW. The criminal decided it was best to comply and meekly waited to be taken into custody.

Pennsylvania State Police came upon the scene and were equally impressed by the apprehension of the young man. They sent a commendation letter to Meals' command praising his efforts. They were especially grateful after it was revealed that the young man had three outstanding warrants for his arrest. "I really didn't think twice about my own safety because I was more focused on helping the security police," said Meals. "After all, I was

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193 SOW Caption Contest



SCOPE

Brig. Gen. Eric G. Weller
Commander

Maj. Susan Stuck
Wing Executive

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Chief of Public Affairs

Senior Master Sgt. Dave Hawkins
NCOIC for Public Affairs

Tech. Sgt. Erin Heiser
Tech. Sgt. Culeen Shaffer
Staff Sgt. Mariko Rauch

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THE VOICE OF THE QUIET PROFESSIONALS

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Chief Perspective: Excellence in all we do

By Chief Master Sgt. Sam Varnicle



“Excellence in all we do.” One of our core values. What is excellence? Well, Webster says that “excellence is the quality or state of excelling: Superiority. Something in which one excels.”

Excellence is something completely different than perfection, Perfection isn’t possible. But being excellent is attainable. It’s not always easy, but it is doable. Excellence doesn’t mean that you’re sacrificing your soul. It doesn’t mean anything other than excellent. And how can that be a bad thing? In order to achieve the success you want in your life and career, you must shift to a focus

of excellence. Results will always be great and you should always be striving to learn new things. There’s no fear with excellence; anyone can do it and it’s realistic.

A focus of excellence keeps your attitude on what’s right and what’s working well, rather than what’s not working. This keeps your attention on the positives and how things could be even better. Excellence has no limits. You can always reach for greater and greater levels of excellence. This is probably what the Air Force had in mind when it selected excellence in all we do as one of the core values.

What you accept as excellence today will be different tomorrow.

Life is ever changing. You are ever-changing. And as you progress in your Air Force journey and you learn more, things take on different meanings and your additional knowledge contributes to new standards for excellence.

We all know how satisfying it feels to be on the receiving end of excellent service, and we should be always striving to give the same excellent service to others we come in contact with.

“Excellence in ALL we do is something we ALL can do no matter who you are and what career field you are in.

Crossroads/GI Mail Contract Extended

Chief Master Sgt. Rodney McKinley sent forth word to all senior enlisted advisors that the Crossroads/GI Mail Contract Has Been Extended, due to feedback from our Airmen and their families. There will be no interruption in service. Spread the news to all Airman, spouses, professional organizations and retirees!

Theft thwarter *continued from Page 1*

security forces in the Air Force and a lot of what I did just seemed to be a natural reaction.” Friend and fellow Airmen, Master Sgt. Barry Drumheller, also viewed Meals’ actions as typical of him. “That just sounds like the kind of thing Brad would do. He is not the type to sit around and watch something happen,” said Drumheller.

According to the PSP commendation letter, Meals’ actions are to be applauded because they embody the notion of selfless service. He went out of his way to help simply because it was the right thing to do. Without a doubt, Meals knows that he would step up to the plate without hesitation if he saw a crime being committed. Would you?



Promotions

Promotion to Senior Master Sergeant

Dennis L. Boyer	211 EIS
Scott T. Ball	148 ASOS

Promotion to Master Sergeant

William T. Meiser	201 RHS
David A. Swope	201 RHS
Stephen Bandura	201 RHS
Spencer J. Schulz	193 MXS

Promoted to Technical Sergeant

Devon E. Cook	193 AMXS
Jonathan M. Bard	193 AMXS
Jose F. Santiago	201 RHS

Promoted to Staff Sergeant

John G. Shrift II	271 CBCS
James L. Armbruster	112 AOS
Jacob A. Swoboda	211 EIS
Brendon G. Logan	193 AMXS
Jamie R. Billet	193 CES



News In Brief

AF Chief of Staff encourages voting, appropriate civic participation

By Gen. Norton A. Schwartz

As the November elections approach, I encourage all Air Force personnel - active duty, National Guard, Reserve and civilian employees - to participate in our Nation's political process to the maximum permissible extent. It is important, however, that in doing so we all comply with the rules regulating the political activities of DoD personnel.

These rules - rooted in U.S. law - are intended to strike the proper balance between a government employee's involvement in the political process while avoiding an improper appearance of official DoD endorsement of a particular political party, candidate, cause or issue.

