



THE DISPATCH

Safety | Health Services | Chaplain Corps



October 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 Self-Care/Personal Safety.

Thoughts From Ch Maj. Michael Morison

PCR-001

This month we wish to bring awareness of how a mindset drives behaviors. Elements of a mindset include, though not limited to, looking at what drives the behavior, value systems involved driving the behavior, and principles based on the value system. It is understanding how our mindset from the Health Services, Chaplain Corps, and Safety integrate in empowering and/or enhancing our mindset toward guiding our behavior. These articles create an "AHA!" moment for awareness and action.

A Mindset of Moderation

By: Ch Col. John Murdoch, NHQ-001

Currently we are headed into a series of months that will be full of opportunities to celebrate. As we approach these festivities, which may be fun or serious according to your personal faith tradition, the importance of our mindset is in full view of those who celebrate with us. By mindset I mean how I personally think about how I will celebrate. In the Hebrew

Wisdom Literature, King Solomon said, "For as he thinketh in his heart, so is he..." (Proverbs 23:7). How I think about something directly impacts my actions.

I remember various coaches from my limited athletic experience saying, "Think positive," "Don't talk yourself out of this", "Stay focused", "Remember you got this". Each coach was saying get the right mindset about this athletic event. The same is true no matter what we attempt to accomplish, in sports, academics, our jobs, or our celebrations. Our mindset impacts our actions. As we embark upon this season of celebration, I would encourage you to develop a mindset of moderation.

The next four months may provide a reason to celebrate and have been nationally recognized for festivities, but we can also find reasons to celebrate each month of the year. Here is where we need to think about our own self-care and develop a mindset of moderation. This will impact each celebration we enjoy. Will I overindulge in candy, food, beverage, purchases, or any other opportunity to lack moderation? Overindulgence in any of these areas will have a direct impact on our self-care.

Enjoy your celebrations, but I would encourage us to also start now to develop a mindset of moderation so that we can look back on our festivities with joy and not regret because our mindset was not focused on our self-care, through moderation, as it could have been.

Human Trafficking S.O.S. Signal

By: Ch Lt. Col. William Adam, PCR-001

As a 45-year law enforcement veteran who has directly worked cases on human and labor trafficking, as well as also serving as a CAP Chaplain for the last 25 years, I believe that we all need to spread the word about the human trafficking "*sign for help.*"

Believe it or not, human trafficking has now surpassed drug and weapon trafficking.

Using one very small, discreet hand gesture becomes one huge act to help stop human trafficking.

All people need to realize that a vital hand signal can help rescue a victim trapped with their abductor.

In a true story, A young girl had been abducted by a 61-year-old man. He was a convicted sex offender and had a long criminal record.

The young girl's situation was desperate. Only a tiny fraction of trafficking victims are rescued, and those who don't escape face a trauma-filled life with a high risk of overdose, suicide, or murder.

The situation was dire, but luck was on the abductee's side. She had recently seen a popular TikTok video about using a hand signal to alert other people that a human trafficking situation was taking place. The silent, single-handed gesture is done by putting one's hand up with the palm facing outward, tucking the thumb in while the four fingers face up the fingers to "trap" the thumb. A man who had also seen the Tik Tok video, called the police and the girl was rescued!

Key Points to Remember:

- The S.O.S. hand signal can alert people nearby that a trafficking situation is occurring.
- A recently foiled abduction exemplifies the dramatic impact a small hand signal can have.
- As more people learn the S.O.S. hand signal, traffickers will have a harder time staying in the shadows.

Please be aware of any children, young adults, or even adults with anyone that might even look innocent.

Operation Pulse Lift: A Lifesaving Community Service Opportunity

By: Maj. Margot Myers, Operation Pulse Lift PIO, AZ-013

If your wing is not yet supporting Operation Pulse Lift, CAP's nationwide blood collection mission, it's time to get on board with this lifesaving community service opportunity. Operation Pulse Lift, which began in Arizona Wing in 2017, expanded exponentially in 2020 when the COVID pandemic brought most blood donation events to a halt.

"Since the evening of March 17, 2020, when the Surgeon General of the United States noted the critical need for blood donations during the early days of the COVID pandemic and the closure of nearly 7,000 blood donation centers, Civil Air Patrol has been engaged in the coordination, planning, and execution of the longest series of blood donation center operations in the nation by a single organization," said Operation Pulse Lift's national incident commander Lt. Col. Bob Ditch.

The mission has grown to include 48 collection sites in Alaska, Alabama, Arkansas, Colorado, Illinois, Indiana, Iowa, Kentucky, New Mexico, New York, North Carolina, Oklahoma, Puerto Rico, Tennessee, Texas, South Carolina, Virginia, Washington, and Wyoming. CAP units in these wings have hosted 371 blood donor center events since March 2020 as part of the mission. Transporting blood by CAP vehicles and aircraft is also part of the mission to shore up the nation's critically low blood supply. CAP aircrews and drivers have made more than 700 blood transport trips to remote hospital locations.

The mission has also supported blood collection activities at 11 Army and Air Force installations in Alaska, Arizona, Colorado, Kentucky, and Texas through the Armed Services Blood Program.

Across the country, CAP members and their families who don't live near a CAP-sponsored blood drive have reported their local blood donations to be included in the mission's total. So far, more than 8,500 individual member donations were combined with more than 19,400 units collected at CAP-supported blood donor centers for a total of nearly 28,000 units, with the potential to save 84,000 lives.

