



# THE DISPATCH

Safety | Health Services | Chaplain Corps



June 2024

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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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*The Theme for This Month's Dispatch is 101 Days of Summer. These articles from Health Services, Safety and Chaplain Corps provides beneficial information for staying healthy and safe during the summer.*

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### Primary Articles on 101 Days of Summer

#### 101 Days of Summer

By: Damen Therkildsen, CAP Activity Safety Program Manager

Each year the Department of Defense (DoD) starts their 101 Days of Summer Campaign and Civil Air Patrol replicates the same campaign using much of their safety information. If you are a new volunteer or seasoned volunteer, utilizing the information provided by the DoD's various branches is a fantastic way to find information for yourself and your unit. The 101 Days of Summer has been one of the most consistent safety campaigns used year after year. This campaign has served a purpose in bringing awareness to one of the most dangerous times of year for our service members with off-duty injuries and fatalities. We unfortunately lose some of our defenders of freedom and some experience injuries that have lifelong consequences. We in the Civil Air Patrol are not immune from accidents and injuries during this time either.

From Memorial Day to Labor Day, we implement the 101 Days of Summer, this is the time when the days get longer, the temperatures increase, and our members travel the nation and

world taking vacations. It is when we as an organization do the majority of our activities. Encampments and NCSA's kick into high gear and our safety officers work diligently as advisors for our leadership in reducing risk as much as possible. Our ops tempo picks up substantially with our aircraft, training, providing orientation rides, and real-world missions to find those who may have minimized their risk. Even amongst the business of everything we do as an organization, we need to pause and take time to complete the task ahead of us in a safe and healthy way.

Taking a pause gives each of us a chance to evaluate the risks ahead of us. If it is an official CAP activity or mission we must use our [risk management process](#), it should be an in-depth evaluation based on the complexity of the task ahead. Involving other members in the risk management process is essential so that they too can understand the risks they and others may be undertaking.

In some cases, it may be an abbreviated process that we conduct internally for ourselves. If I go for a hike in the mountains with my family, I am not going to complete a full risk analysis using a [CAPF 160](#) (Deliberate Risk Assessment Worksheet). But I am going to take time to plan our route, what weather conditions are expected, and as a family we are going to ensure we each have the needed equipment for our trip. We are going to discuss our plan for the trip and discuss some, "what if" scenarios in case an accident does happen. If I slip or trip and break an ankle, what is our plan to get me off of the mountain? This thinking allows us as a family to evaluate outside our normal thinking pattern to be prepared should something negative happen on our family excursion in the woods. It has helped us manage our risk as a family and there has been a time or two when we curtailed our plans until we had the proper equipment or better conditions for the trip.

Using this same "what if" questioning can help us improve our [CAPF 160's](#) based on the many elements that affect our health and safety on our activities and missions within CAP. I have found involving cadets to be one of the most valuable inputs into the 160's that I completed as a safety officer at activities. Cadets are bright and understand risk and have helped me see a task or sub-activity in a new light. They have helped me implement controls I would not have otherwise considered. Cadets bring a fresh set of perspectives that I have personally found invaluable in managing risk. Involving other adult members with varying backgrounds who are not as familiar with our safety program has also been an invaluable exercise, I know that I can be subject to tunnel vision when I have used the same process over and over. When someone does not understand risk management the same way I do, it allows me to brush off my teaching skills and, in the process, acquaint myself with the risk management process and insert elements I may have started to gloss over.

The 101 Days of Summer are a reminder for each of us to implement risk management in our personal, professional, and volunteer lives. I hope you will visit the Air Force Safety Centers 2024 publication to brush up on some topics and to share them with your squadrons and implement them within your own life. The information is presented well and covers a wide range of topics that have affected each of us at one time or another in our lives.

Learn more about the 101 Days of Summer @ [Air Force Safety Center](#).

## 101 Days of Summer . . . Freedom, Opportunity, and Danger

By: Lt. Col. Stephen Leighton, MD, NC-052

Ah, yes, summer is almost here. School is finished for the school year (at least for most), vacations beckon, and it is time to just enjoy . . . OR is it?

