



# THE LANTERN



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

Wednesday July 15, 2009

<http://nersc.nhplm.org>

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

## WOW We made it this far

Time to  
have some  
Fun



Picnic—Cook out  
The Picnic is a time to  
relax and to have fun.  
Everyone Staff as well  
as students mingle in a  
common environment.



### Posting of the Colors



### SAFETY

Is of Utmost importance

Do not compromise safety for  
any reason

Report any problems to  
Lt Col Christine St Onge



### Morning Formation



Trivia

Where did the  
nickname  
PUDGY come  
from



## P-38 Lightning

The [Lockheed](#) P-38 Lightning was a [World War II American fighter aircraft](#). Developed to a [United States Army Air Corps](#) requirement, the P-38 had distinctive [twin booms](#) with forward-mounted engines and a single, central [nacelle](#) containing the pilot and armament. The aircraft was used in a number of different roles, including [dive bombing](#), level [bombing](#), ground [strafing](#), photo [reconnaissance](#) missions, and extensively as a long-range escort fighter when equipped with droppable fuel tanks under its wings. The P-38 was used most extensively and successfully in the [Pacific Theater of Operations](#) and the [China-Burma-India Theater of Operations](#), where it was flown by the American pilots with the highest number of aerial victories to this date. The Lightning called "Marge" was flown by the ace of [aces Richard Bong](#) who earned 40 victories. Second with 38 was [Thomas McGuire](#) in his aircraft called "Pudgy". In the [South West Pacific theater](#), it was a primary fighter of [United States Army Air Forces](#) until the appearance of large numbers of [P-51D Mustangs](#) toward the end of the war




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Never take  
Life too  
seriously for  
you never get  
out alive

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## COOKOUT

Picnics, and barbecues are great ways to celebrate and have fun during the Summer

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Plan ahead; try to take only what will be eaten so you won't have to worry about leftovers

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## Have a safe cookout Major Paul Mondoux

Picnics, and barbecues are great ways to celebrate and have fun during the Summer, whatever your plans are take care to prepare and transport food safely. A little planning will help prevent food borne illnesses which are so common during the summer months.

Bacteria begin to multiply between 40°F and 140°F, so it's important to keep you food either cold or hot right up to the moment of cooking and/or serving.

To make cleanup easier, take garbage bags, paper towels and damp washcloths in plastic bags.

### Transporting Food

- Make sure your cooler will keep foods at 40°F, or plan foods that are less perishable, such as luncheon meats, cheese, peanut butter, etc.. Keep drinks in a separate cooler, since it will be opened more often.

- Plan ahead; try to take only what will be eaten so you won't have to worry about leftovers.

Don't partially precook meat or poultry before transporting; if it must be pre-cooked, cook until done then chill before packing in the cooler.

Pack condiments in small containers rather than taking whole jars.

- Put the cooler in the inside of the car rather than the hot trunk, and keep it in the shade at your destination; replenish ice often.

If you cook food ahead of time, chill thoroughly before putting it in the cooler. If you take hot food, wrap the dish in aluminum foil and towels to keep it above 140°F; if it's a long trip it may be best not to take a hot dish.

- Take-out foods like fried chicken or barbecue should be eaten within 2 hours of purchase or thoroughly chilled before adding to the cooler and transporting.

### Safe Grilling

- Be sure all utensils, plates, and cooking surfaces are clean, and your hands are washed well before handling food.

- Take only as much food out of the cooler as you're going to cook right then.

When meat is cooked, transfer to a clean plate or platter - never place cooked meat on a platter which held raw meat.

- The USDA recommends fully cooking meats to ensure bacteria is destroyed. To be sure bacteria are destroyed, hamburgers and ribs should be cooked to 160° F or until the center is no longer pink and juices are clear. Cook ground poultry to 165° F and poultry parts to 180° F. Reheat pre-cooked meats until steaming hot.

- Never reuse marinades that have come in contact with raw meat, chicken or fish, and don't put the cooked food back into an unwashed container or the dish that contained the marinade.



