



Vigilant

The Journal of the 143rd



143rd Composite Squadron, Waterbury, CT

NOV 2011

Squadron Schedule

- 06DEC11 Squadron Meeting**
ES/Safety/Character Dev.
Uniform: BDU/Polo
- 13DEC11 Squadron Meeting**
AE
Uniform: BDU/Polo
- 20DEC11 Squadron Meeting**
CPFT/Fitness Activity
Uniform: PT/BDU/Polo
- 27DEC11 Squadron Meeting**
Leadership
Uniform: Blues/Corporate
- 03JAN12 Squadron Meeting**
ES/Safety/Character Dev.
Uniform: BDU/Polo
- 10JAN12 Squadron Meeting**
AE
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: Blues/Corporate
- 07FEB12 Squadron Meeting**
ES/Safety/Character Dev.
Uniform: BDU/Polo
- 14FEB12 Squadron Meeting**
AE/ Character Dev.
Uniform: BDU/Polo

Cadet Great Start Weekend

The 143rd Composite Squadron teamed up with the 103rd Composite Squadron, Thames River Composite Squadron and the 399th Composite Squadron to sponsor a Cadet Great Start Weekend at Army National Guard Camp Niantic.

This was the third Cadet Great Start Weekend sponsored by the 143rd and the first to be held in the fall. Cadets stayed in the barracks at Camp Niantic and for many this was their first CAP overnight activity.



Cadets and Cadet Staff of the 2011 Fall Cadet Great Start Weekend.

Great Start is meant to be fun, yet challenging. When working with new cadets who are not yet invested in CAP, it is crucial that their first experiences be positive. At the same time, cadets are attracted to the challenge represented

by the uniform and the opportunity to develop self-discipline. Creating such a training environment requires maturity on the part of the cadet cadre, and the wisdom to understand how to challenge cadets in a positive way.



Cadets stayed in the Army National Guard barracks at Camp Niantic. Here Cadet Flight Commander C/TSgt Gebhardt and Cadet Flight Sergeant C/TSgt Bourque instruct their flight on the proper way to set up a locker for inspection.

Classes were taught by cadet officers and NCOs and covered a wide range of basic military and CAP subjects. Classes included military customs and courtesies, drill and ceremonies, the CAP core values and the CAP cadet program.

The weekend started Friday evening with a showing of the movie *Kelly's Heroes*. After the movie cadets discussed the motivations of the characters and why a leader needs to understand what motivates members of the team.

The 143rd Composite Squadron

Squadron Commander: Maj Timothy McCandless
Deputy Commander for Seniors: Lt Col Richard Levitt
Deputy Commander for Cadets: Maj Joseph Pals
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

Cadet Great Start Weekend (cont.)

Cadets received briefcases courtesy of CAP's Drug Demand Reduction Program. Questions about the DDR program were answered and senior and cadet staff discussed the new DDR Program.



Cadets enjoyed a Thanksgiving style dinner on Saturday night.

The Cadet Commander for this activity was C/2nd Lt Wojcuk from the Thames River Composite Squadron. Cadet staff included cadets from TRCS, the 103rd, and the 143rd.

Maj McCandless volunteered to take charge of the mess hall and with a cadet mess hall staff made up of C/Maj McCandless, C/CMSgt Schultz and C/MSgt Major provided all five meals and snacks for the forty CAP members in attendance.



Cadet Commander C/2nd Lt Wojcuk (right) meets with the mess hall staff (left to right) C/CMSgt Schultz, C/Maj McCandless, C/MSgt Major.

Saturday concentrated on basic drill and ceremonies, wear of the uniform, and followership. An Aerospace Education class started with the cadets stranded on the moon and ended with modifying airplane kits to achieve better flight paths.



Cadet staff demonstrate how to march to a flight.

Saturday evening cadets were treated to a showing of the movie *Flyboys*. After the movie cadets discussed the different leadership styles of the characters.



Cadets were treated to ice cream brownie sundaes.

Sunday morning started with a Character Development forum on Core Values by 1st Lt Lusterborghs from the Silver City Composite Squadron.

Cadets then competed in a CAP version of the *Jeopardy!* game. Cadet staff also completed a CAP Form 50-1, *Cadet Leadership Feedback - Phase I*, with each cadet. Cadets were also tested on their ability to complete the drill tests for the Curry and Arnold Achievements per CAPT 78-2.



Cadet Trevor Sandors (center) was chosen by the cadet staff as Honor Graduate of the event. Cadets chose C/Capt Paly (left) and C/AIC Paquin (right) as honor staff members.

The weekend was a great success. The squadron staff plans to conduct another Cadet Great Start weekend in the Spring.

-Maj Paly

Special Promotion Ceremony

On November 29th the 143rd Composite Squadron was privileged to witness a special promotion ceremony. Timothy McCandless and his son Matthew were both promoted to the rank of Major.



Tim McCandless (c.) is promoted to Major by his son Matt (r.) and Tony Vallillo, CTWG Chief of Staff (l.).

