

Florida Wing Civil Air Patrol Newsletter

Our Mission: To serve Florida by performing homeland security and humanitarian missions for our state, develop our state's youth, and educate our citizens on the importance of air and space power.



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From Our Commander - Col. Dan Levitch, Commander, FL Wing

It sure has been a busy couple of months! Forty-two Florida Wing members attended the first C.I.S.M (Critical Incident Stress Management) Class held at MacDill AFB. Lt Col Sherry Jones, the National CISM Coordinator was the instructor for this course. According to the students attending, the class was one of the best CAP classes that they had ever attended. I would like to thank Lt Col Al Bedgood and his team for the first class operation. Hopefully more classes will be forthcoming in the near future for you to attend.

We had over 100 cadets attend the Summer Encampment this year at Camp Blanding. I attended the Banquet and the Pass and Review and I was very proud of all the Cadets and Seniors for their success. For those of you who are not aware...there are no air-conditioned barracks. These people deserve kudos for surviving in the Florida heat.

Our Florida Color Guard Team attended the National Color Guard competition in Washington, DC and placed 3rd in the Nation. This was the first year for this Color Guard Team, and they represented Florida very well. We are extremely proud of them. The escorts were Maj Margarita Mesones and Lt Col Pat O'Key. I was represented by Vice Commander, Col Eileen Parker. CONGRATULATIONS to all.

Uniforms - I have been traveling around the Wing, and I am very impressed that so many of you have chosen to wear the new Corporate Uniform. The double-breasted Service coat will be available starting next month through VanGuard. Just a reminder that Wing patches must be removed from the CAP/USAF uniforms by 31 AUG 06.



Col. Dan Levitch

FLORIDA WING WILL REQUIRE MEMBERS TO WEAR THE WING PATCH ON BDUS while it will be optional on flight suits.

A Wing policy letter will be forthcoming and posted on the Florida Wing website.

Some of you start back to school soon, so enjoy the rest of your summer. Don't forget to tell your new classmates about Civil Air Patrol and the great things that we do.

Remember to "BE SAFE" always!



FL Wing Cadets Attend Aerospace Dimensions 2006

Written by: 2d Lt Richard C. Peritz, Public Affairs Officer, Coral Springs Cadet Squadron



CAP Cadets and support staff visited Brevard County on June 2-4, during an Aerospace Dimensions 2006 weekend. This was an event sponsored by the Brevard Community College SpaceTec Program and the U.S. Department of Labor. One hundred and nine CAP members primarily from Group 6 and Group 11 shared the non-stop aerospace education weekend. The agenda included visits to Brevard County Community College Planetarium, Kennedy Space Center and Cape Canaveral Air Force Station and a behind the scenes look at rockets and spacecraft residing at these locations. During the evening, training continued with instruction on blood borne pathogens, space and survival foods, satellite tool kit, Alka-Fuji Rocket building, direction finding and radio communications. KARS Park, which is located at the south gate of Kennedy Space Center on the Banana River, was the base of operations for this activity.

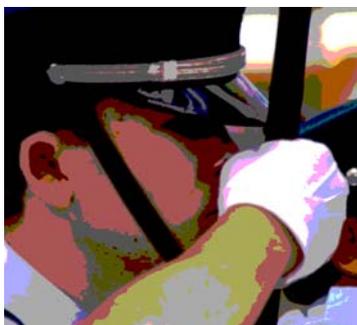
Students aged 12-18 from Coral Springs Cadet Squadron and several surrounding squadrons from Palm Beach and Broward County had a unique opportunity to learn more about the aerospace industry, tour Cape Canaveral U.S. Air Force Station, Kennedy Space Center Visitor Center, and experience potential careers in space technology. Careers in aerospace technology and space-related fields – fiber optics, structures, hydraulics, electrical, and new materials such as composites - continue to thrive as NASA's new frontier unfolds in space exploration.

Congratulations and thanks go to the Coral Springs Cadet Squadron with 1st Lt Bruce Sage, Commander, and 1st Lt Mitch Drucker, Deputy Commander, for the planning and execution of the event in partnership with SpaceTEC with Lt. Col. Doug Stropes, Commander of Detachment One, 45th Mission Support Group. The entire event, despite the complexity in arranging and implementing the multi-faceted program, was a great and inspiring success. Feedback by participants was overwhelmingly favorable. FL Wing Model Rocketry Officer, 1st Lt John Edwards, is working with SpaceTEC to ensure continuation of a similar activity in the future for other CAP members.

See full article at <http://www.flwg.us/database/database/news.asp?action=print&article=330>

National Color Guard Competition Results

Written by: Maj David Leali, FL Wing Director of Cadet Programs



Homestead Air Reserve Base Cadet Squadron's color guard team placed 3rd in the nation for their overall score. They took 1st place in the Inspection event, and team commander Cadet Hamilton was named the "Outstanding Cadet" of the National Color Guard Competition.

