



From the Commander

I hope everyone had a wonderful Thanksgiving. I just want you to remember our Troops over in Iraq and Afghanistan and around the world, as they serve our country and protect our freedoms we enjoy today and in the future.

Now that our web site is up and running, please check it regularly for any changes in schedules and events on our calendar. Look for photos from our events as well. I would like every member to sign up for NJCAP, it is very simple to do and this is the way events and training opportunities and special messages are posted from within the Wing. You can enroll through the Wing's web site at www.njwg.cap.gov and follow the directions. We have several events upcoming this month, so plan on attending and dress for the weather, as it now is starting to get cooler outside, check the calendar for these events.

I would like to congratulate Cadet 2nd Lieutenant Tristan B. Kooker on completing his Mitchell Award this November. We will hold a ceremony in

conjunction with a Friends and Family Night in January or February 2008 to celebrate this milestone accomplishment.

I encourage every eligible cadet to apply for a National Activity very soon, remember the deadlines are coming up on 31 December 2007, so get them in soon so they can be processed and sent to Wing for the Review Boards in 2008. Check with 1st LT. Simon for any questions as to being eligible or check out the requirements online via the Wing website.

Continue working hard on your achievements and getting promoted. We are seeing a good number of cadets taking tests with passing results so far, keep up the good work and mentor your fellow cadets so they and you can get the great feeling of accomplishment. For those who have not heard by now, our squadron's web site address is as follows:

<http://capemay.njwg.cap.gov>, pass it along!
"SEMPER OPTIMUS"
Captain Kevin L. Barstow, Sr.
Commander, NJ-009

A Note From the Cadet Staff

I have seen a great improvement in the attendance and the commitment of the squadron. To the new cadets, the cadet staff can tell that you are interested in the program and that you want to advance in the program. To all of the other cadets, you have been doing a great job in the squadron. Keep up the good work, because we want to see you *all* progress in the squadron. We have plans for some fun activities in the future, but we need everyone to be committed and to give your all to the squadron.

C/2Lt. Michael Quinn
Cadet Commander

Upcoming Events:

20 December Christmas Party

HAPPY BIRTHDAY!

Captain Kevin Barstow, Sr.
1Lt. Richard Simon
2Lt. Sandra Kooker
C/2Lt Coleman Calhoun
C/2Lt. Tristan Kooker



Thank you to all who participated in the West Cape May Christmas Parade December 2nd.

Cadet Rutherford and Cadet Alexander promote - CONGRATULATIONS to ALL who promoted!



Promotions

C/CMSgt. Tristan Kooker to C/2Lt.
C/A1C Dylan Rutherford to C/SrA
C/A1C Adam Alexander to C/SrA
C/Amn Jahquan Walker to C/A1C

Welcome New Members!

C/AB Timothy Fisher
C/AB Brendan Flynn

Anniversaries

Captain Kevin Barstow, Sr.
2Lt. Robert Zeier
C/A1C Lisa Frame

A Note from the Supply Officer

Not much this time from supply, everyone—just keep looking sharp and follow the CAPM 39-1. If have questions, never be afraid to ask. We are all here to help each other. Remember teamwork, that's how a unit works, progresses, and grows. There are upcoming changes to the CAPM 39-1 that I believe 1Lt. Simon may have already covered 2 weeks ago at debrief. If you missed it, it involves the BDU Battle Dress Uniform and Field Uniform. The "Civil Air Patrol" tape currently worn over the left breast pocket on BDUs, field uniforms and field jackets, is changed to read "U.S. Civil Air Patrol". Mandatory wear date for this change is 1 March 2010.

The second change is the blues Name tags on the new CAP Corporate Uniform. The blue two-line nametag and silver two-line name tag (previously one-line) worn by senior members wearing the white aviator and blue pants combination and the new Corporate Service Coat are changed to reflect the words "U.S. Civil Air Patrol" in the first line. The mandatory wear date for these new name tags is 1 March 2008.

To see these new changes you can check out the following site:
http://level2.cap.gov/documents/2007_07_10_Uniforms.pdf

1Lt. Joseph Crandley
Assistant Supply Officer



The Open House allowed the Honor Guard to practice their skills and routines.



Just a note from the PAO...

It's hard to believe that the holidays are almost upon us. I hope you all had a nice Thanksgiving! Thinking back on what the squadron did in November, I want to thank Major Sammons and the cadets who were able to participate in the Veteran's Day Ceremony at the Cape May County Veteran's Cemetery. You did a great job, and represented the squadron well!