Timothy McCandless joined CAP in August of 2005 and was one of the founding members of the 143rd Composite Squadron. He has been steadily completing the senior member professional development program. A promotion to Major requires completion of Level III of the senior program and service to CAP as a Captain for three years. Tim currently serves as the Squadron Commander of the 143rd as well as Supply and Transportation Officer. He has specialty track ratings in Cadet Programs, Logistics, Supply and Emergency Services.

Matthew McCandless joined CAP in October of 2007 and became one of the first cadet officers of the 143rd after the unit was chartered in January of 2007. He has attended the Northeast Region Cadet Leadership Academy at McGuire AFB in New Jersey and the Advanced Technology Academy at Peterson AFB in Colorado. He currently serves as the Cadet Deputy Commander of the 143rd.



Matthew McCandless is promoted to Cadet Major by his father Tim.

Due to the time and service requirements to earn these promotions the odds of these promotions occurring in the same month were very small. The squadron was very pleased to celebrate these promotions on the same night. The promotion ceremony was held at the downtown Waterbury Fire Department Headquarters.

Hartford Veterans Day Parade

The 143rd Composite Squadron joined the Royal Composite Squadron and the 103rd Composite Squadron in participating in the 2011 Hartford Veteran's Day parade on November 6, 2011.



C/MSgt Belval and C/MSgt Foster carry a banner for USCG Rear Admiral Sandra Stosc, Superintendent of the US Coast Guard Academy.

The Connecticut Veterans Parade is attended by 40,000 spectators, more than 150 Military and Veterans groups and musical groups, and close to 4,000 marchers representing dozens of Connecticut towns.



The CAP formation salutes the reviewing stand. CAP was the final unit to march in the parade.

The Veterans Day National Committee in Washington, D.C. recognizes the parade as one of the nation's official "2011 Veterans Day Regional Sites." This year, it is one of 57 entities in the entire U.S. and the only Connecticut recipient of this prestigious honor.

Cadet Staff Recognized



C/Capt Johnson is awarded a CAP Achievement Award for serving as Cadet Commander. The citation commends Johnson for building an effective cadet officer corp at the squadron. The 143rd held a Cadet Change of Command Ceremony in October.

This is the largest Veterans Parade in New England, and one of the biggest salutes to veterans in the entire nation.



CAP marches through the Soldiers and Sailors Arch in Hartford. The arch was dedicated on September 17, 1886 to honor the 4,000 Hartford citizens who served in the Civil War and the 400 who died for the Union. It is the first permanent triumphal arch, as well as the first permanent war memorial, constructed in the U.S.

This year the parade found itself short of volunteers, so CAP was asked to assign cadets to carry the banners for the parade's distinguished visitors. Then CAP members spread out along the route of march and at exactly 1330 hrs stepped out into the parade and marked the moment of silence. They then moved back to the assembly area of the parade and fell in to march. Timing was tight and in some cases cadets had to run to return their moment of silence signs and then catch up to the CAP formation already in motion, but all assigned tasks were completed. The parade's organizing staff expressed their great appreciation for the efforts of our members.

-Maj Palys

CAP Achievement Award

The CAP Achievement Award is presented for outstanding service to the unit, group or wing. This award is usually a Group level award, but because Connecticut does not have groups Col Huchko, the CTWG Commander, has designated that authority to approve this award be given to Squadron Commanders.



Cadets Awarded CAP Achievement Award

The success of the squadron's Cadet Great Start Weekends depends totally on the dedication and professionalism of the senior and cadet staff. Planning the activity is divided into Curriculum Planning and Support Planning. While CAP Pamphlet 52-9, *Cadet Great Start Program*, includes a weekend schedule and lesson plans, it is up to the staff to create a schedule that is appropriate for the local squadrons and implement the final classes. The support planning involves insuring that members are provided lodging and meals in a safe and secure environment.



Maj McCandless presents C/Maj McCandless (left) and C/Capt Palys (right) with the CAP Achievement Award.

November's Cadet Great Start Weekend was privileged to have an exceptional staff who put in long hours planning and implementing the Cadet Great Start Program. Several members of the Cadet Staff were nominated by the senior staff for special recognition for their efforts. Maj McCandless, as Squadron Commander, approved CAP Achievement Awards for the following staff members:

- C/Maj Matthew McCandless - CT011**
- C/Capt Margaret Palys - CT011**
- C/2nd Lt Alexis Wojtcuk - CT075**
- C/CMSgt Drew Daniels - CT075**
- C/CMSgt Adam Hocutt - CT004**
- C/CMSgt Brendan Schultz - CT075**
- C/MSgt Douglass Gebhardt - CT004**
- C/MSgt Megan Major - CT011**
- C/TSgt Jeffrey Bourke - CT075**
- C/A1C Barbara Paquin - CT075**

The Cadet Staff choose a Cadet Honor Graduate from the cadets that attended the weekend. After a lengthy deliberation, **Cadet Trevor Sanders** of the Thames River Composite Squadron (CT075), was chosen as the Honor Graduate of the 2012 Fall Cadet Great Start Weekend. His self motivation and ability to quickly learn the material presented in the classes was cited as the deciding factor in this decision. Maj McCandless has also approved awarding Cadet Sanders the CAP Achievement Award.

