



Transmitter

The Official Newsletter of the Civil Air Patrol Chaplain Corps

Fall 2023



**A MESSAGE
FROM THE
CHIEF OF CHAPLAINS
GIVING THANKS**

The Thanksgiving holiday here in America is just around the corner. But just what are you thankful for? I'd like us to reflect on that a bit. If your list of thankfulness is full of material things only, hmmm, let's step back some.

Hopefully, those of us, especially in the Chaplain Corps, also have a deep and long list of spiritual areas on that list too. Thankfulness to God and His love for us; gratitude for His moral code imbedded in our hearts; gratitude for His wisdom, authority, kindness, benevolence etc. all should have a special place on that list.

Thankfulness to God and His love for us; gratitude for His moral code imbedded in our hearts; gratitude for His wisdom, authority, kindness, benevolence, etc. All should have a special place on that list.

But I would also like to remind us to be thankful for some of the challenges and adversity that comes our way. Just like a workout in a gym, you have to push through and increase the weights you lift or the number of reps you do, but not to punish you; it's to strengthen you. Same thing with our challenges and adversity...push through, trusting God to guide you and your strength to be increased.

In CAP, we have much to be thankful for, good friends, exciting times, important, life-saving missions, the opportunity to positively influence our young cadets etc. But it is also a place we can practice continuing in thanksgiving when we run into some uncomfortable conversations, some conflict between members, some members who are more prone to being "drama llamas" and the like. By maintaining an attitude of gratitude through it all, we can grow and mature in handling the various CAP situations; we can improve our units; we can learn from our mistakes and make CAP an even better and greater organization. We got this. Continue in thanksgiving, for we are truly blessed.

WHERE IS IT?

YOU CAN FIND IT ON OUR CHAPLAIN CORPS *gocivilairpatrol* website


SAVE THIS Link!

<https://www.gocivilairpatrol.com/members/cap-national-hq/new-chaplain-corps-page>

MEMBERS

- Publication Library
- National Staff Areas**
- Fundraising
- Chaplain Corps**
- General Chaplain Corps Resources
- About CAP Chaplains
- About Character Development Instructors
- Character Development/Values

CHAPLAIN CORPS



Chaplain Corps

[Resources](#) [Education and Training](#) [Values for Living 2.0](#) [The Transmitter](#)

Welcome to the CAP chaplain corps, one of the most unique and rewarding areas of

Related Links

- [General Information](#)
- [Chaplain Specific Informatic](#)
- [Character Development](#)
- [Instructors Information](#)
- [Values for Living 2.0 Lesson](#)
- [Education and Training Opportunities](#)
- [The Transmitter](#)

Under General Chaplain Corps Resources You Will Find:

Chaplain Corps National Staff Listing

Education and Training Opportunities

ChESS Online Basic and Advanced (NESA) Schedules

Online TLC upcoming date and registration

Chaplain Corps College schedule and registration

The Transmitter current and past issues

Values for Living 2.0 Lessons

Links to lessons subject, date, and materials

E-Services access

Chaplain Corps Calendar

a Google Calendar download with hc.cap.gov events plus your own

CAPR 80-1 Requirements for Chaplain & CDI

How to fill out a CAPF 2a for an ADY assignment

AND MORE!

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FALL 2023 UPCOMING EVENTS

2023 ON-LINE TRAINING LEADERS OF CADETS (TLC)

Basic Course is offered quarterly by the RMR/NCR Chaplain Corps
Normally scheduled the third Saturday of each quarter

Fall 2023 Date: October 28

Next Scheduled Training Date: January 20, 2024

Sunday Session offered as needed. Registration opens some weeks before.