Congratulations to the team for representing us well.

Frank G. Brewer-CAP Memorial Aerospace Award Goes to FL Cadet

Written by: Maj Linda E. Trimpey, Commander of Florida Schools Group



C/2d Lt Matthew Dion of the General Chuck E. Yeager Cadet Squadron has been chosen as the 2005 national winner of the Frank G. Brewer-Civil Air Patrol Memorial Aerospace Award in the cadet category. There is only one annual national winner in each of the four categories: senior, cadet, individual or organization, and lifetime achievement.

In addition to all his impressive accomplishments during 2005, he earned his solo glider and private pilot single engine land certifications. He won the 2005 Bartoletti Glider Scholarship from the Tampa Bay Soaring Society which covers all costs for him to achieve his private pilot glider license.

Two of C/Lt Dion's long-term aviation goals are to become a USAF aviator and fly KC-135s. He hopes to enter the AF Academy in 2007 as an objective along the path of reaching these goals. Certainly, earning the national Brewer Award will be a great asset toward obtaining a recommendation to the Academy for this deserving young man. See the full article at <http://www.flwg.us/database/database/news.asp?action=print&article=332>

Cadet Colonel Marissa Streifel Receives Spaatz Award

Written by: Maj David C. Leali, Director of Cadet Programs, Florida Wing

C/Col Marissa Streifel from Wellington Cadet Squadron joined the Lantana-Lake Worth cadet squadron in 1999. Her impressive career includes attending National Flight Academy – Glider, National Emergency Services Academy, is a 3-time champion of the Wing Academic Competition, and was the team commander of the all-female 2002 FL Wing Color Guard Team which swept the National Color Guard Competition. She was named "Outstanding Cadet" of the National Color Guard Competition and later went on to command the Florida Wing Drill Team. She is an instructor at the Florida Wing Color Guard Academy. Cadet Streifel started at the University of Florida last fall and has been recently named as the Florida Wing Representative to the South East Region Cadet Advisory Council.



Cadet Wins Trip to Space Academy

Written By: Capt Leslie Ballard, Gainesville Composite Squadron

C/A1C Daniel Cook, Cadet Aerospace Education Officer for Gainesville Composite Squadron, submitted a winning entry in the 2006 Aerospace Education Foundation Space Camp Scholarship contest. As one of ten winners nationally in his age group, his essay has earned him an all-expenses-paid trip to Space Academy in Huntsville, Alabama. Cadet Cook earned the trip by writing an essay about the design necessities of a robot built to land on Pluto. He also designed a mission patch that incorporated space exploration with important elements of his life.

This marks the second essay contest Cadet Cook has won this year, having also earned a trip to the Astronaut Training Experience at Kennedy Space Center as a Grand Prize winner in a History Channel contest in March. This also marks the second year in a row that a Gainesville Composite Squadron cadet has won a Space Camp scholarship, with C/2d Lt Daniel Freeman attending last summer.

Cook's scholarship includes tuition, round-trip transportation to Huntsville, meals, and a special Space Academy flight suit. Twelve-year-old Cadet Cook is home educated and aspires to be an astronaut.

<http://www.flwg.us/database/database/news.asp?action=print&article=326>



Florida Cadets Accepted at Military Academies

Air Force Academy, Class of 2010

C/SSgt Kayla Beach, Tampa Cadet Squadron
C/Capt Winston M. Jean-Pierre, Coral Springs Cadet Squadron
C/2d Lt Jason Whitehead, SRQ Composite Squadron
C/2d Lt Patrick Collins, West Broward Composite Squadron
(Selected Coast Guard Academy)

Naval Academy (Annapolis)

C/AB Kellye Denney, Tampa Cadet Squadron
Military Academy (West Point)
C/Maj Orlando Zambrano, Tampa Cadet Squadron
Coast Guard Academy
C/2d Lt Patrick Collins, West Broward Composite

FL Wing Cadets Get The Ride of Their Lives

Written By: Maj John Varsames, Commander, Group 5, FL Wing

Twenty-two cadets from Florida Wing Groups 5, 3, and 8 recently attended Cadet Week at MacDill Air Force Base. These honored cadets received the opportunity to go on an actual refueling mission on a KC-135. The KC-135 Stratotanker's principal mission is air refueling. The Boeing Company's model 367-80 was the basic design for the commercial 707 passenger plane as well as the KC-135A Stratotanker. In 1954 the Air Force purchased the first 29 of its future fleet.