Squadron's First DDRx Activity

The Drug Demand Reduction Excellence (DDRx) program rewards a CAP cadet for successfully completing activities related to making good choices, choosing good role models, avoiding substances that have a negative effect on human performance, and striving to live a drug-free lifestyle.

The squadron's first DDRx activity, led by C/Capt Pals, was Task 36 "React with a Kiss". This activity can show how an impairment makes it almost impossible to perform the task quickly.



C/Amn Moran (l.) and C/SSgt Moore (r.) race to unwrap a Hershey's Kiss candy while wearing gloves to simulate impaired motor control..



Cadet Cameron Foster was promoted to C/SMSgt by his mother SM Kelly Foster.



Cadet Eric Testman is awarded the Amelia Earhart Award by Lt Col Tony Vallillo.



Cadet Devin Moore is promoted to C/SSgt by his grandfather, 2nd Lt James Keaney, and Maj McCandless.



Cadet Veronica Ramirez is promoted to C/SSgt by Lt Col Levitt and Maj McCandless.



Cadet Celine Abassi is promoted to C/A1C by her mother, SM Lisa Abassi, and Maj McCandless.

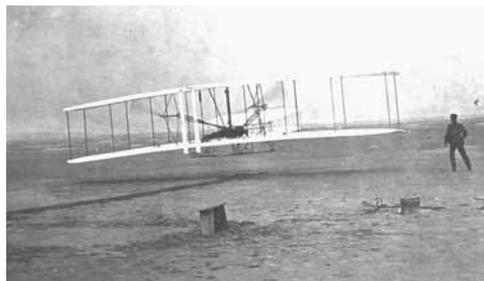


Cadet Carlos Aponte is promoted to C/A1C by Lt Col Levitt and Maj McCandless.

The Wright Brothers Award

The first milestone in the Cadet Program is the Wright Brothers Award. It is earned after completing the first three achievements and passing a challenging test of leadership knowledge and drill and ceremonies performance. The Wright Brothers Award was introduced in 2003, during the centennial of the Wright's historic flight.

This milestone award marks a cadet's transition to Non Commissioned Officer as they are promoted to the grade of Cadet Staff Sergeant.



The Wright Brothers first powered flight, December 17, 1903 at Kitty Hawk, NC. (U.S. Air Force photo)

November Promotions

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



Timothy McCandless has been promoted to Major. This promotion requires completion of Level III of the Senior Member program and three years time in grade as a Captain.



Paul Beliveau has been promoted to 2nd Lt. This promotion requires completion of Level I of the Senior Member program and six months time in grade as a Senior Member.



Matthew McCandless has completed the Operations Officer Achievement and has been promoted to C/Maj.



Eric Testman has completed the Amelia Earhart Achievement and has been promoted to C/Capt.



Cameron Foster has completed the Gen Jimmy Doolittle Achievement and has been promoted to C/SMSgt.



Devin Moore has completed the Wright Brothers Achievement and has been promoted to C/SSgt.



Tomas Ramirez has completed the Wright Brothers Achievement and has been promoted to C/SSgt.



Veronica Ramirez has completed the Wright Brothers Achievement and has been promoted to C/SSgt.



Celine Abassi has completed the Gen Hap Arnold Achievement and has been promoted to C/A1C.



Carlos Aponte has completed the Gen Hap Arnold Achievement and has been promoted to C/A1C.

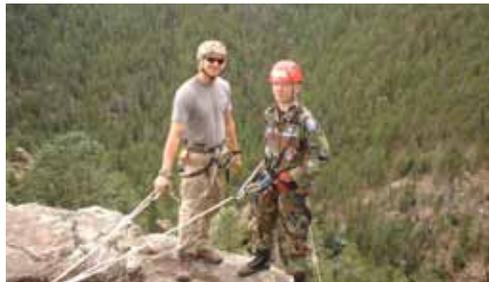


Christian Tynan has completed the Gen J F Curry Achievement and has been promoted to C/Amn.



National Cadet Special Activities

America needs today's young air and space enthusiasts to become tomorrow's aerospace professionals. Through career exploration opportunities in Civil Air Patrol's National Cadet Special Activities program, teens are investigating what it will take for them to perpetuate our nation's global leadership in aviation, space, and technology.



Air Force Pararescue Orientation Course, Kirtland Air Force Base, N.M. This high-adventure activity is a one-week introduction to the rigorous mission of the pararescueman, an Air Force specialist devoted to rescuing soldiers in potentially perilous situations.

The program enables the cadets to spend a week test-driving a career that interests them. Hands-on learning bridges the gap between academic study and what the career fields are like in real life. Civilian aerospace professionals, college faculty, and members of the U.S. Air Force mentor the cadets.



