



From the Commander

This past month, on January 26th, 3 Senior Officers from our Squadron attended the 1st Senior GSAR Academy in Trenton. These seniors learned the tasks required for Ground Team Member Level 3. It was a long day of training, both in class and in the field, but all went well. The seniors will be training again on February 9th again in Trenton, this time for Ground Team Member Level 2. When all is said and done, in April 2008, we will have 3 more Ground Team Members or Leaders.

There will be a Cadet GSAR Academy being held in April 2008, watch for the announcement on NJCAP from LtCol. Olszewski. For those who have not registered for NJCAP, please visit our website at <http://capemay.njwg.cap.gov> and click on the NJCAP button and follow the directions to register. This is the way the word gets out throughout the New Jersey Wing. If you don't register, you are missing out on a lot of good information.

Also, all members should check our squadron calendar regularly on our web site to see what is going on and when, so you will be informed of events and reports due.

Just a reminder: "All cadets, senior officers are now required to take the Operations Security Training online". Cadets who have not completed this training are now required to take it before 01 April 2008. Failure to do so will result in your participation in ES Operations

being halted and entry on e-services being blocked until you complete this training. The training is quite simple, and can be completed within 20-25 minutes. The training can be completed at the following address:

<https://tests.cap.af.mil/opsec>.

The New Jersey Wing will conduct a Wing Search and Rescue Exercise on the 23rd of February with a rain date of the 24th of February 2008. All participants should register with LtCol. Olszewski to participate. This is extremely important for aircrews, which will be advised when and where to report for training. Group 225's staging area will be at the Cumberland County Squadron in Millville, New Jersey. Watch for the announcements on NJCAP.

Cadets, please provide SM Williams and C/2Lt. Coleman Calhoun your availability hours and contact information so we can schedule Cadet Orientation Flights when the weather is good to fly. We will continue to assist Atlantic County and Cumberland County Squadrons with their Cadet Orientation Flights as well, so get your information in soon so we can get you up in the air.

"SEMPER OPTIMUS"
Captain Kevin L. Barstow,
Sr.
Commander, NJ-009

Cadet Leadership Officer

Last month I introduced an initiative for you cadets to be more physically active outside of the normal meetings. I request that you do an extra 90 minutes of PT each week. In order to fulfill that goal, it is imperative for you to do at least 15 minutes of exercise each day, for six days of the week. If you are participating in an extra-curricular sport or participate actively in gym class **EACH DAY**, you are exempt this request. It is my goal that all cadets pass the PFT and the President's Challenge PFT this year.

It has also been brought to my attention that cadets are receiving signed 2As and are unsure where to go. When you receive your completed 2A for activities that qualify for an award, you may then request the item(s) from supply. If supply is unable to fulfill your request, it will then become your responsibility.

As we progress into the second half of the school year, I also want to remind you that summer is coming fast and you newer cadets ought to think about going to Basic Encampment if you haven't already been there. It is generally eight days long and is a core requirement for not only the Mitchell Award but also National Cadet Special Activities.

Richard A. Simon II, 1Lt., USCAP
Cadet Leadership Officer

Upcoming Events:

8 February Family and Friends

23 February SAREX rain date-24th

28-29 March Wing Conference

HAPPY BIRTHDAY!

Major Ingling
2Lt. Evan Kooker
SM Nancy Simon
C/SrA Dylan Rutherford
C/SSgt Conor McNicholas
C/Amn Robert Gieder
C/AB Brendan Flynn
C/AB Michael Weiss



A Note From the Cadet Staff

I am very happy to see that people are progressing and promoting, especially the newer cadets. Being motivated is the key to progressing, and gaining more responsibility and leadership skills. Even if you have trouble with something, make sure that you don't give up, and work to improve yourself. If you are having trouble with a leadership or aerospace test, feel free to ask another cadet or the cadet staff for help, and keep studying. If you are having difficulty with PT, improve yourself by taking some time out of your day to do some physical fitness activities. If it helps, go ahead and put on a radio or iPod. If you have enough determination and don't quit, you will be able to succeed.

C/2Lt. Tristan Kooker
Cadet Executive Officer

Welcome New Members!

C/AB Mike Weiss

Anniversaries

Major Wayne Ingling
Captain James Troy

Promotions

C/Amn Craig Coughlin to C/A1C
C/AB Timothy Fisher to C/Amn

Congratulations!!