Recent incidents involving military members attending political events have focused greater attention in this area. The individuals involved appear to have done everything correctly in full compliance with the applicable rules, yet their presence at the events raised questions.

These incidents illustrate the sensitive nature of this subject, and compel greater awareness of the rules by all Airmen to ensure that none of us inadvertently step over the line from appropriate civic duty to improper official endorsement.

All Airmen should be familiar with the rules contained in DOD Directive 1344.10, Political Activities by Members of The Armed Forces on Active Duty, as amplified in the 28 January 2008 SECDEF message, DoD Public Affairs Policy Guidance Concerning Political Campaigns and Elections.

Prior to engaging in any activity related to the political process, all Airmen must review the applicable rules to ensure a full understanding of the extent and limitations of appropriate involvement prior to engaging in any political activity. Remember also that campaign activities on military installations are strictly prohibited.

If you have any questions about what is appropriate, ask for guidance from your local legal office and obtain any required approvals prior to engaging in the activity.

I strongly encourage you to vote and exercise your civic rights responsibly. Thank you for your continued service to this great Nation.

PA, recruiting intro new Scope feature

The 193rd Public Affairs and Recruiting offices have come together to introduce a new monthly feature aimed at increasing Scope readership involvement and advertising the ongoing Guard Recruiting Assistance Program (GRAP). GRAP is designed for traditional drill status ANG Airmen and Officers and Retirees of the ANG who voluntarily apply to become eligible to serve as a Recruiting Assistant (RA).



Got Comm? 271st CBCS has it in droves

By Master Sgt. Mike Townsend

In modern-day warfare, you can't do anything without comm. Just ask the members of the 271st Combat Communications Squadron who provided secure and non-secure voice and data communications for the participants of Global Patriot 2008 July 7-27 at Fort McCoy, Wisc.

Patriot is a large scale, plug-n-play exercise integrating U.S. Army, Air Force and coalition forces in a joint training environment. It is the National Guard Bureau's premier training exercise. Patriot is unique in that participating units shape the exercise based on their own specific mission essential tasks. This allows each unit to define their unique requirements and build them into the overall exercise scenario." The exercise provides realistic training and challenges the capabilities of the more than 45 Guard, active units, and Dutch and Canadian forces who participated this year. PATRIOT 2008 was held at Volk Field and Camp Ripley as well as Fort McCoy. Over 4,200 troops participated in this year's exercise.

The 271st's mission there was to provide secret internet protocol, non-secure internet protocol, global broadcast system services, and secure and non-secure voice and data, all to a bare base within 72 hours of notification of deployment.

When they deploy, the 271st are the phone company, the internet provider, the cell phone company—figuratively speaking, they are the lifeblood of communications. They employ numerous firewalls, intrusion detection systems, routers programmed with access control lists, and military-encryption tools to ensure data

confidentiality, integrity, and availability.

"We are taking advantage of the exercise as a way of training our newer airmen in a more realistic training environment than we have at our home station. It's a great opportunity for them to learn how to do their jobs better and about how the Army does business," said Capt. Joseph Sullivan, 271st CBCS Unit Engineer.

"We're learning to inter-operate with the Army. We've run into some technical issues and are resolving them, but our customers have been very satisfied with our work."

"This unit works hard and smart to get the job done," said Tech Sgt. Robert Blandy, superintendent of network infrastructure for the 271st.

The 271st has deployed numerous times in support of military operations and the War on Terror, to include the Bright Star Exercise in 1997 to Egypt, Balaklava, Turkey with the 4th Combat Communications Group, Al Jabber AB in Kuwait for Operation Southern Watch in 1998, Kyrgyzstan, Mantis AFB in Central Asia in 2001-2002, in support of Afghanistan operations. Al Dofra, United Arab Emirates, in 2005, and Operation Noble Eagle at home stations in at home station.

This talented and dedicated group of Airmen has always stepped up to the plate to defend our nation's way of life, and will continue to be a major player in that defense for a long time to come.

Photo by Staff Sgt. John Barnes



Master Sgt. Robert Blandy assembles receiving equipment for the 271st combat comm exercise during patriot exercise 08. This is one of many stations he will supervise when all are in line.

Spouses/Significant Other's Luncheon and Expo

WHEN: Saturday, November 15 2008, 11 a.m. to 5 p.m.

WHERE: Building 8-80 – Fort Indiantown Gap

WHY: Thank Spouse's and Volunteers

Free Lunch -- Presenters on topics such as, motivation, supporting military members, health/wellness, etc. -- Door prizes and holiday shopping options, from Arbonne, Mary Kay, Party Lite, Longaberger, Tastefully Simple, Pampered Chef and more!