Specialized Undergraduate Pilot Training Familiarization Course, Columbus AFB, Miss. Simulation flying gets cadets off to a flying start. A variety of digital readings adds to the experience.

For example, instructor pilots show cadets what it takes to fly Air Force jets. Meteorologists teach cadets how to analyze weather patterns and spot storms. Space systems operators explain how they launch satellites into orbit. Engineering professors show cadets how to design, build, and test airfoils.



Engineering Technologies Academy, Auburn, Ala. Lab time at Auburn University includes many hands-on projects for cadets.

Cadets attending National Cadet Special Activities have invested a year or more in CAP. Having progressed through a curriculum that has taught them fundamentals of leadership and the basics of aerospace science, they are ready to take the next step by investigating career opportunities. As high-achieving youth, cadets are disciplined, eager to learn, and serious about choosing good futures.



Cadet Officer School, Maxwell AFB, Ala. Cadet Officer School (COS) is the premier leadership development program for CAP cadets since its beginning in the late 1960s.

Civil Air Patrol's National Cadet Special Activities provide fabulous opportunities for young people to have fun while preparing for exciting careers.

Learn To Lead Volumes III & IV to be released

In the summer of 2010, CAP published the Learn to Lead textbook, Volumes 1 and 2, for Phase I and II cadets, respectively. Now CAP is readying volumes 3 and 4 for Phase III and IV cadets, respectively.

Volume 3 will follow the same format as volumes 1 and 2. The volume will be a traditional textbook of key concepts, principles, terminology, etc., supported by lots of sidebars and examples from the military, history, business, politics, and pop culture. Volume 3 will consist of three chapters to be completed in sequence, one chapter for each Achievement in Phase III.

Volume 4's format will differ considerably from the other three volumes. It will be a collection of readings that have been published elsewhere. However, the volume will be organized into five chapters, one per Achievement, with the chapters being completed sequentially. Within each chapter, cadets will find a handful of articles, each written by a different author.

Learn to Lead Volume 3 and 4 will be available electronically by 31 December 2011. CAP will send every cadet unit and DCP a print edition in February.

How To Apply for National Cadet Special Activities

All National Cadet Special Activities are listed at www.ncsas.com with the dates, costs and other requirements. All activities require cadets to have completed an encampment and most have age requirements. Read through the activities to find those you qualify for.

To apply to an activity you must:

1. Locate the Special Activities Application: Go to E-Services and click the "NCSA Main Menu" link on the left hand side of the screen. As you follow the instructions for entering your request, you will also get to check (and correct if necessary) your address, contact information, and personal characteristics that National Headquarters (NHQ) has on file. Applications are accepted for most activities from 01 December - 15 January.
2. When you have completed, reviewed and printed (save as a PDF file on your computer) your application, it will automatically be transmitted to NHQ electronically.

The Cadet Oath

The Cadet Oath symbolizes how serious cadets are about becoming leaders. Cadets are expected to be able to recite the Cadet Oath from memory. More importantly, cadets need strength of character to live up to its noble tenets.

"I pledge that I will serve faithfully in the Civil Air Patrol Cadet Program, and that I will attend meetings regularly, participate actively in unit activities, obey my officers, wear my uniform properly, and advance my education and training rapidly to prepare myself to be of service to my community, state, and nation."

The Grover Loening Award



The Grover Loening Award is given to Civil Air Patrol (CAP) members who complete Level III of the Senior Member Professional Development Program. It recognizes those members who have dedicated themselves to leadership and personal development in the CAP. This award was first given in 1964 and honors the late Grover Loening. A noted aviation pioneer, he was the first civilian member of the National Air and Space Museum's Advisory Board.

The third milestone in the CAP Senior Member Professional Development Program is the Loening Award. Members must have received the Benjamin O. Davis Award and have served in staff or command assignments over at least one year. Members must also complete the Corporate Learning Course, and attend two wing, region, or national conferences.

Of CAP's 35,000 senior members, only about 350 earn the Grover Loening Award each year. Receipt of the award and completion of rank and time-in-grade requirements also makes the member eligible for promotion to CAP Major.



Capt Glen Dains, CTWG Director of Professional Development, presents The Grover Loening Award to Maj Timothy McCandless (left) and Capt Joseph Testman (right) while Lt Col Tony Vallillo, CTWG Chief of Staff, looks on.



Senior Member Professional Development Awards

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

 **Timothy McCandless** has completed Level III and is awarded the Grover C. Loening Award.

 **Joseph Testman** has completed Level III and is awarded the Grover C. Loening Award.

 **Daniel Hanle** has completed the Aerospace Education for Seniors program and has been awarded the Charles "Chuck" Yeager Award.

 **Richard Levitt** has completed the Aerospace Education for Seniors program and has been awarded the Charles "Chuck" Yeager Award.