Deputy Commander for Cadets

Cadets,

As the Deputy Commander for Cadets, I would like to see teamwork among all of us. That means, cadets helping cadets advance, as well as seniors helping guide the cadets in advancing in the cadet program.

How do I expect this to occur? Well it's like this. If you as a cadet feel your not "getting it," use your chain of command and speak up. That next level cadet is to see if they can correct the problem or direct the cadet to someone who can. Cadet NCO's and Officers, monitor who is testing, attending activities, and promoting. If you see a cadet not passing tests after taking them several times, advise us. After all, "It is your program."

The mentoring program is now in place and within a short time I expect to see the progress and results of the mentored cadets improving. How does this work? There are certain Cadet Officers that have been assigned to be mentors, and as the program moves along, NCO's, you will be called on to mentor as well.

The basic foundation for our mentoring program is to continue the success that we have had in our cadets earning their Mitchell Awards and advancing in the officer ranks. Something that is not achieved by most of the cadets in the program. Any one of you has the ability as well as the opportunity to earn your Mitchell Award.

Ask yourselves this, why did I join CAP. If the answer is to have fun, and your not having fun, we would like to change that. How, you ask? Now that the weather is changing, we would like to bring more outside activities back to the squadron. The ES staff have been discussing some activities and have begun working out the details. Participate, even if you don't have an interest in obtaining Emergency Services qualifications, it's an activity and it enables you to make up your own mind of how much "fun" we have outdoors. Other ideas include bus trips, tours and participating in SAREX's for those of you that are GENES (General Emergency Services) qualified. If you haven't done so, log into e-services, and complete the online tests for GENES. It's the first step in getting qualified, as well as a goal of our squadron to have one hundred percent compliance of GENES qualifications.

**Semper Vigilans,
Captain Wayne Avellino
Deputy Commander for Cadets
NJ-009**

Health Services

As we continue our emergency services training and spend more time in the field, we should remember that we inhabit an area that is natural habitat to several varieties of poisonous plants. We will cover them and treatment to exposure in a squadron class, but there is much misinformation about them and so I thought I would cover some facts and myths here in this article. Poison Ivy, Oak, and Sumac Rash Facts & Myths

There are many questions not only about the plants which have urushiol oil, but also about the rash itself. We answer a few of those questions here as well as discuss some of the more popular myths.

Frequently Asked Questions

Q: How do Poison Ivy, Oak, and Sumac cause the symptoms associated with it?

A: The itching, redness, and swelling associated with contact with poison ivy is due to the body's response to the oil, urushiol. This oil is by itself somewhat harmless, but the human body responds in such a way as to attack the dermal layer in which the urushiol is bound. This attack upon the dermal layers is what causes the itching, swelling, and redness.

Q: Are many people allergic to urushiol oil?

A: Approximately 85 percent of the population will develop an allergic reaction if exposed to poison ivy, oak, or sumac, according to the American Academy of Dermatology (For more information about poison ivy and contact dermatitis, visit the American Academy of Dermatology at www.aad.org). Nearly one-third of forestry workers and firefighters who battle forest fires in California, Oregon and Washington develop rashes or lung irritations from contact with poison oak, which is the most common of the three in those states.

Q: Why did my arms break out one day and my hands another?

A: Urushiol must penetrate the skin to cause a reaction. Places where the skin is thick, such as the soles of the feet and the palms of the hands, are less sensitive to the sap than areas where the skin is thinner. The severity of the reaction may also depend upon the extent of urushiol exposure.

Q: How can I prevent re-contaminating myself?

A: Urushiol is pervasive. Although it can only bind to humans, it can get on your pets, tools, gloves, clothing, shoes, and bedding -- and contaminate you upon contact. Any soap and water will wash urushiol away from non-human surfaces. Clean any outdoor tools that may have contacted the plants. Wash the clothes and gloves that you wore when exposed. If you sat down or went to bed without washing yourself or your clothes beforehand, clean all bedding and upholstery that you may have had contact with prior to washing. Wash your pets. Remember that urushiol can remain toxic for one year or more.

Q: Where do the plants grow?

