

U.S. Civil Air Patrol/Cape May



CAPE MAY COUNTY SQUADRON U.S. CIVIL AIR PATROL

SQUADRON

From the Commander

I would like to take a moment to thank all who had participated in the Group 225 Search and Rescue Exercise on 28 October 2007. Not only did Cape May County and Atlantic County Squadron's attend, but members from all over New Jersey. It was a busy and productive day, all the training tasks planned were achieved, and foremost, there were no safety issues. Thank you to all who came.

Congratulations were in order for Cadets Michael Quinn and Coleman Calhoun for achieving the Brig. General Billy Mitchell Award this month. Both cadets are members of the New Jersey Wing Cadet Competition Team. We will have another Mitchell Award in November and this belongs to Cadet Tristan Kooker. Keep striving for excellence.

We are pleased to announce an Open House to be presented on 18 November 2007 from 1000-1400 hours. We are actively seeking new cadets and seniors into the squadron, and we hope to draw new perspective members to join our great squad-

ron.

The upcoming Holiday Season will be busy for the squadron; we have already participated in Halloween Festivities and Parades, and we will have more parades to attend.

I see weekly that more and more cadets are taking their achievement tests, and passing them on a more consistent basis. This is working proof of the Mentoring Process we have installed into our Cadet Programs. Keep up the good work and study prior to taking the test, if you are mentally prepared and have studied the material, the better your chances of passing and being promoted. If you are unsure of the Mentoring Program, see the Cadet Commander, and he will provide a mentor to assist you in your needs.

We will be working on getting a Model Rocketry Program in working order by January of 2008. I will be working with Captain Mindy McNicholas, our Aerospace Education Officer to come up with a workable program for the squadron.

"SEMPER OPTIMUS"

**Captain Kevin L. Barstow, Sr.
Commander, NJ-009**



You might remember that last month our Senior Spotlight was on SM Nancy Simon. She said she has always wanted to fly in a glider. Well October 13th she got her wish! With the help of 1Lt. Ed Wuerker in the



Maule, and 1Lt. Clark Lunsford's instruction in the glider, she had her first flight in a glider!



C/AB Joseph Papperman being promoted by Cadet Commander C/2Lt. Michael Quinn.



C/AB Craig Coughlin being congratulated on his promotion by Captain Barstow.

Upcoming Events:

- **18 November** Open House 1000-1400 hrs.

HAPPY BIRTHDAY!

Maj. John Sammons
Maj. Richard Simon
C/2Lt. Michael Quinn



HAPPY BELATED OCTOBER BIRTHDAY!

C/Amn Craig Coughlin
C/AB Dylan McLain

Promotions

C/AB Joseph Grandizio-Papperman to C/Amn
C/AB Craig Coughlin to C/Amn

Welcome New Members!

C/Amn Craig Coughlin
C/AB Dylan McLain

Anniversaries

1Lt. Richard Simon
SM Thomas Papperman
C/A1C Dylan Rutherford
C/Amn Joseph Grandizio-Papperman

Deputy Commander for Cadets

Cadets and Seniors,

Even though I have not been down to a squadron meeting or function for the past couple of months, I wanted to let everyone know that I have been paying attention to the e-mails and links that have been forwarded to me.

I would like to congratulate Cadet 2LT Quinn and Cadet 2LT Calhoun on the Mitchell Awards. I wanted to be there in the worst way, however, unfortunately work must come first!

I want all the cadets to look at what Cadets Quinn and Calhoun have accomplished. It hasn't been easy for either of them, but they stuck it out, overcame the problem areas of the cadet program, and completed Phase two of the cadet program. Something that not a great percentage of cadets complete.

Use their dedication and desire to inspire you to not give up on your goals. Just like I have said in the past, if you want something bad enough, don't let anyone stop you from achieving it.

My detail that has taken me away from the squadron is almost complete. I hope we will be wrapping everything up sometime in the next couple of weeks. After that, I plan on getting back into the swing of things with the squadron meetings as well as activities.

Remember, I am only a phone call or e-mail away.
Keep up the good work, I'm proud of all of you!

Wayne Avellino, CAPT / CAP
Deputy Commander for Cadets
NJ-009



C/2Lt. Calhoun and C/2Lt. Quinn celebrate their achievement of the General Billy Mitchell Award October 18, 2007



Just a note from the PAO...

Another month has flown by and I can't believe November is beginning. October was a very busy month! I want to start by saying congratulations to Cadets Quinn and Calhoun on their Mitchell Awards. What a wonderful accomplishment! We are all very proud of you! There was a lot of preparation for the ceremony, but it was well worth it to see Quinn and Calhoun receive the awards and commendations they so deserve. I would like to say a big thank you to all the cadets, parents, and senior members who helped with the preparations and refreshments for the ceremony. To the Calhoun family –the cake was a masterpiece! Thank you!