@ <http://caphclib.us> Go to "Event Registration"

There are 3 modules to be completed in the old CAP e-Services Learning Management System before the class.
These modules can be found under Cadet Programs/TLC Basic in the LMS

CHAPLAIN CORPS COLLEGE COURSES

NOVEMBER

Third Quarter Graduation Ceremony 12 November (Online) Chaplain Reutemen

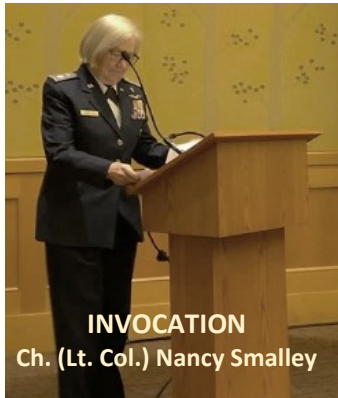
DECEMBER

No Classes

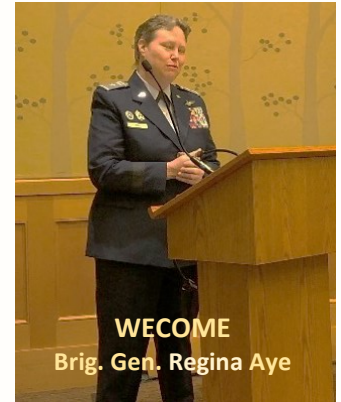
Virtual Graduation Ceremonies are held twice a year

2023 NATIONAL CONFERENCE

CIVIL AIR PATROL CALL TO PRAYER



Traditionally, the first morning of the National Conference opens with the Call to Prayer. At the 2023 National Conference in Bellevue, we welcomed our members to participate in prayers led by our National Commanders and CAP Chaplain Corps Staff.



Opening and Introduction of Guests

Chaplain, Col Linda Pugsley, CAP
CHIEF of CAP CHAPLAIN CORPS

Invocation

Chaplain, Lt Col Nancy Smalley, CAP
SOUTHWEST REGION, REGION CHAPLAIN

Welcome

Major General Edward Phelka, CAP
CAP NATIONAL COMMANDER
Brig General Regina Aye, CAP
CAP NATIONAL VICE COMMANDER

Prayer of Praise for God's Blessings

Lt Col Shirley Rodriguez, CAP
NATIONAL CDI

Prayer for our CAP Members

Chaplain, Maj Stephen Mathews, CAP
MID ATLANTIC REGION, REGION CHAPLAIN

Prayer for our Nation, our Nation's Leaders and Service Members

Chaplain, Maj Richard Olsen, CAP
WASHINGTON WING, WING CHAPLAIN

Prayer for our CAP Leadership

Chaplain, Maj Jacob Hill, CAP
NEW YORK WING, WING CHAPLAIN

Introduction of Featured Speaker

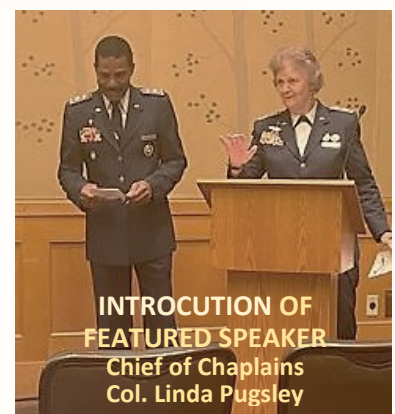
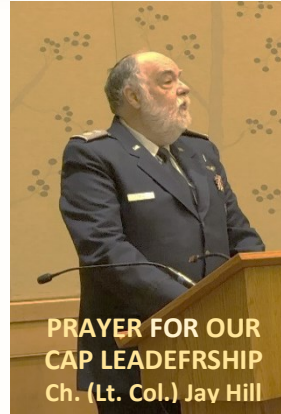
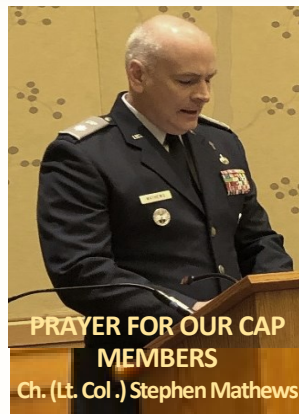
Chaplain, Lt Col Van Don Williams, CAP
SOUTHEAST REGION, REGION CHAPLAIN

