



THE LANTERN



▶▶▶ The Official Newsletter of the Northeast Region Staff College
Civil Air Patrol

Friday July 16, 2010

<http://nersc.hnplm.org>

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[Http://nersc.hnplm.org](http://nersc.hnplm.org)

NERSC 2010

president of the Mess
Capt Joyce Gaddis



Leadership is
the art of getting
someone else to
do something
you want done
because he
wants to do it.

-Dwight D Eisen-
hower-

Today in History Alpha

Friday July 16: 1945 –
The world's first atomic
bomb is successfully test-
ed by the United States.

Vice of the Mess
Maj James Ridely



ALPHA SEMINAR

If it moves, salute it; if it doesn't move, pick it up; and if you can't pick it up, paint it.

--Anonymous (1940's saying)--

Always forgive your enemies--nothing annoys them so much.

--Oscar Wilde--

Norman Schwarzkopf:

The truth of the matter is that you always know the right thing to do. The hard part is doing it.

Quote of the Day Alpha

“Only one man in a thousand is a leader of men -- the other 999 follow women“

Groucho Marx

Answers to the Who's Who of Alpha+

Who directed the first UCC in the New York Wing in 2003?

Major Robert Flynn

Who lives 20 minutes from McGuire AFB?

Major Ismael Lugo, Jr.

Which student is related to at least 16 U.S. Presidents?

Captain Mark Kukucka

Who organized and held the first ever TLC in NYWg history?

Major James A. Ridley, Sr.

Who is both an aircraft mechanic and computer technician?

Captain Edwin Jones

What student spent approximately 20 years as an undertaker's assistant? (Hint: this member's middle name was chosen from a famous WWII general).

Major Richard Johns

This student was published in an armed services magazine?

Captain Virginia Ryan

Who was a platoon leader in the Military Police?

Major James A. Ridley, Sr.

Which member spent 6 years as an auxiliary police officer?

Captain Virginia Ryan

Which student has a family descendant who developed an apple tree in the mid 1880s?

Captain Mark Kukucka

Bonus question: What does RGA stand for?
Residual Gas Analyzer

This quiz was brought to you by The A-Team,
“We love it when a plan comes together!!!



From The Outer Limits

By Maj James Ridley, Sr.

On Saturday July 10, 2010, 15 students entered the gates of McGuire Air Force Base to attend the annual Northeast Region (NER) Staff College but only 14 of them were from the NER. Until recently Capt Mark Kukucka was preparing to attend his native Middle Eastern Region (MER) Staff College until it was cancelled and Kukucka was left with a problem...wait another year or find another region staff college. Enter the NER and McGuire AFB.

A native of Maryland, Capt Kukucka joined the Civil Air Patrol in 1975 because of his love of aviation and his desire to learn to fly. His passion turned into an obsession and he rose up the cadet ranks quickly becoming his squadron's cadet commander and in 1981 earning his Spaatz Award, the highest achievement available in the CAP Cadet Program. When Mark left home for college his CAP career was placed on a hiatus, he later earned his Bachelors and Masters Degrees, his Doctor of Veterinary Medicine Degree and in 1993 a Ph.D. in Biochemistry/Cell Biology.

After spending several years establishing his career, Mark reentered the CAP world and completed his Level II and Level III of the Civil Air Patrol's Senior Member Professional Development program and upon graduation from this week's Staff College, his Level IV.

Today Mark is an accomplished biomedical research scientist and physician with numerous peer-reviewed publications to his credit as well as being the Aerospace Education & Medical Officer and a cadet orientation pilot assigned to the Glenn L. Martin Composite Squadron in the Maryland Wing. Mark came to New Jersey intent on obtaining his Paul E. Garber Award but will be walking away with much more, the friendships he has made here this week. "Networking with other fellow senior officers from across the region, gaining insights into the strategic versus the tactical operations of the organization and working in seminar groups to discuss lectures and solve problems and meeting people from other regions after the MER Staff College was cancelled" was one of the benefits he says he has received.

Capt Kukucka plans on working towards his Gill Robb Wilson achievement, the reward for completing the final level in the Professional Development Program; "hopefully" he said, "some of my new found friends will be joining me in Alabama next year."



Cadet Kukucka and Paul E. Garber pose together a few short years before Garber passed away.





SSgt Smith



MSgt Craig



1 a : an unforeseen and unplanned event or circumstance

b : lack of intention or necessity : **CHANCE**
<met by *accident* rather than by design>

2 a : an unfortunate event resulting especially from carelessness or ignorance

Merriam-Webster dictionary defines an Accident

Let's think about definition 2.

On a daily basis we see so called devastating "accidents" as they are referred to in the media. It is alarming and everyone should take notice to this. I have seen statements such as "It was a horrible thing that happened – and it was an unfortunate accident ". This statement and others alike are difficult to understand and should make you think of what is going on.