I was able to help out with parking duty at the Cold Spring Pumpkin Festival. Thank you to all the cadets who came out and showed me what to do! Parking cars is not exactly the most exciting thing to do on a beautiful Saturday morning. But it did feel good to help out and be useful! My son, C/Kooker wasn't able to help because he was off taking the PSAT's. Given the choice, I'd much rather park cars!

As I am writing this I am thinking of the SAREX that many of us participated in yesterday, October 28th. Being relatively new to CAP, it was the first time I've had the opportunity to be part of a SAREX, or any large training exercise for that matter. I was able to get another training flight as a mission scanner, which I am grateful for. I was able to fly with Captain Fellows and 1Lt. Wuerker – a great team! We flew a photo reconnaissance mission. I discovered how easy it is to get a little queasy while taking photos in the back seat of a bouncing airplane! I also had my first experience in dealing with the media. I have to say that I was much more nervous talking to the media, than flying in the plane! All in all it was a great experience and a fun day. I'm anxious for the next time we can train so that I can work on my Ground Team skills. I encourage all of you to get out there and get involved. Learn something new and try something different. Civil Air Patrol really has a lot to offer.

Please check your email regularly. I have been trying to keep everyone updated on squadron news via email. If you are not getting my

emails, contact me so that we can get that resolved. If there is a change in your contact info, including email, or phone, be sure to update your information on **e-services** at www.cap.gov. If you have never checked out e-services, you really should become familiar with it. There is a lot of information on there. Finally, be sure to check out the Wing's new online news website: www.njwgcap.org. On the website you can find out what is going on in NJ Wing, including training opportunities, news, and useful links.

Cadets and parents, we always welcome donations of office supplies, trash bags, and snacks and drinks for our hungry cadets (and seniors)! If you have any fundraising ideas please let us know.

Cadets, remember that the squadron is open at 1800 hrs every Thursday for testing. It's also a good idea to come early if you have any questions, need help, or any supplies. Please don't be afraid to ask for help if you need it. If anyone has any questions or suggestions, don't hesitate to contact me.

Thank you to C/A1C Alexander-my Assistant PAO- for taking photos for me during the SAREX at the squadron. You did a great job!

Thank you,

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



My view as a scanner from the back of the Maule during the SAREX.



C/Alexander's view of the flight line during the SAREX.

Health Services

We have all heard about MRSA in the news lately and I thought I would give a brief overview and some tips to avoid infection.

Methicillin-resistant Staphylococcus Aureus (MRSA) is a type of staph that is resistant to certain antibiotics. These antibiotics include methicillin and other more common antibiotics such as oxacillin, penicillin and amoxicillin. Staph infections, including MRSA, occur most frequently among persons in hospitals and healthcare facilities (such as nursing homes and dialysis centers) who have weakened immune systems (see healthcare-associated MRSA).

MRSA infections that are acquired by persons who have not been recently (within the past year) hospitalized or had a medical procedure (such as dialysis, surgery, catheters) are known as CA-MRSA infections. Staph or MRSA infections in the community are usually manifested as skin infections, such as pimples and boils, and occur in otherwise healthy people.

Here are a few things we can all do to avoid most contact infections:

1. Keep wounds that are draining covered with clean, dry, bandages.
2. Clean hands regularly with soap and water or alcohol-based hand gel (if hands are not visibly soiled). Always clean hands immediately after touching infected skin or any item that has come in direct contact with a draining wound.
3. Maintain good general hygiene with regular bathing.
4. Do not share items that may become contaminated with wound drainage, such as towels, clothing, bedding, bar soap, razors, and athletic equipment that touches the skin.
5. Launder clothing that has come in contact with wound drainage after each use and dry thoroughly.
6. If you are not able to keep your wound covered with a clean, dry bandage at all times, do not participate in activities where you have skin to skin contact with other persons (such as athletic activities) until your wound is healed.
7. Clean equipment and other environmental surfaces with which multiple individuals have bare skin contact with an over the counter detergent/disinfectant that specifies Staphylococcus aureus on the product label and is suitable for the type of surface being cleaned.

If you follow these simple steps you will greatly decrease your risk of infection. Of course if you think you may be infected see your physician immediately. MRSA is characterized by a red, raised, warm, pus filled lesion. They can start as small papules that develop into large pustules or abscesses. Lesions are often confused with spider bites.

