



# THE LANTERN



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

Wednesday July 18, 2006

Volume 3 Issue 4

Director:  
Lt Col Joseph Goldman

Deputy Director:  
Lt Col Jack Ozer

Curriculum Coordinator  
Lt Col Gary Metz

Officer of The Day:  
Maj Paul Mondoux

PAO/ Editor:  
Maj Paul Mondoux

## 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.

## SAFETY

Is of Utmost importance

Do not compromise safety for  
any reason

Report any problems to  
Lt Col Christine St Onge



## Deep in Thought



## Maj Thomas B McGuire Jr and the P-38 Lightning

### Trivia

Where did the nickname **PUDGY** come from



Maj McGuire was born in Ridgewood NJ, Grew up in Sebring FL and attended college at Georgia Tech. He left Georgia Tech after 3 years and joined the Army Air Corps in 1941.

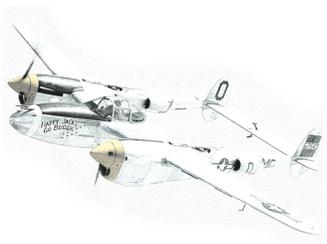
The Majors first combat assignment was flying a P39 Air Cobras in the Aleutian Theater of Operations. Later retrained on the P-38 Lightning he was assigned to the 5<sup>th</sup> Air Force 49<sup>th</sup> fighter Group and then the command of the 431<sup>st</sup> Fighter squadron.

The P-38 Lightning he flew was our countries only fighter in operational production from the start to through the end of WWII. So innova-

---

### 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

tive and fast was the P-38 it set a cross country speed record from CA to NY of 7:02 in 1939. P38's sported two 12 cylinder Allison [V-1710](#)-111/113 liquid-cooled turbo supercharged 1,600 hp engines.

Famed Aviator Charles Lindberg flew the P-38 in the Pacific with Maj McGuire. It is said he even shot down an enemy aircraft.

Maj McGuire became one of the 1<sup>st</sup> ACEs in 2 Days by downing 3 enemy aircraft and two on the next day. He would later make news by downing 7 aircraft in two days. Such was his pursuit of tying Maj Richard Bong's record of 40 that brought Maj McGuire to his demise.

On 7 January 1945 Maj McGuire in his pursuit of an enemy aircraft over Negros, crashed as a result of a low speed stall.

Maj Thomas B. McGuire U.S. Army Air corps was awarded the Medal of Honor, Distinguished Service Cross 3 Silver Star, 6 Distinguished Flying Cross and 3 Purple Hearts.



## Have a safe cookout Major Paul Mondoux

### COOKOUT

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

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 wash-cloths 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.

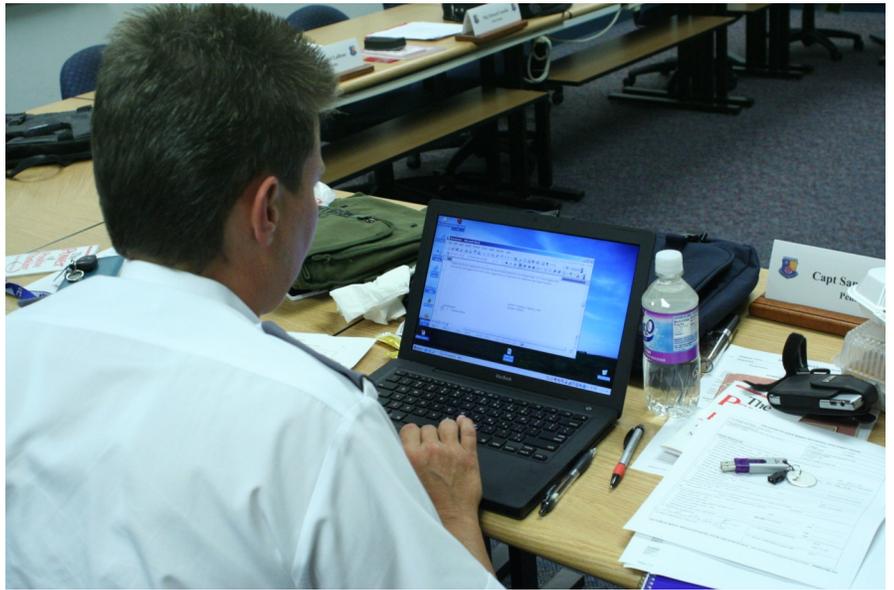
- Never reuse marinades that have come in contact with raw meat, chicken or fish, and don't put the cooked food back into an unwashed container or the dish that contained the marinade.

Have a safe and happy cookout season!

---

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

---

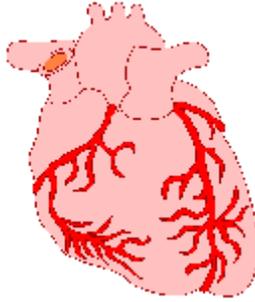


## *Cardiac Emergencies:*

It is important to recognize the following symptoms as signals of a heart attack:

### **Persistent pain or discomfort in the chest:**

This constant pain can range from a mild discomfort to a very painful crushing sensation in the chest. Common descriptions of this pain include "pressure," "heaviness," "squeezing," "tightness," or "aching" in the chest. The pain is usually located in the center of the chest, and can spread to the shoulder, arm, neck, jaw, or back. Seek immediate medical care when the pain is severe, does not stop after 10 minutes, or is still felt during rest.