The Morning Address

Chaplain, Col Linda Pugsley, CAP
CHIEF of CAP CHAPLAIN CORPS

Benediction

Chaplain, Maj Linda Berez, CAP
DEPUTY CHIEF, INFORMATION TECHNOLOGY



2023 NATIONAL CONFERENCE

National Conference Of The Year Awards

Chaplain (Maj. Gen.) Robert P. Taylor Chaplain of the Year



Chaplain (Lt. Col.) Theodore J. Jenney

“Chaplain (Lt. Col.) Jenney has had a spiritual impact not only at the squadron, wing, and region levels, but also in developing chaplains across Civil Air Patrol.

He’s worked to grow and develop the chaplaincy corps and directs the Center for Religion, Ethics & Excellence in Leadership.

A recipient of a number of awards for his service, he worked with First Air Force to help develop virtual training for CAP chaplains. During the COVID-19 pandemic he reached out to bolster morale through chaplaincy.

Jenney, an ordained minister in the United Church of Christ, has also served local congregations and at several colleges and universities, including adjunct professor roles at Regent College, Virginia Beach, and Purdue University and ministry roles at Purdue, Connecticut College, and Westminster College.

He also served Purdue as director of campus ministry at University Church, as chaplain to Purdue police and firefighters, and as a member of university task forces devoted to service learning and suicide prevention.”

Chaplain Jenney also serves as the Deputy Director of the Chaplain Corps College for the Air Force Auxiliary and editor of its journal as well as chaplain for the Purdue Air Force /Space Force ROTC, Det 220.”

[National Conference Program Guide 2023, Air Force Auxiliary/ CAP, August 18-19, 2023](#) & press release Civil Air Patrol Chaplain Corps

Character Development Instructor of the Year



Lt. Col. Marc Peterson
Air Academy Cadet Squadron

When asked to describe his service, Lt. Col. Peterson had quite an impressive story.

“I have been a Senior Leader in CAP for 21 years. Although I’ve supported most aspects and levels of CAP I have been proudly serving with the Air Academy Cadet Squadron in various capacities. No matter what role or title, I have always been serving as the CDI and Moral Leadership Officer prior to the formation of the CDI. It has been my distinct pleasure to serve with these fine Leaders in Training and have a small part in their character and leadership development.”

“My CAP focus has always been on Cadets, and in so doing have the pleasure of watching each and every cadet grow into fantastic citizens contributing to our City, State, and Nation. Combined with my 25+ years of active duty Air Force service in Space, ICBM, Missile Defense, and Cybersecurity capacities, CAP has been a rewarding way to pass on lessons learned to the next generation of very capable young men and women.”

https://www.facebook.com/groups/16639568303/?notif_t=group_r2j Aug 25

2023 NATIONAL CONFERENCE

CHAPLAIN CORPS EXECUTIVE COUNCIL

The Chaplain Corps Executive Council (CCEC) met on Wednesday, August 16, 2023, for its annual planning session preceding the National Conference in Bellevue, Washington. The agenda included reports from National Chaplain Corps Staff, Region Chaplains, subject matter experts, and guest speaker Chaplain (Maj. Gen.) (USA Ret.) "Razz" Waff, Military Chaplains Association Executive Director.¹



(l to r) Chaplains (Lt. Col.) Stephen Mathews, (Lt. Col.) John Tillery, Col. Linda Pugsley



(l to r) Chaplains (Lt. Col.) Nancy Smalley, (Maj.) David Knight, (Lt. Col.) Stephen Mathews



(l to r) Chaplains (Lt. Col.) Adma Ross, (Maj. Gen.) Razz Waff, (Maj.) Jay Hill, (Maj.) David Knight



Lt. Col. Shirley Rodriguez with Chaplain (Maj. Gen.) Razz Waff.