"The current need for blood donations continues to be critical as the nation still has only a one-day supply of blood on its shelves," Ditch said. "We welcome and encourage additional wings and squadrons to become part of Operation Pulse Lift and host a blood drive."

The first step in the process is to send an email to Ditch at pulselift@capnhq.gov indicating the wing's interest in becoming part of Operation Pulse Lift. To be included under the existing Air Force-assigned mission, wings will need an initial contact from their state emergency management agency, requesting wing support to a specific blood collection organization such as the Red Cross, Vitalant, or a local/regional agency. Alternatively, wings may choose to host blood donation centers under a corporate mission number, with approval from CAP's National Operations Center.

"I strongly encourage health service officers, safety officers, and chaplains to get involved," Ditch said. "This lifesaving mission requires a minimal investment of time by wings and squadrons but yields huge dividends in lives saved."

[Learn more](#) about Operation Pulse Lift on the CAP website.

Plans are underway to hold a webinar for those interested in getting involved with Operation Pulse Lift, with an opportunity to ask questions of the incident commander and key members of the mission staff.

Details will be distributed to the Dispatch mailing list when they are available.



Ch Capt. Kevin Massey - IL-001, donates during a blood drive at Falcon Composite Squadron in Mesa, Arizona, the original home of Operation Pulse Lift in 2017.

The Difference Between Conviction and Preference

By: Ch Maj. Thomas "Doc" Marshall, NC-001

Often, we seem to run into issues that we differ about. As we have constructive conversations on these matters, we might need to remember the difference between convictions and preferences. Understanding this distinction can help alleviate and help move toward a successful compromise about the issue. Thus said, let's pause to understand the differences between a conviction and a preference.

To start, what exactly is a conviction? It can be defined as having a strong belief or opinion. Basically, it is a firm foundation that one builds upon. So, then what is a preference? It is the act of preferring one thing before another: esteeming of one thing above another, or the choice of one thing rather than another. It is basically a personal choice made based on one's own knowledge to choose one thing over another.

What's the difference between a conviction and a preference? Well, in CAP, we can say that we work from the base of our four Core Values. These are our convictions. From these basic convictions, we can draw many preferences as to how we chose to live them. These values represent a cultural commitment within Civil Air Patrol: to practice basic honesty, to give of one's self for the betterment of humanity, to deliver top quality services, and to treat others fairly. In summary, our core values require all CAP members to exemplify the highest standards of personal and professional conduct. They are our Convictions.

Then, why is it important to understand the difference between a conviction and a preference? Well take the Core Value of Respect. We understand that this Core Value means CAP members come from all walks of life. Therefore, it is extremely important that members treat each other with fairness and dignity and work together as a team. To do otherwise would seriously impair CAP's capability to accomplish the mission. This is the basis of our conviction about respect for each other. How we choose to demonstrate this Core Value often stems from our preferences. The way that I show respect may be different from the way that you show respect. In other words, we have the underlying conviction of Respect, but the way we show it may vary. The key to knowing the difference between a conviction and a preference is based on the reasoning that led to the choice. If the reasoning is based on the Core Values – it is a conviction. If it is based on a personal choice without aligning to the Core Values, it is a preference. Confusing the two can have severe consequences.

I have found the **CAP PLUS** model helpful in determining my preferences in any area. The PLUS model calls for us to use these filters in making our choices.

- **Policies:** Is it consistent with CAP policies, procedures, and guidelines? Is it in line with our Core Values?
- **Legal:** Is it acceptable under applicable laws and regulations?
- **Universal:** Does the action conform to universal principles and values adopted by CAP and our society in general?
- **Self:** Does it satisfy my personal definition of right, good and fair? Is it how I would want others to treat me?

Learning to apply these four measures to what we are doing will help us to develop a unity of thought, motive, will, and action together. So, the next time you are faced with an interaction of one of your fellow members (and really – anyone you encounter), filter it through this model and see how your interaction is working.

Dehydration, Both at Ground Level (GL) and When Flying (AGL)

By: Capt Valerie Moczygamba, TX-187

Although the summer season is over, all CAP members should be reminded periodically of the causes of dehydration, the dangers of dehydration, the three main conditions caused by dehydration, the effect of dehydration in the cockpit and lastly how to make good decisions about rehydration choices. Dehydration is even a problem in the colder areas of the planet. The subject deserves to be reviewed regularly and frequently with our cadets and pilots to ensure the safety and well-being of everyone.

Dehydration is caused by a loss of fluid through perspiration, urination and **breathing**. While this can happen at any temperature, it is most prevalent at warmer temperatures, especially when exposed to sun and wind. Signs and symptoms may include thirst, darkening urine color, headache, dizziness, fatigue, and loss of concentration.

There are three main classifications of heat-related illnesses caused by dehydration:

Heat cramps – includes muscle cramping, significant thirst, and copious perspiration.

Heat exhaustion – is characterized by heavy perspiration, pale and clammy skin, fatigue, dizziness, fainting/loss of consciousness, and the development of confusion, poor decision making, and deteriorating performance.

Heat stroke – which includes worsening confusion, slurred speech, profuse sweating developing into hot and dry skin, loss of consciousness, and seizures. Heat stroke can be fatal as the body temperature rapidly increases. Emergency cooling (such as immersion in ice water) may be necessary to prevent loss of life.

This health and safety article is intended to serve as a reminder on the importance of hydrating.

View the entire article here: [Dehydration, Both at Ground Level \(GL\) and When Flying \(AGL\)](#)

Resourceful Link:

[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.