**Difficulty breathing:** This may accompany chest pains along with pale or bluish skin, heavy sweating.

**Changes in pulse rate:** The pulse rate may be irregular, or may be faster or slower than the victim's normal pulse rate.

These symptoms generally indicate something *other* than a heart problem: A brief, stabbing pain; pain that gets worse with bending or breathing deeply.

**Call EMS** *If a victim experiences any symptoms of a heart attack, call EMS!*

 If a victim is having a heart attack:

Conscious victim: Find out from the victim if he/she has a history of heart disease, or if he/she is on any medication for a heart condition. Make sure to call professional medical care as soon as possible. Keep the victim calm by remaining calm yourself. Be alert of any changes in the victim's condition, and be prepared to perform *Cardio-pulmonary Resuscitation (CPR)*

Unconscious victim: If you are certified in CPR be prepared to perform CPR.



Msgt Deehr presented a certificate of appreciation for his lecture on Goal Setting



**Lt Col Henry Beck Evaluator NERSC 2007**

Born in Philadelphia some 93 + Years ago Lt Col Beck has been in CAP for over 47 years. As stated by Lt Col Beck when he joined he was too old to join as a Cadet so he joined as a Senior member. Originally Lt Col Beck attended a Charter School in Philadelphia the William Pen Charter School which is still around today as a private institution. He has served in many capacities during his CAP career and was also a Group Commander at one point during his command.

**Never take Life too seriously for you never get out alive**

**Quoted from Lt Col Henry Beck**



Gary or Barry ??????



# Posting and Lowering the Colors by the USAF



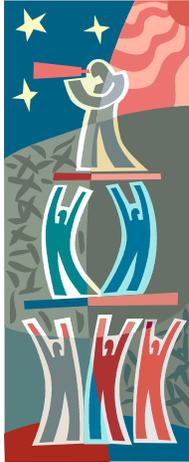
## **INSOMNIA** Major Paul Mondoux

Sleeping is a necessity of life. Some 100 million Americans suffer from sleep deprivation which has a negative affect on their waking hours. Not only is it difficult and even torturous to perform the daily chores that come so easy to a well slept person, but tasks such as Flying a plane, driving a vehicle or operating machinery can become outright dangerous. In our daily activities as well as our CAP duties we must always think safety and getting a good night's sleep and the proper amount of rest is a necessity. Sleep promotes a healthy and safety conscious individual. I have compiled some tips which have been taken from several sources and should help everyone to deal with sleeping problems:

1. Avoid tobacco, caffeine, nicotine in the evening. These all have different effects on individuals but they do tend to increase the heart rate and give you an artificial high.
2. Don't eat heavy meals late in the evening, but also avoid hunger at bedtime. If you are hungry, get a light snack, remembering to avoid large, heavy snacks or meals. Large meals at bedtime can cause even bigger problems such as acid reflux. Just think about it, your stomach is full, your system creates acid and you lay down for the night. This stomach acid backs up into the esophagus and causes heartburn and more serious problems if not corrected.
3. A hot bath taken 30 minutes before bedtime will warm the brain and increases the amount of deep sleep you experience. You can try soothing bath crystals which can help relax your muscles.
4. If possible, avoid taking naps during the day. If you must take naps, take one early in the day. The closer the nap is to your bedtime, the harder it will be for you to fall asleep at night.
5. If possible, keep a regular sleeping schedule. Try to get to bed and get up at the same time each day. Do not oversleep on the weekends or holidays. Your body responds to a set schedule and when you vary from that it upsets your system.
6. This one is very important ! You need to wind down ! Schedule time to "wind down" before going to bed. I think most of us have been in the situation that when in bed your mind is just racing with all sorts of thoughts. Your mind is in overdrive and you need to get it to switch gears. Read in a comfortable room, Take a warm bath, listen to some soothing music or meditate. Also schedule a wind down period after activities, your body and mind need to relax before trying to get some sleep.
7. Don't just toss and turn at night. If you don't fall asleep in 20 to 30 minutes, get up, go to another room of the house and do something--read, watch TV, listen to music, meditate--until you get sleepy.



# THE LANTERN



## Schedule

## Schedule

### Thursday

0600 Breakfast  
0800 Home Room  
0815 General Assembly  
0900 Student Speeches  
1130 Lecture—Non-Discrimination & Core Values  
1200 Lunch  
1330 Lecture—Critical Incident Stress  
1500 Seminar—CISM: A practical Experience  
1600 Lecture—Management Theories  
1700 Seminar Keystone Project Preparations  
1800 Dinner  
2000 Free Time

### Friday

0600 Breakfast  
0800 Home Room  
0815 General Assembly  
0900 Keystone Project Briefings  
1100 Lecture—Using Eservices  
1200 Lunch  
1330 Lecture—Introduction to AFIDL  
1530 Lecture—Dinning out instructions  
1600 Students Dismissed to prepare for Dining Out  
1800 Dinning Out

### 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