Return before 31 October 2008 to: Sandy Scott at Family Support, 81 Constellation Court, Middletown, PA 17057 or at bldg 81, 1st floor, room 131

Member's Name: _____

Guest Name: _____

Address: _____

Phone #'s: _____

Number Attending: _____

Spouse
&
Significant
Other
Luncheon
&
Expo



Sounding Off



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

203rd seeks weather officer

The 203rd Weather Flight is advertising a vacancy for a Weather Officer. Interested candidates should possess a bachelor's degree (any discipline, but science is preferred) with a minimum of 24 credits in meteorology with at least six in dynamic meteorology, six in synoptic meteorology and six in analysis. Alternatively, a qualified candidate may substitute a 7-level in the meteorology career field for the above. Forward resumes and applications by November 30 to:

203rd Weather Flight
Attn: Lt Col Rosenberg/CC
125 Pine Grove St
Fort Indiantown Gap
Annville, PA 17003

Upcoming events: Fun for entire family

FIRE SAFETY TRAINING FOR CHILDREN: Sat, October 18, 10 a.m. to 12 p.m. at base firehouse, if interested and haven't registered, please do so soon.

FRG MEETING: Sat, 8 November, 3 p.m., in building 81, Wing Conference Room.

DISNEY ON ICE "WORLDS OF FANTASY:" Sat, November 8, 7 p.m. at Giant Center. Tickets \$20 each.

SPOUSE'S DAY/EXPO Saturday, November 15 from 11:00 to 5:00 pm -at building 8-80 at the GAP.

NYC BUS TRIP: Sat, 20 December. Depart from Middletown and Fort Indiantown Gap, \$45 per person.

If you would like to volunteer for any of the above events, please contact Sandy Scott at the Family Support office @ ext. 3155 - or - e-mail sandy.scott@paharr.af.mil

What's on the Menu

 **31 Oct**
UTA PAYDAY

Saturday

BBQ Beef Cubes
Chicken Fajitas
Rice
Potatoes O'Brien
Corn on the Cob
Corn Chowder

Sunday

Country Steak
Fried Chicken
Mashed Potato
w/ Gravy
Bean Combo
Fried Cabbage

Snack Line

Clancy's will be open

VOICE OF THE QUIET
PROFESSIONALS

Hours of Operation: 1130- 1300

~ Constellation Cafe ~

New rates for Chap 1606 GI Bill-Selected Reserve effective October 1, 08!

Institutional Training:

Full-Time: \$329
3/4 Time: \$246
1/2 Time: \$163
Less than 1/2: \$82.25

Correspondence and Flight:

Entitlement charged at rate of one month for ea \$329 paid.

Cooperative: \$329

Correspondence Payments: 55 percent of the approved charges

Flight Payments: 60 percent of the approved charges

For further information on increased rates in other chapters, please visit the Veterans Affairs website at:

http://www.gibill.va.gov/GI_Bill_Info/rates.htm

Check out the new SCOPE feature "caption contest" on page 3. Submit a winning photo caption and collect cool prizes!



State CCM Perspective: Fit to fight

By State Command Chief Master Sgt. Ralph Braden

How do you stay Fit to Fight? How do you stay fit for your loved ones? How do you stay fit for life? Staying fit is not just a military focus. Fitness affects every aspect of your life.

How you stay fit and healthy is a personal choice. Why you stay fit is also a personal preference. However, staying fit is important personally, interpersonally, and professionally.

Your fitness level affects how you feel, your attitude, your ability to take a long walk with your loved one, or play with your children. Your fitness level also affects your ability to do your job, be a good Wingman, cope with stress, and survive the rigor of long hours and hot temperatures while deployed.

Many of us can relate to letting ourselves get out of shape. A few times over the years I found that my pants were fitting tighter

than normal and my chin had multiplied. Believe me it is more difficult getting back in shape than maintaining a good fitness level. It takes commitment to get in shape and to stay in shape. Every one of us in the Air National Guard has made a commitment to defend the United States of America - with our lives if necessary. In order to do this to the best of our ability we must be in shape and Fit to Fight.

Younger Airmen – Start developing good fitness habits now. It is much easier to stay in shape then to lose weight and get back into an exercise regime. Develop good eating habits and find an exercise regime that works for you.