I have seen my share of so called accidents over the years and there is one thing that stands out is how people classify these as just one of those things that happen. It comes down to one thing, someone or a group of individuals were not being careful and were not safety conscious.

AN ACCIDENT IS NOT JUST ONE OF THOSE THINGS.

ACCIDENTS ARE PREDICTABLE AND PREVENTABLE EVENTS.

Yes there are some circumstances that are beyond our control and are truly accidents but for the most part someone was the cause. In our society today we all tend to be pushed for time. We seem to always be in a hurry. With this we overlook the obvious and many times take short cuts which can have devastating results.

We stress safety and awareness in all that we do at home, work or in our duties for CAP. Let's not forget that.



Here are something's to think about:

AN ACCIDENT IS NOT JUST ONE OF THOSE THINGS.

ACCIDENTS ARE PREDICTABLE AND PREVENTABLE EVENTS.

When most of us are careless, try to hurry, take a risk we rarely think of the consequences of our actions. The last thing that we think about is the what if ? Take time to think.

What if something goes wrong?

What could go wrong?

Who else could be affected?

What would be the long term effects?

Most of us have either experienced sprains or strains first hand or have been with someone who has. One steps of a curb and twist his/her ankle or has quickly reached for something, lifted quickly and pulled or strained a muscle. Ankle sprains are a very common injury. Wrist and knees are also very susceptible to injury. As most of us have experienced ankles and a knees are often injured just stepping off a curb, in a hole walking in the woods or walking over uneven ground. In our everyday activities and during our duties with in CAP we are always placing ourselves at risk. We are in a society that is always ion a hurry. Therefore we tend to injure ourselves.

We must all be conscious of these types of injuries and try to take steps to prevent them. The best prevention is knowledge. What exactly are sprains and what are strains?

Definition

Any joint in the body may be injured if the ligaments (fibrous bands that connect bone) are overstretched or if the joint is forced past its normal range of motion. Strains refer to a stretching of a muscle or muscle tendon that can range from a small tear in muscle to a complete separation of the muscle tendon. Sprains refer to a stretching of ligaments that connects bone to bone. Specific treatment depends on the joint involved and the degree of injury. "Whiplash" neck injuries, jammed fingers, twisted knees and twisted ankles are usually sprains.

Return to Normal Activity

It is important to maintain normal mobility of the injured joint during the recovery phase. However, premature return to full activity may slow healing and lead to early reinjury. Undue stress or activity that causes pain should be avoided although mild temporary discomfort during reconditioning exercise is not

Strains and Sprains

What's the difference between a strain and a sprain? Sprains involve a stretch or partial tear of ligaments (which connect two bones) or tendons (which connect muscle to bone). The ankle is where sprains occur most commonly.

What to Expect:

- pain
- difficulty moving the injured part
- decreased strength
- swelling and bruising



What to Do:

1. Stop activity right away.
2. Think R.I.C.E. for the first 48 hours after the injury:
 - Rest:** Rest the injured part until it's less painful.
 - Ice:** Wrap an ice pack or cold compress in a towel and place over the injury immediately. Continue for no more than 20 minutes at a time, four to eight times a day.
 - Compression:** Support the injury with an elastic compression bandage for at least 2 days.
 - Elevation:** Raise the injured part above heart level to decrease swelling.
3. Give the child ibuprofen (such as Motrin) for pain and to reduce swelling.
4. The doctor will prescribe an exercise program to prevent stiffness.

Seek emergency medical care if the child has:

- severe pain when the injured part is touched or moved
- trouble bearing weight and the child can't walk more than 4 steps after an injury
- increasing bruising
- numbness or a feeling of "pins and needles" in the injured area
- a limb that looks "bent" or misshapen
- signs of infection (increasing warmth, redness, streaks, swelling, and pain)
- a strain or sprain that doesn't seem to be improving after 5 to 7 days

Think Prevention!

Teach children to warm up properly and to stretch before participating in any sports activity, and make sure they always wear appropriate protective equipment.

Note: All information is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult a doctor. Review this with a doctor prior to use.

Reviewed by: Kate Cronan, MD Date reviewed: June 2007

uncommon. However, moderately severe or persistent pain is a sign that the level of activity is too advanced. The return to full activity should be done gradually.

Follow-up

Minor injuries may require no other treatment. The length of time required for complete healing varies from person to person and with the severity of the injury. If the joint remains persistently tender or swollen, or if you have been instructed to do so, seek follow-up care for re-evaluation the injury.



