



THE DISPATCH

Safety | Health Services | Chaplain Corps



August 2023

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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*The theme for this month's Dispatch is Members Serving Members.
Members can contribute and learn from each other.*

Pass It On!

Michael Nunemaker
By: Chief of Safety

Looking out for one another and passing knowledge wisdom to others seems like a no-brainer, right?

According to [Dr. Susan Whitbourne](#), writing for Psychology Today, the psychological concept of generativity, or quality of concern for others beyond yourself and family (and even beyond your lifetime), is an important part of mental wellbeing. One of the ways generativity shows up in practice is in passing knowledge and experience to others, something many of you do in CAP every day. This action is an act of generosity that helps **you** as much as those you help.

Dr. Whitbourne's study points to the link between generativity and personal wellbeing. Generally, those that are more willing to help others beyond themselves or families have a stronger sense of wellbeing. One way we help each other, and support our wellbeing, is by looking out for one another's safety. Everything we do in CAP requires that we look out for each other, keep each other safe, and leave behind knowledge and wisdom for others who will be part of CAP long after we have moved on. That is generativity.

Generativity can support your wellbeing by enhancing your sense of meaning, purpose, and fulfillment in life. It can also foster social connections, empathy, and altruism, which are important for emotional health and resilience. By being generative, you can feel that you're making a difference in the world and helping others know that their lives matter.

Generativity can be expressed in various ways, such as parenting, mentoring, volunteering, teaching, creating art, or engaging in civic activities. By developing and expressing one's generative potential, one can achieve a higher level of psychological well-being and social harmony.

Generativity can also support ideal safety outcomes, as it can motivate people to protect themselves and those they care about from harm, to prevent or reduce risks, and to promote positive change in their communities and society. It can also promote an increased sense of responsibility, care, and protection for oneself and others as well as reduce the risk of violence, aggression, and antisocial behavior by increasing empathy, compassion, and cooperation.

What's the bottom line? When we're willing to help others beyond ourselves and family, and beyond our own lifetimes, we leave the world a little better than we found it. Caring for others and their future should leave us all with a sense of responsibility to pass along what we know so others can benefit. This is one way that members help members care for one another in everything they do – and that includes being “on our game” when it comes to safe practices and encouraging people to be on the lookout for safety concerns and ways to reasonably keep people from illness or injury.

Members Serving Members

By: Lt Col Stephen Leighton, MD
Senior Program Manager for National Health Services

Recently, a long-time Civil Air Patrol member confronted a Health Service Officer (HSO) at an event in which they were both participating, stating that “health services has no place in CAP.” That comment was both disrespectful and patently wrong. Together with CAP's Safety Officers and Chaplains, Health Service Officers have only one fundamental purpose in Civil Air Patrol, as members serving members . . . to serve YOU.

Our CAP member's experience during the recent pandemic offers many examples of both HSO's role and how often that can be misunderstood. As an example, following one event, at which an HSO was asked to share thoughts about the challenges of the pandemic, a member wrote a letter to leadership accusing the HSO of having a “political motive” and admonished the HSO to “keep your thoughts to yourself.”

The information shared by the HSO was validated by Public Health concerning the seriousness of the pandemic and offering widely accepted recommendations aimed at

keeping members safe. There was no “ulterior motive,” the HSO was sharing the facts as they were being revealed. The HSO was simply seeking to “serve the members.”

From time to time, the advice offered by an HSO might trigger a reaction on the part of a member when the advice has the effect of interfering with that member’s beliefs, desires, and intentions. And we, as HSOs, recognize that we are a long way from being infallible, that we can make mistakes just like any other member. However, what underlies health services, safety, and the chaplaincy, is the commitment to do no intentional harm, to serve, and endeavor to keep our membership healthy and prepared to fulfill CAP’s Missions to America.

The Improved Members Serving Members Concept

By: Ch, Col Linda Pugsley
Chief, CAP Chaplain Corps

I can’t think of any better term to describe the CAP Chaplain Corps than “Members Helping Members”. For many years previous, the Chaplain Corps was only composed of a Chaplain. But we have worked diligently to change that concept. Now, the CAP Chaplain Corps will always function as a team, the Chaplain Support Team (CST) consisting of a Chaplain and a Character Development Instructor (CDI) for cadet activities, disasters and SAREXs etc., the CSTs will be Emergency Services qualified Mission Chaplains (MC) and Chaplain Support Specialists (CSS).

