

SCOPE

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



193rd flight crew makes splash, trains to survive

Photo by Tech. Sgt. Culeen Shaffer

Tech. Sgt. Pete Loree, an air crew flight equipment technician of the 193rd Special Operations Wing, helps a 193rd flight crew member aboard a 46-man life raft. This exercise was a true team effort and part of the flight crew's water survival training held at Mount Gretna Lake.

Story by Tech. Sgt. Erin Heiser

Public Affairs Specialist

Imagine the day: A warm summer breeze, a few dozen friends, and a lakeside retreat with refreshing water and beautiful surroundings... sounds like a great alternative to a weekend drill routine! But for several members of the 193rd Special Operations Squadron, this *was* drill and the exercise, although enjoyable, could one day save their lives.

For the past four years, Wing members have ascended upon the picturesque private lake to take part in water survival training. The mandatory training requires air crew members participate in six specific water situations: emergency parachute trainer; the parachute drag; the one-man life raft; recovery device pick up; the canopy –simulated parachute disentanglement; and the 46-man life raft. Also included, as peripheral training, are safety

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SCOPE

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SCOPE Staff

Tech. Sgt. Erin Heiser

Tech. Sgt. Culeen Shaffer

Staff Sgt. Mariko Bender

Airman 1st Class Claire Behney

THE VOICE OF THE QUIET PROFESSIONALS

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



State Command Chief Perspective



By Chief Master Sgt. Ralph Braden
State Command Chief

April 2009 marked the Department of Defense's fifth observance of National Sexual Assault Awareness Month. Robert Gates, the Secretary of Defense, authored a memorandum concerning SAAM in which he stated, "This observance was designated to address an important concern in our ranks – the reduction of sexual harassment and assault of service personnel. The Department of Defense has a no-tolerance policy toward sexual assault. This type of act not only does unconscionable harm to the victim; it destabilizes the workplace and threatens national security."

Sexual assault is a topic that is not comfortable for most people to discuss. It is hard to believe that it happens in the ranks of our Air National Guard family. However, it does happen in our ranks and if

we do not discuss sexual assault and raise awareness of this crime it will continue to occur.

In many cases of sexual assault the victim blames themselves for the assault. If you are a victim of sexual assault be aware of this tendency to blame yourself. Do not accept the blame, report the crime and seek help. Each Wing has a sexual assault response coordinator and one or more victim advocates who are available to assist victims of sexual assault. They are there to support you and provide options that are available to you.

Sexual assault may be prevented in many cases. Being a good wingman can prevent your fellow Airman from becoming a victim of sexual assault. It is every Airman's responsibility to prevent sexual assault by taking an active role in looking out for the welfare of friends, family and co-workers.

Pennsylvania National Guard leaders have the responsibility and ability to educate and encourage our members to be ready and act in situations where people may be in jeopardy. Creating an environment of mutual respect and assistance is a key to prevention.

Our Wing SARC's for Pennsylvania are:
193rd SOW – Maj. Sue Stuck
111th FW – Capt. Christine Munch
171st ARW – Master Sgt. Julie McBane
Pa ANG SARC – Maj. Julie Carpenter
A 24-hour Sexual Assault Prevention and Response hotline is available toll free at 1-866-922-6275. Please consider visiting <http://sapr.mil> for more information.

Tune in to **Channel 4** during August drill to catch the latest broadcast of *Eye on Scope*! The program will air Saturday and Sunday at 8 a.m., 10 a.m., lunch, 2 p.m., and 4 p.m. Featured stories will include Generally Speaking, The Importance of OPSEC, Distracted Driving, Foam Test, Fire Department Training, Gold Star Tribute, and Life Support Training at Mt. Gretna Lake!





193rd Services Flight cooks up top honors

Story by Airman 1st Class Claire Behney

Public Affairs Specialist

There's more to the 193rd Special Operations Wing Services Flight than what meets the palate. This versatile group of Airmen works to support the Wing on many levels. From fitness to food, they're a driving force working to support the mission.

Recently, the Services Flight was awarded the distinguished title of the 2008 Air National Guard Services Flight of the Year, putting the spotlight on the Wing, yet again.