Our first Open House was November 18th. Although we didn't have many visitors, we did have a good day together, and got to spend some time getting to know each other better. Our Honor Guard cadets were able to get some good practice time in. And look at the good pizza and snacks we enjoyed! We were able to come away from the event with good ideas to make our next Open House an even better success. Thank you to all who came, and all who brought snacks and drinks!

We had another bowling Family Night at Mouse Trap Lanes. It was a lot of fun, even though my bowling score got worse as the night went on, quickly approaching negative numbers! Some cadets expressed an interest in ice skating or paint balling as a future activity. That sounds good to me. If you have an idea, gather some information on locations and costs, and let me know. We'll try to arrange

something fun for the months to follow. The Family Nights are a good way to get to know each other better without rank and formality. I hope more of you can attend the next one.

The West Cape May Christmas Parade was a success. We had a good turnout of cadets. Thank you! You all did a wonderful job dealing with a long parade in very cold temperatures. Next year I hope to deck out the CAP van with lights! It will add a festive touch to go along with the cadet's Santa hats!

For the Christmas party on the 20th I'm hoping you can all help with refreshments. We'll be having a \$5 gift exchange for all who would like to participate. The gifts can be funny - use your imagination!

We are hoping to arrange a bus trip in February or March to Arlington Cemetery in Washington D.C. Maybe we can go to the Air and Space Museum or visit some of the memorials in D.C. We are trying to coordinate with Atlantic Co. Squadron so that they can go with us. Cadet Kooker is working on the details, and we'll let everyone know more about it as soon as possible.

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



Health Services

Colds and flu season is definitely upon us. Upper respiratory infections are more prevalent in the winter for a variety of reasons that include the facts that we are indoors more and thus exposed to more pathogens in a concentrated space while we breath warm moist re-circulated air, the type of environment that bacteria thrive on. We also tend to be at work and school more and sleep less, and thus compromise our immunity. Many of us will lose time from work and school because we will be sick from an infection that is often preventable. Perhaps worse, we will spread our infection to unsuspecting victims. All of this can be avoided to a large extent by observing a few simple rules:

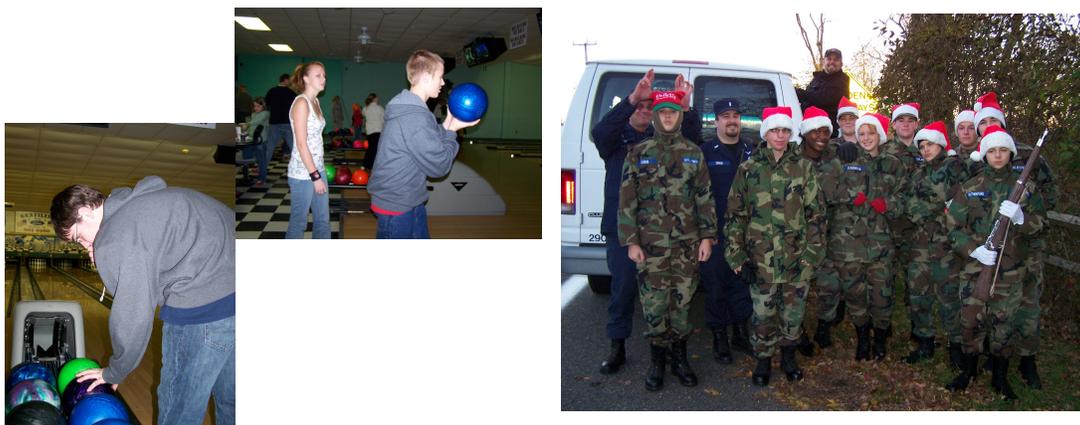
WASH YOUR HANDS. Most colds come from touching something or someone that is infected, and then touching your mouth or nose. Always wash before you eat, and if you suspect you have touched something you shouldn't, wash twice. Effective hand washing takes at least 30 seconds (about the time it takes to sing happy birthday), and should be done with soap and hot water.

IF YOU ARE SICK, STAY AWAY. The best way to stop the spread of infection is for sick people to voluntarily remove themselves from contact with others. If you suspect someone is sick it is not impolite to keep your distance.

MAINTAIN GOOD IMMUNITY. Your own immune system is your best line of defense against infection. That means you need plenty of sleep. The less sleep you get the more likely you are to get sick. Eat fresh fruits and vegetables especially those high in vitamin C, cut down on sugar (bacteria love to grow in it), and drink plenty of water.

If everyone followed these simple guidelines we would all experience a less severe winter cold season.

