

SCOPE

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

Prepared to protect Pittsburgh



Senior Airman Colleen Kelley, 193rd Special Operations Wing Security Forces Squadron, instructs a group of Soldiers and Airmen of the Pennsylvania National Guard deployed in support of Operation Steel Kickoff. Defensive techniques were the focus of this instructional session.

By Tech. Sgt. Stacy Gault and Staff Sgt. Ivyann Castillo

171st Air Refueling Wing and 136th Air Wing Public Affairs

Preparing for the G-20 Summit required weeks of planning and training that resulted in a successful event. The Pennsylvania National Guard was ready for any civil disturbances or for a potential terrorist attack. Fortunately those services weren't needed, but our Guardsmen were ready.

"We had three days of extensive riot control training with the Army to prepare us for any type of riot situation during the G-20, luckily we didn't have any protesters or any issues while we were

there," said Master Sgt. David Dean, 171st engine shop mechanic. The G-20 gave Soldiers and Airmen the opportunity to work jointly.

"It was great working with the Army, they were impressed with our people and how the 171st took care of us, especially when our mission was finished, and we had to go home. Being away, you really appreciate our people," he said.

"As an engine mechanic, you are used to working in a certain type of job but having the opportunity to work in a joint environ-

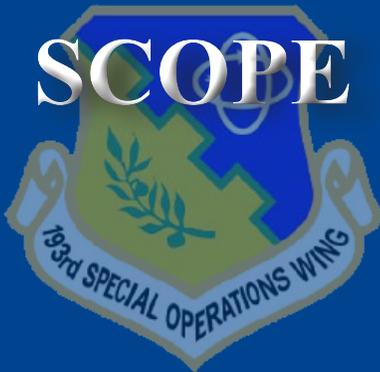
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Tough war ends



Chief: Keeping focus key



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Commander

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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

State Command Sgt. Maj. Donald D. Shiner will be retiring in December. CSM Shiner is the Pennsylvania National Guard's first senior enlisted leader to serve in the capacity of Joint Forces-Senior Enlisted Leader. Pennsylvania is one of 20 states, as of my last count, which has adopted the position of JF-SEL. This position is a full time position that reports directly to The Adjutant General.

The duties of the JF-SEL include overseeing enlisted Soldiers and Airmen's training, morale, leadership, and personnel issues. They assist senior leadership in carrying out the Pennsylvania National Guard's mission at home and abroad. The JF-SEL also serves as an advocate for PaNG members, their families, and their civilian employers.

Command Sgt. Maj. Nicholas Gilliland was recently named the PaNG's second JF-SEL by The Adjutant General, Maj. Gen. Jessica L. Wright. CSM Gilliland

will join the leadership team at Pennsylvania National Guard Headquarters in December. CSM Gilliland served with the Eastern Army National Guard Aviation Training Site prior to being selected for his new role as JF-SEL.

The senior enlisted leadership for the PaNG includes three senior enlisted members. The State Command Chief Master Sgt. for the Pennsylvania Air National Guard, the State Command Sgt. Maj. for the Pennsylvania Army National Guard, and at the highest level the JF-SEL.

The senior enlisted leadership team that works for you at PaNG Headquarters includes Chief Master Sgt. Ralph Braden, State Command Chief Master Sergeant.; Command Sgt. Maj. James Staub, State Command Sergeant Major; and Command Sgt. Maj. Nicholas Gilliland, JF-SEL.

Our goals as senior enlisted leaders for the PaNG are the same. We focus on the issues that concern our Airmen, Soldiers, and their families. We work independently and jointly to advise the PaNG's senior leadership on the issues that affect the PaNG enlisted corps. We ensure that the policies and procedures The Adjutant General and Deputy Adjutants Generals are understood by our Airmen and Soldiers. We strive to build and enhance the joint relationships in our Pennsylvania National Guard.

I look forward to working with Command Sgt. Maj. Gilliland in his new role as JF-SEL and continuing to serve with Command Sgt. Maj. Staub as your senior enlisted leaders. I know that I speak for all of us when I say we look forward to working as a team for the enlisted force of the PaNG.

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!



Promotions

for the month of October

Promotion to Chief Master Sergeant

Marie Y. Lucas Headquarters

Promotion to Senior Master Sergeant

Halina D. Monczyn 193 OSF
 Christopher P. Hinton 193 CS
 David M. Barton 112 AOS

Promotion to Master Sergeant

Jamison T. Stoner 193 MXS
 Brian T. Holley 193 CS

Promoted to Technical Sergeant

Steven G. Zentz 193 LRS

Promoted to Staff Sergeant

Mark A. Cuth 193 MXS
 Kyle E. Herman 193 SOS
 Christopher H. Childs 211 EIS

Promoted to Senior Airman

Christopher Kuzmitsky 193 CS
 Hondo D. Galutia 201 RHS
 Robert A. Herndon 211 EIS
 Jermiah Nicholson 193 CS
 Derrick A. Jazwinski 211 EIS
 Steven A. Alleman 193 MXS
 Kenneth A. Clouser 211 EIS

Congratulations!

News In Brief

Stop loss special pay announced

Reservists and Guardsmen involuntarily extended on active duty beyond an approved separation or retirement date as a result of Stop Loss between Sept. 11, 2001 and Sept. 30, 2009 may be eligible for retroactive stop loss special pay compensation. The Air Force used stop loss during Operation Enduring Freedom in 2001-2002 and Operation Iraqi Freedom in 2003. Eligible members will receive \$500 per month for each month or portion of month they were retained on active duty as a result of stop loss. The payment is also payable to legally designated beneficiaries of deceased or incapacitated Airmen. Individuals have until Oct. 21, 2010 to file their claim. ARPC officials will evaluate claims based upon historical records as well as any supporting documentation submitted by the applicant. If the Air Force rejects a claim the application will be returned along with a letter detailing appellate procedures. Every effort is being made to contact members affected who may have separated.

Those eligible may download and submit a stop loss claim application from the Air Reserve Personnel Center's virtual Personnel Center - Guard and Reserve Web site at <https://arpc.afrc.af.mil/vPC-GR> or call the Total Force Service Center at 800-525-0102 for assistance.

ROTC instructor positions projected

Headquarters Air Education and Training Command announced projected Air Force Reserve Officer Training Corps detachment instructor projected vacancies and application procedures for summer 2010.

Air reserve component officers with less than 14 years, six months of total active federal military service are eligible to apply for recall to extended active duty to fill AFROTC instructor positions.

Application procedures can be found on the AFPC "ask" website, <https://ask.afpc.randolph.mil> and clicking on the "voluntary officer return to active duty" under the military quick links section and selecting the AFROTC limited period recall program link.

For more information, contact Lt. Col. David Palmer at extension 2202 or e-mail david.palmer@ang.af.mil.

SFS position announced

The SFS is accepting applications for a first sergeant. Applications are to be submitted to Command Chief Master Sgt. Scott Keener or 1st Sgt. Troy Schrader by close of business Nov. 22.

For further information on the position please contact Chief Keener on base at extension 2201 or speak with any available first sergeant.

Tough war ends, inspiration endures

By Capt. Jay Ostrich

Public Affairs Officer

Lara Phillips fought a long, heavy war against rhabdomyosarcoma, a rare form of juvenile cancer, from January 2008 until October 2009, when her battle ended. She passed away the morning of Oct. 2.

Lara's big fight against a fast-growing, highly malignant cancer led her through chemotherapy, radiation, a 54-week experimental treatment, hospitalization, hair loss and weakness. But her strong will and her confidence that she would beat the deadly beast in her body kept her going and inspired others. Of special importance and comfort to her was The Soldier's Creed. The part which says, "I will never quit," became her mantra.

The story of her struggle during the first year was told in the Winter 2008 issue of Pennsylvania Guardians and the April edition of Scope, a feature which appeared in several publications.

Lara had joined the Guard in her senior year, and did her weekend drills with the Recruit Sustainment Program. Shortly before her 18th birthday, a pelvic cyst and excessive fatigue led to a checkup, a biopsy and a diagnosis. Although she was able to graduate with her class, she faced a long trial of treatment.

Travels, prayers, tributes from concerned family, friends and others with cancer who followed her progress on a Web site, www.caringbridge.org/visit/laraphillips, Guard and civilian support helped Lara through the dark times. Matters began looking more and more positive, maybe even rosy, and certainly hopeful.



Pennsylvania Lt. Gov. Catherine Baker Knoll hosted a lunch for Lara Phillips June 30, 2008. In attendance was Maj. Gen. Jessica L. Wright, the adjutant general, Pennsylvania National Guard. Sadly, Lt. Gov. Knoll lost her battle with cancer Nov. 12, 2008

After being checked in June with an outcome of no evidence of disease, Lara and her family and many supports looked forward to a normal, healthy life for her. Her hair began to grow back, and Lara became active as a Guard recruiter.

In a checkup Aug. 19, the results were bad. The cancer had returned and was in Lara's lungs. From then on, Lara was as active as was possible given her declining health situation.

Her tough war ended Oct. 2. The inspiration she gave to others will go on.

Chief: Keeping focus key to time management



By Chief Master Sgt. Michael Chalk

Civil Engineering

How many times in your Air National Guard career have you wondered, where am I going to find the time? Many of our unit members still have numerous plates spinning when they come through the gate for drill weekend. Having experi-

enced this as a former drill status guardsman, I can really say I didn't enjoy those years. Many of our younger Airmen carry an extremely busy schedule, full-time civilian job(s), night school, UTAs, deployments, tech schools, TDYs, PME, family time, and a social life. This also holds true for our full-time personnel also.

Compared to the active duty, the ANG is asked to stand up to the same standards with up to one fifth the manpower. Whether you realize or not, we use time management principles to get this done, but we all probably need to improve these skills in our civilian and military lives.

I have used some of these tips during my career, most of the time with great success. I call it "structure", my family and co-workers call it something else.

Here are a few of my tips along with others from time management specialists:

- Procrastination almost never works.
- Chart your weekly/monthly activities, see where your time is spent and wasted, adjust your schedule accordingly.
- Create "to do" lists at work and home,

re-prioritize the list on a weekly basis.

- Tackle your essential tasks first, ie; paying bills, studying, sleep, change the oil in the car, etc.

- Allow contingency time for the unexpected.

- Don't be a perfectionist.

- Learn to say "no" to requests that you truly don't have time for.

- Leave time for yourself.

We can also use these skills to help create better focus for our lifetime goals; college, career, marriage, buying a home, raising children, and retirement. Creating long-term goals for each stage of your life, immediate future, 5 year, 10 year, 20 year, and 30 year plans can also give you better focus.

Try starting two lists, keeping one on your desk at work and one at home.

You will experience many bumps in the road in meeting your time management schedules and even more with your lifetime goals. Try to keep them in focus and you will most likely be rewarded with a little extra time and a lot of satisfaction.



National Guard G-20 mission team effort (continued from Page 1)

ment with the Army is an experience that I won't forget." said Staff Sgt. Jason Moore, calling the joint operation rewarding.

"They have to be prepared for any circumstance and train for the worst," said Capt. Jeffrey O'Dette, Company Commander, 1-110 Infantry, who trained and lived at the 171st.

"We throw the kitchen sink at them to test them and make sure they're ready." In addition to crowd control, the National Guard's primary mission was manning traffic control posts, which included closed streets and bridges.

The military presence relieved 120 police officers of traffic control posts to tend to civil disturbances according to Pittsburgh Police Lt. Joseph Tersak, coordinator of all traffic control posts and former 112th Security Forces member.

Despite long shifts and working in potential riot conditions, Master Sgt. David Prasko said the local businesses of Pittsburgh were very supportive. Some businesses provided refreshments and allowed guardsmen to use their facilities. In return, the guardsmen offered their services as well.

"The local citizens and businesses were very polite and hospitable during our time there," Prasko said. "We were providing riot control support in front of PNC Park when a local restaurant requested that we look after one of their employees while she waited for a ride home one evening. Because we helped her, she gave us discounted vouchers at the establishment."



Photo by Senior Master Sgt. David Hawkins

Senior Airman Kayloa Demarsico, logistics specialist with the 171st Air Refueling Wing, Pittsburgh, Pa., gets assistance from a fellow team member of task force security adjusting the chin strap of her helmet. Soldiers and Airmen from throughout the commonwealth came together on this special security mission.

The G-20 operation was a display of Pittsburghers, the Pennsylvania National Guard, and local law enforcement coming together to accomplish one goal, overcoming obstacles and helping one another along the way.

More photos from National Guard G-20 mission (photos by Senior Master Sgt. David Hawkins)





193rd SOW Association web site undergoing changes

By Senior Airman Kathleen Garrity

193rd SOW Association Recording Secretary

The 193rd Special Operations Wing Association Web site, www.193sow.org, will be undergoing some changes. Once operational, the new website will allow members who sign up to receive messages about upcoming events and news. Please check out the website often for the updates. The Association is in the middle of

creating a new associate member category. Be on the look-out for the Association's membership committee in the upcoming months. They will be out educating members about the great works of the 193rd SOW Association. Senior Master Sgt. Ricky Shirk will be available in the family readiness office from 10 a.m. to noon Nov. 22. Be sure to stop by and pay your dues, sign up, leave comments or have your questions answered.

CHANGE

Robert Bahl's Leukemia Fundraiser Feb. 20, 2010



Come down to Clearview Lanes in Mt. Joy to help raise money towards a donation in honor of SSgt Robert Bahl.

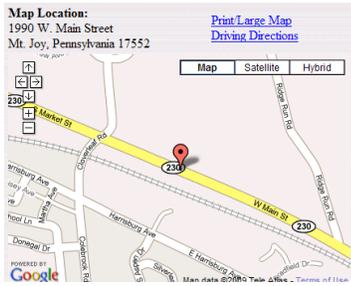
Everyone is welcome!
Bring the entire family.

\$20.00 per person

**5 people per lane, 160 max
(reserve your tickets NOW!)**

**If you can't make it,
donations are welcome.**

Unlimited games from 6 to 9 p.m.



See MSgt McMurray, MSgt Porta, SSgt Oakley, SrA Ritchie, or MSgt Madole for tickets.

Children's Christmas Party



Family Support will be holding a Children's Christmas Party again this year. It will be held at Clancy's at Air Station Middletown.

WHO: Member's children

WHAT: 2009 Children's Christmas Party

WHEN: Sunday, Dec. 6 from 1:30 to 3 p.m.

WHERE: Clancy's - Air Station Middletown

The children will have the opportunity to get a photograph with Mr. and Mrs. Claus. Refreshments, crafts and a goodie bag will also be available.

In order to make sure we have sufficient amounts for refreshments, crafts, etc., please fill out the registration form below and submit it to Sandy or Tracey at the Family Readiness Office, Building 81, first floor, room 131 as soon as possible.

If you have further question you may contact Sandy at extension 3155 or a sandy.scott@ang.af.mil or Tracey at extension 2179 or tracey.mccarthy@ang.af.mil



Member's name: _____

Name (s) of children/adults attending: _____

Phone number: _____

Member's address: _____



Sounding Off

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

What's on the Menu

The Services Flight will be serving their Thanksgiving meal on Saturday

Saturday

Both Lines:

Sliced Roasted Turkey
Sliced Glazed Ham
Stuffing
Sweet Mashed Potatoes
Corn-on-the-cob
Glazed Carrots
Baked Macaroni & Cheese
Corn Bread
Cranberry Sauce
Gravy
Salad Bar
Holiday Pies & Pastries

Sunday

Main Line:

Chicken Stroganoff
Seafood Newburg w/Penne
Pasta
Garlic Bread
Zucchini
Green Beans
Salad Bar
Pastries
Snack Line:
Hamburger
Cheese Burger w/Bacon
Chicken Fingers
Baked Beans
Fries

Clancy's will only serve lunch on SUNDAY:

Hamburger
Cheese Burger with Bacon
Chicken Fingers
Baked Beans
French Fries
Beverages
Snacks



Leukemia fundraiser announced

There will be a Robert Bahl's Leukemia Fundraiser held Feb. 20, 2010 at Clearview Lanes in Mt. Joy from 6 to 9 p.m. Everyone is welcome and encouraged to bring family and friends.

Donations are welcome if you are unable to attend. Money raised will go toward a donation in honor of Staff Sgt. Robert Bahl. Please come out and support this great cause.

Reserve your tickets now with Master Sgt. McMurray, Master Sgt. Porta, Staff Sgt. Oakley, Senior Airman Ritchie, or Master Sgt. Madole. (See the flyer on page previous page)

Retirement benefit seminar scheduled

A Guard and Reserve retirement benefit seminar will be held Dec. 5, from 8 a.m. to 4 p.m. at the Timmermann Center, Fort Dix, N.J. The seminar is free to all Guard, Reserve, spouses, and retirees. Civilian attire is authorized.

Presenters at the seminar will include the Military Service Centers, Veterans Affairs, and the Department of Labor. There will also be various military transition organizations in attendance that will cover topics from guard/reserve perspective such as: survivor benefit plan, Tricare/dental, veterans benefits, disability VA, and much more.

For more information or questions, contact Chief Currie at 757-444-7292, extension 2005 or e-mail everett.currie@navy.mil.

SFS Commander position announced

The Mission Support Group is currently accepting applications for the Security Forces Commander. This Traditional Guard position is open to all promotable captains, majors and lieutenant colonels. The Security Forces Commander is the Chief of Security for the 193rd Special Operations Wing and is responsible for the security of all 193rd facilities, resources, and high value assets. The Security Forces Commander ensures the highest level of combat readiness of Security Forces Squadron and Anti-Terrorism/Force Protection for the 1,800 members of the 193rd at three separate locations.

If interested in the position please send a letter of intent and resume to Tech. Sgt. Pamela Nee at pamela.nee@ang.af.mil by Jan. 10, 2010.

TAA display announced

The state transitional assistance advisor, Katie Johnson, will have a table display and question and answer time at Air Station Middletown, in the lobby of Building 81, Dec. 5.

Katie will be available to answer questions and concerns from 11 a.m. to 1:30 p.m. Please stop by her table and visit on your way to or from the dining hall.

UTA Payday: Dec. 4