The two cadets pictured are both from Sarasota Military Academy Cadet Squadron, (L) Cadet Airman Kyle Chmielewski and (R) Cadet Senior Airman Miles Lacey . Group 5's Lt. Col. Dick Petrucci and other senior Group 5 members attended this event. Maj. John Varsames, Commander, Group 5, helped coordinate the Group's participation along with FL Wing Liaison Officer Lee Vogt. (Photos by Lt. Col. Dick Petrucci)

See full article at <http://www.flwg.us/database/database/news.asp?action=print&article=354>

FL Wing Cadets Return From Hawk Mountain

Written By: 2d Lt Mark Sweitzer, Public Affairs Officer, Group 2, FL Wing

Members of the Florida Wing returned to their state in a caravan of three vehicles and looked like tired, but conquering heroes. Each one of the 19 cadets and senior staff finished their courses successfully and passed their tests. The first drop point along I-95 was in north Jacksonville where staff members of Group 2 greeted the returning cadets with a dozen pizzas and drinks. All of the cadets piled out, did some stretches, and then tore into the pizza. The camaraderie they showed as they did so, indicated the bonding that had occurred over the last 13 days.

Captain Sandra Graham, also of south Florida, offered her opinion. "The cadets did well. They faced their tasks and completed them. This is something that they can be proud of. I hope they go back again." Cadet Josh Floyd of the Tallahassee Composite Squadron was asked if he would go back again. "Oh, yes!" he exclaimed. "If I had the choice of going back to Hawk Mountain or winning a million dollars..." he paused for a moment, reflected, then continued, "I would take the million dollars and THEN go to Hawk again," he replied with a grin.

Congratulations to all the returning cadets on their accomplishments. It is not a little thing to have passed the course – as all who have taken it know. Florida Wing salutes you.

See the full article at <http://www.flwg.us/database/database/news.asp?action=print&article=350&category=>

Security Awareness Training

The 'OPSEC' [Operations Security] briefing is required of ALL senior members and ALL members with a 101 card.

This online briefing will show you common sense ways to handle certain types of information about what CAP does; how to keep it from people who simply do not need to know and people who may put it to the wrong use.

The online briefing consists of a Power Point presentation of two dozen slides. There is no test involved; simply read the slides and click on 'AGREE' a couple of times at the end of the presentation. That's all there is to it. Your response is automatically recorded at National Headquarters.

Particular Civil Air Patrol items of information, procedures, resources, capabilities and responsibilities are not for general distribution.

Go here --> <https://tests.cap.af.mil/opsec/main.cfm>

Cadet experiences USAF Weather Agency Special Activity

Written by: C/2Lt J. Matt Clark, Cadet Commander, Okeechobee Composite Squadron

My weekend of arrival in Omaha consisted of touring the Strategic Air and Space museum, where we saw a U2, SR-71 and simulators. Our days during the week were mixed with Air Force Weather classes and visiting the National Weather Service (NWS). In the evenings, we visited the local TV station KETV Channel 7, where we got to "play" with the green screen where the weather is projected to illustrate the weather report. The local weatherman showed us all the inside tips to weather forecasting. A lot of hard work is behind the scenes of a weather watch or warning.

We had the chance to fly in KC-135 simulators. It was very cool, and I'm glad we have professionals doing that; otherwise we would be in a lot of trouble. One of the highlights of my trip was the obstacle course. It was actually harder than I expected, but I did complete the course eventually and felt great afterwards. The week also included some time at a water park and bowling alley.



We had our graduation banquet that Friday night, and I had a chance to thank the staff and cadets for an awesome week! I would like to especially thank Capt. Schroeder-USAF, Lt. Col. McMillan-CAP Commander, and SrA Liptroff-USAF. It was a memory of a lifetime. I recommend to any cadet to attend the Air Force Weather Agency.

See the full article at:

<http://www.flwg.us/database/database/news.asp?action=print&article=342>

Rocket Science - Or Is It?

Written by: SM Jack Payne, PAO, Treasure Coast Composite Squadron

On June 3rd, seven Group 4 CAP members loaded up and headed for Kennedy Space Center. All except one of these members are communications officers within Group 4. The mission was to replace the CAP repeater antenna on top of the world's largest (by volume) building; the Vehicle Assembly Building located on Cape Kennedy. The antenna to be replaced was a single dipole that was put up as temporary after last year's hurricane. We needed the extra power boost to improve Group 4's communication capabilities. The new antenna should enable us to bounce a signal from as far away as Ft. Pierce for ground units and even further for our aircraft.

