



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 Resolutions. These articles from Health Services, Safety and Chaplain Corps provide valuable guidelines and information if making resolutions is right for you.

Featured Articles on Resolutions

Are You Ready for 2024, Leaving 2023 Behind and Moving Forward into 2024?

By: Col Everett Hume, NER-001

Will you make a resolution?

New Year resolutions have been a popular tradition for centuries. The practice of making resolutions at the start of a new year dates back to ancient Babylonian times, around 4,000 years ago. The Babylonians celebrated the New Year in March, during the first new moon after the spring equinox. They believed that what they did on this day would influence their luck and success for the rest of the year. As part of their celebrations, they made promises to the gods to pay off debts and return borrowed items.

The tradition of making New Year resolutions was also practiced by the ancient Romans. They celebrated the New Year on January 1st, the day named after the god Janus, who had two faces,

one looking forward and one looking back. The Romans believed that Janus symbolized new beginnings and endings, and they made promises to him for the coming year.

Over time, the practice of making New Year resolutions spread to other parts of the world. In medieval Europe, knights took the "peacock vow" at the end of the Christmas season, promising to do good deeds in the coming year. In Scotland, people made "Hogmanay resolutions" on New Year's Eve, which involved paying off debts and being kind to others.

Today, New Year resolutions are still a popular tradition around the world. People make promises to themselves to improve their lives, break bad habits, and achieve their goals. While not everyone succeeds with their resolutions, the act of setting goals and making a commitment to self-improvement is still a meaningful practice that many find helpful in starting the year off on a positive note.

When we think about Civil Air Patrol and how we can improve ourselves and the others around us by thinking about safety, healthcare, and our own mindset, I am sure many of us can come up with realistic goals and make a commitment to achieve them. Try to think how you can help yourself and those around you by being a positive example. Don't overdo it, make a goal that is not too easy but one that is also achievable. Engage your fellow Airman to help you achieve your goals, you might be surprised to find out they may have the same resolution!

Resolutions

By: Ch Lt. Col. Eric Cooter - Deputy Chief of Chaplains, NHQ-001

We are entering a new year of hope, opportunity, and unforeseen challenges. Many of us are committed to making dramatic life changes in the new year. A recent Good Housekeeping magazine article listed several resolutions to which some of us committed on New Year's Eve: Start a gratitude journal, make time for family, or practice mindfulness. However, in the weeks and months to come, our resolutions become mere half-hearted wishes and unlikely outcomes. We experience disappointment when our good intentions fail. Why do so many New Year's resolutions end in disappointment and failure? How can we make these promises then lose motivation and fail to achieve what we set out to do?

An effective resolution requires more than a mere promise to achieve something. Resolution requires a firm decision and consistent and purposeful action on that decision. However, a decision begins with motivation. Simon Sinek in his book *Start with Why* writes, 'All organizations start with **WHY**, but only the great ones keep their WHY clear year after year'. Our 'WHY' is our purpose, a God-given motivation that leads us to achieve a goal. A resolution is not a shallow promise made in the moment. A successful resolution requires that we start with clarity of purpose (a 'WHY'). Only then can we experience a heart change leading to a decision, and finally we are empowered to take consistent action to achieve an outcome. Our purpose or our 'WHY' may be achievement alone, but the higher purpose inspires others and helps others discover their purpose.

The Apostle Paul was a passionate leader, evangelist, and community builder. He traveled throughout the Roman Empire (Asia Minor, Greece, and Europe), preaching, teaching, and planting new faith communities. Paul was a person of resolute and focused purpose, and it led him to consistent impactful action. Paul was a 'mover and shaker' that committed to accomplish

his God-given purpose utilizing his unique God-given gifts. Paul achieved much, but his higher purpose was to inspire others. His ministry had an enduring influence on the Christian community throughout the world today. Paul understood his 'WHY,' and through unwavering trust in God, he was empowered to follow his purpose. Paul did not merely make a promise, but inspired by unwavering resolve and desire, he consistently acted, achieved, and in so doing he inspired others to carry the message forward to future generations.