CHAPLAIN CORPS EXECUTIVE COUNCIL (CCEC)

CHAPLAIN (COL.) LINDA PUGSLEY
Chief of CAP Chaplain Corps and Chairperson
CHAPLAIN (LT. COL.) ERIC COOTER
Deputy Chief of the Chaplain Corps
CHAPLAIN (LT. COL.) STEPHEN MATHEWS
Executive Officer to the Chief
CHAPLAIN (MAJ.) JAMES FOGAL
Deputy Chief of the Chaplain Corps/Personnel
CHAPLAIN (COL.) GARY ENO
Deputy Chief of the Chaplain Corps/ Plans & Programs
CHAPLAIN (MAJ.) LINDA BEREZ
Deputy Chief of the Chaplain Corps for IT
LT. COL. SHIRLEY RODRIGUEZ
National Character Development Officer
CHAPLAIN (COL.) JOHN MURDOCH
Chief Emeritus

REGION CHAPLAINS

CHAPLAIN (LT. COL.) ADMA ROSS - Northeast Region
CHAPLAIN (LT. COL.) STEVEN MATHEWS - Mid-Atlantic Region
CHAPLAIN (LT. COL.) YANG LANG - Great Lakes Region
CHAPLAIN (LT. COL.) VAN DON WILLIAMS - Southeast Region
CHAPLAIN (LT. COL.) DON MIKITTA - North Central Region
CHAPLAIN (LT. COL.) NANCY SMALLEY - Southwest Region
CHAPLAIN (MAJ.) DAVID KNIGHT - Rocky Mountain Region
CHAPLAIN (MAJ.) MICHAEL MORISON - Pacific Coast Region

CHAPLAIN CORPS ADVISORY COUNCIL

CHAPLAIN (LT. COL.) KEN VAN LOON
Special Assistant to the Chief for Chaplain & CDI Applications
CHAPLAIN (LT. COL.) ADMA ROSS
Special Assistant for Publications
COLONEL BRYAN COOPER
Special Assistant to the Chief for Professional Development
CHAPLAIN (LT. COL.) JOHN REUTEMANN III
Special Assistant to the Chief for Cadet Programs
CHAPLAIN (LT. COL.) TIM MINER
Special Advisor for Social Media
CHAPLAIN (LT. COL.) JOHN TILLERY
Chaplain Corps College (CCC) Director
CHAPLAIN (LT. COL.) MARCUS TAYLOR
Chaplain Corps Emergency Service School (ChESS) Director

UNDERRERESENTED FAITH GROUPS

CHAPLAIN (MAJ.) JACOB HILL *Jewish Affairs*
CHAPLAIN (LT. COL.) JOHN REUTEMANN III *R Catholic Affairs*

RECRUITING AND RETENTION TEAM

Chair; TBA. Member at Large, TBA; Catholic Faith, TBA;
CHAPLAIN (CAPT.) DAVID GROSSMAN *Jewish Affairs.*

RESILIENCY TEAM: CHAPLAIN (MAJ.) MIKE MORISON, Chair;
CHAPLAIN (LT. COL.) TIM MINER; CHAPLAIN (LT. COL.) TJ
JENNEY; CHAPLAIN (LT. COL.) NANCY SMALLEY;
REPRESENTATIVES HEALTH SERVICES & CADET PROGRAMS

¹ Acknowledgements: Photos by Ch (Lt. Col.) Donald Mikitta; Lt. Col. Shirley Rodriguez for her minutes of the CCAC meeting.

NATIONAL CONFERENCE NEWS

Civil Air Patrol Kiddush Club



Civil Air Patrol National Commander Maj. Gen. Edward Phelka joined Chaplain (Maj.) Jay Hill and members and supporters of the Jewish community in the second annual meeting of the Civil Air Patrol Kiddush Club on Saturday in the Hangar. The ceremony's purpose is to sanctify the Sabbath with blessings and toasts. Chaplain Jay Hill spoke a few words while General Phelka noted the occasion, thanking attendees for coming.¹

Present in the celebration photo were (l to r) Ch. (Maj.) Gary Atkins, Lt. Hirsh, Col. Darin Ninness, Bobbie Tourville, Ch. (Col). Jeffrey Williams, Ch. (Maj.) Don Knight, Ch. (Maj.) Jay Hill, Ch. (Lt. Col.) Don Mikitta, Maj. Gen. Edward Phelka.