We will continue to serve our members in our unique way, through comfort and emotional counsel, encouragement, spiritual guidance as requested, providing various spiritual services, and ministry of presence. Our Chaplain Teams gives so much of their time. By developing good relationships with our members at the squadron, group, wing, and region, they are often involved in additional counseling outside of our activities as well as doing members’ weddings and special events. We are a distinctive Office of Primary Responsibility (OPR), in that service to our members IS our job description. And we will continue to serve our members.

******It’s encampment season.... useful articles and case studies. ******

How would you handle these situations?

Encampment Hydration Safety Tips

By: Capt Richard "Rick" Weaver, Alabama Wing

During encampment season, it is imperative we ensure our Cadets and Senior members remember some hydration safety tips prior, during, and after encampment. Hydration isn’t a one and done kind of safety topic. People in general neglect hydration as a safety topic. “I always have something to drink,” “I eat the ice in my drink,” or any number of other phrases are used to rationalize their lack of hydration maintenance. So how do we as leaders combat this dangerous thing? Here is an effective message to get leaders to start thinking about hydration safety.

Water. There is no substitute. Water is what keeps us hydrated. Not Gatorade or other “electrolyte replacement” drinks, drinking Gatorade is not bad, but the emphasis needs to remain on water, not coffee, not energy drinks, and not the ice we put into our drinks. Leaders need to ensure they are monitoring both cadets and seniors for adequate water intake, especially in hot environments. At a recent encampment, a cadet arrived in the early afternoon and within minutes was suffering from the effects of dehydration. When the cadet was asked about the last time, they had anything to drink, their response was, “I had two Red Bulls with my breakfast.” Not the answer we had hoped for. Luckily the staff was able to get this cadet hydrated and back into the encampment without incident.

Food. When we sweat, we lose valuable minerals. One of the best ways to replenish those minerals is by making sure we eat healthy, well-balanced meals. At encampments, planners need to ensure that cadets and seniors have and are eating healthy meals not only to have the energy to complete the tasks and events of the encampment, but also to replenish lost minerals and nutrients they lose during heightened levels of activity and from perspiration.

There is also a long-standing and strongly held belief that salt is lost during sweating. In the past, this led to coaches and others recommending salt tablets to “restore the lost salt.” Sweat is “hyponatremic,” salt content is less than the salt content of the fluids in the body. When sweating, we raise the internal salt level, not decrease it with sweating. The fallacy of all the electrolyte drinks is based on this misconception.

These few items, while simple, end up being some of the hardest things to do at large events. Here are some tips and tricks for leaders at all levels to help ensure members are doing the right thing and staying safe:

- Ensure EVERYONE has a portable water source. (Camelbak, Canteen, reusable water bottle, etc.). Hydration by itself is extremely important, however, water that has been in the heat all day won't be as effective during excessive heat conditions, cool water is best when possible.
- Make sure everyone fills their water sources prior to leaving the chow hall, barracks, etc. Leaders check their charges prior to moving out to the next location.
- Ensure members are eating their meals, drinking AT LEAST one full glass of water with every meal, and limit the sugary desserts during mealtime.
- Planners make sure that water is available at all locations in sufficient quantities for people to refill water sources, as necessary.
- Make sure everyone is watching everyone else for signs of dehydration and heat related injuries.

This article is encampment focused, and by no means all inclusive, these tips apply to all leaders at every level during any event where heat plays a factor. Stay hydrated and have fun!

Direct Link:

[Encampment Hydration Safety - pdf \(gocivilairpatrol.com\)](https://www.gocivilairpatrol.com/encampment-hydration-safety-pdf)

Encampment Mistake or Success

By: Capt Dean Goodman, Maine Wing

Case Study:

A cadet had just left Hawk Mountain exercise and was going to Encampment. The cadet complained that they were tired and slept all the way to Encampment (roughly 4 hours). We felt this was understandable due to the intensity of Hawk Mountain.

They seemed to be slow getting up to speed during the first few days and were still tired. Neither the cadet nor their parents said anything about the health situation.

They were dropped off with a temperature and left in our care. As the time progressed, they seemed better and a bit livelier. However, this did not last. With the intensity of Encampment and summer heat, they eventually had to go to the Medic.

Here is where it became questionable, and it was discovered they tested positive for Covid-19. I was asked what my thoughts were. This was the first Encampment after Covid rules were changed and opened.

As a Safety Officer and since all cadets were staying until noon on Saturday, all cadets could graduate. As it was already Saturday morning, I voted to call all the parents, inform them of the situation and request that their cadets be picked up. Wing was contacted and concurred. The mere fact that camp was in the middle of the state, 3.5 from the south and 3.5 from the north, made sense.