"I think it's well deserved recognition because when people think Air Force they don't often think services," said 2nd Lt. Anne Furman, food services officer.

The roll of the Services Flight goes far beyond just preparing meals for Airmen. They are the coordinators of lodging, support the fit to fight program, and the family liaison office.

"I think sometimes people underestimate what we do because we do much more than just serve their food," said Staff Sgt. Katrina Scheibelhut, food shift leader and new member educator.

On the fitness front, the flight invested \$30,000 in quality of life improvements to the base fitness center, implemented a wing wide fitness activity program during UTAs and supported the strongman competition.

The services flight is constantly working to satisfy the Airmen

"It's an indication of the hard work that the members put in throughout the year and it's not just a weekend thing for them."

-Senior Master Sgt. Christopher C. Shull,
base services manager

of the 193rd. They implemented and operate the dining facility comment card program. Acting on this customer feedback, the flight has been able to contract new hotels for lodging, add additional menu options, operate an alternative dining facility, and purchase new equipment for the fitness and dining facility.

All these accomplishments, and many more, have now been

recognized with the receipt of the Services Flight of the Year Award. This is the first time the Wing has won this prestigious award, beating out 88 other services flights.

"It's an indication of the hard work that the members put in throughout the year and it's not just a weekend thing for them," said Senior Master Sgt. Christopher C. Shull, base services man-



Photo by Tech. Sgt. Culeen Shaffer

Kitchen personnel, Senior Airman Tasha Bates and Airman 1st Class Alyssa Rutten, put in a team effort serving a meal from the snack line of the 193rd kitchen.

ager. "It's like our services flight motto, 'you work, we work; you play, we work harder.'"

It's the attitude, dedication and personality of the services' personnel that make them such a success said Shull.

Senior Airman Jeremy Scheibelhut, food service accountant and fitness specialist says he enjoys his job because he likes interacting with the Airmen of the Wing.

"I'm happy to know that people are getting fed and I know that's our way of supporting the mission," said Senior Airman Scheibelhut. "I'm proud to know that we're doing a good job."

While supporting the mission, the flight has been able to make several improvements to better the life of the Airmen of the 193rd. Covering all corners of food, fitness, lodging, and readiness, the 193rd services flight has worked hard to go above and beyond, demonstrating excellence in all they do.



**Due to Family Day picnic activities,
the Chapel Services schedule will be adjusted this drill:**

Protestant Services will be held on Saturday at 2 p.m.

in Building 81, SOW Classroom

Roman Catholic services will be held on Sunday at 11 a.m.

in Building 81, SOW Classroom



VFW post shows appreciation to local troops

Story and photo by Randy Eckert

193rd Association Secretary

Eshleman-Pankake-Wolf, Veterans of Foreign Wars, Post 9639, Shellsville, Pa. provided an appreciation picnic for its adopted military unit, the 193rd Special Operations Wing 201st RED HORSE Squadron on July 11. Approximately 250 military members and families attended this picnic, held at Fort Indiantown Gap, funded mostly by a VFW military assistance program grant.

Many members of Post 9639 and its ladies auxiliary volunteered to prepare food and serve the troops and their families. Grantville Fire Company members also volunteered to grill food for the picnic.

VFW Post 9639 adopted the RED HORSE Squadron in 2004 when it was deploying to the gulf and has stayed in contact with these men and women throughout the years. The Post provided important items for them when they traveled and care packages from home when they were deployed. The 201st RHS has had several deployments in support of the wars in Iraq and Afghanistan and undoubtedly will have many more to come.

Like the Shellsville Post, many VFW posts across the state have adopted military units including PA Guard units that were deployed to Iraq, Afghanistan and other overseas theaters. The "adoptions" help these posts to carry out the VFW mission of "honoring the deceased by serving the living."

Supporting troops and entire military families is one of the VFW's top priorities. Many PA Guard members and veterans have joined VFW posts to support the organization which has been serving



Airmen of the 201st RED HORSE and their family members enjoy an appreciation picnic hosted by the VFW Post 9639.

veterans, troops and communities for more than 100 years.