Capt. Richard Fellows
Health Services Officer



Senior Member In the Spotlight

- **Name:** Mindy McNicholas
- **Job/Profession:** 8th grade Math/Science Teacher
- **When I was a kid I wanted to grow up to be:** an artist
- **Excuse me if I brag about:** my kids and my toys
- **If I could invite four people to dinner, I would invite:** you, Oprah, Judge Judy, and my husband
- **And we would discuss (at dinner):** talk about you!
- **If I could be invisible for one hour, I would:** follow Chris Angel (Mindfreak) to discover the secrets behind his magic!
- **My favorite singing group:** don't have one
- **The one TV show I'm glued to is:** Judge Judy
- **If I could eat three things for the rest of my life, they would be:** brownies (w/o nuts), tomatoes (I am allergic), chocolate shakes with extra chocolate syrup!
- **The worst movie I ever saw was:** Borat
- **The best movie I ever saw was:** Pass it on
- **The person I look up to most is:** my husband
- **If I could have anything in the world, I would want:** peace for everyone no war, no violence, no need for a jail
- **Something I've always wanted to do is:** open my own recreation place
- **Place I'd like to visit:** Australia
- **If I could change one thing about myself, it would be:** impatience
- **Where I'd like to be and what I'd like to be doing in ten years is:** teaching as a college professor, financially secured, taking care of my family, and visiting all my relatives in Texas, Florida, and Ireland!
- **My goal in CAP is:** to continue to establish an exciting learning environment which strives based upon the cadet's participation, support, and sharing of knowledge to facilitate the love of learning (especially as it pertains to aerospace education!)

Capt. McNicholas hard at work with an aerospace class.



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.

From the Cadets

In the past month I participated in a few events. The first was the Middle Township Halloween Parade in which I was in the Color Guard in front of the rest of the flight. It was a little chilly and afterwards my shoulder was very sore, but it was worth going. The second event was the New Jersey Wing Competition Drill Team in which we participated in a Veteran's Day Ceremony. We had a Color Guard, and our Drill Team performed for the Vets. We were well received by the audience. After the parade we continued to drill all weekend long. The third event, although I couldn't participate due to a school health project (baby), was the open house for the Cape May Composite Squadron. Hopefully, I will be able to partake in the next open house!

C/SrA Dylan Rutherford

The past month has been very eventful for me in Civil Air Patrol. The biggest event for me this past month was getting my Mitchell Award on the 8th. After working towards this goal for more than 3 years, it is very rewarding to finally achieve the Mitchell Award. I plan to continue promoting and hopefully earn more awards in the future.

Another major event this past month was the Veteran's Day ceremony at the Cape May County Veterans Cemetery. It was a great experience to be able to

honor our nations veterans by presenting wreaths on Veteran's Day. In addition, I was recognized at the ceremony for earning the Mitchell Award. It was an honor for me to speak in front of the veterans who have sacrificed for our country.

The squadron open house was also held during the past month. Not only did we get to tell the public about Civil Air Patrol, but the cadets also had a lot of fun at the same time. Hopefully, we will gain some new members after the open house.

C/2Lt. Tristan Kooker

Wow, the end of another month all ready. This month hopefully I will promote, I would really like that. It is sad to that I will be missing this Friends night out AGAIN, I have to go to a cross country Banquet. So maybe next time around I will go. Last Bowling night it was also interrupted by a cross-country event, lets just hope the Banquet is worth the miss. School has been a drag also but it's school, its always going to drag. Now in CAP, I will keep push to complete my goals and pass my own expectations. That's about it.

C/SrA Adam Alexander

From the Cadets

In some of the first weeks since I've been coming to CAP meetings, the squadron has had an Aerospace Education class. I learned a little bit more about planes that I didn't know. The squadron has also had a PT night. I tried to run the mile but couldn't quite make it, and I've had fun ever since.

C/A B Dylan McLain

Over Thanksgiving break I went to North Carolina. I went to Avon in Cape Hatteras. I had a great time at the house we stayed at. I stayed with my mother, father, aunt, uncle, cousins, and a man from the U.K. We had a total of five bedrooms in the house. We also had a kitchen, living room, and dining room in the same room. There was about seven total bathrooms with a shower in six of the seven. We had a pool table and air hockey on the bottom floor. It was a large three room house. I was really sad to leave, oh well!

C/Amn Dylan Hill



We participated in the Veteran's Day Ceremony at the Cape May County Veteran's Cemetery.

Recently I changed piano teachers. My new piano teacher is helping me learn how to play "The Pink Panther." Sometime I make up my own songs! Most of the songs I make up are jazz.

C/AB Brendan Flynn