This is a perfect time to take a moment to consider some of the risks and hazards that come right along with the sunshine and warm weather:

- **Heat:** Every year, many people get overheated, and some of them suffer unnecessary injury and even death from the impact of being out in some very high temperatures. The keys to avoiding injury from heat are pretty simple.
  - Wear a hat, it can keep your brain cooler.
  - Hydrate sufficiently.
  - Seek out shade and cooler temperatures if you begin to experience a headache, fatigue, confusion, or other signs that something just isn't right.
  - Pay attention to the heat index when you check the weather.

If you come across someone who is clearly suffering from overheating, the most important thing is to get them out of the sun and cooled down. If they are hot and DRY (they have stopped sweating) and either confused or unconscious, soak them in cool water or even ice to get their temperature down ASAP.

- **Hydration:** We all know that we need to drink enough to stay properly hydrated. Yet, every year (and at all times of year, often worse in the summer) many folks experience some degree of dehydration. Dehydration can cause all kinds of troubles from mental confusion (even just getting fuzzy) to fatigue and a loss of endurance. DRINK water, lots of water. Sure, sports drinks are very popular, and are OK in limited quantities, but water is what we really need. In general, I would recommend no more than 1 or 2 sports drinks in a day complemented by as many cups of water as are needed to keep our urine clear to light yellow. Most people don't know that perspiration is actually low in salt because as the water evaporates off, the salt is left behind and we experience what is left on our skin as salty. It used to be a common practice to give athletes salt tablets, until it was discovered that what they really needed was water because the level of salt in their bodies could actually climb, sometimes into dangerous levels.
- **Sunburn:** Even on cloudy days, it is possible to become significantly sunburned and some people are much more sensitive than others. Ultra-violet light causes skin damage even while triggering the body to darken the skin with melanin as a protection. That "healthy tan" actually is evidence of sun damage that might not be evident for many years. However, notice the skin on an older person (60s or older) and you will usually find coarseness, easy bleeding (even from minor injuries), discolorations and potentially skin cancers due to decades of exposure to the impact of ultra-violet UV light. Combining sun and cigarettes is a solid prescription for rapidly aging your skin. We can see that on many older smoking sunbathers whose skin looks many years older than it should. And this applies to tanning beds as well.

There are good sun block products available, but many people don't realize what those SPF numbers really mean. Without an ultra-violet light blocker, the sun's rays will begin to cause damage in as short as 10 - 15 minutes (even in darker skinned people) depending on the time of year and time of day. The SPF number is an estimate of the additional protection your skin will have based on the amount of UV radiation that is blocked by the sunscreen. The higher the number, the more protection you have. However, beyond an SPF of 30, the additional benefit is miniscule. A sunscreen with an SPF of 30 is sufficient to provide adequate protection for most people under most circumstances – if applied properly and reapplied regularly.

**NOTE:** The amount of sunscreen that you actually need to apply to get the full protection promised is considerably more than most people are willing to apply.

- **Insects:** We all know that we share this planet with an amazing number of other organisms, some of which see us as either threats or potential food sources. Some insects, such as ticks and mosquitoes, have the potential to transmit serious illnesses. Lyme disease, malaria, and rocky mountain spotted fever are just a few of the potential infections that can come through a bite or sting. While there are many over-the-counter herbal sprays and ointments that can help, the chemical DEET is by far the most protective substance we have. Protective clothing is also very important. Boots, long pants (tucked in) and a DEET spray around the legs can deter many ticks and other biting insects from feeding on us.
- **Poisonous plants:** Many people don't really recognize plants that can cause problems in their area. Even poison ivy, found in almost every part of the country, is not recognized by a surprising number of people. There are many myths about poison ivy, but the reality is that all parts of the plant contain an oil that most people react to. You can contact that oil at any time of year, but most likely during the summer months when poison ivy grows rapidly. Soaps like Tecnu are quite helpful in removing the oil from your skin IF you use it in time, but any soap will help. As a general rule, you need to use the soap within a 4 – 6 hour window after exposure, apply it and leave it on for 5 – 10 minutes and then rinse it off. Poison ivy is not "contagious," and you can't get it by touching the rash on a person already suffering from exposure. You can, however, contact the oil from equipment and gloves since the oil can last a long time. It can even be spread by the wind if the plant is burned. The only way you can get poison ivy from another person is if your skin contacts the oil on their skin within that 4 – 6 hour window before they wash it off.

