

# The Dispatch

July 2023

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The Dispatch is for informational purposes. Unit Safety Officers are encouraged to use the articles in The Dispatch as topics for their monthly safety briefings and discussions. Members may go [eServices - Learning Management System](#), click on "Go to AXIS," search for this month's The Dispatch, take the quiz, and receive safety education credit.

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## In This Publication

- Resourceful Links
- How to Live a Full and Healthy Life
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- CAP-Work-Life Balance

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*The theme for this month's Dispatch is CAP Life Balance.*

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## Resourceful Links:

Provided by Maj "Gerry" Gerald Creager

National Health Services Advisory Team

- **Well, it's wildfire season...** This article provides information on smoke conditions, respiratory effects, and a Fire and Smoke Map that shows air quality conditions from FINE PARTICULATE MATTER (PM2.5). Also, the use of N95 respirators when in smoky/smoke-induced hazy conditions to reduce the amount of PM2.5 content inhaled, see <https://yourlocalepidemiologist.substack.com/p/well-its-wildfire-season> for additional information).
- **Transition to endemicity: Understanding COVID-19** - We recommend looking at <https://pubmed.ncbi.nlm.nih.gov> (download the free PDF). No solid conclusions but a framework for identifying it when we see it or more likely, several years after it takes hold.
- **Biomedical Countermeasures: Non-Conventional Threats Require Non-Conventional Medical Solutions** - Great reading material here (<https://nct-cbnw.com/biomedical-countermeasures-non-conventional-threats-require-non-conventional-medical-solutions>).

## Additional Resourceful Links...

### U.S. Military Branches Safety Sites:

- [Air Force Safety Center](#)
  - [USAF Occupational Safety Division](#)
  - [Air Combat Command Safety](#)
- [Naval Safety Center](#)
- [Army Combat Readiness Center](#)
- [Marine Corps Safety Division](#)

\*\* Located on our CAPSafety Webpage - [Safety Education \(gocivilairpatrol.com\)](#) \*\*

### Civil Air Patrol Uniform Regulation - [CAPR 39-1 \(gocivilairpatrol.com\)](#)

Maj Douglas "Doug" Mitchell, National Senior Safety Program Advisor said "Did you know...Once you have earned your Technician rating, you may wear the CAP Safety Patch. See CAPR 39-1 attachment 4 for placement."



Figure 4.1 Male Officer Mess Dress Uniform



**10.9.19. Safety Patch.** May be worn by members who have received the "Technician" level specialty track rating for the Safety specialty track under instructions found in CAPP 217, Specialty Track Study Guide – Safety Officer.

## How to Live a Full and Healthy Life

By Lt. Col. Stephen Leighton, MD

Senior Program Manager for National Health Services

Nothing in this will be new, you have all heard it before . . . And yet, many people, in and out of CAP, don't seem to choose to follow this basic **guidance** for living a healthy life:

- **Avoid the obvious health hazards.** While there are some things which simply need to be avoided altogether, such as smoking and illicit drug use, there are many things that are quite tolerable if done in moderation.
- **Limit consumption** of those substances, such as alcohol, to levels that our bodies can handle. While some of us might be able to cope with a higher intake of a substance without experiencing serious impacts, they are most often the exceptions to the rule.
- **Keep weight** within the widely recognized range of healthy weight based on your size. There have been many observations made over decades and centuries that allowing our weight to continue to climb will place a significant burden on our bodies and, often, will result in avoidable illness. It is an interesting observation that our sense of what is an appropriate intake of food is most often based on what we learned to eat as teenagers, a time when our metabolisms were functioning at a high level. As we age, we need to adjust our food intake to accommodate the changes in our body's actual needs. It is far better to work with this from the beginning than to try to make up for lost time through fasting, dieting, and other harsh measures later.
- **Physical activity is for everyone.** While CAP places a premium on physical fitness for our cadets, it is unfortunate that we don't do the same thing for senior members. A Harvard researcher who explored the relationship between physical activity and health aging demonstrated clear evidence that the human body ages better with a minimum of 1 hour of physical activity (more than just moving around the office or home) per day. It doesn't need to be strenuous or aerobic exercise, walking is sufficient. It is well accepted that adults with diabetes NEED at least 1 hour of physical activity per day, but the truth is that we all do.
- **Pay attention** to your health and avoid denial. As we age, we WILL experience changes that indicate that some part of our body is experiencing a decline in function. Some of those changes can be managed by lifestyle adjustments, and others need some outside assistance. Try to resist avoiding checking such measures as blood pressure and realize that there is often a lot that we can do ourselves without needing medication.
- **Develop a relationship** with a health care professional that you can truly trust and rely upon. Those individuals can often provide valuable recommendations and guidance that can help us avoid health problems.
- **Don't forget your emotional health.** One of the most universally accepted truisms is that talking about problems can help us work towards solutions.

