



THE LANTERN



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

Monday July 13, 2009

<http://nersc.nhplm.org>

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Deputy Director:
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Officer of the Day
Maj Paul Mondoux

PAO/ Editor:
Maj Paul Mondoux

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

Student's and Staff Survive the First Day at NERSC

The Day began with a setback. Over night we experienced a Thunderstorm and part of the base lost power. Several of the Staff tried to get breakfast at the Golf Course but they had no power and when that happens the gas in the building for the stoves are automatically shut down. So alternate locations had to be found for breakfast. The Staff then converged at the ALS building only to find that also had no power. All activities for the day had to be moved over to the old NCO academy building. This proved to be a bit of a challenge but we managed to pull it off. After some adjustments the school was back on track for the day.



Staff underwent a uniform inspection before General Assembly



Finally after all the issues General Assembly was performed in the Auditorium. The Director and Staff greeted the Students and general information was given out for the School.



SAFETY
Is of Utmost importance

Do not compromise safety for any reason

Report any problems to
LtCol Christine StOnge





OK so now what are we doing here ?



MCHUMOR by T. McCracken



I think this is suppose to be here.



REMINDER



Articles for the Lantern are Welcomed and encouraged. All Students are encouraged to submit their thoughts and Ideas for publication.

Articles will only be accepted in Electronic format and must be submitted before 1500 hours each day.

Maj Paul Mondoux

During the Safety Seminar Lt Col Christine StOnge became very animated and demonstrated the BUT Squeeze to the student's



She got so exhausted from that exercise she had to take a quick rest



Stretch. Simple stretches throughout the day can help make your back more flexible and strong.



Overall the message was that all needed to stretch periodically during the day as there would be much sitting.

“ The most important thing I learned is that soldiers watch what their leaders do. You can give them classes and lecture them forever, but it’s your personal example they follow”

General Colin Powell

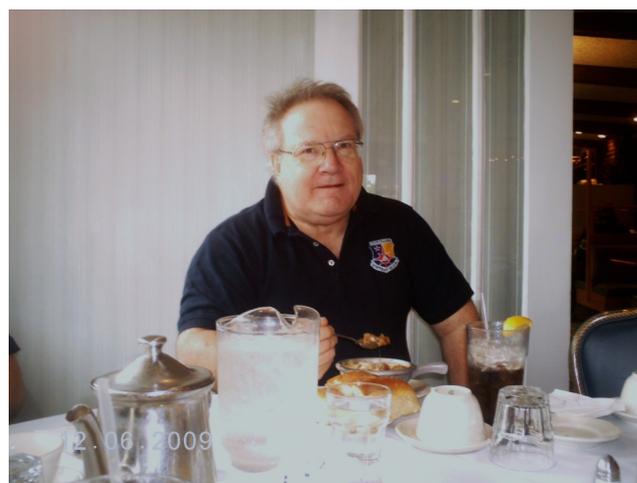
Group Dynamics

TSGT Allen USAF delivered a very motivated Lecture on Group Dynamics. She managed to get the entire Class involved



What are you doing

**The importance of keeping Hydrated can not be overlooked
“DRINK PLENTY OF WATER”**



Lt Col William S. Bernfeld

Lt Col William S. Bernfeld, aka “Ziggy”, aka Liam Bern of County Westchester. Deputy Commander and Professional Development Officer, Southeastern Group and New York Wing Professional Development Assistant. Mission observer with counter drug certification.

During 2008-09 served as SLS and CLC project officer graduating more than thirty students in each course. Formerly with New Jersey Wing’s Group 221. Second year as NERSC adjutant.

Retired Army colonel having commanded ten units during thirty-years of service. Certified Public Accountant in private practice.

Recently celebrated 35th wedding anniversary. Three children, Becky Chin (soon to be US assistant deputy secretary of labor), Jen Miller (captain, USAFR), Adam Bernfeld (research chemical engineer, DuPont) and two year old granddaughter Sarah Grace Miller of Ely, England.



Prevent Back Injuries

Maj Paul Mondoux



Back pain is second only to the common cold on the list of reasons Americans go to the doctor. Sprains and strains to the back are preventable. Unfortunately, most people don't worry about their back until it's already hurting them. It's important to start treating your back properly right away. Take the following steps to protect your back.

- Maintain proper posture.** Having the correct posture while sitting, standing, and sleeping is an important part of keeping you back pain free. While sitting, make sure your lower back gets sufficient support. If you sit for long periods of time, get up and walk around about every hour, trying a few simple stretching exercises. If you stand all day, every once in a while, bend over and touch your toes, bending at the knees. Sleeping on your stomach places too much stress on your back, but if you must, be sure to place a small pillow underneath your abdomen. Buy a mattress with good back support that's also comfortable.