There are other hazards that come with these magical 101 days of summer in every part of our beautiful country. Look around your part of it and see what you need to do to stay safe so you can really enjoy the summer.

## The 101 Days of Summer - a Psychological Approach to Well-Being

By: Lt. Col. Jill Silverman, PhD, National Health Services Advisory Team, HSO, NY-001

For many people, summer is a golden time of year. It is a time of kicking back and relaxing, people getting together, heading to the shore or the mountains or to the skies. It's often a season of doing more enjoyable things, we're not encumbered by heavy cold weather gear, and schedules seem relaxed. Spontaneous BBQs occur with their distinctive scent. Fireflies flicker around, crickets make their unique calls, colors are more brilliant than ever. Kids are out of school and adults seem to kick back into a semi-kid mind set, perhaps reflecting their own summers when younger. Many companies have switched to "dress down Fridays," or an option not to come in on Friday, or shortened workdays.

What we might not see is the person tormented by what to wear because they are embarrassed of how their body looks. We don't see the person who isn't outside because they cannot tolerate the heat, or perhaps is more depressed in the summer months. We don't see the person who doesn't have the financial, social, physical and/or emotional abilities to risk being out. We don't see the person who feels they cannot perform well enough to offer to do things with other people or have been bullied when tried.

In short, summer is 101 days of intense "doing", often in a different environment or under different circumstances. And as much fun and relaxation as many people associate with summer, there is a sizeable group that does not experience it the same way.

Here in CAP, we strive for the well-being of every member. Please take some time to look around and see who is or isn't around and take the few minutes to reach out. We tend to think that if we are having a good time, so is everyone else. And often, those not enjoying will put on a good game face, holding back their true feelings until it's safe to let them go. Yet a simple gesture of caring, such as calling or texting, offering to hang with that person, or do what they feel they can, could make all the difference in the world.

Summer almost carries the expectation of fun. If you are one of those people not feeling well, please don't hesitate to reach out. Not having fun when you're "supposed to" brings with it a double serving of feeling alone.

Pay it forward and help someone else feel better. We will all have those rough days, and then fully appreciate the impact of a simple act of kindness.

*Wishing you all health and happiness, all in your own, unique manners!!!*

## 101 Days of Summer

By: Ch Capt. Aaron Gonzenbach, CA-096

Do you ever notice how some people seem to be so busy, especially during the summer? Running from activity to activity especially while on vacation, struggling to have enough time to do all that they need to do and participate in as many excursions as possible. Maybe that describes you! But we all have the same amount of time: 24 hours in a day. No one gets more, no one gets less.

If that does describe you, it also describes the families we serve in CAP: busy, stretched, over-committed. Everyone is doing their best to prioritize and organize those 24 hours we are given each day.

So, our responsibility as CAP Senior Members (especially Cadet Programs Officers) is to make sure that we are regularly communicating the value of CAP in such a way that families do not need to decide if CAP is “worth it” during the summer due to other obligations.

If you might be struggling to think of how CAP adds value, here are some ideas:

- **THE LEADERSHIP LAB** – where else can cadets gain leadership experience with the guardrails of wise adults? Where else can they put into practice the things they are learning in theory?
- **CHARACTER DEVELOPMENT** – where else will cadets be intentionally formed in their character? Probably in places of worship, and in homes where parents are intentionally forming their child’s character. But CAP does this with purpose through the Values for Living 2.0 curriculum.
- **AEROSPACE EDUCATION** – where else can cadets focus on an area of interest like aerospace and have guest experts available to teach them?

We could talk about the added value of summer encampment, working as a team, resilience, specific skills, and training available through programs like Cyber Patriots, sUAS training, ES training and more! CAP adds value and is training dynamic young Americans! We know it’s “worth it,” but are the parents of your cadets aware of this, something to think about?

*Although the 101 days of summer is the busiest time of year for CAP, Chaplains provide spiritual support and care for our members, even during the summer!*

## Secondary Articles/Information of Special Interest

### \*\*\*Recognition\*\*\*



CONGRATULATIONS, **Lt. Col. Donald Windle, FL-001**, for achieving your Master Rating in the Safety Officer Specialty Track!!!