National Museum of the Civil Air Patrol

<http://www.caphistory.org/index.html>

Word Search Puzzle

Prepared by Alpha Seminar, The A-Team +

G	M	W	Y	K	L	L	R	A	G	A	E	Y	L
V	F	D	O	O	L	I	T	T	L	E	Y	C	Q
E	L	M	G	H	J	F	G	H	J	Q	N	D	D
M	Y	R	R	U	C	C	V	B	N	M	J	P	B
L	E	G	M	N	B	V	C	X	E	N	A	Q	A
Q	R	G	W	E	A	Y	T	C	A	P	A	N	P
F	T	H	J	R	V	B	N	M	K	H	C	M	M
Y	G	N	N	Q	B	N	Z	C	E	S	S	N	A
N	Q	O	L	K	J	H	G	F	R	V	X	J	T
V	L	I	U	O	S	R	R	E	S	A	L	F	L
D	P	B	Q	W	P	V	B	S	C	B	D	L	B
B	A	S	D	F	A	W	E	E	R	T	E	E	W
J	D	G	H	J	A	K	L	B	D	H	H	C	F
W	R	I	G	H	T	B	R	O	T	H	E	R	S
J	Q	W	E	R	Z	Y	U	I	O	P	U	C	N
I	E	G	N	M	Q	M	L	F	G	J	Y	C	Q
O	A	R	M	S	T	R	O	N	G	M	J	W	K
L	Z	S	D	X	C	V	B	N	M	N	E	R	F
D	Q	W	E	R	U	Y	T	J	L	Q	E	L	D
R	Y	T	N	T	R	A	H	R	A	E	H	P	C

ARMSTRONG

ARNOLD

CAP

CESSNA

CURRY

DOOLITTLE

EAKER

EARHART

FLY

MITCHELL

NER

SPAATZ

WRIGHTBROTHERS

YEAGER

Safe Driving While Tired

Major Paul Mondoux

At one time or another, most of us have gotten behind the wheel without the benefit of adequate sleep. At the time, we were probably unaware sleep deprivation impaired our driving as significantly as driving drunk. Drowsy drivers are a serious threat to themselves and everyone else on the road.

The Facts About Drowsy Driving

The U.S. National Highway Traffic Safety Administration estimates that 100,000 of reported crashes occur as a result of drowsiness, and considers sleep deprived drivers a hazard equal in severity to drunk drivers. Studies show that staying awake for 18 hours and driving produces the same effect as being legally drunk behind the wheel. The greater the sleep deprivation, the closer the correlation to higher levels of intoxication.

Actual statistics on crashes, injuries and fatalities caused by drowsy driving are difficult to calculate as there is no way to test the fatigue level of drivers. The cost, damages, injuries, and fatalities resulting from sleep deprived drivers have been estimated at \$12.5 billion.

What are the Legal Ramifications?

New Jersey passed 'Maggie's Law' in 2003. It

allows sleep deprived drivers who cause accidents and have been awake more than 24 hours to be charged with vehicular homicide. The law also provides liability for companies that require employees to keep such hours. Existing laws in all states may cover the prosecution of drowsy drivers for damages caused, but unfortunately do little to prevent an impaired driver from getting behind the wheel in the first place.

Preventing Drowsy Driving

Many popular methods to stay awake, such as drinking a caffeinated beverage, opening windows, turning on air conditioning, or blasting the radio. Studies have shown these to be ineffective, however. The only proven preventative measure is to pull off the road and take a nap lasting at least 20 minutes. This small break is enough to restore a driver's abilities. It's best to nap, awaken more refreshed, and then continue on to a safe place to sleep longer.

Whether you are behind the wheel or a passenger, recognize the signs of drowsy driving:

- Heavy eyelids, frequent blinking, difficulty focusing vision

- Impaired concentration
- Missing exits or traffic signals
- Repeated yawning
- Drifting into other lanes or off the road
- Irritability or jumpiness

These symptoms are a warning no one can afford to ignore.

Driving drowsy is a hazardous practice. Sleep is not something a body can do without. At some point, the human body will simply take the rest it needs no matter where you are. Look for the signals of drowsy driving, choose not to operate a vehicle in this state and help keep the roads safer for everyone.

At one time or another, most of us have gotten behind the wheel without the benefit of adequate sleep.



- **Heavy eyelids, frequent blinking, difficulty focusing vision**
- **Impaired concentration**
- **Missing exits or traffic signals**
- **Repeated yawning**
- **Drifting into other lanes or off the road**
- **Irritability or jumpiness**



Schedule

Saturday

0600 Breakfast
0745 Check Out
0900 Seminar Room clean up
1000 Graduation
1100 Out Processing
1130 Staff Debrief
1230 Staff Depart



From all the Staff

Have a Safe Trip Home and have a Great Summer

We had a great time

NERSC Web Site

All Pictures and articles will be placed on the NERSC web site.

Files will be placed for download.

[Http://nersc.nhplm.org](http://nersc.nhplm.org)

Paul Mondoux, Lt Col , CAP, PAO-NERSC

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