See the full article at <http://www.flwg.us/database/database/news.asp?action=print&article=331>

Memorial Day and Recognition Ceremonies

Written By: 1st Lt Jackie Zarrilli, PAO, FLWG HQ

A firsthand account of being shot down over Germany and taken prisoner of war was a fitting conclusion to this year's Memorial Day ceremonies and a very special ceremony recognizing the accomplishments of members of the Boca Raton Composite Squadron. WWII Army Air Corp B 24 Bombardier, ex POW, and Distinguished Flying Cross recipient, Lt. Irwin Stovroff spoke about his experiences of living on the edge, as 50% to 60% of the allied aircraft did not return from their missions.

You could hear a pin drop as he told of being shot down on his 35th mission and taken prisoner by German troops. He spoke of the fear he felt as he threw away his dog tags which identified him as Jewish, the intense interrogation as the enemy tried to extract information from him and his fellow American officers and the irony of learning that the German Commander was a former neighbor from Buffalo New York. Captured at an age not much older than the teens in the audience, he directed his remarks to the cadets as he told them that the way of life, freedoms and democracy they all enjoy is because of the sacrifices of many. The audience rose to their feet to salute and thank Lt. Stovroff and all the veterans present for their service to the United States of America.

At this Civil Air Patrol (CAP) awards ceremony, there was acknowledgement of the heroic efforts of members in the aftermath of last season's hurricanes. Lt. Colonel Buddy Harris, CAP National Special Advisor, summed up the feeling of all CAP volunteers. "It felt wonderful to be able to help those in need. I saw how important Civil Air Patrol's mission to perform emergency service is to the country and Florida." He read a message from Governor Bush saying "It is through the efforts of public-spirited organizations like yours that our state and nation can best meet the needs of all its residents." Awards were presented by the Air Force, the Disabled American Veterans Association, the Marine Corp League, the Veterans of Foreign Wars and the Sons of the American Revolution.

See the full story at <http://www.flwg.us/database/database/news.asp?action=print&article=319>

Back to the Moon, Onward to Mars

Written by: 1st Lt John Clark, Public Affairs Office, Group 4

Members of CAP Crystal Lake Middle School Cadet Squadron and the Air Force Association were treated to a firsthand “blast in the past” presentation on the NASA Apollo project. Dr. Earl Driscoll was the guest speaker at a recent luncheon. Dr. Driscoll, now retired from NASA, worked for the Kennedy Space Center Launch Control for the Apollo 1–17 missions.

The presentation included personal memorabilia of NASA and discussions of his personal relationships with all of the Apollo astronauts as an Astronaut Safety Officer. The tragic fire of Apollo One, which took the lives of astronauts Virgil “Gus” Grissom, Ed White and Roger Chaffee unified the NASA team to be the first to the moon.

Dr. Driscoll illustrated the features of a model Saturn V rocket. The Saturn V rocket was the largest operational launch vehicle ever produced. His most memorable time was working with Dr. Wernher Von Braun who died in 1977, later a hero to many, enabled the United States to beat Russia in putting a man on the moon. His legacy includes the production of the V-2 rocket during World War II.

Dr. Driscoll discussed the second race to the moon by 2018. “There is interest from China, Korea and Japan to mine the resources on the moon. The US is considering a larger manned flight of five to six astronauts on these new missions to moon. This is the first step in preparation of putting a man on Mars by 2025,” he said. “The United States will need to develop a propulsion system to travel faster in space. We cannot take 18 months to make a round trip journey to Mars.”

Dr. Driscoll's personal memorabilia are on display at the Crystal Lake Middle School.

See full article at <http://www.flwg.us/database/database/news.asp?action=print&article=346>

CAP Chaplain Ministry Is More Than Mending The Spirit

Written By: 1st Lt Jackie Zarrilli, PAO, FL Wing HQ

Ch Maj David Lefavor ministers to injured Active Duty Military at Tampa's VA Hospital. He knows that mending the spirit of the injured soldier also means ministering to the family. Sometimes helping the family means going beyond the normal counseling of chaplain; it may mean being a handyman. Ch Lefavor and his wife recently spent the weekend cleaning up and doing some household repairs at the home of a National Guard Sergeant who had been critically injured in Afghanistan.

We all know how quickly household chores and repairs pile up when neglected and how overwhelming it can be, affecting ones' spiritual, emotional and physical health. Chaplain and Mrs. Lefavor understand that. Ch Maj Tom Carson, said, “We in Civil Air Patrol and in the ministry know getting the job done sometimes means getting down and dirty. I am so proud of David and his wife. They certainly went the extra mile.”

Safety Sentinel

Written by: Capt Bill Woody, Florida Wing Director of Safety

The July issue of “The Sentinel” has a thought-provoking article “The Point of No Return” that stresses the importance of breaking the chain - the chain of events that lead to an accident.