The largest growing segment of the VFW's membership is veterans 40 years old or younger. This includes servicemembers still serving in uniform and many female veterans. Many of these younger members are serving their VFW post in leadership positions to support Vietnam veterans, veterans of the Korean War and World War II who have carried most of the VFW leadership in the past 20 years.

"The VFW is as important today as it has ever been," said VFW State Commander Frank Mills. "Today's troops will be the VFW leaders in the years to come and we are confident that they will bring honor to our organization."

GRAP in full swing, 193rd close to 100 percent

We're inching closer to getting back to 100 percent manning here at the 193rd Special Operations Wing. To close out the third quarter, June 2009, our overall percentage was 97.61 percent, and that's worth celebrating, because it reflects what we love most about the Wing: *The community of members that we have here who have an ardent desire to refer quality prospects to our team.*

Although the recruiting and retention teams are working diligently and exceedingly hard to fill vacancies, our best resource to tap into is each of you as unit members to bring in quality Airmen. We value your efforts to herald the news of the best kept secret in the military, the Air Guard to your hometown, friends and family.

So in celebrating our recent quarter of 68 gains, the team is really celebrating all of you for making the Air Guard what it is. Since we cannot give you all additional

money, have a rockin' party, or pay for a Hawaiian vacation; the next best thing is to acknowledge the top five Guard Recruiting Assistants, the remainder our 410 Guard Recruiting Assistant's and send out a sincere "thank you" to the rest of you, including full time members that are not permitted to enroll in GRAP, but are still dedicated to bring prospects to us.

Now, for the top six in no particular order: Lt. Col. David Palmer, Lt. Col. Graham Smith, Lt. Col. Colleen Dickinson, Master Sgt. Michael Smith, Master Sgt. Richard Fitz and Senior Airman Chhut Pa. Your persistence paid off. Thank you for your time, efforts and hard work.

This is to include the 112th Air Operations Squadron of State College, which is currently at 90 percent manning. Master Sgt. Ken Stanton represents both Recruiting and Retention for the 112th. Master Sgt. Stanton has over 12 years of recruiting experience focusing his efforts

the past five years filling vacancies in Happy Valley.

For all of you GRAP wannabe's, now is the time to come out of hiding, quit lurking and become an official Guard Recruiting Assistant. How to Get Started: Become a recruiting assistant today by visiting www.guardrecruitingassistant.com.

The website is user friendly and will walk you through step by step of how to sign up as well as input your prospect's information. The website clearly states the rules and requirements of your responsibilities as an assistant, so please read them thoroughly.

The Guard Recruiting Assistance Program is administered for the Air National Guard by Docupak, Inc. If you need assistance with your account or general information, contact grap@docupak.com. To speak directly to the GRAP helpdesk, please call (866) 566-2472, Monday through Friday, 7 a.m. to 6 p.m.



Operations squadron refreshes with valuable training *(continued from Page 1)*

briefings and land training instruction.

Use of the lake is provided as a “thank you” by local community supporters. Phil Snyder, safety director for Mount Gretna Lake and a former Army National Guard first lieutenant, says he’s “happy to do whatever possible to support the 193rd.” His respect and admiration for those who wear the uniform is overwhelming.

“It’s a pleasure to open up the lake to the military and provide lifeguards for their training,” said Snyder. “It’s our way of supporting our troops and the local community, and we’ll continue to do so for as long as they need us.”

Prior training occurred at the Middletown pool, but conditions were not realistic and did not simulate real-world environmental challenges. Today’s training, while taking place in the safe and guarded waters of the lake, provide as much of a realistic environment for survival training as possible.

First timer at the training, 1st Lt. Jason Tuell, weapons system officer for the 193rd, enjoyed the day’s events, but noted that his favorite part was actually getting out of the water.

“It’s a good experience and a solid refresh of the training,” Tuell said. “Even though we’re out here having a good time, the truth is, we hope we never have to use such skills.”



Photo by Tech. Sgt. Culeen Shaffer

Master Sgt. Kevin Rhyder, air crew flight equipment technician, assists a flight crew member of the Wing in simulating what it would be like to release a parachute if caught by wind. This was an exercise during the air crew’s water survival training held at Mount Gretna Lake.