¹Chaplain Corps Facebook page, August 24, 2023.

https://www.facebook.com/groups/16639568303/?notif_t=group_r2j

Chaplain Corps Learning Sessions



The Chaplain Support Team (CST) of Chief of Chaplain (Col.) Linda Pugsley and National Character Development Instructor Lt. Col. Shirley Rodriguez conducted a learning session for members at the 2023 National Conference titled "The Expectations of Becoming a Chaplain Corps Member." Discussions during the session sought to further understanding of the Chaplain Corps, its mission, and the expectations of its members.

CHAPLAIN CORPS NEWS

Chaplain David Wong named Maryland Wing Chaplain of the Year



Chaplain (Capt.) David Wong received the 2023 Maryland Wing Chaplain Major General Robert Preston Taylor Chaplain of the Year Award at the Maryland Wing Conference held on 28 October at the Maritime Conference Center outside Baltimore.

Ch Wong and his wife, 2nd Lt. Nancy Wong (in the family photo below), serve as chaplain and CDI, respectively, of the Maryland Wing Bethesda-Chevy Chase Composite Squadron.



CAP Chaplains Provide Disaster Support Following Maui Fires



Chaplains Murdoch (l) and Morison (c) speak with Maui Squadron Commander Capt Darrel Ng (r) following a church service for the squadron and their families.¹

A Civil Air Patrol Chaplain Support Team embedded with the CAP Hawaii Wing's Composite Squadron ground team supported Maui residents during the critical period following the devastation caused by the August 2023 Maui wildfires.

The initial team included Chief of Chaplains Emeritus Col. John Murdoch and Pacific Coast Region Chaplain (Lt. Col.) Michael Morison. While the Maui squadron distributed water and supplies to survivors at shelters and encampments, Chaplains Murdoch and Morison provided emotional and spiritual care and assistance for the Emergency Operations Center. CAP Chaplain Support continued through September and into October as efforts continued to control the wildfires.

Coordinating this mission required considerable effort from Chaplain Pugsley and her staff to secure housing and transportation for the team, as well as FEMA, military and other authorizations.

¹ Military Chaplains Association Digest, August 30, 2023

CD MINI

Series by Major Olga Simoncelli, CT Wing Master Level CDI

SO DO YOU WANT TO LIVE LONGER OR STOP AGING? JOIN CIVIL AIR PATROL!

Extending longevity might be possible and was tested on mice recently. You've seen futuristic movies where characters step into rejuvenation tubs with mysterious substances in them, to emerge more youthful, stronger and in full health. We may be getting closer to that reality.

An experiment was conceived by a Harvard graduate student and conducted by a Harvard Medical School professor, where a group of younger mice were "connected" to a group of older mice via blood exchanges. Over time the older mice gained better health and enjoyed about a 9% edge in longevity over a control group of similar age. The younger group aged faster when sharing their "youth" with the older group but returned to their biological age just two months after the experiment ended. The older group retained their health, and youth-gained benefits permanently. Interesting?



The "connection" consisted of shared blood, but not only. The older group seemed to have gained access to the more efficient function of the organs of their young "donors." That is, their "old" blood was being cleansed by the livers and kidneys of the younger group, thus contributing to the improved well-being and longevity of the older mice.

We are probably far away from similar experiments on humans or even primates. The implications might be interesting for combating diseases by hooking up patients to sources with stronger immune responses, for example. We could live longer and healthier lives using that technology, maybe someday.