 **Dawn Levitt** has earned a Technical Rating in the Personnel Specialty Track.

 **Joseph Palys** has earned a Technical Rating in the Drug Demand Reduction Specialty Track.

Senior Member Professional Development Classes

Connecticut Wing will conduct the following classes at wing headquarters in Middletown. These are sixteen hour classes split over two days. There is a fee for lunch and expenses.

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.

The Charles "Chuck" Yeager Award



The Aerospace Education Program for Senior Members (AEPSM) is a self-paced study based on the CAP text, Aerospace: The Journey of Flight. Passing the 50 question online test earns the Charles "Chuck" Yeager Award.

During World War II, General Yeager distinguished himself in aerial combat over France and Germany during the years 1943-1945 by shooting down 13 enemy aircraft, five on one

mission, including one of Germany's first jet fighters. On March 5, 1944, he was shot down over German-occupied France but escaped capture when elements of the French Maquis helped him to reach the safety of the Spanish border.

General Yeager made world history on Oct. 14, 1947, when he became the first man to fly faster than the speed of sound. During his nine-year assignment as the nation's leading test pilot, he also became the first man to fly more than twice the speed of sound in level flight, flying the Bell X-1A on Dec. 12, 1953.

Brigadier General Charles E. "Chuck" Yeager retired from the US Air Force after a long and distinguished career on March 1, 1975.

143rd Members Presented Disaster Relief Ribbon with "V" Device

On 22NOV11 Col Lloyd Sturges, CTWG Director of Operations, and Maj Michael Heath, CTWG Emergency Services Officer, presented members of the 143rd with Disaster Relief Ribbons with "V" Device for service during the response to Hurricane Irene.



This GOES-13 satellite image is of Hurricane Irene just 28 minutes before the storm made landfall in New York City. The image shows Irene's huge cloud cover blanketing New England, New York and over Toronto, Canada. Shadows in Irene's clouds indicate the bands of thunderstorms that surrounded the storm. Image Credit: NASA/NOAA GOES Project

Hurricane/Tropical Storm Irene moved across coastal New Jersey, New York, western southern New England and eventually the Connecticut River Valley of Vermont during August 28th, 2011. In Vermont and Northern NY, Irene delivered copious amounts of rainfall which produced deadly record flooding resulting in several deaths and historical road, home, and infrastructure damage. Also, the combination of flooding and damaging winds left at least 50,000 customers without electricity. The widespread deadly flooding across Vermont is likely the second greatest natural disaster in the 20th and 21st century (November 1927 Flood, being 1st) for Vermont. (source: www.erh.noaa.gov)



Col Lloyd Sturges, CTWG Director of Operations (far left), and Maj Michael Heath, CTWG Emergency Services Officer (far right), stand with members of the 143rd who participated in the Hurricane Irene response.

In Connecticut Hurricane Irene caused massive power outages across the state as well as dangerous flooding. CAP was tasked with aerial photography missions for damage assessment as well as emergency shelter operations. The 143rd formed a ground team led by Maj McCandless and spent several days after the storm supporting shelters in Danbury and New Fairfield. Maj Palys acted as the Ground Branch Director and coordinated all CAP ground team efforts in Connecticut during this mission.

The CAP Disaster Relief Ribbon with "V" Device

is reserved for members who participate in a relief effort in a Presidentially declared disaster zone. President Obama declared the areas affected by Hurricane Irene a Federal Disaster Area soon after the level of damage this storm inflicted became obvious.



The CAP Disaster Relief Ribbon with "V" Device.

For their efforts, over one hundred members of CTWG CAP were awarded the Disaster Relief Ribbon with "V" Device.



CAP distributed water and MREs in New Fairfield. (photo by Capt Joseph Testman)

Squadron members presented this award were:

Maj Timothy McCandless

Maj Joseph Palys

Capt Joseph Testman

2nd Lt Paul Beliveau

2nd Lt James Keane

C/Maj Matthew McCandless

C/Capt Kyle Johnson

C/Capt Midhat Mullai

C/Capt Margaret Palys

C/Capt Eric Testman

C/2nd Lt Thaddaeus Vaichus

C/CMSgt Matthew Belval

C/CMSgt Drew Grosf

C/MSgt Megan Major

C/MSgt Lynnise Stephen

C/SSgt Alec Beliveau

C/SSgt Tomas Ramirez

C/SrA Matthew Calabrese

C/SrA Veronica Ramirez



C/MSgt Stephen and C/2nd Lt Vaichus fill a water cooler for a New Fairfield Resident (photo by Capt Joseph Testman)

CAP Board Of Governors Welcomes 3 New Members

On November 18th The Civil Air Patrol Board of Governors added three new members, including the first three-star commander of Continental U.S. North American Aerospace Defense Command Region-1st Air Force (NORAD) and Air Forces Northern (USNORTHCOM), U.S. Air Force Lt. Gen. Stanley E. Clarke III.



(From left) U.S. Air Force Lt. Gen. Stanley E. Clarke III, William A. Davidson and retired Air Force Brig. Gen. Leon Johnson..