- Lift properly.** Improper lifting of heavy objects causes many back injuries. If you must lift a heavy object, take some time to prepare. When lifting or moving a load:

Always bend at the knees - never at the waist

Keep the object close to your body

Don't twist your body

Avoid lifting over your head or over an obstruction

Get a good grip on the object. Clean and dry surfaces are easier to handle than wet and greasy ones.

If possible, divide a heavy load into several smaller ones

When lifting below chest level, keep your lower back curve locked in position. When lifting above chest level, tighten your abdomen to place less of the load on your spine.

When moving the object, push it instead of pulling it

Make sure your footing is secure. Do not lift objects that obscure vision and footing

Lift smoothly and slowly. Do not jerk the load

Whenever possible, use a cart or dolly to carry the object

If the load is too heavy, ask for help

If possible, divide a heavy load into several smaller ones

- Stretch.** Simple stretches throughout the day can help make your back more flexible and strong. Try to do these every hour, holding each for about five seconds.

While standing, place your hands on your lower back and lean backward, without tipping your head backward

Stretch your hamstrings - those muscles in the back of your thigh that help keep your back mobile. While sitting or standing and leaning against something, bend one leg up, hold your thigh and straighten the leg

While sitting, bend your chest down to your thighs to stretch the muscles and unload the joints at the base of the spine

- Exercise.** Exercising back muscles can strengthen and protect the muscles, helping to prevent injuries. Of particular importance are the abdominal muscles.

Try walking briskly for about 30 minutes a day, four times a week

Swimming is a great way to strengthen the abdominal muscles and leg muscles. It also takes the pressure of gravity off of your back

Various at-home abdominal exercises can also help keep your back strong. You can ask your doctor or qualified gym instructor to show you some special back strengthening exercises.



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2009 NORTHEAST REGION STAFF COLLEGE - DAILY SCHEDULE

	SATURDAY July 11	SUNDAY July 12	MONDAY July 13	TUESDAY July 14	WEDNESDAY July 15	THURSDAY July 16	FRIDAY July 17	SATURDAY July 18		
0600	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	0600	
0745			Home Room	Home Room	Home Room	Home Room	Home Room	Home Room	0745	
0800			Formation	Formation	Formation	Formation	Formation	Formation	0800	
0830			General Assembly	General Assembly	General Assembly	General Assembly	General Assembly	General Assembly	0830	
0900	STAFF MEETING ALS Facility	STAFF: Report to ALS Facility	LECTURE Human Relations	LECTURE CAP Written Communication	LECTURE Activity Planning	SEMINAR Student 10-Minute Speeches (Seminar Rooms)	LECTURE Keystone Project Briefings (Lecture Hall)	SEMINAR Seminar Room Cleanup & Final Evaluations GRADUATION	0900	
0930		STUDENTS: Report to ALS Facility	SEMINAR Human Relations	LECTURE Team Development					Break	0930
1000		OPENING CEREMONY	LECTURE Formation & Inspection Customs/Courtesies	LECTURE Managerial Communications					LECTURE Time Management	LECTURE Leadership & Followership
1030									1030	
1100								Students Depart McGuire AFB	1100	
1130								STAFF MEETING ALS Facility	1130	
1200	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH		1200	
1300								ENJOY THE REST OF SUMMER !!!	1300	
1330	Students begin arriving at McGuire.	LECTURE Safety & ORM	SEMINAR Managerial Communications	LECTURE Goal Setting	LECTURE Leading Volunteers	LECTURE Functions of Management	LECTURE Introduction to AFIDL		1330	
1400		LECTURE Group Dynamics	LECTURE Public Speaking for Managers	SEMINAR Goal Setting			SEMINAR Leadership		LECTURE Graduation Instruction & Practice	1400
1430		LECTURE Group Dynamics	SEMINAR Effective Communication	LECTURE Problem Solving & Critical Thinking	STUDENTS: Dismissed to prepare for Picnic	LECTURE Dining Out Instructions	LECTURE ES Topic		1430	
1500		STAFF DINING OUT	RETREAT (Practice)	LECTURE Officership Clinic	SEMINAR Problem Solving	SOCIAL ACTIVITY Picnic Dix Recreation Center	SEMINAR Keystone Project Preparations & Student Photos		LECTURE PRINCIPLES OF ORGANIZATION	1500
1530		FLAG LOWERING	FLAG LOWERING						1530	
1600		DINNER	DINNER	DINNER					1600	
1630									1630	
1700									1700	
1730									1730	
1800	STUDENT REGISTRATION ALS Facility ICE BREAKER	DONE FOR THE DAY	DONE FOR THE DAY	DONE FOR THE DAY		DINING OUT CLUB DIX	DONE FOR THE DAY	1800		