I invite both Cadets and Senior Members to transfer this article from the flight environment to the parts of your CAP and personal life that require your awareness to be safe (i.e. your waking hours). Operating a car or boat or bicycle or whatever you do requires the same “flight discipline” and “behavioral habits” that make a cockpit safe.

This issue also addresses Stroke and how to recognize it. The last article “Family Weather Safety Tips” is especially important for those of us who live with the uncertainty of severe storms; those that start with the letter “H”.

Monthly Safety Briefings - this month's Sentinel has some good stuff for your briefings. Use it: it's a tool to help you make yourself and your unit **Think and Live Safety!** I believe the best way to learn something is to teach it. A briefing at your unit or your sharing of safety tips with family and friends can go a long way to making safety the part of your life it deserves to be.

Make Safety a Habit - It's One You Can Live With!

Find “The Sentinel” at <http://level2.cap.gov/visitors/programs/safety/newsletters/>

Taking Pictures

Written by: Lt Col David Moseley, Photography Advisor, Public Affairs, FL Wing HQ

All of you who like to take pictures need to think about the basics when taking a picture. The rule of thumb proposed by the folks who used to sell film to most of us, was that film is cheap. "Take lots and lots of pictures." That theory is even easier now since digital cameras arrived on the scene. These devices are great; but, they have some significant limitations. The most annoying one is that if there is anything moving when you push the shutter button, the camera goes nuts because it can't decide on where it's supposed to focus. You should try taking a picture of a low flying B-1 bomber if you want to hear your favorite camera going crazy-I SWEAR I heard mine crying!

Also, if there are nicely defined surfaces, like flag poles or other items behind your subject, the camera will focus on those and leave your subject that is standing in front look fuzzy. How do you deal with that? With many cameras, you don't. Take the picture and realize that it may look okay in the camera window, but when you want to send it to your local newspaper (You ARE doing that aren't you?), be aware that you may have a throw-away picture on your hands.



Most of these cameras don't deal well with pictures that have a lot of contrast. If there are a lot of bright things in the field of view, as well as darks, most cameras have a big problem when they average out what they are "seeing", and you have another throw-away picture.

Take pictures. When in doubt, take the shot, BUT, begin to think critically at the image your camera recorded. Is it well composed? Does it tell a story? What can you do better the next time? Don't let the ease of taking pictures lull you into the notion that every shot you take should be sent to your local paper. Does the term "boring home movies" sound like something you've heard before? Be selective and submit only the good ones.

Photo: Lt Col David Mosley

CAP and ARRL in Hurricane Training Exercise

Written By: 1st Lt Jackie Zarrilli, Florida Wing Public Affairs Officer

Across the state members from the Civil Air Patrol (CAP) and the American Radio Relay League (ARRL) conducted communication exercises in preparation for this year's hurricane season. For the first time as part of its Emergency Preparedness Plan, Florida's Turnpike Enterprise invited them to hold the annual amateur radio Field Day and training exercises at various turnpike service plazas.

Lt. Col. Bruce Smith, Group 6 Commander and Capt Tom Inghima, Group 6 staff worked with 1st Lts Corrine and David DeGiacomo of FL Wing Staff and Capt Pat Lovarco from Ft Lauderdale Composite Squadron to set up operations at the Turnpike's Pompano Service Plaza. They communicated via HF radio to Col Casenove in Ocala.

"These types of drills are extremely important," explained Group 11 Communications Officer Capt Art Ruben. "We work out the glitches, sharpen skills and work as a team so that we can be of service during the state of emergency that the hurricanes have put us in over the last few years." Ruben and Lt Col Guy Herlihy, also at this event, are ham operators and also members of ARRL. As an Ex Merchant Marine Radio Officer, and former Air Force Airborne Radio Operator, Captain Ruben knows firsthand how vital communications are to being able to save lives, and he said, "That is why CAP and ARRL are working and training together this weekend."

Cadets from the Boca Raton Composite Squadron C/Capt Christina Zarrilli and SrA John Clark got a hands-on lesson from Lt Col Jeff Stahl from the Coral Springs Cadet Squadron. Lt Col Stahl has been a ham operator since he was a teen and is a member of both the FAU and Boca Raton Amateur Radio Clubs. He explained that the skill set for HF, CAP's voice communication frequency, and ham radio are the same.



Sal Ippolito, ARRL, gives lesson to SrA John Clark and C/Capt Christina Zarrilli.

See the full article at

<http://www.flwg.us/database/database/news.asp?action=print&article=338>

Wing Staff Members of the Month

Written by: Lt Col Patrick O'Key, FL Wing Chief of Staff

May 2006 – 1st Lt Eileen Tonkinson, Editor "Gator

CAPers" Eileen has done an outstanding job of getting the newsletter from the past to a current state. Many of you have read the issues she has done. They are informative and entertaining. For the record, the name has nothing to do with nor shows any favoritism towards any Florida College Teams. Lets all thank Lt Tonkinson for all her hard work and dedication and a job well done.