The other new board members are retired Air Force Brig. Gen. Leon Johnson, the national president of Tuskegee Airmen Inc., and William A. Davidson, the former administrative assistant to the Secretary of the Air Force.

Clarke, Johnson and Davidson are appointees of Secretary of the Air Force Michael B. Donley. All will serve three-year terms on the Board of Governors, CAP's highest level strategic policy-making body.

Clarke came to 1st Air Force from the U.S. European Command in Ankara, Turkey, where he was the senior defense official and defense attaché for the Office of Defense Cooperation Turkey. This is Clarke's first assignment at Tyndall Air Force Base, Fla.

Johnson, now in his second year of a two-year term as national president of Tuskegee Airmen Inc., retired from the Air Force in 2004 with the rank of brigadier general after 33 years of service. During his Air Force career, Johnson commanded a fighter squadron and fighter group, was the vice commander of 10th Air Force at the Joint Reserve Base in Fort Worth, Texas, and served as mobilization assistant to the assistant secretary of the Air Force and director of operations at Air Education and Training Command.

As the administrative assistant to the Secretary of the Air Force, Davidson served as a member of the Senior Executive Service at Headquarters U.S. Air Force in Washington, D.C. Before his retirement in October 2011, he was the Air Force's senior career civilian adviser to the secretary, managing and supporting administratively the Office of the Secretary of the Air Force, its 1,650-member Secretariat and supported field operating agencies.

-Taken from www.capvolunteernow.com



General Benjamin O. Davis

Civil Air Patrol has named the Level II achievement of the senior program after General Benjamin O. Davis.

Benjamin O. Davis, an aviation pioneer, is one of the most famous Tuskegee Airmen of World War II. Graduating from West Point in 1936, he became one of only two black line officers in the U.S. Army at the time -- the other was his father.

Initially assigned to the infantry, in July 1941 he joined 12 cadets in the first flying training program for blacks at Tuskegee, Ala. He received his wings in March 1942 after becoming the first black officer to solo an Army Air Corps aircraft. These Tuskegee graduates went on to form the core of the 99th Pursuit Squadron, which entered World War II in June 1943 with Lt. Col. Davis in command. After four months of flying P-40s in the Mediterranean Theater, he returned to the States, took command of the 332nd Fighter Group and deployed with his unit to Italy in January 1944. By summer, the Group had transitioned to P-47s and began scoring their first kills. On June 9, 1944, Davis led 39 Thunderbolts escorting B-24s to targets at Munich, Germany. Near the target, the 332nd took on more than 100 German fighters, destroying five Me-109s and damaging another. For his leadership and bravery on this mission, Davis was awarded the Distinguished Flying Cross.

Later, flying the distinctive 332nd "Red Tail" P-51 Mustangs, Davis led the first Italy-based fighter group to escort bombers to Berlin, a distance of 1,600 miles. Approaching Berlin, they were attacked by 25 Me-262 jets, but the 332nd downed three of the enemy fighters. Under Davis' command, the Group flew more than 15,000 sorties against the Luftwaffe, shot down 111 enemy aircraft and destroyed another 150 on the ground, while losing only 66 of their own aircraft to all causes. Most noteworthy, not one friendly bomber was lost to enemy aircraft during the Group's 200 escort missions. The unique success of this all-black outfit highlighted Davis' leadership, along with the courage and discipline of his Airmen.



Benjamin O. Davis (U.S. Air Force photo)

Following the European War, Davis returned to the United States to command the 477th Composite Group and the 332nd Fighter Wing. In 1953 he again saw combat when he assumed command of the 51st Fighter-Interceptor Wing and flew the F-86 in Korea. With his promotion to brigadier general, Davis became the first black to earn a star in the USAF.

Davis retired as a lieutenant general in 1970 and served under President Nixon as Assistant Secretary of Transportation for Environment, Safety and Consumer Affairs. He was advanced to general Dec. 9, 1998 by President Bill Clinton. Davis died July 4, 2002 at Walter Reed Army Medical Center in Washington at age 89.

Taken from nationalmuseum.af.mil

XF-91 THUNDERCEPTOR



Republic XF-91 at the National Museum of the United States Air Force. (U.S. Air Force photo)

The XF-91, a high-speed experimental interceptor, was America's first rocket-powered combat-type fighter to fly faster than the speed of sound. The airplane had a number of unusual design features -- an inverse taper wing (wider at the tips than at the roots), a variable incidence wing that could be varied in flight (high angle of attack for takeoff and landing and low angle of attack for high-speed flight), a main landing gear that retracted outward with the tandem wheels being housed in the wing tips and a rocket engine that augmented the standard jet engine to provide an outstanding rate of climb.

The airplane made its first flight on May 9, 1949. Numerous other test flights were made, providing valuable research data, but the airplane was not put into production because it did not carry sufficient fuel for a flight of longer than 25 minutes and did not incorporate the latest type of fire control system.