CONGRATULATIONS, **Charlene Garcia**, for joining our National Safety Team as an Aviation Safety Program Manager on May 20, 2024!!!

#### **A few of her CAP contributions and other accomplishments:**

Major Garcia has been active in Civil Air Patrol for 22 years in operations, emergency services, safety, and IT assignments. She served as the Southeast Region and Florida Wing Director of Safety, held wing level staff positions as the Operations Training Officer, Operations Mission Qualifications Officer, and Cyber Programs Officer and serving as the FLWG Group 3 Safety Officer.

Charlene Garcia possesses a CAP pilot rating. She achieved a Master rating in the Safety specialty track and has emergency services qualifications as a Mission Safety Officer and Mission Observer. She is also a former operations coordinator, crime scene investigator, instructor, and technology analyst.

### \*\* Communications From Safety, Health Services, and Chaplain Corps \*\*



#### **An Introduction to Public Health**

By: Maj. Gerald "Gerry" Creager, SWR-001

Public health is defined as the science and art of preventing disease, prolonging life, and promoting health through organized efforts and informed choices of society, organizations, public and private, communities, and individuals. The collective action and societal involvement necessary to improve health outcomes on a broad scale.[1] It involves a variety of interventions aimed at improving the health status of populations rather than focusing solely

on individual patients, with a strong emphasis on prevention strategies and addressing social determinants of health to reduce health inequities.[2]

The scope of public health has expanded over time to include not only the prevention and control of infectious diseases but also the management of chronic diseases and conditions, environmental health, and the creation of health policies that support healthy communities. [3-4]

The primary goals of public health are to prevent disease, prolong life, and promote health through organized community efforts. These goals emphasize a population-based approach rather than individual patient care, focusing on prevention over treatment. Public health practice is inherently governmental, operating at local, state, and federal levels, and involves a multidisciplinary approach that includes epidemiology, biostatistics, environmental health, and health services. Public health aims to intervene at all vulnerable points in the causal pathways of disease, injury, or disability, and operates primarily within a governmental context.[5]

Moreover, public health is increasingly viewed in the context of its legal and ethical dimensions, where law serves as a tool to advance community health by regulating behaviors and conditions that influence health outcomes.[6] This comprehensive approach underscores the multifaceted nature of public health as both a discipline and a practice aimed at enhancing the health and well-being of populations.

Additionally, public health seeks to improve the nation's health and reduce disparities by engaging with other sectors to create healthier communities, expanding public health skills in areas such as policy analysis, communication, and community engagement.[7]

We intent is to provide public health-related updates from a variety of authoritative sources, and occasionally provide a more in-depth explanation of what's happening, and why the public health experts, including our own within CAP, are, or are not concerned about something.

In general, our sources come from other Public Health professionals, from public health online sources such as the World Health Organization, the Centers for Disease Control and Prevention, or resources such as the Infectious Disease Society of America. If we do derive something from, say, social media, it will be verified using scientific rigor prior to its publication here.

The intent is to try to make the data fully understandable by anyone reading The Dispatch. Sometimes, people in medicine and public health devolve into jargon that sounds a lot like English, but the words might have different meanings. Our intention is to use terminology that the non-professional can easily follow, and if we have to go deeper, we'll define and explain.

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## **Public Health Corner**

By: Lt. Col. Stephen Leighton, MD, NC-052

This is intended to be a regular feature of The Dispatch, covering topics of interest in Public Health. Public Health concerns everyone and is a lot more than your local Health Department providing free immunizations and other similar services.

**Excellent resources for up-to-date information on Public Health can be found on here:**

- [Your Local Epidemiologist \(Dr. Katelyn Jetelina, MPH, PhD\)](#)
- [Caitlin Rivers from Force of Infection](#)
- [Center for Infectious Disease Research and Policy](#)
- [Johns Hopkins Bloomberg School of Public Health News Highlights](#)

Did you wonder why egg prices at the grocery store have skyrocketed in the last several years? Perhaps it's a result of the Bird Flu epidemic seen in wild and domestic birds resulting in hundreds of millions of bird deaths.

**H5N1:** So, how worried should we be about this form of influenza that is infecting cows all across the country. The advice from the public health experts is that this is indeed "something to watch" which could become a problem if certain things develop.

