



THE LANTERN



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

Monday July 16, 2006

Volume 3 Issue 2

Director:
Lt Col Joseph Goldman

Deputy Director:
Lt Col Jack Ozer

Curriculum Coordinator:
Lt Col Gary Metz

Officer of The Day:
Lt Col Barry Metz

PAO/ Editor:
Maj Paul Mondoux

Student's and Staff Survive the First Day at NERSC

The day began with a Student tour of the Base. All returned to the NCO academy for 1130 with the Official start of the school and the Directors Welcome at 1200.

Lectures and Seminars continued throughout the day.

Director Welcomes Students

Lt Col Goldman Welcomed the Students and The Support Staff was introduced during the Opening Ceremonies

Lt Col St Onge gave an energetic talk on Safety and Operational Management. Not all went as planned difficulties in with the Audio Visual equipment necessitated the need to improvise.



<http://nersc.nhplm.org>



SAFETY
Is of Utmost importance

Do not compromise safety for any
reason

Report any problems to
LtCol Christine StOnge



Articles for the Lantern are Welcomed and encouraged. All Students are encouraged to submit their thoughts and Ideas for publication. If possible they should be submitted in Electronic Format to Maj Paul Mondoux

The Staff did manage to make it back in time to greet the Student's after a plentiful dinner in town.



The Arrival (The previous Night Check-in)

It's Check in Time and the Students are welcomed to NERSC 2007

Student's are greeted by the Staff and are assigned to their Seminar Groups



Integrity—The Necessary Ingredient

Effective leaders need to possess many important qualities. Vision, enthusiasm, commitment, compassion , and resourcefulness are valuable characteristics. However, fore most and an essential is integrity—doing the right thing when no one is looking. This requires a moral compass, a conscious set of ethics, and the result is honor—a gift you give yourself, and setting a standard of performance and behavior that will inspire subordinates.

Wearing a uniform declares your membership and implies some authority. Integrity is the guarantee that authority is deserved and won't be abused. The outcome is the loyalty of your subordinates and the accomplishment of your leadership goals.

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

“ 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

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



Lt Col St Onge our medical officer did not drink enough

General Assembly

Lecture Team Motivation

Team Motivation was presented by

MSGT Jo Reed



Ice Breaker Social

Students and Staff attended a Social Event held at the Airman Leadership School. This time was to mingle and get better acquainted with each other.

During the Social Students were given a list of questions which need to be answered. The only way to find out the answers to the questions we to actually talk to the

Staff members.

This proved to be an enjoyable and





Stu



Support Coordinator **LIEUTENANT COLONEL** **Dennis Bannon**

Lt Col Dennis Bannon Born in NY and is married to Ann for 32 years, 3 children and 2 grandchildren

US Army Veteran

Lt Col Bannon is a retired Police Officer with 23 years of service to Southold Town Police Department. Three seasons NY State Park Police

He spends his summers in NY and his winters in Prescott Arizona.

Avid Golfer

Former Squadron Commander North fork Squadron

Former LI Group Commander

Former NY Wing Chief of Staff

LI Group Assistant ES Officer

Mission Observer, Air Operations Director, Ground Branch Director

Support Coordinator for NERSC



LIEUTENANT COLONEL MARIANNE FERLAND

Lt Col Marianne Ferland is the Administration Officer for the 2007 Northeast Region Staff College. Lt Col Ferland attended Staff College as a student in 2005 where she was selected by her fellow students to receive the Lamplighter Award for Leadership.

Lt Col Ferland joined the Jack Schweiker Composite Squadron in 2002 where she served as Admin, Personnel and Professional Development Officers. She was appointed Commander of Group 225 in 2004. In 2005 Lt Col Ferland joined Northeast Region as Chief of Staff. Lt Col Ferland has served in many special projects including the NJWG Resolution Photography Project, 3 NJ Wing Conferences, 2 NJ Wing Falcon Flight Encampments.

Lt Col Ferland is active in emergency services and holds multiple specialty qualifications including Incident Commander, Ground Team Leader, Mission Observer and ARCHER Operator. She serves on an ADY basis as an instructor for New Jersey Wing's ES Department.



Lt Col Ferland studied engineering at Stevens Institute of Technology. She has been co-owner of a small printing company and held leadership positions in Boy Scouts of America and South Jersey Women's Connection.