Senior Master Sergeant Matt Marshall echoed the lieutenant’s sentiments and summed up the importance of the day’s training experience: “No one ever wants to have a bad day up there, but in the event that happens, this training prepares our men and women to better handle whatever comes their way.”

Racing through sand

Fighting through a sand storm, Senior Master Sgt. Scott Ball and Staff Sgt. Brent Beckner of the 148th Air Support Operations Squadron, Fort Indiantown Gap, participated in the Taji Garrison Command 10k Challenge, June 21, in Taji, Iraq. The two were a part of a four-man 148th team that included Tech. Sgt. Eric Shue and Tech. Sgt. Shawn Bearing.

These four Airmen are currently deployed in support of the 56th Stryker Brigade Combat Team.

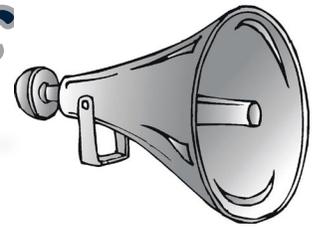
During the race, the team had to carry the guidon and start and finish together as a team. Overall, they finished with at time of 40:15, receiving second place out of more than 30 teams of primarily active duty Army units.

“My bet is our ASOS is the fittest unit in the PaANG,” said Lt. Col. Terrence Koudelka, 56th SBCT Army Liaison Officer and 148th ASOC commander.





Sounding Off



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

Family day activities announced

The Family Readiness Group is having activities for Family Day, Sunday, from 7:30 a.m. to release time (approximately noon). Activities include movies in the Blue Room, therapy dogs to visit, various games and possibly a Harlem Globetrotter demonstration and signing. All activities will be in/around the Building 76 area. Children must be accompanied by an adult. No registration required. Light refreshments will also be provided in the corridor of the Blue Room. As always, volunteers to help with the activities are in short supply; so, if interested please contact Sandy Scott at extension 3155.

What's on the Menu

~Constellation Cafe~

Hours of operation: 11:30-1:00

Saturday

Main Line:

Teriyaki Chicken

Veal Parmesan

Wild Rice

Scalloped Potatoes

Snack Line:

Cheeseburgers

Hamburgers

French Fries

Quiche

Salad bar, soup du jour and desserts

*Call ahead for take out. Reserve tables. Go for seconds.
Make special requests (specific diets, allergies, etc.)*

Clancy's will be open on Saturday.

Constellation Cafe and Clancy's will not be serving meals on Sunday due to Family Day activities.

Tribute to veterans scheduled

A tribute to Veterans is scheduled for October 29 at Carnegie Music Hall, Pittsburgh. The tribute is western Pennsylvania's premiere event to honor those who serve our country. We want to fill Carnegie Music Hall with military personnel in uniform and their guests. There will be no charge to attend.

Please contact Halbert Mercer at 412-481-8200 x 212 for further questions and to notify him that you're attending.

Seminars offered for officers, NCOs

Officer Professional Development Seminar:

When: Aug. 31 - Sept. 1-3 2009

Where: 201st RED HORSE - Shambach Hall, Fort Indiantown Gap, Pa.

NCO Supervisor Leadership Management Seminar:

When: Sept. 24-27 2009

Where: 201st RED HORSE- Shambach Hall, Fort Indiantown Gap, Pa.

Visit the "Education/Retention Information" on the 193rd AF Portal page to register and learn more.

Free senators game announced

What: 3rd Annual Welcome Home Event, sponsored by the Lebanon VA Medical Center

Who: OEF/OIF veterans and their immediate families

Where: Senators Stadium, Harrisburg, PA

When: Saturday, Aug. 29. Game starts at 7 p.m., registration begins at 5 p.m.

To register for the game please e-mail Christine Leininger at Christine.leininger@va.gov or call 717-272-6621 extension 4565

Changes to scheduling passport

Due to the high volume of passport applications a schedule has been set up with Multimedia for pictures and the Readiness Office for the application process. Applications and pictures will be processed on Sundays of UTA from 1 to 3 p.m. and weekly on Thursdays from 9 to 11 a.m. Members will need to schedule an appointment with Multimedia and the Readiness Office if processing needs completed outside of this schedule.

Readiness Office: 717-948-2412

Multimedia Office: 717-948-2231

UTA Payday: Aug. 21

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