**Captain Richard Fellows
Health Services Officer**

Cadet In the Spotlight

- **Name:** Tristan Kooker
- **School:** Ocean City High School
- **Age:** 15
- **Grade:** 11
- **Excuse me if I brag about:** My friends
- **If I could invite four people to dinner, I would invite:** any 2 of my friends, my youth pastor, and Jesus
- **And we would discuss (at dinner):** random stuff
- **If I could be invisible for one hour, I would:** annoy other people
- **My favorite singing group:** U2
- **The one TV show I'm glued to is:** The Unit
- **If I could eat three things for the rest of my life, they would be:** Cheese Steaks, Peanut Butter Pie, and Swedish fish
- **The worst movie I ever saw was:** The Grudge
- **The best movie I ever saw was:** Any war movie
- **The person I look up to most is:** Nobody in particular
- **If I could have anything in the world, I would want:** my own personal aircraft
- **My first real job after college will be:** Something in the Air Force
- **You will never see me wearing:** A sleeveless shirt
- **If I could change one thing about myself, it would be:** Better eyesight
- **Where I'd like to be and what I'd like to be doing in ten years is:** Flying an F-35 in the USAF
- **My goal in CAP is:** C/Colonel



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

C/Amn Coughlin works as a lighthouse keeper at the light house in Cape May, NJ.. His newsletter article is going to feature the Cape May Lighthouse and be continued in the next newsletter.



Part 1: Construction

The Cape May Lighthouse was built in 1859. The Army Corps of Engineers started construction in 1857. It has a two wall, brick structure with a foundation of twelve feet of subterranean rock shaped like a pyramid. The spiral staircase, made of cast iron, is believed to be one in the same as the scaffolding for the inner wall, which is a seemingly unusual way to build a structure, but was actually an ingenious way of structuring the lighthouse. As the stairs and inner wall were constructed, there was probably another scaffold around the outside to construct the outer wall simultaneously. While the inner wall goes directly upwards, the outer wall leans into the inner to connect at the top, giving extra support to the structure and that conical lighthouse look. At the base of the lighthouse there are three arches, and every two stories on the way up there is an arch for support that connects the inner wall to the outer wall. In each arch, there is a window for lighting, as there was no electricity when the lighthouse was built. Where the two walls converge, there is no space for a window or an arch, so portholes provide the only lighting. That concludes the basic construction of the lighthouse.

C/Amn Craig Coughlin

Last weekend I participated for the second time this year in the New Jersey Wing Dragon Drill Team. It is an intense weekend of drills, drills and more drills. The drill team is an excellent experience in drill movements, color guard and volleyball. The weekend is very challenging but at the same time thrilling.

Recently I also went on an O-Flight to Millville with Lt. Wuerker and C/Calhoun. It was a great flight with minimal turbulence, a little foggy, but a beautiful early evening flight! I'm looking forward to the next opportunity to fly.

C/A1C Dylan Rutherford



C/Papperman's first glider flight with 1Lt. Lunsford October 13th.

Command center at the SAREX, by C/Alexander



From the Cadets

I am disappointed that I missed the Pumpkin Fest at Cold Springs Village on the 20th. I attended a huge family dinner at my great-grandparents house, followed by Trick or Treating. Monday 10/22, I went 150 miles north to Holmdel for a track meet. Holmdel is the 7th hardest course in the country. The cool thing is I got out of school at 11:30 a.m. Now in CAP, you will soon see me wearing a service coat. I will try my hardest to promote every 2 months, so those of you who are right there with me, watch out.



C/A1C Adam Alexander

Everything has been going great. We got a bunch of new cadets, and congratulations to 2Lt. Quinn and 2Lt. Calhoun on achieving their Mitchell Awards. Oh, and I am planning to test this upcoming week, plus the parade is coming up and the color guard will be participating. This is my first parade doing color guard and I am very excited. I know we will be outstanding. All of us. Well that's all the news I have for this week

C/Amn Jahquan Walker

Once again, the past month has been very eventful for me in Civil Air Patrol. Not only have we gained several new members, but there have also been many events recently. The Mitchell ceremony for Quinn and Calhoun went very well for everyone, and I would like to congratulate Quinn and Calhoun on receiving their awards. Also, I managed to successfully pass both my Mitchell tests during the past month, so hopefully I should be promoting to C/2Lt. sometime in the near future. I will definitely continue to work as hard

as I can to promote even after I receive the Mitchell Award. In addition to what is going on at the squadron, my flight training with Civil Air Patrol is going very well. I am receiving a lot of good instruction, and I hope to solo on my 16th birthday.

C/CMSgt. Tristan Kooker

On the 28 of October I attended the SAREX on mission base out of Cape May County Squadron. I worked on my Mission Radio Operator (MRO) qualification and was able to complete that. Then I worked as a Mission Staff Assistant (MSA). I had a great time with Kooker, Quinn, Alexander, and the other cadets that attended. Also the food was great.

I would also like to thank everyone that helped out with my Mitchell ceremony, and a thank you to Major Sammons for the memorial fund. I plan to use it to go to Falcon Flight this summer.

C/2Lt Coleman Calhoun



C/Rutherford and C/Sicilia presented the flags at the Mitchell ceremony.

C/Quinn worked the radio during the SAREX. Photo by C/Alexander