A: Poison ivy, oak, and sumac grow almost everywhere in the United States, except Hawaii, Alaska, and some desert areas of the southwestern United States. The prevalence and structure of each plant vary by region. (continued next page)

Q: What does the poison ivy plant look like?

A: Poison ivy is the most common and widespread plant of the three. It is characterized by its leaves, which have three or five serrated-edge, pointed leaflets. Its leaves assume bright colors in the fall, turning yellow and then red. Poison ivy grows as a vine or free-standing plant in the East, Midwest, and South and as a shrub in the far northern and western United States, including the Great Lakes and Canada.

Q: What does the poison oak plant look like?

A: Poison Oak has three oak-like leaves and grows as a low shrub in the East and as both low and high shrubs in the West, where it is most prevalent. Poison oak produces whitish flowers from August to November that dry and can remain for many months. In the fall, the leaves assume bright colors, turning yellow and then red.

Q: What does the poison sumac plant look like?

A: Poison sumac has seven to 13 staggered leaflets with one on the tip of the plant and grows as a shrub or small tree. It is found mainly in the eastern United States, growing in peat bogs and swamps. Poison sumac is distinguished from nonpoisonous sumac by the location of its fruit, which grows between the leaf and the branch as opposed to the ends of the branches.

Myths versus Facts

Myth: Scratching poison ivy blisters will spread the rash.

Fact: The fluid in the blisters will not spread the rash. Before blisters form, the rash can only be spread by unbound urushiol. Avoid scratching of blisters. Fingernails may carry bacteria that could cause an infection.

Myth: Poison ivy rash is "contagious."

Fact: The rash is a reaction to urushiol. The rash cannot pass from person to person after the urushiol binds.

Myth: After the first time, I can't get poison ivy again.

Fact: Although not everyone reacts to poison ivy upon first or subsequent exposures, people generally become more sensitized with each contact and may react more severely to subsequent exposures. In addition, the reaction may last longer.

Myth: Once allergic, always allergic to poison ivy.

Fact: A person's sensitivity changes over time, even from season to season. People who were sensitive to poison ivy as children may not be allergic as adults.

Myth: Dead poison ivy plants are no longer toxic.

Fact: Urushiol remains active for up to five years. Never handle dead plants that look like poison ivy without proper protection.

**Captain Richard Fellows
Health Services Officer**

Senior Member In the Spotlight

- **Name:** Joseph Michael Crandley
- **Job/Profession:** Customer Service Associate (Retail)
- **When I was a kid I wanted to grow up to be:** In Law Enforcement
- **Excuse me if I brag about:** My humorous qualities
- **If I could invite four people to dinner, I would invite:** George Lopez, Chris Rock, Carlos Mencia and Ron White.
- **And we would discuss (at dinner):** Joke about how much the world has changed the pros and cons.
- **If I could be invisible for one hour, I would:** Oh! I plead the fifth!
- **My favorite singing group:** Guns N Roses
- **The one TV show I'm glued to is:** E.R.
- **If I could eat three things for the rest of my life, they would be:** P.B & J, Pasta and Hamburgers.
- **The worst movie I ever saw was:** South Park the movie
- **The best movie I ever saw was:** A Few Good Men
- **The person I look up to most is:** My Parents
- **If I could have anything in the world, I would want:** Just enough money so I could live comfortable.
- **Something I've always wanted to do is:** Jump out of a perfectly good airplane
- **Place I'd like to visit:** Las Vegas
- **If I could change one thing about myself, it would be:** improvise, adapt, and overcome
- **Where I'd like to be and what I'd like to be doing in ten years is:** to be married and settled down, and have a successful career that I am proud of.
- **My goal in CAP is:** be successful and progress within the program



Cadets, if you are interested in Glider Flights, be sure to take the Wing Runner Course online. Find it at:
www.njwg.cap.gov
Look for Operations on the left, then Flight Training Courses and Tests, and SSF/CAP Wing Runner Course– then click on Wing Runner Course. After you take the test, print out your certificate and bring it to the squadron for your file.

Just a note from the PAO...

As I am writing this, we are days away from our Family and Friends night. I want to thank everyone in advance for all the help that has been offered in making this night special for everyone. It couldn't be done without the help of senior members, cadets, parents, and friends!