## BITES AND STINGS Maj Paul Mondoux



Warm weather months invariably include days at the beach, picnics in the backyard, softball games and other outdoor activities. In our activities with the CAP we will find ourselves outdoors. This increased time outdoors also means we will be communing more with six- and eight-legged critters. Most of these critters are harmless and couldn't hurt us even if they really wanted to. A few though, are equipped with poisonous weapons of pain. And whether from a wasp, bee, spider, ant or scorpion--most of us have felt this pain. Insect and arachnid stings or bites rarely cause death. Yet they do cause an incredible amount of pain and suffering.

Here are some facts and tips about the biting and stinging community around us:

\* More people die from insect stings than from spider bites. The reason for this is that spider fangs are quite fragile and more people are sensitive to the much more piercing stings of bees, hornets, ants, and wasps.

Two ways to avoid being stung at your next outing:

- 1) Not smelling like a flower by avoiding sweet smelling colognes, and
- 2) Not looking like a flower by wearing white or neutral colors.

\* A black widow's bite may go unnoticed until the start of symptoms, which occur anywhere from 10 to 60 minutes after the bite. Symptoms include severe pain at the bite site, headache, nausea, vomiting, and muscle spasms. Anyone bitten by a black widow spider should seek immediate medical treatment.

### ---- Once You're Stung ----

As you'd expect, most people who've been stung know it. The most common symptoms are limited areas of pain and swelling, with redness and itching. Beyond that the symptoms of bee and wasp stings vary, depending on where you're stung and how sensitive you are to the sting.

First: If you have a known allergic reaction to stings and bites, develop any signs of difficulty in breathing or any excessive swelling seek medical attention immediately.

If you do get stung, heeding the following advice will help reduce the pain and discomfort:

- Gently scrape out the stinger as soon as possible.
- Don't pull or squeeze the stinger. It contains venom, and you'll end up re-stinging yourself. (This applies to honeybees only; yellow jackets, wasps, and hornets do not usually lose their stingers.)
- Clean the sting area with soapy water.
- Apply ice to the sting immediately; it will minimize discomfort and prevent swelling and itching.
- Apply a paste made of meat tenderizer to the sting area. It seems to break down the protein in the venom.
- Take aspirin or acetaminophen for the pain, and/or antihistamine for the itching and swelling (provided you don't have to avoid these drugs for medical reasons).
- If you're stung in the mouth or tongue, get medical help fast--swelling could close off your airway.

## Alpha Seminar Sets the Bar by Capt. Sharon

Monday afternoon, Alpha Seminar set the bar for this session of the NERSC during the flag lowering ceremony.

As part of the hands-on-training involving the customs and courtesies regarding the reverence and respect shown to the American flag, each Seminar group is responsible for raising and lowering the flag each day.

Instruction was given by the staff on Sunday, to each Seminar group, and the duty assignment would be rotated on a daily basis. Alpha Seminar was given the first task for Monday. Bravo would assume the duty on Tuesday, with Alpha continuing on Wednesday, and the rotation would continue until the close of the College. Both Seminar groups spent time outside the regular “school hours” practicing to do it right and to the best of their ability.

Maj. Stephen Rocketto, Captain Anthony Kearse and Captain Richard Pisarski of Alpha Group had the first tour. The morning ceremony went flawlessly and started things off setting a high standard for the following days.

The crowning moment came during the lowering of the flag in the afternoon with a beautiful display of ceremonial technique in folding and passing the flag by Captain Kearse. During the actual passing of the flag to Captain Pisarski, the team, along with the other members of Alpha Seminar who turned out to support their companions, the ceremony was climaxed with a flyover by a C17 Globemaster.

Lt. Col. Bernfeld, who was watching and evaluating the team, was overheard to exclaim to Lt. Col. Bradley, Alpha Seminar Leader, “How did you ever manage to coordinate that?”.

Alpha Seminar has no comment, and will not release their secret. The question now is, how will Bravo Seminar top that? Good Luck, Bravo!

## Ode to Bravo’s News Team

We welcome you to the College for Region Staff

A requirement to attend is to be daft.

None the less we are here,

The tasks we do not fear.

Because the camaraderie makes the work feel like half.

Our reporters I will now introduce to you

Their task – to tell you of all that is new.

Whether they be blue or gold

Their personalities will shine bold.

I present Jay, Jeff and Bob with no further ado.

Jill Silverman / Seminar Bravo

## Effective Communications

On Monday the Seminar, Lectures and activities included opportunities and exercises that allowed the students to develop necessary skills for leaders in Civil Air Patrol.