By the time the parents arrived, it was (early) graduation time. The cadet was quarantined and graduated. No other cadet was infected, thankfully. We kept a close eye on the cadet, and they wanted to push forward as our cadets always want to do. Temperatures were taken and were within NHQs numbers.

Until that last morning. Did I fail as a Safety Officer? What could/should I have done?

The parents were kept in the loop and said that they were fine with the situation and wanted their cadets to stay and graduate. Hawk Mountain was tough on them.

Should Cadets be allowed to do back-to-back activities? We all want to succeed and push our own personal boundaries. Summers are short and activities are spread out and sometimes impossible to attend all of them.

Thoughts or ideas on this?

Was this a success or failure?

Tick-borne Diseases on the Rise in the Northeast Region

By Maj Gerald "Gerry" Creager
National Health Services Advisory Team

Tick-borne diseases are on the rise and on-track for possibly breaking records in the northeastern United States, especially in Maine. Experts are associating increases with climate change which is expanding the area where the deer tick can live. Diseases include Lyme disease, anaplasmosis and babesiosis, all common to the deer tick.

Humid and rainy weather will tend to increase tick populations. Conditions this spring and early summer have contributed to increases in the population, but rainy weather also likely suppressed the number of illnesses so far by keeping people indoors.

Avoid leaf litter, wear long pants, and long sleeves, and stay on paths when walking in the woods. Wear gloves when gathering and carrying firewood. Conduct regular tick-checks when you've been in tick habitat. A tick can transmit Lyme disease to a human host over the course of 36-48 hours. Be aware of the signs and symptoms, including, a bull's-eye rash, fatigue, joint pain, fever, and chills. Lyme disease is treatable if treatment is sought as soon as symptoms are recognized.

Examples of the "bull's-eye" rash associated with Lyme disease



Image Source: Image reprinted with permission from eMedicine.com, 2008. (left), CDC / James Gathany (right)
[Lyme Disease Picture Image on MedicineNet.com](http://www.medicinenet.com/lyme_disease_picture_image_on_medicinenet.com)

References:

- [Lyme disease cases on near-record pace in Maine as tick population thrives \(sunjournal.com\)](http://www.sunjournal.com)
- [Home - ProMED - ProMED-mail \(promedmail.org\)](http://www.promedmail.org)

“Paradigm Shift at the Intersection of Technology, Inclusion, Health Services, Safety, and Risk Analysis: An Encampment Case Study”

By: Lt Col Uei Lei, District of Columbia Wing
and Maj Nathan Rolfe, Maryland Wing

With the numbers of Americans with chronic health issues increasing and the usage of monitoring and alerting technologies relying on continuous connectivity increasing, the lack of including such considerations in planning, analyses, mitigation, and preparedness could result in increased risk and potentially, passive discrimination of members. CAP members, and as an organization, are encouraged to consider including the availability of wireless connectivity as part of activity risk analysis; the procurement of backup equipment capable of performing monitoring and alerting as part of mitigation; and the training of personnel on the situation assessment and usage of those equipment. Together, this can create the inclusive culture and environment espoused by CAP doctrine that not only promotes safety and health, but actively addresses reasonable accommodations.

This article is intended to serve as a shared experience and lessons learned and for consideration in future planning and not intended as advocacy for policy and regulatory change.

View the entire article here: [Paradigm Shift at the Intersection of Technology - pdf](#)

Resourceful Links:

- [Resource Center | NRMCM Risk Resources \(risk-resources.org\)](#)
Information on Resilience, Psychological Safety, Risk-Awareness, Cybersecurity etc.
- [Fun in the Sun: Summertime Event Safety Tips – Nonprofit Risk Management Center](#)
Provided by: Paul Gloyd II - HQ CAP Deputy Chief Operating Officer - An article on summertime safety. This link also has information about Youth Protection, Risk Management, and additional articles etc.
- [Summer Safety](#) - Resource for the 101 Critical Days of Summer safety campaign. During Summer activities keep in mind sunburns and heat-related illnesses as well as dangers related to water, fire, driving, sports, and recreation. During the 2022 summer season, the Air and Space Forces lost 11 Airmen and Guardians to preventable off-duty mishaps.
- [CAP Safety | Facebook](#) - If you're a CAP member and interested in safety discussion and collaboration, join CAP Safety on Facebook, where we welcome participation to grow our safety community.