June 2006 - Col Henri Casenove, Net Manager

Since I have had an HF radio, there is one voice that is always on the airwaves. Col Casenove monitors and participates on most of the HF nets and jumps in anytime someone is late or absent from their duties as Net Control. As well as HF, every time I drive through the Orlando area and check in VHF on the Orlando repeater, Henri always responds. Henri's dedication and commitment to the program goes unmatched by anyone. Henri, thanks for caring.



Promotions

Promoted to Captain:

Sarah Lynch, Hillsborough One Senior Squadron
Suzanne Chung, Weston Cadet Squadron
Samuel Bowman, Group 800
David Werner, Group 800
Denis McNeal, Group 800
Ronald Kielty, Marion County Composite Squadron
David Pirtle, Seminole Cadet Squadron
Rick Peters, Lake City Cadet Squadron

Susan Palmer, Lake City Cadet Squadron
Michael Ernst, Headquarters, Group 2
Gregory Stritch, Jacksonville Composite Squadron
Bruce Sage, Coral Springs Cadet Squadron

Promoted to Major:

Ronald Stearns, Marco Island Composite Squadron
Lewis McMullen, Headquarters, Florida Wing

Additional Awards

At least two awards were unintentionally missing from the list of those published in the last issue of Gator CAPers. We now give our apologies and special recognition to:

***Meritorious Award presented to C/Col. Timothy Medeiros
Florida Wing Public Affairs Officer of the Year is Lt Col George Navarini.***

Requirements for Recognition

Written by: Maj Judi Levitch, FL Wing Director of Personnel

It's hurricane season once again, and time to sharpen pencils to record your participation in CAP missions. This is probably one of the least favorite duties performed at a mission, but a vital one nonetheless.

Last year during Hurricanes Katrina and Wilma we had many of our members qualify for the Disaster Relief Ribbon with V Device. Unfortunately, we probably didn't recognize as many of our members as we should have due to the fact that members were signing in to command bases but not signing out. Some of our members were also signing in and out, but not including the time of day. This is VERY IMPORTANT. Our members work very hard, and one of the few concrete ways we have of thanking them is to present them with these awards.

We also had many of our members qualify for the new National Commander's Citation. Again, we might have had more if the paperwork had been handled properly. Incident Commanders have a lot on their plates when running these missions. It is up to the individual members to remember to sign in and out on the log sheet and to put times in as well. Unfortunately we don't always have a Personnel Officer assigned to the mission, so it becomes more important for each one of us to monitor ourselves.

Hurricane Medical Survival – Emergency Wound Care

Written by: Maj Sergio B. Seoane, M.D., Florida Wing Medical Officer

The risk for injury during and after a hurricane and other natural disasters is high. Prompt first aid can help heal small wounds and prevent infection. Tetanus is a potential health threat for persons who have open wounds.

Seek medical attention as soon as possible if:

- There is a foreign object embedded in the wound;
- The wound is at special risk of infection (such as a dog bite or a puncture by a dirty object);
- An old wound shows signs of becoming infected (increased pain and soreness, swelling, redness, draining, or accompanied by a fever).

How to Care for Minor Wounds

- Wash your hands thoroughly with soap and clean water if possible.
- Avoid touching the wound with your fingers while treating it (if possible, use disposable, latex gloves).
- Remove obstructive jewelry and clothing from the injured body part.
- Apply direct pressure to any bleeding wound to control bleeding.
- Clean the wound after bleeding has stopped.
 - Examine wounds for dirt and foreign objects.
 - Gently flood the wound with bottled water or clean running water (if available, saline solution is preferred).
 - Gently clean around the wound with soap and clean water.
 - Pat dry and apply an adhesive bandage or dry clean cloth.
- Leave unclean wounds, bites, and punctures open. Wounds that are not cleaned correctly can trap bacteria and result in infection.
- Provide pain relievers when possible.

Other Considerations

- Expect a variety of infection types from wounds exposed to standing water, sea life and ocean water.
- Wounds in contact with soil and sand can become infected.
- Puncture wounds can carry bits of clothing and dirt into wounds and result in infection.
- Crush injuries are more likely to become infected than wounds from cuts.

Anyone with wounds should be evaluated for a tetanus immunization. With a puncture wound or a wound contaminated with feces, soil, or saliva, have a health care professional determine whether a tetanus booster is necessary based on individual records.

NWS Tropical Cyclone E-mail Advisory Service

Written by: Lt Col Steven P. Schultz, Deputy Commander Summerlin Academy Cadet

During the hurricane season (1 Jun thru 30 Nov), the National Weather Service offers an e-mail advisory service. You may sign up for e-mail advisories at "Get Storm Info" at <http://www.nhc.noaa.gov>. Once signed up, you will receive NWS forecast and advisory reports to your email address.