One of the most entertaining activities was the Effective Communication Seminar. Captains Jill Silverman and Carol McCloud (Seminar B) demonstrated their finely tuned skills in the “Describe a Diagram Drill.” With clear and concise directions given by Captain McCloud as “sender” the “receiver” drew the diagram with mirror like perfection.

JEFFERY BUCHMAN, Major CAP  
(Seminar B)



# MSSgt Reed Presenting Team Development





**The Most Dangerous Words a GA Pilot Can Say**



"I will be there on August 5 at 1800 hrs" Pilots of light aircraft who utter sentences of that form are very high risk pilots, regardless of skill level. If you promise to get to specific places at specific times you will eventually run afoul of weather and other circumstances that are beyond you and your aircraft's capabilities.

A safe attitude with a small airplane starts with the assumption that no flight is going to be made at the time and date planned. It might happen if the weather happens to be good and the flight looks as though it will be enjoyable.

**Summertime is now here.**



Summertime is finally here. This usually means more time outdoors for You and Those of all ages and that you have to keep safety in mind at all times to prevent injuries.

Hazards in the summer can pose a risk of serious injury and death. Some of these include drowning, food poisoning, and fireworks injuries. You should always take precautions to protect yourselves from sun burn, poison ivy, and insect bites and stings.

With just a little planning you can have a safe and enjoyable Summer.

**Safety is as simple as ABC:  
Always Be Careful**

**What Type of Fire Extinguisher Should be in a Home?**

The best type of fire extinguisher for a home is one that has a rating of 2A 10BC. Sometimes the rating may be written like this -- 2A 10B C -- but it's the same thing. This kind of fire extinguisher is often labeled as an **A-B-C extinguisher**. Sometimes these extinguishers are referred to as 'universal' extinguishers. Most fire safety programs recommend having one extinguisher located in the kitchen and one in the [garage](#)

**SMSgt Brooks and her Husband MSgt Brooks**



**SSgt Rodriguez on Goal Setting**





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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	
0745			Home Room	Home Room	Home Room	Home Room	Home Room	Home Room	
0800			Formation	Formation	Formation	Formation	Formation	Formation	LODGING CHECK OUT
0830			General Assembly	General Assembly	General Assembly	General Assembly	General Assembly	General Assembly	
0900			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
0930									
1000	STAFF MEETING ALS Facility	STUDENTS: Report to ALS Facility OPENING CEREMONY	SEMINAR Human Relations	LECTURE Team Development	Break			GRADUATION	
1030									
1100		LECTURE Formation & Inspection Customs/Courtesies	LECTURE Managerial Communications	LECTURE Time Management	LECTURE Leadership & Follow ership	LECTURE Embracing Diversity	LECTURE Using E-Services Management Tools	Students Depart McGuire AFB	
1130								STAFF MEETING ALS Facility	
1200	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH		
1300								ENJOY THE REST OF SUMMER !!!	
1330		LECTURE Safety & ORM	SEMINAR Managerial Communications	LECTURE Goal Setting	LECTURE PRINCIPLES OF ORGANIZATION	LECTURE Functions of Management	LECTURE Introduction to AFIDL		
1400	Students begin arriving at McGuire.								LECTURE Graduation Instruction & Practice
1430		LECTURE Group Dymanics	LECTURE Public Speaking for Managers	SEMINAR Goal Setting					
1500					STUDENTS: Dismissed to prepare for Pknic				
1530		LECTURE Group Dymanics	SEMINAR Effective Communication	LECTURE Problem Solving & Critical Thinking		LECTURE Dining Out Instructions	LECTURE ES Topic		
1600									
1630	STAFF DINING OUT	RETREAT (Practice)	DINNER	DINNER		SEMINAR Keystone Project Preparations & Student Photos	LECTURE Leading Volunteers		
1700		FLAG LOWERING				SOCIAL ACTIVITY Pknic Dix Recreation Center			DINNER
1730		DINNER	DINNER	DINNER		SOCIAL ACTIVITY			
1800	STUDENT REGISTRATION ALS Facility	DONE FOR THE DAY				DINING OUT CLUB DIX			
1830	ICE BREAKER		LECTURE Officership Clinic Done for the day	SEMINAR Problem Solving Done for the day			SEMINAR Leadership Done for the day		
1900									