Taken from nationalmuseum.af.mil

Women Take Flight

The New England Air Museum hosted its seventh annual Women Take Flight event on November 6th. The program featured extraordinary women who have pioneered new careers for women in aviation and aerospace engineering. Special guests shared their experiences one-on-one with Museum visitors, at presentations, and at panel discussions. Impersonators portrayed famous women aviators from bygone eras. Opportunities women now have working in the aviation and aerospace industries and examples of their work in the Museum's collection were highlighted. This exciting, educational and inspirational program was presented in cooperation with the New England Chapter of the Ninety-Nines (International Organization of Women Pilots) and supported by girls RISE, Wolf Aviation Fund, and Hallmark.



Cadet Captain Margaret Palys and her sister Katie with Mary Feik at the Women Take Flight event. Mary gave a presentation that covered her career in aviation. The restored B-29 "Jack's Hack" is in the background.

Located at Bradley International Airport in Windsor Locks, the Museum is the largest aviation museum in New England.



Tobacco Addiction

What Is Tobacco Addiction?

When people are addicted, they have a compulsive need to seek out and use a substance, even when they understand the harm it can cause. Tobacco products—cigarettes, cigars, pipes, and smokeless tobacco—can all be addictive. Everyone knows that smoking is bad for you, and most people that do it want to quit. In fact, nearly 35 million people make a serious attempt to quit each year. Unfortunately, most who try to quit on their own relapse—often within a week.

Is Nicotine Addictive?

Yes. It is actually the nicotine in tobacco that is addictive. Each cigarette contains about 10 milligrams of nicotine. Because the smoker inhales only some of the smoke from a cigarette, and not all of each puff is absorbed in the lungs, a smoker gets about 1 to 2 milligrams of the drug from each cigarette. Although that may not seem like much, it is enough to make someone addicted.



Once addicted, your body craves more nicotine.

Is Nicotine the Only Harmful Part of Tobacco?

No. Nicotine is only one of more than 4,000 chemicals, many of which are poisonous, found in the smoke from tobacco products. Smokeless tobacco products also contain many toxins, as well as high levels of nicotine. Many of these other ingredients are things we would never consider

putting in our bodies, like tar, carbon monoxide, acetaldehyde, and nitrosamines. Tar causes lung cancer, emphysema, and bronchial diseases. Carbon monoxide causes heart problems, which is one reason why smokers are at high risk for heart disease.

How Is Tobacco Used?

Tobacco can be smoked in cigarettes, cigars, or pipes. It can be chewed or, if powdered, sniffed. “Bidis” are an alternative cigarette. They originally came from India and were hand-rolled. In the United States, bidis were popular with teens because they come in colorful packages with flavor choices. Some teens think that bidis are less harmful than regular cigarettes, but in fact they have more nicotine, which may make people smoke more, giving bidis the potential to be even more harmful than cigarettes. Hookah—or water pipe smoking—practiced for centuries in other countries, has recently become popular among teens as well. Hookah tobacco comes in many flavors, and the pipe is typically passed around in groups. Although many hookah smokers think it is less harmful than smoking cigarettes, water pipe smoking still delivers the addictive drug nicotine and is at least as toxic as cigarette smoking.



Bidis came from India.

How Many Teens Use It?

First, the good news: Smoking is at historically low levels among 8th, 10th, and 12th graders, according to NIDA’s Monitoring the Future study. The bad news is that the decline in youth smoking appears to be leveling off. In 2010, rates for smoking in the past month were reported as 19.2 percent for 12th graders, 13.6 percent for 10th graders, and 7.1 percent for 8th graders.

Use of smokeless tobacco had been showing a decline over the past decade—until 2009, when use began to rise. According to the study, in 2010 current use of smokeless tobacco among 8th graders was 4.1 percent and 7.5 percent among 10th graders. Among 12th graders, 8.5 percent reported using smokeless tobacco in the last month, a number not seen since the late 1990s.

What Happens When Someone Uses Tobacco for Long Periods of Time?

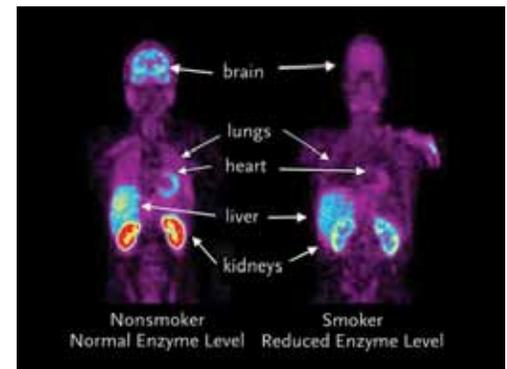
Long-term use of nicotine frequently leads to addiction. Research is just beginning to document all of the changes in the brain that accompany nicotine addiction. The behavioral consequences of these changes are well documented, however.

The way that nicotine is absorbed and metabolized by

the body enhances its addictive potential. Each inhalation brings a rapid distribution of nicotine to the brain—peaking within 10 seconds and then disappearing quickly, along with the associated pleasurable feelings. Over the course of the day, tolerance develops—meaning that higher (or more frequent) doses are required to produce the same initial effects. Some of this tolerance is lost overnight, and people who smoke often report that the first cigarette of the day is the strongest or the “best.”