Currently, there is only one report of a human being testing positive for H5N1 in 2024 (another tested positive in 2022), but numerous reports of workers caring for sick cows developing symptoms but weren't tested. So, the risk appears to be pretty low, BUT, it is definitely not zero. There have been reports of other mammals (pigs, cats, goats, racoons) getting sick from eating or drinking milk from sick cows or contact with infected birds. At this point, testing is not adequate to tell us just how widespread animal or human infections are.

According to one risk matrix (Source: Johns Hopkins University), we are at a very low to low-risk point, with the potential for escalation into a higher risk category. There are only a few mutations necessary for this influenza variant to become capable of infecting human beings. If that happens, there is a possibility (currently considered pretty low) that it could progress into an epidemic due to a lack of innate immunity among humans.

There is evidence that the virus causing H5N1 influenza can be transmitted by the milk of infected cows as well as close contact with infected birds, but pasteurization appears completely effective in neutralizing it. Raw milk is seen as the cause of illness and death in barn cats who've contracted the disease, as well as other animals. As a result, it's recommended by public health and virology experts to not consume raw milk or raw milk products. While there is a movement afoot to consume raw milk from sick cows "to gain natural immunity," it's more likely you'll get sick than simply get a passive vaccination.

So, the bottom-line today is keep your eyes open, avoid drinking unpasteurized milk (a potential source of the virus) and consider adding your voice to the call to increase support for public health and pandemic preparedness.

## An Update to CAP Regulation 60-2 - Cadet Protection Program

By: Damen Therkildsen, CAP Activity Safety Program Manager

As we embrace the changes outlined in the [Interim Change Letter \(ICL\) to CAPR 60-2](#), effective June 1, 2024, I want to share a couple thoughts with you. These updates are more than just policy adjustments; they represent our organization's commitment to creating a safe and healthy environment for our cadets and adult leaders, a place where we can all thrive, learn, and grow with confidence.

So, what's new?

- **Minimum Adult-to-Cadet Supervisory Ratios:**
  - We now have specific minimum ratios of adult leaders to cadets during various activities.
  - These ratios ensure that we always have enough screened and trained adult leaders available to respond promptly in emergencies.
  - In the safety community we can help advise commanders and activity directors on our responsibility to ensure the presence of the minimum required adult leaders throughout each event or activity.

- **Safety and Positive Impact:**
  - These increased adult-to-cadet ratios enhance safety by providing better span of control and more eyes on operations.
  - These enhancements will create robust Deliberative Risk Assessments that will help us build margin into our events and activities.
  - In emergencies, having additional adult leaders ensures a swift and effective response.
  - But it's not just about physical safety; it's about fostering positive behaviors and meaningful engagement which encompasses psychological safety. Personalized attention leads to individual growth with safe and healthy outcomes.

Cadet Programs has done an excellent job of providing examples and direction on minimum supervisory ratios, including a calculator. Learn more at: [Ratios](#)

As a safety and health community let's embrace these changes together. Our commitment to CAP's mission remains unwavering. As we move forward, let's continue to create an environment where everyone can soar to new heights - both figuratively and literally.

### Why is Safety Culture Important to Civil Air Patrol?

By: Damen Therkildsen, CAP Activity Safety Program Manager

This short less than a minute [\(YouTube\)](#) video, discusses the concept of, why is safety culture important to Civil Air Patrol?

The three main elements are:

1. **People first:** Care and concern for the wellbeing of people as the most important part of success.
2. **High reliability:** Activities and missions are conducted with minimized exposure to unnecessary risk.
3. **Organizational Credibility:** Continuous improvement that allows us to cooperate with industry partners and share what works.

### Request for The Dispatch Articles

We would like to solicit your valuable input for The Dispatch articles.

For consideration, please submit your article to the following editors/groups:

[Safety - Health Services - Chaplain Corps](#)

#### Upcoming Editions and Themes:

**July** - Peer Pressure, please submit your article by **June 24<sup>th</sup>**.

**August** - Core Values, please submit your article by **July 15<sup>th</sup>**.

*Current and Previous Issues: [Safety Beacon / The Dispatch](#)  
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