Edgar F. Roberts wrote, 'Every human mind is a great slumbering power until awakened by keen desire and by definite resolution to do' (1). I have always dreamed of flying jets professionally, which started at age 16 when I first soloed. Aviation remained my avocation as a flight instructor and CAP pilot most of my life. My aviation dream did not materialize until 43 years after my first solo flight. After a successful career as a retail executive and later a fulfilling vocation in ministry, a health scare last year helped me clarify my purpose. I realized that my 'WHY' to become a pilot was not personal achievement alone. I realized my desire to return to aviation was motivated by a desire to inspire and mentor others. Last year I retired from active ministry, pursued aviation once again, and finally achieved my lifelong dream. I trained and received my Airline Transport Pilot certificate last year, and I now fly a small nine-passenger jet as Captain for a charter company. My purpose is more than flying jets, because my 'WHY' is to inspire young aviators to chase their dreams. **I hope my achievement encourages others to realize that life's challenges do not determine the ultimate outcome.** When we discover our 'WHY', it has the potential to propel us to consistent, achievable action, leading to achieving our goals, dreams, and maybe that New Year's resolution. However, it has the potential to do so much more.

We are icons of what is possible, and we have the potential to show others that challenges, obstacles, or even delays do not determine the eventual outcome. Helen Keller was a well-known author, disability rights advocate, political activist, and lecturer, who was deaf, blind, and mute. However, she was not dissuaded from her purpose and became an icon and example to us all that steadfast resolve can overcome any obstacle. Helen Keller once wrote, 'We can do anything we want to do if we stick to it long enough' (2). I encourage you to make that New Year's resolution this year! However, spend some time discerning and understanding your purpose, your motivation, and your 'WHY' beforehand. Then, go out there and take bold, massive, consistent action and let nothing stand in the way of your dreams.

References:

(1) <https://www.forbes.com/quotes/theme/resolution/>

(2) <https://www.brainyquote.com/topics/resolutions-quotes>

Realizing Resolutions: Planning for Success

By: Ch Maj. Michael Morison, USAF Master Resilience Trainer, PCR-001

Value Based Goals:

When one has identified the “Why” for their resolution, then you have established the “Value” it holds for your life. Now one has a compass to achieve their value-based goal.

1. Identify your resolution and why it is important to you.
 - Provide a sense of purpose.
 - Help prioritize what is important.
 - Helps you find opportunities to live a meaningful life.
2. Record your progress. What will you do to live out this resolution?
 - In the next 24 hours?
 - In the next two weeks?
 - In the next three months?
3. Develop a plan to overcome obstacles that you encounter.
4. Revisit your resolution every week and set new short-term goals so you can continue to fulfill your resolution.

You may wish to identify one action at the beginning of each day that is related to living your resolution. At the end of the day, you can reflect on, identify that action, and celebrate it privately or with a trusted person.

(Material adapted from the USAF Resilience training program)

January, the Month of new Resolutions:

By: Lt. Col. Gordon Helm, CAP HSAT PIO, AZ- 013

[“The Conversation.Com,”](#) an academic based journalism blog that provides historical information on the Babylonians. For the Babylonians, the year began when the crops were being planted. New year resolutions for the Babylonians were intertwined with religion, mythology, power, and socioeconomic values.

Forbes Health lists the most popular New Year’s Resolutions for 2024 which include:

- Improved fitness (48%)
- Improved finances (38%)
- Improved mental health (36%)
- Weight loss (34%)
- Improved diet (32%)

Are any of these your goals this year?

In the spirit of resolutions, I asked the HSAT Leadership to send me theirs.

Lt. Col. Stephen Leighton, MD heads up the team:

“As we near this New Year’s transition into 2024, there is awareness of the opportunity this presents to reflect on the year past and to look forward to the coming opportunities ahead. To this end, I am presenting three resolutions that I intend to use to guide my life into and through 2024:

- 1) **Medicine:** At the end of 2023, I will retire from the active practice of family medicine, closing my practice. I will sustain the skills and build on the experiences of 44 years by maintaining my active medical license, continually updating my knowledge through CME, and continuing to care for my family and friends in my community.

- 2) **CAP:** Building on the gains made in the last 3 – 4 years, to continue to improve CAP’s health services program as a vital asset for our members. This clearly involves building upon the foundation of collaboration between Safety, the Chaplaincy, and Health Services created during the last 2 years.