When a person quits smoking, they usually experience withdrawal symptoms, which often drive them back to tobacco use. Nicotine withdrawal symptoms include irritability, cognitive and attentional deficits, sleep disturbances, increased appetite, and craving. Craving—an intense urge for nicotine that can persist for 6 months or longer—is an important but poorly understood component of the nicotine withdrawal syndrome. Some people describe it as a major stumbling block to quitting.

Withdrawal symptoms usually peak within the first few days and may subside within a few weeks. The withdrawal syndrome is related to the pharmacological effects of nicotine, but many behavioral factors also affect the severity and persistence of withdrawal symptoms. For example, the cues associated with smoking—the end of a meal, the sight or smell of a cigarette, the ritual of obtaining, handling, lighting, and smoking the cigarette, the people you hung out with when you smoked, and alcohol use—all can be powerful triggers of craving that can last or re-emerge months or even years after smoking has ceased. While nicotine gum and patches may stop the pharmacological aspects of withdrawal, cravings often persist.



Using advanced neuroimaging technology, scientists can see the dramatic effect of cigarette smoking on the brain and body and are finding a marked decrease in the levels of monoamine oxidase (MAO B), an important enzyme that is responsible for the breakdown of dopamine. (Source: Fowler et al., 2003)

Taken from the National Institute on Drug Abuse (NIDA) website: www.drugabuse.gov

NIDA’s mission is to lead the Nation in bringing the power of science to bear on drug abuse and addiction. This charge has two critical components. The first is the strategic support and conduct of research across a broad range of disciplines. The second is ensuring the rapid and effective dissemination and use of the results of that research to significantly improve prevention and treatment and to inform policy as it relates to drug abuse and addiction.



Carbon Monoxide: The “Invisible” KILLER

What is carbon monoxide?

Carbon monoxide is produced by burning fuel. Therefore, any fuel-burning appliance in your home is a potential CO source. When cooking or heating appliances are kept in good working order, they produce little CO. Improperly operating appliances can produce fatal CO concentrations in your home. Running a car or generator in an attached garage can cause fatal CO poisoning in the home. So can running a generator or burning charcoal in the basement, crawlspace, or living area of the home.

Carbon monoxide clues you can see...

- Rusting or water streaking on vent/chimney
- Loose or missing furnace panel
- Sooting
- Debris or soot falling from chimney, fireplace, or appliances
- Loose vent/chimney, fireplace or appliance
- Loose masonry on chimney
- Moisture inside of windows

Carbon monoxide clues you cannot see...

- Internal appliance damage or malfunctioning components
- Improper burner adjustments
- Hidden blockage or damage in chimneys

Only a trained service technician can detect hidden problems and correct these conditions!

CO poisoning symptoms have been experienced when you are home, but they lessen or disappear when you are away from home.

Warnings...

- Never leave a car running in a garage even with the garage door open.
- Never run a generator in the home, garage, or crawlspace. Opening doors and windows or using fans will NOT prevent CO build-up in the home.
- When running a generator outdoors, keep it away from open windows and doors.
- Never burn charcoal in homes, tents, vehicles, or garages.
- Never install or service combustion appliances without proper knowledge, skills, and tools.
- Never use a gas range, oven, or dryer for heating.
- Never put foil on bottom of a gas oven because it interferes with combustion.
- Never operate an unvented gas-burning appliance in a closed room or in a room in which you are sleeping.

What should you do?

Proper installation, operation, and maintenance of fuel-burning appliances in the home is the most important factor in reducing the risk of CO poisoning.

Make sure appliances are installed according to the manufacturer's instructions and the local codes. Most appliances should be installed by professionals.

Always follow the appliance manufacturer's directions for safe operation.

Have the heating system (including chimneys and vents) inspected and serviced annually by a trained service technician.

Examine vents and chimneys regularly for improper connections, visible cracks, rust or stains.

Look for problems that could indicate improper appliance operations:

- Decreased hot water supply
- Furnace unable to heat house or runs continuously
- Sooting, especially on appliances and vents
- Unfamiliar, or burning odor
- Increased moisture inside of windows

Every home should have a CO alarm in the hallway near the bedrooms in each separate sleeping area. Test your CO alarms frequently and replace dead batteries. A CO alarm is no substitute for proper installation, use and upkeep of appliances that are potential CO sources.

Symptoms of CO poisoning

The initial symptoms of CO poisoning are similar to the flu (but without the fever) They include:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

If you suspect that you are experiencing CO poisoning, get fresh air immediately. Leave the home and call for assistance from a neighbor's home. You could lose consciousness and die from CO poisoning if you stay in the home. Get medical attention immediately and inform medical staff that CO poisoning is suspected. Call the Fire Department to determine when it is safe to reenter the home.

Sources of and Clues to a Possible Carbon Monoxide (CO) Problem