Lt Col Ferland lives in Cherry Hill, NJ with her husband, André. They have a son, two daughters and a granddaughter. She enjoys flying, woodworking, cooking, shopping, archery scuba diving, and skydiving.

PROFESSIONAL DEVELOPMENT AWARDS:

2005	Paul E. Garber Award
2004	Grover Loening Aerospace Award
2003	Leadership Award one silver star and one bronze star
2002	Membership Award

LEADERSHIP EDUCATION:

2006	Unit Commander's Course
2005	Northeast Region Staff College
2003	Corporate Learning Course
2003	Squadron Leadership School

MAJOR DECORATIONS AND AWARDS:

Exceptional Service Award
Commander's Commendation Award with two bronze clasps
Unit Citation with three bronze clasps
Brig Gen Charles E. "Chuck" Yeager Award
Red Service Ribbon

SPECIALTY TRACKS AND RATINGS:

Personnel (Master)
Administration (Senior)
Professional Development (Technician)

LIEUTENANT COLONEL GARY METZ

Lt Col Gary Metz is the Curriculum Coordinator for the 2007 Northeast Region Staff College at McGuire AFB, NJ. Lt Col Metz has served on staff for 3 years. During that time, he has held the staff positions of Deputy Curriculum Coordinator, and Curriculum Coordinator.



Lt Col Metz started his CAP career as a Communications Officer for PAWG Composite Squadron 1008 at Coatesville, Chester County, Pennsylvania in 1975. He progressed to become the Squadron 1008 Commander, which he held for 14 years. During this time in was also the Group 100 Communications Officer, ADY. He then became the Chief of Staff for the newly created PAWG Group 3 with 23 Squadrons, 1,200 hundred members and 8 aircraft. In 2005 he became the fourth Commander of Group 3. He is the PAWG Alerting Officer, PAWG Aircraft and Pilot Inspection Officer, a Mission Check Pilot, an Incident Commander and a CAP EPLO with the Pennsylvania Emergency Management Agency, (PEMA).

Lt Col Metz resides in West Chester, Pennsylvania and is married and has two married children and 14 month old Grandson. His hobbies include amateur radio, flying, and Nascar.

PROFESSIONAL DEVELOPMENT AWARDS:

2006	Gill Robb Wilson Award
2003	Paul E. Garber Award
1988	Grover Loening Aerospace Award
1988	COP
1974	Membership Award

LEADERSHIP EDUCATION:

2005	National Staff College
2003	Northeast Region Staff College
1987	Corporate Learning Course
1987	Squadron Leadership School
2003	Unit Commanders Course

MAJOR DECORATIONS AND AWARDS:

Commander's Commendation Award
Brig Gen Charles E. "Chuck" Yeager Award
Command Service Ribbon with one bronze star
Red Service Ribbon with three bronze clasps
Amelia Earhart Award (awarded as a cadet)

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.



THE LANTERN



Schedule

Schedule

Tuesday

0600 Breakfast
0800 Home Room
0815 General Assembly
0900 Lecture—Written Communications
1000 Lecture—Team Development
1100 Lecture—Time Management
1200 Lunch
1330 Lecture—Goal Setting
1430 Seminar—Goal Setting
1530 Lecture—Problem Solving & Critical Thinking
1700 Seminar—Problem Solving
1800 Dinner
2000 Free Time

Wednesday

0600 Breakfast
0800 Home Room
0815 General Assembly
0900 Lecture—Principles of Organization
1000 Lecture—Generation “Y”
1100 Lecture—Activity Planning
1200 Lunch
1400 Lecture—Leading Seniors
1530 Lecture—Student Photos
1700 Seminar—Students dismissed to prepare for Picnic
1800 Picnic Ft Dix Recreation Center

Monday

0600 Breakfast
0800 Seminar Room
0815 Formation
0830 General Assembly
0900 Lecture—Human Relations
1000 Seminar—Human Relations
1100 Lecture—Communications
1200 Lunch
1330 Lecture—Communications
1430 Lecture - Effective Speaking
1530 Lecture—CAP/USAF Relations
1600 Officership Clinic
1700 Seminar—Effective Communications
1830 Dinner
2000 Free Time