- 3) **Personally:** To borrow from Brene Brown*, I agree to look Joyfully forward to “Braving this new Wilderness” ahead. Having never been 72 before in this lifetime (numerologically implying completion), I resolve to enter this unfolding landscape, this wilderness, with Joy and Anticipation of the coming opportunities and challenges, knowing that I can use and build on the skills, knowledge and experiences of a truly full life that lies ahead of me now.”

As [“The Conversation.Com,”](#) notes, New Year’s resolutions continue to capture people’s imagination, hopes, and promises for betterment. The new year continues to symbolize a new threshold. An opportunity for a fresh start.

* Casandra Brené Brown is an American professor, author, and podcast host. Brown is known for her work on shame, vulnerability, and leadership, and for her widely viewed TEDx talk in 2010. She has written six number-one New York Times bestselling books and hosted two podcasts on Spotify. [Wikipedia](#)

New Service from CAP Health Services Advisory Team

By: Lt. Col. Stephen Leighton, MD, Sr. Program Manager for Health Services, NC-052

With the continuing growth and changes in health services, and the expected acceptance of significant new programs such as the coming ICL for Cadet Medication management at activities, there are a lot of new responsibilities for Health Service Officers (HSO) at all levels. To help HSOs with the recent changes and programs, the Health Services Advisory Team (HSAT) is providing an On-Call health services advisor available 24/7.

The responsibilities of the HSAT officers on-call will include:

- Being available to always receive calls through the National Operations Center (NOC) referral during the on-call week. Response times will be within 30 minutes. The NOC can be reached by calling **888-211-1812**, or by email at opscenter@capnhq.gov
- Providing assistance for National Level Incidents involving Health Services at all levels.
- Assisting with calling HSOs, Safety Officers, Commanders or Activity Directors and sending e-mails in the following situations:
 - Questions about how to manage a current health care situation.
 - Assisting the calling member to “think through” the situation.
 - Assisting in determining if a situation (illness or injury) should be reported in CAPSIS.
 - Helping the member determine if a situation warrants EMS or outside health care referral. Local HSOs are fully authorized to initiate EMS in situations, consulting with the HSAT On-Call HSO staff if they are unsure of what actions to take.
 - Assisting the member to determine when/if parental notification is warranted.
 - Answering questions about Health Services policy consistent with the current Health Services Regulation and Specialty Track Guidelines.
 - Answering questions about cadet medications.
- Technical assistance to Wing and Regional Health Services Officers.

The responsibilities of this position will **NOT** include the following:

- Providing specific medical advice to the calling member, other than recommending referral to EMS or outside medical services.
- Providing “coverage” for a health service officer needing to leave an activity.
- Health Services planning for local activities.

The HSAT team hopes you will take advantage of this service when needed.

A CAP member’s health and safety is critical to our overall safety mission.

****Message from Safety, Health Services and Chaplain Corps****

On January 8, 2024, Michael Nunemaker will transition to Chief Strategy and Programs Officer at NHQ. Mark Dulaney will take on the Interim Chief of Safety role. Safety will be reporting to Michael in his new role along with Cadet Programs, Aerospace Education, Health Services, the Chaplain Corps and Operations.

These changes will include the reorganization of the reporting structure for Safety, Health Services, and the Chaplain Corps.

Why are things changing?

One of the reasons is to ensure that our programs are getting what they need so we meet CAP's mission-vision - "Volunteers serving America's communities, saving lives, and shaping futures." As we've added new programs and activities, we've focused more on growing and not as much on strengthening. Our aim is to ensure our programs provide volunteers with a means to serve their nation and communities while experiencing a positive impact. We hope we can all work together on equal footing to get focused on our top priorities for both strength and growth where it makes sense to invest. Having Health Services and Chaplains with Safety creates a better means to ensure you have the advocacy you need to better support and advance the value you bring to CAP.

What does this mean for you?

Health Services and the Chaplains will be incorporated into the Safety office at NHQ for reporting and support purposes. However, both will remain an independent function as to the management of each of their respective programs and will work interdependently with safety and others as partners for protecting the health and wellbeing of our members and those we serve.

This change will enable our teams to highlight the strategic collaboration between our three offices and allow us to further develop our goals of addressing the individual welfare of members from a dynamic that includes all three individual disciplines.