More experienced Airmen (read older than 40) – Something happens to our bodies once we are over 40 years old. This is especially true if we have not participated in a fitness regime of some type. Weight

starts accumulating although we are eating the same things we always have eaten. Bellies and other body parts get a little bigger. It also gets a little harder to go up a flight of stairs. This makes it particularly important that we “experienced” Airmen develop good eating habits and find an exercise regime that works for us.

Fitness is extremely important to every aspect of your life. Being fit enhances every aspect of life. A healthy and fit lifestyle also extends your life expectancy. In the military being Fit to Fight can save your life or the life of a fellow Airman. Remember, Fit to Fight is more than a slogan; being Fit to Fight is a basic job requirement of the Pennsylvania Air National Guard.

In closing, like the Nike commercial says “JUST DO IT.” If you have not done it already find a fitness program that works for you and “JUST DO IT.”

“So what’s the caption?”

SCOPE introduces a new monthly feature! Take a look at the photo below, come up with a caption and send it in to the PA office NLT noon, Sunday drill. Winners get some really cool 193rd schwag! Entries will be judged by the Public Affairs team, with first and second prizes published in next month’s Scope. Send entries to:

culeen.shaffer@paharr.ang.af.mil - or -
jason.ostrich@paharr.ang.af.mil



Sponsored by 193 SOW Recruiting Office

~ Become a G-RAP Today! ~

The Guard Recruiting Assistance Program (G-RAP) is a contracted program designed for traditional drill status ANG Airmen and Officers and Retirees of the ANG who voluntarily apply to become eligible to serve as a Recruiting Assistant (RA). RAs identify potential Guard candidates, assist them through the recruiting process, and make excellent money along the way. Contact your local 193 SOW recruiter at:

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The CFC and the gift of donating

By Lt. Col. David Young

Sometimes we in the military may forget the real people behind those Combined Federal Campaign donations. Somehow it gets detached during the drive. Maybe it is that CFC is sometimes used as a competitive device between units. Other times I have heard many of us in the military relate that since we sacrifice so much, why should we donate to others? We are prepared to put our lives on the line for our nation, and we are compensated with what, for many ranks, amounts to lower to mid-range middle class pay.

Still other times, I hear that why should we send donations outside of our neighborhoods. All of these are legitimate concerns, but I wish to provide some counterpoints

to consider.

Donating to a local cause or your base youth center directly impacts your family. You can see the difference local organizations make in your community. Youth sports programs teach your children healthy activities that can last a lifetime. The youth center provides a safe environment for children while military parents work late hours without worry.

The local fundraiser to build a new auditorium or sports arena in your area brings life, safety and nurturing to a community.

But what if you got sick? What local organization will help you and your family? Which one has obtained the resources to do so? When I was just short of 10 years old,

my mom found out she was stricken with a rare form of leukemia. She was given six months to one year to live.

Our wonderful small town in southwest Michigan, as much as we gave to it, did not have the resources to save her. The M.D. Anderson hospital in Houston did, so we moved. M.D. Anderson was a hospital built on private donations from individuals, universities and national organizations, exactly like the ones found in the CFC, as well as by local, state and national grants.

Experimental medicine primarily paid for by government grants and the American Leukemia Society prolonged my mom's life for 14 years. When she died in 1994, we found out that she had been saved with hundreds of thousands of dollars in pharmaceuticals that we never had to pay, nor could we have.

Without the charity of people I will never meet -- and admittedly, the U.S. taxpayer -- I very likely would have been left without my mother by age 11. And I don't know how to say how grateful I am because, other than my wife, I have never met a person as worthy of the title "mom" as her. And I don't know how to put a price on the 14 years I spent with her and the memories I now vigilantly hold in my mind. What is the price of having someone in your life like that?

To others, it was a dollar a paycheck but to me it was, and remains, priceless. And although we sacrifice much for this country, it should never harden our hearts to the plight of others. Of those less healthy, as we have seen in our time deployed. Or to those less fortunate, who strive to make a place for themselves in harsh areas like those we serve in around the world.

Many Airmen we serve with are not financially able to give, and they should not because they must first serve their family. For the rest of us, we have found something unique in that we have found a home and a community, even if temporarily, among our ranks. Not to mention a secure income.

So in this CFC season, please think of those less fortunate who, for whatever reason, are lost and have not found a place where they can belong, as we have.

Thank you for your service and thank you for your sacrifice.

Attention to detail...



Photo by Tech. Sgt. Matt Schwartz

Airman 1st Class Freddie Stump of the 193rd SOW MXG guides an engine of an EC-130 Commando Solo into place. An engine of an EC-130 weighs 2300 lbs and is lifted in the air, but needs two people to help guide the engine into proper place.