Cartoon by: Lt Col David Mosley

2006 Summit Award Winner: Civil Air Patrol for Hurricanes Katrina and Rita Relief

Program Description: In September 2005 when Hurricanes Katrina and Rita ravaged the Gulf Coast, the volunteers of Civil Air Patrol sprang into action. CAP's goal was to save lives and provide disaster relief assistance wherever possible. First, the CAP National Headquarters established a round-the-clock command post to coordinate flight crews and search teams with federal, state, and local requests for aerial reconnaissance and rescue. In Louisiana, Mississippi, Alabama, and Texas, 1,734 CAP members turned out to prep and deploy aircraft, communications equipment and supplies.

CAP volunteers used their intensive training to quickly provide digital photos of the damage. This imagery revealed the storms' impact and aided in the safe recovery of victims. In some cases, those surveying the damage were seeing the catastrophe's effect on their own homes. On the ground, CAP volunteer ground teams went door-to-door through demolished neighborhoods to find trapped victims.

When all was said and done, CAP volunteers had surveyed 4,266 homes and made 8,524 contacts with people affected by the hurricanes. They flew over 1,848 hours and contributed 35,495 manhours of assistance to the effort.

To read about the other five Summit Award winners, see <http://www.asacenter.org/AboutUs/newsreldetail.cfm?itemnumber=18571>

Heat Related Problems

Written By: Maj Sergio B. Seoane, M.D. Florida Wing Medical Officer

People suffer heat-related illness when their bodies are unable to compensate and properly cool themselves. The body normally cools itself by sweating, but under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions related to risk include age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use. Because heat-related deaths are preventable, people need to be aware of who is at greatest risk and what actions can be taken to prevent a heat-related illness or death.

- ★ Air-conditioning is the number one protective factor against heat-related illness and death. If a home is not air-conditioned, people can reduce their risk for heat-related illness by spending time in public facilities that are air-conditioned. Summertime activity, whether on the playing field or the construction site, must be balanced with measures that aid the body's cooling mechanisms and prevent heat-related illness.
- ★ Don't wait until you're thirsty to drink. During heavy exercise in a hot environment, drink two to four glasses (16–32 ounces) of cool fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat.
- ★ Choose lightweight, light-colored, loose-fitting clothing. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) along with sunglasses, and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels) 30 minutes prior to going out.
- ★ Try to limit your outdoor activity to morning and evening hours. Try to rest often in shady areas so that your body's thermostat will have a chance to recover.
- ★ Start work or exercise slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or at least into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.
- ★ Stay indoors and, if at all possible, stay in an air-conditioned place. Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat related illness.
- ★ When working in the heat, monitor the condition of your co-workers and have someone do the same for you. Heat induced illness can cause a person to become confused or lose consciousness.

The warning signs of heat stroke vary but may include the following:

- An extremely high body temperature (above 103°F, orally)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness



If you see any of these signs, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim. Do the following:

1. Get the victim to a shady area.
2. Cool the victim rapidly using whatever methods you can. For example, immerse the victim in a tub of cool water; place the person in a cool shower; spray the victim with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.
3. Monitor body temperature, and continue cooling efforts until the body temperature drops to 101–102°F.
4. If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
5. Do not give the victim fluids to drink.
6. Get medical assistance as soon as possible. Sometimes a victim's muscles will begin to twitch uncontrollably as a result of heat stroke. If this happens, keep the victim from injuring himself, but do not place any object in the mouth and do not give fluids. If there is vomiting, make sure the airway remains open by turning the victim on his or her side.

Everyone should know how to prevent, recognize and treat each of these conditions.

See the full article at for additional information on heat exhaustion, heat cramps and sunburn at <http://www.flwg.us/database/database/news.asp?action=print&article=353&category>

National Staff College

Fifty-two of Civil Air Patrol's finest volunteers will attend CAP's 2006 National Staff College from July 8-14 at CAP National Headquarters, Maxwell Air Force Base. The elite cadre of adult volunteers selected for the National Staff College -- the organization's top course in leadership development -- will benefit from a dynamic blend of fast-paced academics and skill-building exercises in leadership, communications and strategic policymaking. Students will receive more than 40 hours of intensive coursework in such subjects as executive leadership, group dynamics, governance and finance, ethical business conduct, interagency cooperation and strategic resource management.