And finally, if you are at a point where you need help, seek it. Starting now can make many things better for you.

## Balance in my Life

By Ch, Major Michael Morison DMin

Wellness involves being attentive to one's whole self. A psychological term defines the whole person as an integrated bio-psycho-social-spiritual self. It is the integration and interrelatedness of all dimensions of our human functioning. Where there is balance, there is a sense of well-being. If any of these areas is out of balance, one's entire system is out of balance, and there is a deficit of personal well-being. CAP's Five Pillars of Wellness and Resilience provide a guide to understand the various aspects of well-being.

The Air Force recognizes that one of the most misunderstood and overlooked aspects of balance is one's spirituality. Most people often confuse spirituality with religion. Why? It is because religion is just one aspect of spirituality.

Spirituality is where one finds meaning for living. It is embodied in one's character, one's ethics and moral compass. That meaning and purpose is the grounding force of one's life. It is our *superpower*. One's spirituality is defined by one's value system. We search for meaning, purpose, spiritual or religious beliefs, and experiences that provide a meaningful connectedness to others. Three questions that one might ask: What am I willing to believe in (religious or non-religious)? What am I willing to be committed to? And what am I willing to live for?

Religious or not, we all share in the human spirit. Victor Frankl, a psychiatrist, and survivor of Auschwitz said, "Those who have a 'why' to live, can bear with almost any 'how'." The human spirit provides that spark, which drives the reason "why" allowing one to thrive during times of trouble, to recover from setbacks, and, finally, to gain perspective and grow from the experience.

Through CAP's Five Pillars of Wellness and Resilience and its resilience initiatives, CAP Chaplain Corps seeks to empower all our airmen to maintain well-being by balancing the physical endurance, psychological and emotional stamina, social connectedness, and spiritual well-being to thrive, grow, and serve. Our goal is not to cope, but to grow.

CAP Chaplains are especially prepared as emotional and spiritual care providers regardless of one's religious or non-religious convictions. No matter your spirituality or religious beliefs, the CAP Chaplain is willing to support the development of your spiritual fitness. The chaplain is there to meet you where you are with care and compassion. Whether it is an ethical, moral, crisis intervention, a need to simply talk to someone to gain perspective, or a need for hope. The Chaplain is your ultimate wingman.

## CAP-Work-Life Balance

Michael Nunemaker

Chief of Safety

Positive work-life balance is the state of equilibrium between one's personal and professional activities, responsibilities, and goals. It is often associated with higher levels of well-being, satisfaction, and productivity, as well as lower levels of stress, burnout, and absenteeism.

Many CAP members have full-time jobs in addition to their volunteer work for CAP, making "balance" an important topic for health, safety, and resilience. One of the benefits of a positive "CAP-work-life" balance is its impact on personal safety. Personal safety refers to the protection of one's physical, mental, and emotional health from potential harm or injury.

**Positive balance across your life, work, and CAP activities can enhance personal safety in several ways:**

- It can reduce the risk of safety occurrences (i.e., accidents, injuries, illnesses, etc.) by allowing sufficient time for rest, recovery, and recreation. A well-rested and refreshed member is more alert, attentive, and responsive to potential hazards and emergencies.
- It can prevent or mitigate the negative effects of chronic stress on the immune system, cardiovascular system, nervous system, and mental health. Chronic stress can impair the body's ability to fight off infections, increase the risk of heart disease, stroke, diabetes, hypertension, contribute to anxiety, depression, insomnia, and substance abuse. A positive CAP-work-life balance can help manage stress by providing opportunities for relaxation, enjoyment, and social support.
- It can foster a sense of self-worth, confidence, and resilience by enabling one to pursue one's passions, interests, and hobbies, as well as to develop new skills and competencies. A positive CAP-work-life balance can also enhance one's relationships with family, friends, and colleagues by creating more quality time for communication, connection, and collaboration. These factors can boost one's self-esteem, motivation, and coping abilities, as well as reduce the likelihood of isolation, loneliness, and alienation.

Positive balance is not only beneficial for one's professional performance and career development, but also for one's personal safety and well-being. By achieving a balance between CAP, work, and life, you can protect yourself and others from physical, mental, and emotional harm, as well as enjoy a more fulfilling and rewarding life overall.