Health Service officers and Chaplains will continue to enjoy the same level of autonomy as before, and the only real impact we anticipate will be with whom and how the directors of these three functions interact.

For example, instead of the Health Services officer routing any request through the Operations channels they will instead be routed through the Safety office.

Safety officers will help to ensure that Chaplains and Health Services are included in the planning process for events and activities and provide an avenue for them to raise concerns and ensure that those concerns are addressed at the appropriate level during the planning and execution phases of all our CAP activities.

This reorganization should not in any way be perceived as an added level of authority over any other function or the loss of any authority by the addition of these groups into the Safety office.

We look forward to the opportunities that this new structure will provide as well as the continued growth of the partnerships between our respective functions. We encourage each of

our Safety, Health Services and Chaplain officers to reach out to one another and start having conversations detailing the best ways you can work together and to share your concerns through your chain of command. We expect that some changes will occur with our guidance and regulations and the feedback we receive through the wings and regions will enable the NHQ staff to best address those concerns.

We would like to thank each of you for your patience as we transition into these new roles. Additional messages will be coming from NHQ so keep an eye out for those.

Mark C Dulaney - Interim Chief of Safety

Lt. Col. Stephen Leighton, MD - CAP Senior Program Manager for National Health Services

Ch, Col Linda J. Pugsley - CAP Chief of Chaplains CAP/HC

CONGRATULATIONS Members on Achieving their Master Rating in the Safety Officer Specialty Track!!



- *Capt. Richard Weaver*
- *Capt. Olivia Higgins*
- *Capt. Dean Goodman*
- *Maj. Jeffrey Rayden*
- *Lt. Col. Val Mertens*
- *Lt. Col. Donald Jones*

"What Did I Miss?"

By: Capt William "Bill" Trussell, CFI, IA, MEI, DE-019

In looking at everyday things we do in our flying careers, we all know that at some point those things were not done or used before. They were adopted for use because someone thought it was a good idea, or it was deemed a necessity or safety mitigation. So begins the origin of the preflight check list. The information provided here drove the interest in what prompted the construct and use of the checklist and what was its purpose?

When reading the article below, you realize that it goes back a long time, to 1935! Flight testing a Boeing 299, which would ultimately become the B-17, turned out to be a dangerous assignment one day at Wright Field in Dayton for the test pilot, Major Ployer P. Hill of the Army Air Corp. It was noted that Major Hill failed to ensure that the elevator gust lock was not fully disengaged. The problem is that this oversight was not uncovered until the catastrophic outcome of the test flight that day in October 1935.

During a review of the accident, it was discovered that there was no formal tool to be used to ensure that critical items were not missed during the preflight action. All CAP pilots are aware of the existence of the aircraft checklist, intended to be used during all phases of flight. CAP is not alone in using aircraft checklists. They are extremely common in the military, airlines and, yes, GA operations. The FAA insists that they be used during check rides for certificates and ratings. It is helpful to know and understand the origins of their construct and use.



Standardizing the composition of the checklist, often by the aircraft manufacturer during the certification process is an excellent objective. What makes the checklist less than fully effective is the attitude of the crew toward their use. There have been recent recurrences of locked flight controls on a few business jets, as evidenced by the aircraft running off the end of the runway during takeoff. So, what does it take to make pilots realize how important it is to ensure that all the items on the list are checked? **Starting with ensuring that every crew member realizes the importance of each item on the list and what the negative impact could be if all items are not checked prior to takeoff or landing.** How bad would it be for a pilot to not check and reset the elevator trim prior to takeoff? Could be very surprising upon application of takeoff power and achieving takeoff speed.

Checklists are not in the aircraft and flight manuals for decoration, sun shields or bug deterrents. The checklist has a long history and is considered a quite simple safety-of-life tool that cost more than one life in its evolution. The history of the checklist deserves some respect through its dedicated and regimented use.

The article can be found HERE : [The History of the Pre-flight Checklist - Aero Crew News](#)

Some of Capt Bill Trussell's accomplishments include:

Squadron Commander
FAA Safety Team Representative
Assistant Stan/ Eval Officer, DE Wing
CAP Instructor Pilot, Check Pilot

****WE WOULD LIKE TO WISH EACH OF YOU A SAFE AND HAPPY NEW YEAR****