This year's presenters include several Air Force and industry leaders: U.S. Air Force Air University Commander Maj Gen Stephen R. Lorenz, CAP National Commander Maj Gen Antonio J. Pineda, CAP Senior Air Force Adviser Col Russell D. Hodgkins Jr., Air War College Deputy Commandant Dr. Suzanne Logan, Air War College Dean of Students Col Wade Johnson and CAP Executive Director Don Rowland. "We're excited to be able to return to the academic circle of Maxwell Air Force Base and take advantage of the senior military instructors at the Air University and Air War College," said Lt Col Peggy Myrick, a member of CAP's California Wing and director of the National Staff College. "We couldn't ask for a better group of men and women to mentor our volunteer leadership."

Attending from Florida Wing are Maj Richard Dean, Maj Crist Fellman, Maj P. Garman, Maj Deborah Grimes, Lt Col Herbert Schulman and Maj John Vredenburg.

Supporting the Troops

Written by: Chaplain Lt Col Dewey Painter CAP, Director of Special Projects, SER Chaplain Service, Deployed Military Support Project Officer

The following message was received from USN Chief Dave Hunt expressing appreciation for sending the large number care packages to his ship during their deployment. Thanks to all of you who helped.

"I wanted to take this time to thank you ALL from the bottom of my heart and those of my Sailors who have received many care packages from you and your organization. We have 120 Sailors in our Division and they all received a little bit of home thanks to you and your organization. You made our separation from our families a little easier.

I have a friend who just left and is headed to the same place that I was at, so if you have packages that were put together for me you can change the address and forward them to her. They will get back just before Christmas, IF the schedule doesn't change. Her address is: AT1 Geri Moya AIMD QA LPOUSS Enterprise (CVN-65)FPO AE 09599.

Again thank you VERY much for helping up receive a piece of home while we were gone! You all are TRUE Americans and you are the reason we do what we do!!!!"



Articles for Gator CAPers

The editors want to thank submitters of articles for publication in Gator CAPers. It is a difficult task to select the articles that will fit in the limited space, and unfortunately, we cannot include them all. We try to select those that serve as a good summary of the major activities of the Wing, that are timely and of interest to a large percentage of the readers. Articles at the Squadron or a single Group level are generally not included unless they report a truly exceptional accomplishment or illustrate a novel best practice that others may adopt.

Photographs should be the original image or with sufficient resolution for printing. The preferred picture file format is .jpg, however other standard formats may be acceptable. Images from cell phones are not acceptable. The editors may crop, resize and/or enhance the image, but will not manipulate it. All members pictured should be in uniform and should be identified by name and rank, except for members of a sizeable group. Credit to the photographer will be included upon request. We encourage you to send articles for consideration <mailto:GatorCAPers@flwg.us>. Articles accepted for publication may be edited to accommodate length or improve readability, but will not be materially changed.



Calendar

See Complete FL Wing Calendar at <http://flwg.us/database/calendar.asp>

9-12 Aug-06	CAP National Board and Annual Conference, NV
19-20 Aug-06	FL Wing Ranger School
16 Sep-06	Ranger School
13-15 Oct-06	Model Rocketry, South Wing Location
14-15 Oct-06	Professional Development Weekend, Boca Raton
19-22 Oct-06	National Conference on Aviation and Space Education, VA
21-22 Oct-06	Tampa Bay Airfest, St. Petersburg
27-29 Oct-06	Camp Curry

Reports Due from Squadrons:

Aerospace Education Excellence - 2nd
Counterdrug Activity - 15th
Flight Release Log - 5th
Operations Activity - 15th
Public Affairs - end of Jan, Apr, Jul, Oct
Professional Development - 5th
Safety - 10th
Senior Training - 5th
Vehicle - 5th

Florida Wing Web
<http://flwg.us>
Southeast Region Web
<http://ser.cap.gov>
National Web
<http://cap.gov>

Gator CAPers is published bi-monthly and distributed electronically to members of the Florida Wing Civil Air Patrol and to others upon request. The distribution uses the FL Wing member's primary e-mail contact address in the CAP National Headquarters in Member Search. Squadron Commanders should print at least one copy to have it available for members who do not receive it electronically. Find this and previous newsletters on the Florida Wing website at <http://flwg.us>.

Please send comments about the newsletter and requests to be added to the distribution list to the Editor at <mailto:GatorCAPers@flwg.us>. Please submit articles and information for publication in the newsletter to <mailto:MClancy@flwg.us> or submit them to your Public Affairs Officer.

Gator CAPers

Florida Wing Civil Air Patrol
680 NE 215th Street
Miami, FL 33179

Phone: 305-224-6734
Fax: 305-224-6654

Postage

Gator CAPers Editor: 1st Lt Eileen Tonkinson
<mailto:ETonkinson@flwg.us>
Associate Editor: 1st Lt Melody Clancy
<mailto:MClancy@flwg.us>



Mail To: