Vigilant
The Journal of the 143rd

143rd Composite Squadron, Waterbury, CT *DEC 2011*

Squadron Schedule

03JAN12 Senior Staff Meeting
NO CADETS
Location: Top Secret
Uniform: Civilian

10JAN12 Squadron Meeting
AE/Character Dev.
Uniform: BDU/Polo

17JAN12 Squadron Meeting
CPFT/Fitness Activity
Uniform: PT/BDU/Polo

24JAN12 Squadron Meeting
Leadership
Uniform: Blues/Corporate

31JAN12 Squadron Meeting
Annual Safety Day
Uniform: BDU/Polo

07FEB12 Squadron Meeting
ES/Safety/Character Dev.
Uniform: BDU/Polo

14FEB12 Squadron Meeting
AE/ Character Dev.
Uniform: BDU/Polo

21FEB12 Squadron Meeting
CPFT/Fitness Activity
Uniform: PT/BDU/Polo

28FEB12 Squadron Meeting
Leadership
Uniform: Blues/Corporate

06MAR12 Squadron Meeting
ES/Safety/Character Dev.
Uniform: BDU/Polo

13MAR12 Squadron Meeting
AE
Uniform: BDU/Polo

Civil Air Patrol Celebrates 70th Anniversary

Civil Air Patrol was founded 1 December 1941 by a fledgling group of volunteers led by civilian pilots who flew their own planes at their own expense to support America's efforts in World War II, primarily by flying reconnaissance missions near the country's coasts to protect cargo ships, especially vital oil tankers, being sunk at an alarming rate that had, according to U.S. Army Chief of Staff Gen. George Marshal, "threaten[ed] our entire war effort."

So many subs were spotted by these "subchasers" that a decision was soon made by the military to arm their light aircraft with small bombs and their larger aircraft with 325-pound depth charges, putting these brave civilians at great risk; they were often flying 100 miles or more from shore in all kinds of weather.

Over the next year and a half, these subchasers played an integral role in the defense of America's homefront during World War I. They spotted143 German submarines, attacked 57 and sunk 2, while directing shore-based fighting units to their targets and forcing the German Navy to move further offshore.

The 143rd Composite Squadron

Squadron Commander:	**Maj Timothy McCandless**
Deputy Commander for Seniors:	**Lt Col Richard Levitt**
Deputy Commander for Cadets:	**Maj Joseph Palys**
Cadet Commander:	**C/Capt Eric Testman**
Cadet First Sergeant:	**C/SMSgt Cameron Foster**

Regular Meetings every Tuesday 7-9pm
Connecticut National Guard Armory
64 Field Street, Waterbury, Connecticut

CAP 70th Anniversary (cont.)

The wartime effort, which included border patrol operations, search and rescue, disaster relief, forest fire patrol, emergency transportation of personnel and critical cargo and towing practice targets for the U.S. military, also resulted in the loss of 26 members and 90 aircraft in the war's beginning stages and 64 deaths and 150 lost aircraft by war's end.

The Coastal Patrol was heralded as a great success, prompting President Harry Truman to sign Public Law 476 in 1946, which made CAP a benevolent, nonprofit organization. Nearly two years later, in 1948, the

Congress of the United States passed Public Law 557, permanently establishing CAP as the auxiliary of the new U. S. Air Force with three primary missions: Emergency Services, Cadet Programs and Aerospace Education.

Since that auspicious beginning, a modern-day Civil Air Patrol has emerged, becoming one of the nation's premier humanitarian service organizations, saving lives, finding those who are lost, helping fellow citizens in times of disaster, working to keep America safe, preparing future leaders, and offering aerospace education to inspire our nation's youth and honoring our military.

Civil Air Patrol, forged by a late-century revolution in search and rescue technology, became known worldwide for its unique emergency services operations: performing vital search and rescue, disaster relief and other important emergency missions for what now numbers more than 1,600 communities across America and the 50 states, as well as the nation's capital and Puerto Rico.

Supported by the world's largest fleet of single-engine aircraft equipped with high-tech toolboxes like full-motion video, infrared cameras and glass cockpit aircraft, has established itself among the nation's search and rescue elite,

now participating in up to 90 percent of the Air Force's inland search and rescue missions. In the past year alone, many of Civil Air Patrol's professional volunteers, backed by CAP's own experts in cell phone forensics and radar tracking experts, left their families and their homes, often in adverse weather conditions, to participate in 1,016 search and rescue missions in which they were credited with saving 113 lives.

The 143rd Composite Squadron Patch

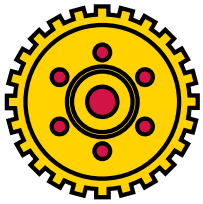
The 143rd Composite Squadron patch was created in January of 2007 when the unit was chartered. The original Waterbury Squadron was created during World War II and was closed in 1966. There are a number of elements that make up the patch and each has a special significance for the squadron.

The shape of the patch conforms to the standard command patch style used both in the USAF and Civil Air patrol. This shape is well known and ties us directly to the USAF.

The colors and their configuration are derived from the 143rd Area Support Group Patch. This, along with our squadron name, recognizes our appreciation for the support of the Army National Guard 143rd ASG.

The star in a wreath is a symbol for a mastery level of achievement in skill or education throughout the US military. It represents our commitment to reaching the highest level of achievement in all we do.

The star, wings and propeller are the symbol for The Army Air Corp. The Civil Air Patrol was originally formed under the AAC and the first members of the Waterbury Squadron wore this patch. We wear it today to honor those first members of our squadron and all the aviation pioneers it represents.



The brass gear represents the history of our home city. Waterbury grew from a town of 5,000 in 1850 to a city of over 100,000 in 1920 due to the local brass industry. "Quid Aere Perennius" is the inscription in marble above the City Hall entrance. It translates as "What is More Lasting Than Brass?"

CAP Knowledgebase

The CAP Knowledgebase is an online database of questions and answers about CAP. The main page offers a search function to type in a question or subject and see what other members have asked and the answers they received. Click the ***Answers*** tab and you will see a list of the most recent questions and answers. If you don't see the exact answer you are looking for, then click the ***Questions*** tab and submit your own question. Anyone can access the database by going to:

capnhq.custhelp.com

Holiday Message from the Commander

Merry Christmas and Happy New Year to all members of the 143rd!!!

It has been a very busy, challenging and rewarding year serving as your Squadron Commander. As I look back on the past year, I can hardly believe how quickly it has passed. While we have not grown significantly in numbers over the past year, I feel we are ending the year on a very strong note. We have a new group of dedicated senior members and a stronger, more experienced group of cadet officers ready to lead us into the New Year.

Some of the many highlights of the past year:

- Participated in 3 major disaster relief missions including tornado response to New Milford, Hurricane Irene response to New Milford and Ridgefield, and the October snow storm relief efforts.
- Sponsored two very successful Great Start Weekend events at Camp Niantic.
- Participated in two Glider Orientation Flight activities allowing cadets the opportunity to fly gliders for the first time in squadron history outside of a National Activity.
- Awarded nine cadets the Wright Brothers award, promoting them into the NCO ranks.
- Awarded two cadets the Billy Mitchell award, advancing them into leadership positions as cadet officers.
- Awarded six cadets the Amelia Earhart award, promoting them to Cadet Captain.
- Promoted two cadets to the rank of Cadet Major.
- 15 cadets participated in the wing summer encampment as either basic cadets or cadet staff.
- 6 cadets attended summer National Cadet Special Activities including Glider Academy, Advanced Technologies Academy, Cadet Officer School, and National Emergency Services Academy.
- The squadron participated in several community events such as Memorial Day Parades, Earth Day events, Warren Fall Festival, National Guard Family Day, Veterans Day Parade, 5K Charity run, and even a couple of Fairs…

I have probably forgotten a few major events, but as you can see we have had a great year as a squadron.

To all Cadets…. Keep up the hard work! I am very proud of your achievements and growth as leaders within our squadron and Wing. I fully expect us to be bragging about at least two Spaatz cadets by this time next year! Don't keep CAP a secret. Get out there and recruit some of your friends to join our squadron so we can continue to grow over 2012 and see great things happen within the 143rd.

To the senior members, THANK YOU!!!! We would not exist as a squadron without all of your support and hard work. I know there are many things you can be doing on a Tuesday night,(or even a Saturday in December) other than spending it volunteering with CAP. Thank You for choosing to spend the time supporting our squadron.

Have a Safe and Happy holiday season, and I am looking forward to a great 2012!!

-Maj McCandless

December Promotions

The following members of the 143rd Composite Squadron were promoted in December:

Dawn Levitt has been promoted to 1st Lt. This promotion requires a Technical Rating in a CAP Specialty Track and twelve months time in grade as a Senior Member.

Kyle Johnson has completed the Operations Officer Achievement and has been promoted to C/Maj.

Megan Major has completed the Gen Jimmy Doolittle Achievement and has been promoted to C/SMSgt.

Lynnise Stephen has completed the Gen Jimmy Doolittle Achievement and has been promoted to C/SMSgt.

Alan Hinkson has completed the Wright Brothers Achievement and has been promoted to C/SSgt.

Matthew McCarthy-Calabrese has completed the Wright Brothers Achievement and has been promoted to C/SSgt.

Sarah Eriksson has completed the Mary Feik Achievement and has been promoted to C/SrA.

Aidan Moran has completed the Gen Hap Arnold Achievement and has been promoted to C/A1C.

Cadet Megan Major is promoted to C/SMSgt by Maj McCandless and C/Capt Testman.

Cadet Christain Tynan was promoted to C/Amn in November, but was not able to have his new grade pinned on him at that time. C/Maj McCandless (l.) and C/Capt Palys (r.) fix the problem by pinning his grade on at the next squadron meeting while C/MSgt Stephen looks on.

Cadet Alan Hinkson was promoted to C/SSgt by his father, Capt Richard Hinkson.

Operation December Lightning:

143rd Conducts Search and Rescue Training Mission

The 143rd planned and conducted a Search and Rescue (SAR) Training Mission on December 10th. Officially designated CAP Mission 12-B-3655, the squadron named this exercise December Lightning.

CAP Members in the lobby area of Key Air at the Waterbury-Oxford Airport (OXC). Key Air graciously made their entire facility available to CAP for this mission.

The training plan was developed by Lt Col Levitt, the 143rd's Emergency Services Officer and focused on giving our newer members their first look at how a SAR mission works. The mission was also a learning experience in scenerio planning and simulated mission execution.

Lt Col Tony Vallillo, CTWG Chief of Staff (standing left) reviews the mission plan with Ground Team Leader Maj Joe Palys (standing right), while mission base staff SM Lisa Abassi, Capt Joe Testman and Lt Col Rich Levitt (seated left to right) simulate managing air sorties.

Due to budget constraints there were no actual air sorties flown, but mission base team members simulated all of the tasks as if there were. The squadron's ground team was dispatched to Southford Falls Park in Oxford, CT in response to a simulated Emergency Locator Transmitter (ELT) signal.

C/Amn Aidan Moran uses an L-PER to track an ELT siganl while the ground team takes a knee.

After the training beacon was located and recovered the team moved to a pavilion to conduct additional ground team tasks and have lunch. Girl Scout Troop 60148, Oxford, CT, joined the cadets for lunch and were given a class on what to do when lost in the woods and how to help searchers find you.

Cadets hiked along the river returning from their ELT search.

The scouts then hiked down the trail and pretended to be lost, putting the information from the class into action. The 143rd Ground Team was then informed by mission base that a group of scouts was lost in the woods and proceeded to form a search line. Once the scouts were found the CAP cadets gave the scouts a class on how to be part of a search line and how to use the L-PER to find an ELT signal.

Cadets climbed the forest fire tower and had a view of the entire park.

At the park pavilion CAP conducted additional ground team task training and Maj Palys took the opportunity to teach the scouts an Aerospace Education class about the basics of flight as well as a DDR class about the dangers of tobacco.

Back at mission base Lt Col Tony Vallillo was acting as the Emergency Operations Center and had been giving simulated mission tasks to the mission base off a list of possible tasks called Mission Injects. This list of mission tasks had been developed as part of the mission plan and included deploying the ground team for both the ELT search and the missing hikers search.

C/Capt Testman, a graduate of CAP's National Emergency Services Academy, teaches a Ground Team class.

Lt Col Vallillo also acted as the mission evaluator and declared the training mission to be a success. The squadron has learned from this experience and will be planning another simulated mission to further test mission base skills in the near future.

CAP Cadet Physical Fitness Program at The 143rd

The goal of the cadet physical fitness program is to make cadets physically fit and to motivate them to develop a lifelong habit of exercising regularly. Strength, flexibility, and endurance are required to meet the challenges of being a cadet in the Air Force Auxiliary. The physical training cadets accomplish will also improve their self-confidence, build teamwork, and instill in them a sense of determination. More importantly, CAP wants cadets to become fit so that they will have the energy to achieve their goals.

Physical fitness is one of the four components of the Cadet Program. There are two facets to this physical fitness program:

Training. Fitness training includes stretching, calisthenics, fitness drills, circuits, team sports, and any activities that are fun but still physically challenging. Cadets are expected to give their fullest effort because they're not really exercising if they're not training hard. Cadet training will also include briefings on the basic principles of exercise, why fitness is important, and how to exercise safely. Training is not limited to squadron meetings – CAP expects cadets to use their self-discipline by exercising on their own, too.

Testing. Because it is vital to be physically fit, passing the Cadet Physical Fitness Test (CPFT) is one of CAP's promotion requirements. For every achievement, cadets must take and pass all four elements of the CPFT. Just as they prepare for aerospace and leadership tests, cadets should prepare for the CPFT by exercising three times per week.

CAP wants cadets to perform to their maximum potential and leaders must be aware of the limitations some cadets have and how it affects their performance. Upon joining CAP, each cadet will initially be assigned a physical fitness category that takes into account any physical limitations.

CAP Scholarships

Each spring, Civil Air Patrol provides academic and flight scholarships to deserving cadets and seniors who meet the eligibility requirements. Combined with CAP's college partners, over $350,000 in scholarships are offered.

Scholarships are divided into the following categories: Academic Scholarships, Flight Scholarships, School-Specific Scholarships, USAF Academy Preparatory School Recommendations. To read more about CAP scholarships go to **capmembers.com/cadet_programs/library/scholarships**.

U.S. AIR FORCE ACADEMY, Colo. -- Jubilant cadets toss their hats as the U.S. Air Force Thunderbirds fly over during graduation.
(U.S. Air Force photo by Meggen Burghardt)

IMPORTANT DATES:

1 November - Scholarships Announced
1 December - Application Module Opens
15 January - Application Deadline
1 February - Squadron CC Approval
15 February - Wing Approval
Mid March - Scholarship Finalists Announced

The following criteria applies to all scholarships. Additional criteria will be noted within the specifics of an individual scholarship description:

- Be a current CAP member;
- Have earned the Billy Mitchell Award or received a Senior Rating in any specialy track;
- Possess and maintain an academic and discipline standard acceptable to the school;
- Be enrolled in a full-time course of study during the academic year for which the scholarship is awarded;
- Have not received the scholarship in the past that you are applying for.

HOW TO APPLY:

1. Log on to eServices.
2. Select the Scholarships application from the CAP Utilities on the left side.
3. Fill out each of the first three sections.
4. Upload your Resume, Letter of Recommendation (LOR) and Flight plan (if needed). Each document must in PDF format.
5. Go to the fifth section and submit the application.

Cadet Orientation Flights

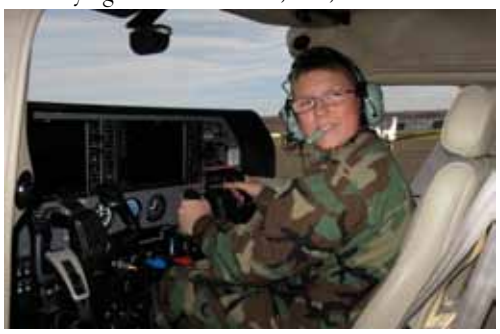
Civil Air Patrol cadets experience flight first-hand through the efforts of CAP adult volunteers, aviation enthusiasts eager to share their love of flying. Often, it is through CAP that a young person receives the first flight of his or her life.

C/SMSgt Megan Major at the controls of the Cessna 182.

Aviation education is delivered in both the classroom and the cockpit. Cadets gain an understanding of the complex forces that cause an aircraft to achieve lift and other fundamental topics such as navigation, engines and aerospace history.

C/SSgt Alan Hinkson (l.) and C/A1C Aidan Moran sit in the rear seats of the Cessna 182.While a cadet is taught a lesson in the co-pilot's seat, two more cadets go along for the ride.

The Cadet Orientation Flight Program introduces youth to general aviation through hands-on orientation flights in single engine aircraft and gliders. The program's motto describes what cadet flying is all about: "Safe, Fun, Educational."



C/SSgt Devin Moore at the controls of the Cessna 182.

The hour-long flights in single-engine Cessna aircraft introduce the cadets to the science that makes flight possible. They learn about navigation, weather, aircraft instruments, flight maneuvers, and more.

The CAP Powered Flight Syllabus has five lessons. The first powered flight focuses on Pre-Flight, Take-Off and Landing. This flight is a practical overview of a flight from start to finish.

Cadet Orientation Pilot Capt Dan Hanle conducts a pre-flight briefing with (left to right) C/SMSgt Cameron Foster, C/Amn Christain Tynan and C/A1C Celine Abassi.

The second powered flight focuses on basic flight maneuvers. Cadets experience the effects of lift, drag, and gravity on the airplane. The relationship of lift, angle of attack, and relative wind are demonstrated.

The third powered flight introduces cadets to Advanced flight maneuvers including imminent stalls. Climbing turns, slow flight, and medium and steep bank turns are demonstrated.

The fourth powered flight teaches cadets to use aircraft instruments in flight. Cadets learn how to read the altimeter, airspeed and vertical velocity indicators, magnetic compass and other instruments.

The fifth powered flight discusses and demonstrates the effects that weather has upon flying.

Cadet Orientation Pilot Capt Dan Hanle conducts a pre-flight inspectionwith (left to right) C/SSgt Devin Moore, C/Amn Carlos Aponte and C/SSgt Veronica Ramirez.

CAP also has a five lesson curriculum for glider flights, but Connecticut Wing currently does not have a glider program. CAP's Northeast Region has developed glider academies in Pennsylvania and Vermont that have allowed some of our cadets to fly gliders. It is expected that opportunities to fly gliders will again be available in 2012.

By inspiring in youth a love of aviation, CAP develops tomorrow's pilots, engineers, mechanics and aerospace enthusiasts. That affection for the airplane helps fulfill the Wright brothers' century-old dream of an air-minded citizenry.

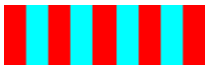
Recruiting

The Five Step Plan

Civil Air Patrol, as a volunteer organization, is completely dependant on a recruiting process that provides the organization with a constant inflow of quality volunteers. The process of recruiting can be divided into five critical elements.

1. Prospecting is the process of meeting people and telling them about CAP. It can be as simple as talking to friends at school or as planned as handing out printed invitations to a CAP Open House.

2. Recruiting is a continuous process requiring a wide range of diverse tactics that maximize the association's resources. A prospect's decision to join the organization is formed as a result of the recruiter's efforts, the organization's missions and reputation and promotional material presented.



The CAP Senior Recruiting Ribbon

The three key elements of successful recruiters are: **Be motivated yourself**, sincerity wins out over technique every time. **Be clear** on what you want people to do. Use written job descriptions when possible. **Be honest**. Avoid minimizing what needs to be accomplished. Keep in mind that it can be better to live with a vacancy for a while than to convince the wrong person to join. Remember that you are never insulting someone by asking him or her to join. It is very flattering to suggest that they would do a good job and be an asset to CAP.

3. Orienting: Associations often assume that when members join, they do so with a full understanding of the benefits and services offered and how they can be obtained. Experience has proven otherwise.

The Principles of Orienting New Members:

- Members need guidance on how to fulfill their initial expectation for joining
- Members should be routinely encouraged to consider the organization as their first point of contact when seeking information or support
- Every opportunity should be pursued to orient new and current members to the organization's benefits, services, and opportunities, as well as how to access them when needed
- Current members should be encouraged to play an active role in orienting new members on how to maximize their membership experience

4. Involving: Member involvement generates a member's perceived value for the organization, which will result in a greater sense of commitment from the member and provides the opportunity to capitalize on the members' skills, talents, and expertise to help fulfill the organization's goals.

5. Renewing: The renewal stage reminds members to invest in themselves by extending their access to the value found within the association's benefits and services. Never treat renewal as simply an invoicing process.

Membership growth is dependent on both retention of existing members and recruitment of new members. Member retention is essential to ensuring a strong and stable membership. Retention efforts focus on enhancing awareness of and satisfaction with CAP's membership benefits and services, for higher satisfaction correlates with higher renewal rates. The recruitment of new members involves introducing and "selling" CAP to non-members using a variety of methods.

The CAP Cadet Recruiting Ribbon

CAP recognizes members who recruit other members through the CAP Recruiting Ribbon. Cadets who recruit two members are awarded the Cadet Recruiting Ribbon. Seniors who recruit seven members are awarded the Senior Recruiting Ribbon.

December Awards

The following members of the 143rd Composite Squadron were promoted in December:

Eimahni Clemon has been awarded the Red Service Ribbon for two years of service to CAP.

Matthew Belval has been awarded the Cadet Recruiting Ribbon for recruiting two new members.

Alec Hinkson has been awarded the Cadet Recruiting Ribbon for recruiting two new members.

Devon Moore has been awarded the Cadet Recruiting Ribbon for recruiting two new members.

CAP Red Service Ribbon

The CAP Red Service Ribbon is awarded at the end of 2 years of service to CAP as a cadet or senior member in good standing.

A Bronze Clasp is awarded at the end of 3 additional years (total of 5 years). One additional bronze clasp will be awarded for each additional 5 years of service. A metal number, denoting years of service, awarded at the end of 20 years and in increments of 5 years thereafter. The longevity device is worn centered on the red service ribbon and the bronze clasps are no longer worn.

C/Capt Palys Teaches Girl Scouts

As part of her Aerospace Education Officer SDA, C/Capt Palys attended a Girl Scout meeting and taught the scouts of Brownie Troop 607, Oxford, CT, a class that included basic airfoil dynamics.

The purpose of the cadet staff duty analysis program (SDA) is to improve cadets' critical thinking and communication skills through the practical application of leadership.

The SDA program accomplishes this by connecting cadet officers with senior member staff officers, having the cadets serve as apprentices. By studying the position requirements and actually performing some staff functions, cadet officers see how leadership manifests itself in real-world experiences, thereby promoting a deeper appreciation for how CAP fulfills its mission as the Air Force Auxiliary.

Left: Cadet Captain Margaret Palys and Brownie Troop 697.
Above: The Girl Scouts preparing to launch paper airplanes.

CONR Commends Civil Air Patrol for 70 Years of Service

12/1/2011 - **TYNDALL AIR FORCE BASE, Fla.** -- The Civil Air Patrol, one of Continental U.S. North American Aerospace Defense Command Region-1st Air Force (Air Forces Northern)'s strongest allies and partners in homeland defense and Defense Support of Civil Authorities, is now 70 years old.

"CAP's volunteers enable us to provide better service to the citizens of this great country," said Lt. Gen. Sid Clarke, CONR-1st AF (AFNORTH) commander. "And though CONR-1st AF (AFNORTH)'s partnership with CAP is only a few years old, they've been providing this invaluable service since World War II."

In the late 1930s, a group of more than 150,000 aviation enthusiasts began efforts to start a volunteer organization that would allow them to use their flying skills and airplanes to provide defense for the United States, according to the Civil Air Patrol website. Those efforts came to fruition Dec. 1, 1941, one week before the attack on Pearl Harbor. Assigned to the War Department under the jurisdiction of the Army Air Corps, CAP logged more than 500,000 flying hours, sinking two enemy submarines, and saving hundreds of crash victims during World War II.

The contributions of the volunteer force were realized, and the group gained presidential recognition July 1, 1946, when President Harry Truman signed Public Law 476 incorporating Civil Air Patrol as a benevolent, nonprofit organization.

Two years later, on May 26, 1948, Congress passed Public Law 557 permanently establishing Civil Air Patrol as the auxiliary of the new U.S. Air Force. This law would eventually enable CAP to work under CONR-1st AF (AFNORTH) in the capacity it does today.

"In its capacity as the Air Force Auxiliary, CAP was uniquely positioned to conduct homeland security operations in support of the nation's security initiatives and to be a force multiplier for the Air Force," said Mark OBrien, CAP-USAF liaison officer to 1st AF. "So in 2005, CAP operational mission approval for the continental U.S. was realigned under 1st Air Force."

The CONR-1st AF (AFNORTH) commander employs the services of CAP in lieu of or in supplement of Air Force resources to fulfill the non-combat programs and missions of the Air Force, according to OBrien. Such services may include Air Force-assigned missions in support of homeland security operations, consequence management, support to civilian law enforcement and other civil support.

"CAP has been recognized as a national leader in its ability to respond to search and rescue, disaster relief and homeland security missions," OBrien said. "This is due to their technology, their low cost and the speed with which they respond to an incident or event."

The partnership between CONR-1st AF (AFNORTH) and CAP is put to work nearly every single day of the year. CAP teams can regularly be found providing air and ground teams in search of lost hikers, missing aircraft and the like. Several times a year, CAP teams around the country provide "tracks of interest" to aerospace control alert pilots, giving them a chance to practice scrambling and intercepting aircraft in a safe, controlled environment. And when disaster strikes, CAP is out in force, doing everything from imagery analysis of the disaster-stricken area to rescuing victims of the disaster.

"We share a special relationship with CAP," Clarke said. "We simply could not do what we do every day without them. I join a grateful nation in saying thank you for everything you do and have done for the last 70 years."

-Taken from www.1af.acc.af.mil
by Angela Pope, AFNORTH Public Affairs

Senior Member Professional Development Awards

The following members of the 143rd Composite Squadron were awarded Senior Member Professional Development Achievements in November:

Lisa Abassi has completed Level I and is awarded the CAP Membership Award.

Kelly Foster has completed Level I and is awarded the CAP Membership Award.

Timothy McCandless has earned a Senior Rating in the Logistics Specialty Track.

Senior Member Professional Development Classes

Connecticut Wing will conduct the following classes. These are sixteen hour classes split over two days. There is a fee for lunch and expenses. See Maj Palys for more information.

Unit Commander's Course 04-05FEB12
UCC discusses the traits and skills new unit commanders will need to develop to effectively manage their units.

Squadron Leadership School 10-11MAR12
SLS teaches basic understanding of CAP operations at the squadron level and how those operations affect CAP's national missions.

Corporate Learning Course 21-22APR12
CLC discusses how wing-level operations help to accomplish CAP's three missions of aerospace education, emergency services, and cadet programs.

Senior Membership Award

The Level I Foundations program is a CAP orientation program and the first of CAP's Five professional development program levels. During this training senior members are exposed to the history of our organization and familiarize themselves with the general policies and procedures. To complete this level, members must complete five requirements:

1. **OPSEC** deals primarily with protecting sensitive but unclassified information that can serve as indicators about our mission mission, operations and capabilities.
2. **Introduction To Safety** is an overview of CAP's Safety Program.
3. **Cadet Protection Program Training** helps ensure a healthy and safe environment for cadets while providing the foundation for a professional climate and the highest standards of behavior of all our members in leadership positions.
4. **CAP's Nondiscrimination Policy**, defines CAP's intolerance for discrimination in any form.
5. **The CAP Foundations Course** gives members their initial training in CAP core values, policies, history and ledership.

Members who complete Level I are awarded the CAP Membership Award.

NASA NuStar Mission

Deep in the heart of our Galaxy lurks a black hole four million times as massive as our Sun. We now believe that many or most galaxies contain similar supermassive black holes, hidden in most cases by clouds of dust. How do these black holes form? Are they remnants of massive collisions between galaxies? Are there connections between the core black hole and the properties of the surrounding galaxy?

Image of Centaurus A illustrating the power of a supermassive black hole. Credits: NASA/CXC/CfA/R.Kraft et al./MPIfR/ESO/WFI/APEX/A.Weiss et al.

To study supermassive black holes, we have to see through the vast clouds of obscuring dust that surrounds them, blocking all visible light. But just as X-rays can penetrate the skin to view the bones beneath, energetic X-ray photons can penetrate through dust to reveal galaxy cores. X-ray telescopes like Chandra and XMM-Newton have used relatively low energy X-rays to explore the sky.

Now, using advanced mirrors that can focus much more energetic X-rays comparable to those used for medical studies, the Nuclear Spectroscopic Telescope Array, or NuSTAR, will extend these investigations by imaging the densest, hottest, and most energetic regions in the Universe. NuSTAR will make the first census of supermassive black holes throughout cosmic space and time, answering questions about how galaxies form, and will answer other exciting questions as well: How were the elements that compose our bodies and the Earth forged in the explosions of massive stars?

The integrated NuSTAR observatory, including the instrument and spacecraft, at Orbital Sciences Corporation (OSC) in Dulles, Virginia on June 29, 2011. The observatory is being prepared for environmental testing, including testing in a thermal vacuum chamber and vibration testing.

What powers the most extreme active galaxies? Perhaps most exciting is the opportunity to fill a blank map with wonders we have not yet dreamed of: NuSTAR offers the opportunity to explore our Universe in an entirely new way.

-Taken from www.nustar.caltech.edu

NORTHROP F-89

Formation of three F-89Ds (S/N 52-1959, 52-2141, 52-2138) of the 59th Fighter Squadron, Goose Bay, Labrador. (U.S. Air Force photo)

The F-89 was a twin-engine, all-weather fighter-interceptor designed to locate, intercept and destroy enemy aircraft by day or night under all types of weather conditions. It carried a pilot in the forward cockpit and a radar operator in the rear who guided the pilot into the proper attack position. The first F-89 made its initial flight in August 1948 and deliveries to the Air Force began in July 1950. Northrop produced 1,050 F-89s.

On July 19, 1957, a Genie test rocket was fired from an F-89J, the first time in history that an air-to-air rocket with a nuclear warhead was launched and detonated. Three hundred fifty F-89Ds were converted to J models, which became the Air Defense Command's first fighter-interceptor to carry nuclear armament.

-Taken from nationalmuseum.af.mil

Milestones of Flight at The National Air & Space Museum

On May 21, 1927, Charles A. Lindbergh completed the first solo nonstop transatlantic flight in history, flying his Ryan NYP "Spirit of St. Louis"
-Smithsonian photograph #2008-10049

On October 14, 1947, the Bell X-1 became the first airplane to fly faster than the speed of sound.
-Smithsonian photograph #2005-24516

Milestones of Flight showcases a truly awesome collection of historic aircraft and spacecraft that represent epic achievements in aviation and space flight.

Featuring Charles Lindbergh's solo trip across the Atlantic in his Spirit of St. Louis; the first American jet aircraft, the Bell XP-59A Airacomet; the Bell X-1 in which "Chuck" Yeager first broke the mythical "sound barrier"; and the fastest aircraft ever flown, the North American X-15, the Mercury capsule Friendship 7 flown by John Glenn; the Apollo 11 command module Columbia from the first lunar landing mission; Mariner, Pioneer, and Viking planetary explorers; and the first privately developed, piloted vehicle to reach space, SpaceShipOne.

The exhibition is online at:
www.nasm.si.edu/exhibitions/gal100/gal100.html

Real Teens Ask: Why Take Drugs?

During NIDA's Drug Facts Chat Day 2010, young people asked a lot of great questions. One really basic question came from a student in Pennsylvania: Why do people take drugs?

While the specific answer may differ from person to person, some common reasons are that people think they will feel good, forget their problems, perform better, or fit in.

Drugs may have these effects at first, but they do not last, at least not like the long-term negative consequences can. Here are some "reality checks" on common reasons people have for doing drugs:

"Drugs help me feel good." Most abused drugs produce intense feelings of pleasure. This initial sensation of euphoria is followed by other effects, which differ with the type of drug used. For example, with stimulants such as cocaine, the "high" is followed by feelings of power, self-confidence, and increased energy. In contrast, the euphoria caused by opiates such as heroin is followed by feelings of relaxation and satisfaction.

Reality check: While a drug-induced high may temporarily boost your mood, the effect doesn't last long. Before you know it, the same old worries return, and, in fact, the after-effects of the drug may leave you with additional physical or emotional symptoms. Headaches, nausea, and feeling "down" are common side effects for many people. Withdrawal can be quite painful—physically and mentally.

"Drugs help me feel better." Some people who suffer from social anxiety, stress-related disorders, and depression start abusing drugs in an attempt to lessen feelings of distress. Stress can play a major role in beginning drug use, continuing drug abuse, or in relapsing to drug use for people recovering from addiction.

Reality check: Some prescription medications can help lessen anxiety- or stress-related problems for a person suffering from a mental health problem that has been diagnosed by a doctor. These medications should only be taken as prescribed by a doctor and used under a doctor's care. The "high" caused by illicit drugs like marijuana or cocaine may be just a temporary mask over your problems and will not make you feel better in the long run. In fact, illicit drugs may cause you even more stress, anxiety, and problems.

"Drugs help me perform better." The increasing pressure that some people feel to chemically enhance or improve their athletic abilities or performance in school can prompt them to start or continue drug abuse.

Reality check: So-called "performance enhancing" drugs, like steroids, actually have serious side effects. Men may develop breasts, and women may acquire some male characteristics like a deeper voice and increased body hair. Some people may abuse stimulants to increase their alertness, but dangerous side effects like irregular heartbeat, high body temperatures, and the potential for heart failure or seizures make this a bad bargain.

"Everyone's doing it." Teens are particularly vulnerable to trying drugs because of the strong influence of peer pressure; they are more likely, for example, to take part in risky behaviors because they assume that their peers are also doing it.

Reality check: The annual Monitoring the Future survey, which measures drug abuse by 8th, 10th, and 12th graders and their attitudes towards drugs, show that nowhere close to a majority of teens are abusing drugs.

The bottom line?— knowing more about the specific negative effects of drugs on your brain and body can help you think twice before you act.

-Taken from http://teens.drugabuse.gov

Word of the Day: Polyneuropathy

Here's a word we bet you've never heard before: polyneuropathy.

According to NIDA's glossary, polyneuropathy is a "permanent change or malfunction of nerves." "Poly" means "many," so multiple nerves throughout the body such as in the arms, legs, hands, and feet are affected.

Possible symptoms of polyneuropathy are weakness, the feeling of pins and needles, or burning pain. In the most extreme cases, people can have trouble breathing and experience organ failure. Many things can cause polyneuropathy, from genetics to a nutritional deficiency. But something else can also cause it—inhaling toxic, poisonous fumes, like those found in certain household products, in order to get high.

Long-term inhalant abuse can break down myelin, a fatty tissue that surrounds and protects some nerve fibers. Myelin helps nerve fibers carry their messages quickly and efficiently throughout the body and to the brain. Damaged myelin can lead to muscle spasms and tremors or even permanent difficulty with basic actions like walking, bending, and talking.

Don't forget about sudden sniffing death, which can occur when inhaled fumes fill up the cells in the lungs with poisonous chemicals, leaving no room for the oxygen needed to breathe. This lack of oxygen can lead to nerve damage, suffocation, and even death.

Sudden sniffing death could occur during a person's 100th time using inhalants or the first time. There's no way to predict it.

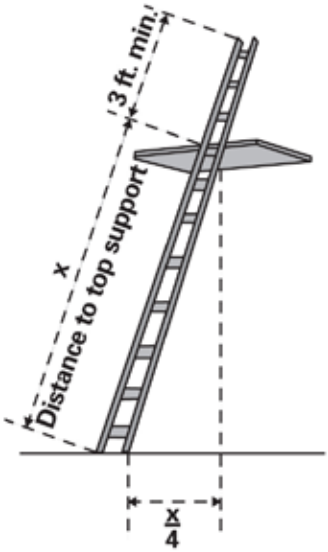
-Taken from http://teens.drugabuse.gov

Portable Ladder Safety

Falls from portable ladders (step, straight, combination and extension) are one of the leading causes of occupational fatalities and injuries.

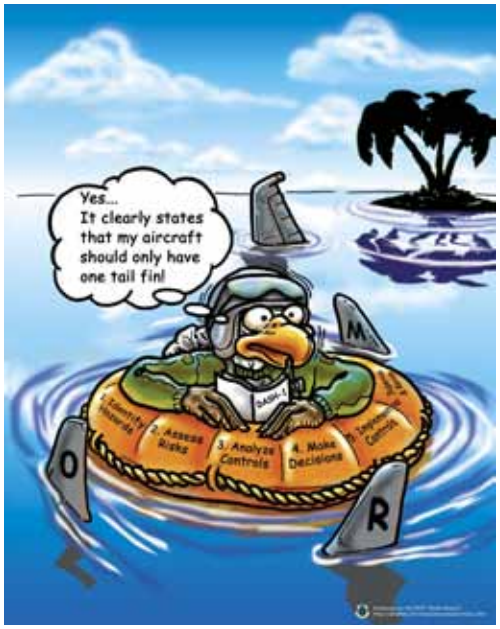
- Read and follow all labels/markings on the ladder.
- Avoid electrical hazards! – Look for overhead power lines before handling a ladder. Avoid using a metal ladder near power lines or exposed energized electrical equipment.
- Always inspect the ladder prior to using it. If the ladder is damaged, it must be removed from service and tagged until repaired or discarded.
- Do not use a self-supporting ladder (e.g., step ladder) as a single ladder or in a partially closed position.
- Do not use the top step/rung of a ladder as a step/rung unless it was designed for that purpose.
- Always maintain a 3-point (two hands and a foot, or two feet and a hand) contact on the ladder when climbing. Keep your body near the middle of the step and always face the ladder while climbing (see diagram).

- Only use ladders and appropriate accessories (ladder levelers, jacks or hooks) for their designed purposes.
- Ladders must be free of any slippery material on the rungs, steps or feet.
- Use a ladder only on a stable and level surface, unless it has been secured (top or bottom) to prevent displacement.
- Do not place a ladder on boxes, barrels or other unstable bases to obtain additional height.
- Do not move or shift a ladder while a person or equipment is on the ladder.
- An extension or straight ladder used to access an elevated surface must extend at least 3 feet above the point of support (see diagram). Do not stand on the three top rungs of a straight, single or extension ladder.



- The proper angle for setting up a ladder is to place its base a quarter of the working length of the ladder from the wall or other vertical surface (see diagram).
- A ladder placed in any location where it can be displaced by other work activities must be secured to prevent displacement or a barricade must be erected to keep traffic away from the ladder.
- Be sure that all locks on an extension ladder are properly engaged.
- Do not exceed the maximum load rating of a ladder. Be aware of the ladder's load rating and of the weight it is supporting, including the weight of any tools or equipment.

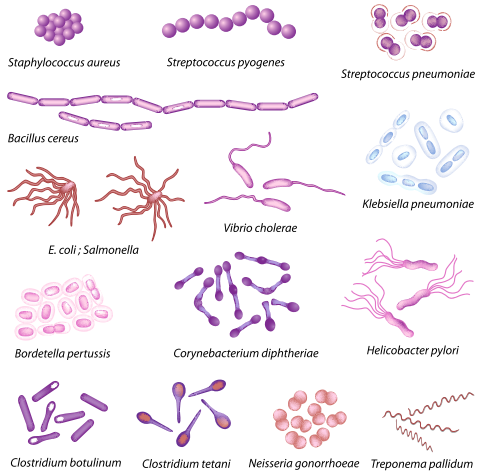
-Taken from www.osha.gov



USAF Operational Risk Management Poster. Taken from the Air Force Safety Center website: www.afsc.af.mil

Food Poisoning

Food safety involves three areas; food storage, food handling, and cooking. Many people believe that food safety means a clean looking kitchen, but it also depends on safe food practices. Forget the "ten second rule" and become informed about food borne illnesses. Many times we know when food is spoiled. Usually the food looks or smells bad. However, some poisonous bacteria cannot be seen, smelled or tasted.



According to the FDA, here are a few of the more common food poisons:

- Staphylococcus aureas, or "staph" has symptoms that include nausea, vomiting and diarrhea, which may only last a day or two. Ordinary cooking does not always destroy the staph toxin. That is why you have to be careful not to let it grow to the toxic level.
- Salmonella is another food borne illness. The symptoms include diarrhea, vomiting, and fever. It may last anywhere from two to seven days. This bacteria is found in raw or uncooked foods, such as poultry, eggs and meat. Watch out for cookie dough too! Salmonella can be killed by properly cooking food to an internal temperature of 165 degrees.
- Perfringens, sometimes present in the environment is found in animals, sewage and in soil. It is sometimes called the "cafeteria germ." This would include cooked beef, turkey, gravy, dressing, stews, and casseroles. Perfringens causes diarrhea and gas pains and usually lasts no more than two days.

If you suspect food poisoning, the FDA recommends to save a portion of the contaminated food and write down where it was purchased, when it was eaten, and when the symptoms were first noticed. Take this to the proper health authorities so they can track the problem. Your local health department can help. If the symptoms are severe, seek medical treatment. If you suspect a food is not wholesome, don't eat it!

- Taken from The Washington State Attorney General's website: www.atg.wa.gov