I attended GSAR (Ground Search and Rescue) training a couple of weeks ago. There is still more training coming up, but in just one class I learned a lot. If a cadet GSAR training becomes available, I highly recommend that all cadets participate. You can use the skills you learn both in and out of CAP.

I just passed my 1 year anniversary in CAP. Just recently I was thinking of how things have changed for me in past year. Never would I have thought that I'd do the things I've done. I have learned many things in the Public Affairs world, as well as Emergency Services and Aerospace. One of the highlights, was flying in a glider and participating in our week of glider training last August, that was both very hot and very fun! In short, CAP has helped me grow as a person, become more confident, and meet a lot of wonderful people and make new friends. I hope that all senior members and cadets push themselves this year to try something new and move forward in CAP. CAP has many opportunities if you work hard and take advantage of them.

If you haven't already, please check out our squadron's website—it has a lot of important informa-

tion, including useful links and a calendar of events: <http://capemay.njwg.cap.gov/index.htm>

Don't forget to sign up for **NJCAP** if you haven't already. There is a link on our website. It is an important way to get updates from NJ Wing via email. Also, please check your contact info in **e-services** on www.cap.gov and make sure it's all correct, including you email. **NJCAP** will not work if your email is not updated and correct on the national database.

Our squadron has Squadron Challenge Coins available for \$20. They really are beautiful, and make a nice keepsake.

Thank you,

2Lt. Sandra Kooker, PAO
ejsltb@comcast.net



Parents, we need your help! We always welcome parents who would like to join the squadron, either as a regular Senior Member or as a Cadet Sponsor Member. If that's not your thing, how about this—we are trying to start a booster club for the squadron. It will be the "Friends of Cape May County Composite Squadron." We will need parents who are willing to help out, and in particular, a parent willing to be the chairperson. Please contact me if you are interested, no experience necessary!

From the Cadets

Finally the day came when I got to go to McGuire Base for interviewing and Drill Team. I had a really fun time up there, but I do admit I was a little nervous when my interview came for Honor Guard Academy. When I got back to the squadron we had Aerospace and Moral Leadership in the same night. In Aerospace we made foam rockets, and in Moral Leadership we talked about values. So far so good.

C/SrA Dylan Rutherford

I was recently sick for about 1 week, but now I am better. I'm happy to be back at CAP. I enjoyed the ES training we did tonight. I learned a lot, like how to use a scanner. It was fun.

C/AB Matthew Rickards

From the Cadets

On January 19, I attended the New Jersey Wing Special Activities Selection Board, at McGuire Air Force Base. The purpose of this review board was to rank the cadets in the state who wished to attend national activities. How well you rank affects your chances of getting to go to an activity; the higher you rank, the more likely you are to get your first choice. I arrived at about 1230, and the boards started at 1300 (1 pm). First, there was a 50 question written test, which had questions about leadership, aerospace, current events, drill, and uniforms. After I finished the test, I had to go in front of a review board of three senior members, who asked me several questions about things such as the four core values, and the missions of Civil Air Patrol. I was nervous, but fortunately I got to go first, so I did not have to spend as much time worrying. Overall, I feel that I did very well on both the written test and the review board itself.

C/2Lt. Tristan Kooker

This month in CAP I have experienced the pressure of a Wing review board. I have learned that there is a lot involved to prepare for this event. The worst thing about the entire process is waiting to be seen and if I was going to get the award or not. I am finally putting in for my recruiting ribbon, and I am very close in achieving my community service ribbon as well. I got the e-mail regarding the D.C. trip, and the ride on the tour bus is definitely worth it. Time on the ride just flies by with some DVDs and a few Wawa stops here and there. I never been to the Arlington National Cemetery, so if CAP does go to DC

it will be very cool to be there. I went to DC last year with school and did not get to see all of the Aerospace Museum, due to the lack of time. Hopefully this time I get to ride in the flight simulator. I really think that the rest of the CAP Cadets would like the visit to DC as we ll. I started to study for my Wright Brother test so I can become a Sergeant. I have set my goals very high for CAP this year. I hope to reach each of them.

C/SrA Adam Alexander



(These photos were taken by C/Alexander. If you are interested in a bus trip to D.C. and Arlington National Cemetery, let C/2Lt. Kooker know. When the idea came up last time, we did not have enough people to fill the bus. We need 49 people, or close to it, to fill the bus. If we have enough maybe we can do it .)