

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

193rd Special Operations Wing member, Tech. Sgt. Richard Magners, makes a radio call to the Unit Control Center during the Wing's recent Operational Readiness Exercise. (Photo by Tech. Sgt. Culeen Shaffer)



By Chief Master Sgt. Victor Guerra

State Command Chief

Last month, we celebrated the accomplishments of our fellow Pennsylvania Air National Guardsmen at the 24th annual Flight of Freedom awards ceremony. The Flight of Freedom is our annual salute to the members of the Pennsylvania Air National Guard and their involvement in our Nation's defense. It's our opportunity to reflect upon Unit accomplishments of the past year, honor distinguished members, and demonstrate our dedication, pride and patriotism. Outstanding Airmen are recognized for lifelong and significant contributions to our state, country and the Air National Guard.

The Flight of Freedom was hosted by State Headquarters. This year was the first time since the mid-1990s that it's been held at Fort Indiantown Gap. Typically, the hosting of the Flight of Freedom is rotated between the three Wings. Due to preparations for upcoming inspections at the Wings, it was decided that State Headquarters would host the Flight of Freedom. The headquarters staff did an outstanding job of coordinating, planning and exe-

**State Command
Chief Perspective**

cuting the event this year. I couldn't have been more proud of their dedication and effort, or more pleased with the outcome; it was first class.

Retired Maj. Gen. James Skiff, former Commander of the Pennsylvania Air National Guard, and retired Chief Master Sgt. Robert Thomas, former member of the 193rd Special Operations Wing, were inducted into the Pennsylvania Air National Guard Hall of Fame. The highest honor the Pennsylvania Air National Guard can confer upon an individual is election to its Hall of Fame.

Col. Anthony Carrelli, former Commander of the 111th Fighter Wing and current Commander of the 171st Air Refueling Wing was awarded the Legion of Merit.

In addition, Chief Master Sgt. Stephen Agnew of the 270th Engineering Installation Squadron and Chief Master



Maj. Gen. Stephen M. Sisco, Deputy Adjutant General-Air and Commander of the Pa. Air National Guard, presents retired Chief Master Sgt. Robert Thomas a certificate for induction into the Pennsylvania Air National Guard Hall of Fame during the Pennsylvania Air National Guard Flight of Freedom ceremony held at Fort Indiantown Gap, Annville, Pa. Oct. 20. Thomas is a retired member of the 193rd Special Operations Wing. (Photo by Staff Sgt. Ted Nichols)

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Have a story to tell or a job vacancy? Contact the Public Affairs Office and share the news! Scope advertising works for you to get the word out!

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



Promotions

Promoted to Senior Master Sergeant

| | |
|--------------------|-----------|
| Kevin M. Karmosky | 193 SOS |
| Deborah E. Bashore | 193 SOMOF |
| Nancy H. Stoltzfus | 201 RHS |

Promoted to Master Sergeant

| | |
|--------------------------|------------|
| Daisy D. Andino | 193 SOG |
| Owen O. Bower Jr | 193 SOAMXS |
| Howell M. Simpson | 193 SOAMXS |
| Thomas P. Cusick | 193 SOLRS |
| Chad M. Shifflet | 193 SOSFS |
| David E. Shott | 271 CBCS |
| Carolo F. Fricchione III | 201 RHS |

Promoted to Technical Sergeant

| | |
|-----------------------|------------|
| Gregory S. Hartzell | 193 SOAMXS |
| Thomas G. Forsyth | 203 WF |
| Matthew J. Stackhouse | 201 RHS |
| Amber D. Hartly | 201 RHS |
| Michael P. Tedesco | 201 RHS |

Promoted to Senior Airman

| | |
|-----------------------|-----------|
| Rebekah E. Mesaric | 193 SOFSS |
| Jonathan C. Bishop | 193 SOMXS |
| James J. Montague III | 148 ASOS |
| Bryan A. Robinson | 148 ASOS |
| Devin P. Hoeckel | 148 ASOS |
| Matthew R. Monteleone | 211 EIS |

Promoted to Airman First Class

| | |
|------------------|-----------|
| Cory C. Spangler | 193 SOFSS |
|------------------|-----------|

Promoted to Airman

| | |
|-------------------|-----------|
| Ashley M. Johnson | 193 SOFSS |
|-------------------|-----------|

News In Brief

Electronic payments required for Tricare premium-based health plans

To avoid losing coverage, beneficiaries enrolled in the Tricare Reserve Select or Tricare Retired Reserve health plans who pay monthly premiums by check need to switch to an electronic form of payment before Jan. 1, 2013.

Beginning Jan. 1, Tricare will only accept monthly premium payments using recurring automatic payments by credit or debit card, or by recurring electronic funds transfer from a linked bank account. To avoid confusion, beneficiaries should verify that their bank sends EFT payments.

Beneficiaries may contact their regional contractors to set up automatic payments and get more information. Contact information is available at www.Tricare.mil/contacts.

AETC seeking information regarding incidents of sexual misconduct

The Air Education and Training commander is seeking any information regarding incidents of sexual assault, sexual harassment or unprofessional relationships that occurred during basic military training or technical school with the U.S. Air Force.

In an effort to eradicate sexual misconduct, AETC is soliciting voluntary input from members who have gone through basic military training or technical school training in the last 10 years and soliciting your voluntary input.

Reports can be made anonymously. Call the AETC team at any time at DSN 487-0008 or (210) 652-0008.

ANG proves its value abroad, at home

The Air National Guard continues to demonstrate its value to America every day by executing federal missions at home and abroad while simultaneously supporting their states.

One example of ANG units providing support for multiple missions was recently demonstrated in Louisiana.

Over the summer, the 159th Fighter Wing was executing Air Expeditionary Forces overseas and an Aerospace Control Alert mission, while yet another mission was developing in the Gulf of Mexico.

The wing was ready to answer the state's call when Hurricane Isaac made landfall on the Louisiana mainland Aug. 29. The 159th FW recalled more than 1,100 Airmen to support the residents of Louisiana. The Louisiana ANG was fully engaged on three fronts, performing federal missions overseas and on alert while simultaneously executing a critical state disaster response mission.

To read more about this story, visit <http://www.ang.af.mil/news/story.asp?id=123323081>.



New Wing trainer to put Airmen to test

By Staff Sgt. Susan Penning

193rd Public Affairs Specialist

“You may know what results you want to achieve, but you may not know exactly how to get those results,” said Mike DeRosa, the 193rd Special Operations Wing’s new contracted health and fitness specialist.

DeRosa was recently hired to train and educate Airmen who have failed their Air Force physical fitness tests.

“My ultimate goal is not simply to help these Airmen pass their tests, but also to offer them the nutritional and fitness tools they need to make permanent lifestyle changes,” he said.

DeRosa’s Wing-funded program involves mandatory group exercise sessions and counseling for these Airmen. Starting this month, two exercise sessions will be held during each drill, one on Saturday and one on Sunday. Those who have unsuccessfully passed their physical fitness tests will be required to attend both ses-



DeRosa leads a team of PTLs through resistance training exercises for the video.

Above, Mike DeRosa (right), the Wing’s new health and fitness specialist, helps unit physical training leaders demonstrate squats during the resistance training portion of a fitness video that will be used at future, mandatory group fitness sessions. (Photos by Tech. Sgt. Mariko Bender)

sions. The sessions will include warm-up drills, strength and resistance training, a core workout, conditioning/cardiovascular exercises and stretching.

The Airmen who work with DeRosa will also be required to meet with him one on one to discuss and develop a personalized plan that will put them on a path to success.

“This will benefit more than their military careers,” DeRosa said. “It should improve their quality of life, too. For example, they may want to lose weight to look better, or have more energy to play sports with their kids and grandkids, or reduce or eliminate their aches and pains. I can help them with all that.”

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“My ultimate goal is not simply to help these Airmen pass their tests, but also to offer them the nutritional and fitness tools they need to make permanent life-style changes.”

***- Mike DeRosa
Wing Health and
Fitness Specialist***

DeRosa was specifically chosen for his position based on his credentials and success at another military facility.

DeRosa earned a bachelor's degree in health and exercise science with a concentration in exercise program management and testing from Rowan University in New Jersey.

He earned the title of certified personal trainer from the American College of Sports Medicine and has since worked with clients ranging in age from 17 to 75.

When he's not working at the Wing, DeRosa is employed full-time as a personal trainer and fitness expert at Gold's

Gym in Camp Hill, Pa.

With experience designing workshops, seminars and group training sessions, DeRosa also prides himself on his ability to create individualized nutrition and exercise plans that get fast results.

For example, one of DeRosa's clients was able to completely eliminate his back pain using prescribed core strengthening exercises. Another client lost weight so quickly on DeRosa's plan that adjustments had to be made to *slow down* her progress.

DeRosa doesn't use fitness guru secrets or so-called “magic bullets” to get results for his clients, just sound fitness and nutritional advice.

“My goal is not for my clients to need to work with a personal trainer for the rest of their lives,” he said. “Rather, I teach them what they need to do to reach and sustain results on their own. I'm big on knowledge and education ... the ‘why.’”

In addition to a focused fitness regimen, DeRosa teaches people new ways to eat and how to make better choices on a regular basis.

“I get my satisfaction from the fact that I'm helping people live better lives,” DeRosa said. “Knowing that I



Senior Airman Hannah Yeckley, 193rd Special Operations Force Support Squadron PTL, power skips during a mock warm-up drill hosted by DeRosa.

can make a difference in their daily lives is why I do this.”

Wing leaders are confident that DeRosa will be a great addition to the unit. Their hope is that he will help Airmen not only become -- and stay -- fit to fight, but also improve their morale, readiness and overall quality of life.

“Staying physically fit is an important part of who we are as Airmen,” said Brig. Gen. Gerald Otterbein, Wing commander. “The Air Force Special Operations Command needs us to be able to deploy and handle the strenuous requirements often faced in an expeditionary environment. By maintaining fitness standards, you meet your military obligations but more importantly, you ensure that your personal quality of life is always at its very best.”

The Wing currently has about 100 Airmen who have failed their physical fitness tests. They will attend DeRosa's mandatory fitness sessions until they retake and pass their tests. For more information, contact DeRosa at (717) 948-2439 or visit his office in building 81.



Staff Sgt. Aaron Reitbauer, 193rd Special Operations Security Forces Squadron PTL, and Airman Yeckley demonstrate conditioning sprints for the training video.



Flight of Freedom salutes PA's best

Continued from page 2

Sgt. Larry Leissner of the 111th FW were recognized for being Bronze Stars recipients.

The 171st ARW was awarded the Air Force Outstanding Unit Award for out flying every Air National Guard KC-135 Wing over the past two years, and for the Wing's historic contributions as lead unit, standing up the largest Air Refueling Wing in Europe during Operation Odyssey Dawn. The 193rd SOW received the Air Force Flight Safety Award for outstanding mishap prevention; adding to their more than 50 years and 203,367 flying hours without a Class A Mishap.

In addition, the 258th Air Traffic Control Squadron was selected for the D. Ray Hardin Air Traffic Control Facility Award.

The 270th EIS was awarded the Air Force Outstanding Unit Award, and the 193rd SOW was selected as the Air National Guard's nominee for

the USAF prestigious Vern Orr Award. Our Pennsylvania Outstanding Airmen

of the Year were also recognized: Senior Airman Lawrence Morris, of the 171st ARW/258 ATCS, Airman of the Year; Staff Sgt. Matthew Spittler, of the 193rd SOW/148th Air Support Operations Squadron, Non-Commissioned Officer of the Year; Master Sgt. Jason Hummel, of the 193rd SOW/271st Combat Communications Squadron, Senior NCO of the Year; Master Sgt. Richard Panzar, of the 193rd SOW. First Sergeant of the Year, and Master Sgt. Matthew Kauffman, of State Headquarters, Base Honor Guard Member of the Year.

Many others were recognized as well. Congratulations to all on their awards, selection and recognition. They are all very much well deserved.



Maj. Gen. Stephen M. Sischo, Deputy Adjutant General-Air and Commander of the Pa. Air National Guard, presents Brig. Gen. Gerald Otterbein, commander of the 193rd Special Operations Wing with the Air Force Safety Award for mishap prevention. General Otterbein accepted the award on behalf of the Wing during the Pennsylvania Air National Guard Flight of Freedom ceremony held at Fort Indiantown Gap, Anville, Pa. Oct. 20. (Photo by Staff Sgt. Ted Nichols)

Neighbors helping neighbors



"I haven't encountered anyone who hasn't rolled down their window to say 'thank you,' or tell me we're a godsend and such a blessing."

-Tech. Sgt. Nicole Brennenman, 193rd Logistics Readiness Squadron, fuels specialist.

Tech. Sgt. Nicole Brennenman, fuels specialist with the 193rd Special Operations Wing, fuels vehicles at Floyd Bennett Field, Brooklyn, N.Y. From Nov. 5 until Nov. 13, members of the 193rd SOW worked twelve-hour shifts with other National Guard units from seven states to distribute fuel to victims of Hurricane Sandy. (Photo by Tech. Sgt. Culeen Shaffer)



The Pennsylvania Air Guard sent a fleet of nine C300 fuel trucks to Floyd Bennett Field, Brooklyn, N.Y. (Photo by Staff. Sgt. Claire Behney)



Sounding Off

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

Holiday party set for December drill

Are you ready for some holiday cheer? Each section will host lunch at a to-be-determined location. Lunch events will begin at 11:30 a.m., Sunday. At 1:30 p.m., Airstation 3 personnel will gather in the Fuel Cell for a combined celebration with entertainment provided by the 553rd Band, while the children's party kicks off at Clancy's. For additional information, please contact your organization's party point of contact.

Weapon Systems Officer Opportunity

The 193rd Special Operations Squadron is accepting applications for traditional guard Weapon Systems Officers. A hiring board will be conducted over Feb. 2013 drill. Applications are due close of business of Jan. 25, 2013. If you are a qualified individual seeking this opportunity, please request application requirement information from Capt. Jeff Snyder at jeffrey.snyder.1@ang.af.mil.

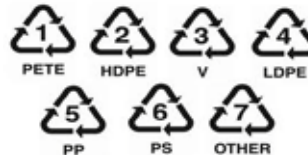
EO NCOIC position available

The 193rd SOW Equal Opportunity Office is seeking a highly motivated Traditional Guardsman to fill the position of the Non-Commissioned Officer In Charge of Equal Opportunity, 3S1X1. Applicants must currently possess a 5-Level in any Air Force Specialty Code and be between the grades of E-5 and E-7. The authorized promotion potential of the position is E-7.

Interested individuals must exhibit strong public speaking capabilities, managerial and leadership skills, possess above average writing, and have vast familiarity with various computer applications. Please submit resumes to 2nd Lt. Matthew Robinson, Director of Equal Opportunity, at matthew.robinson@ang.af.mil by Dec. 9. If you have any questions or would like to inquire more about the position, please contact Robinson at DSN 423-2380 or 717-479-1509.

Base recycling options include plastic

Personnel are reminded that all types of plastic should be designated for recycling. Items include plastic bottles, microwavable containers and disposable cups. Look for the following symbols:



For more information on base recycling guidelines, contact Sarah Moor, 193rd Special Operations Civil Engineer Squadron environmental manager.

First sergeant position available

The 148th Air Support Operations Squadron is seeking eligible applicants for a vacant first sergeant position. (Active guardsmen/reservists cannot apply unless they are willing to convert to drill status guardsmen.) Packages are due to Senior Master Sgt. Dale Perry by the end of November drill. A selection board will be held on Dec. 7. Packages must comply with 193rd SOW Instruction 36-2281.

201st Power Production vacancy announced

The 201st Red Horse Flight / Regional Training Site is seeking an outstanding Power Production (3E072) traditional guardsman (up to Tech. Sgt.) confident in their technical abilities and willing to take on the challenge of sharing their knowledge with others.

Duties consist of all facets normally attributed to Power Production, plus leading teams through various demonstrations and hands-on exercises. Interested individuals must be 7-level qualified in the career field and currently possess, or be willing to obtain within one year of appointment, the required Instructor Certification. Interested applicants please contact Master Sgt. Ron Huntzinger at ronald.huntzinger@ang.af.mil.



Menu

Constellation Cafe

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

SATURDAY

Main Line:

Turkey
Ham
Stuffing
Mashed potatoes
Sweet potato puff
Corn
Winter blend vegetables

Snack Line:

Same as main line

SUNDAY

Main Line:

Sweet and sour chicken
Chili mac
Rice
Veggie mix
Green beans

Snack Line:

Hamburgers
Hamburger bbq sandwich
Baked beans
French fries

Managing your digital footprint: think before you post

Provided by Maj. Howard Nast

Wing Plans Officer

If you're not familiar with the phrase "digital footprint", it's important that you become aware of what it is and how it impacts you. Digital footprint refers to the compilation of content on the Internet that can be associated with you and, thus, potentially available by anyone performing a search on you. The list of possible content visible online is endless: your family videos on YouTube, your comments on a news article or blog, vacation photos on Flickr, your posts on Facebook and Twitter.

Why should you be concerned about the information available online about you? While these pieces of information may seem innocuous on an individual basis, when pieced together they create a composite profile that could be used by cyber criminals. The more information out there, the more information that is accessible for social engineering and ID theft scams. Additionally, this content may be accessed at some point by an outside source doing an assessment of you, whether it be for college admissions or a new job.

With so much of your information in so many places online, can you do anything to manage your digital footprint? Yes. By reviewing the tips below, you can help minimize your online exposure and possibly reduce the risk of identity theft.

Once information is uploaded, it may be impossible to remove.

Map Your Footprint

Before you can start reducing and cleaning your digital footprint, you should know what it currently looks like. Make a list of all the social networking sites that you've signed up for, any websites where you've had an account in the past, and all the usernames or aliases you have used on the web.

Using your name, other personal details, and the information from your list, do a few searches on multiple search engines and you'll get a good idea of how big or small your digital footprint is.

Take Control of Your Privacy

Once your footprint is mapped, you can start to clean it up. Perhaps you found a few social networking posts that were available to the public, or maybe a few photos that you would rather not have everyone see. Most social networking sites have varying levels of privacy controls, so you can change a few settings and restrict access.

Think before you post.

Manage Interactions with Others

Don't forget others may be able to see whom you are associated with. Be careful about how you interact with others online. Be selective about which venues you participate in. If you regularly contribute to blogs or message boards, consider how your statements might be interpreted by others. Be cautious about referencing your place of employment or your job function as this might be used for social engineering and other scams.

Use Caution on Social Media and Networking Websites

Use privacy controls available to limit and control access to your information. Do not post any inappropriate photos, comments, status updates or other content.

Recommendations on taking action:

- Clean up your footprint. Remove any photos, content and links that are inappropriate or reveal too much information.
- Be selective about who you authorize to access your information.
- Monitor comments made by others.
- Consider using the "block comments" feature or setting your social networking profile to "private" so only designated



friends can view it.

For more information or assistance regarding operational security and how to better manage your digital footprint, please contact Maj. Howard Nast, Wing Plans Officer at 717-948-2231 or howard.nast@ang.af.mil and visit one of the following websites:

MaximumPC: How To Erase Your Digital Footprint: http://www.maximumpc.com/article/features/how_erase_your_digital_footprint

Washington Post: Beware of Privacy Policies: Time to Clean Up Your Digital Footprint: http://www.washingtonpost.com/lifestyle/style/beware-of-privacy-policies-time-to-hide-your-digital-footprint/2012/01/31/gIQADI7PnQ_story.html



Like what you're reading? Want to see more Wing photos?

Check out the Wing's website at:
<http://www.193sow.af.mil/>



Wing 'nails' ORI, receives excellent rating

Photos by: Tech. Sgt. Mariko Bender, Tech. Sgt. Culeen Shaffer, and Tech. Sgt. Erin Heiser

Members of the 193rd Special Operations earned an excellent rating in the recent Operational Readiness Inspection held on base in Middletown, Pa. The inspection included four phases that were spread out during the course of nine months.