What to do in the meantime to improve our health and longevity? There are many avenues to pursue that goal which do not involve such a direct transfer of benefits from others. **We can CHOOSE a way of life** that we know contributes to better physical and mental health: by eating well, exercising, keeping our minds and bodies active and, as experts advise, **being part of a supportive community.**

Civil Air Patrol is an example of such a community. It provides many opportunities for cadets and adult members to become involved, make new friends, learn many new things, and even engage in different physical endeavors such as Physical Training, hikes, challenge courses, and so on. While the above-cited benefits are individual, as a group, we are also helping multiple communities by providing disaster relief, rescuing people, shaping young lives, and comforting those in need. **Explore and enjoy all that the organization has to offer, and just maybe you'll have a more enjoyable and longer life!**

Share the wealth, invite a friend or relative to join, direct them to gocivilairpatrol.com, and invite them to visit a local squadron in person to see how they could get involved. Semper Vigilans!

ARE YOU LISTENING?

by Chaplain (Lt. Col.) Don Roy, Squadron Chaplain
St Tammany Composite Squadron, Covington, Louisiana



Chaplain Roy is a former CAP cadet, a 1978 graduate of the US Air Force Academy, and served as a Navy F-14 Radar Intercept Officer (RIO) for 30 years, retiring as a Navy Captain. After retirement, he earned a DMin in Biblical Counseling and now spends his time teaching biblical counseling locally and internationally. He became a CAP Chaplain in 2016 and is active as a squadron chaplain and Mission Observer. He and his wife, Elizabeth, have 10 children and 18 grandchildren.

A critical aspect of developing and deepening friendships is learning to listen well. This is just as true when it comes to being an effective leader – leaders need to truly listen to those they lead. Let's just say that listening is important for any relationship because when people know that you are interested enough in them to listen well, they will trust you.

A common obstacle to good listening occurs when we start to develop an answer in our mind before the other person has finished speaking. But Proverbs 18:13 tells us, "If one gives an answer before he hears, it is his folly and shame." Good listening requires focusing on what the other person is saying with a genuine desire to understand their thoughts and feelings.

Becoming a better listener includes:

- Paying attention to non-verbal communication. Things like facial expression, eye contact, and body language may indicate that a person is anxious, sad, or worried. We need to pay attention to those cues, but we don't always know whether or not we're reading non-verbal communication correctly; so to get accurate information, we need to:
- Ask questions. Proverbs 20:5 tells us, "The purpose of a man's heart is like deep water but a man of understanding will draw it out."
 - Ask some closed questions like, "Did you have a rough week?" "Are things going well at home?" Closed questions can start a conversation, but they seldom reveal much about what the person is thinking.
 - Ask lots of open-ended questions like, "What was school like this week?" "Tell me more about what you did last week." "What do you enjoy about our squadron, and what do you find frustrating?" This helps you understand what the person is thinking and feeling.
- Reflect back on what you're hearing. Something like, "So you're frustrated because you don't understand all the requirements for your next advancement and don't think you're getting the help you need? Is that right?" You want to make sure that what the person is trying to say is actually what you heard.
- Express empathy and encouragement and, if appropriate, offer to help. "Oh yes, I remember how confusing it all seemed to me when I was new. Let's get together tomorrow after school, and I'll show you all the steps to take."

As we practice listening well, we form stronger teams and deeper friendships. We can receive the help we need and offer the help that others need. As Chaplains and CDI's, we can teach these skills to the members in our units and certainly strive to practice to listen well ourselves.

FRIENDSHIP

by Chaplain Stephen Racite, NYWG Catskill Mountain Group Chaplain



Chaplain (Maj.) Stephen J. Racite serves as the squadron chaplain for the Orange County Cadet Squadron in Newburgh, New York. He additionally serves as the group chaplain for the Catskill Mountain Group. Chaplain Racite has pastored the Cornwall Baptist Church for over twenty years. He is also a volunteer chaplain and firefighter with the Cornwall Fire Department.

Proverbs 27:17 declares: "Iron sharpeneth iron; so a man sharpeneth the countenance of his friend."

There is a growing trend to hold conferences over everything and anything. People gather at these meetings and start to recognize faces and names. However, conferences can be some of the loneliest places to be: being surrounded by people, talking to people, but not finding anyone who cares about you personally.

During the conferences, we exchange contacts. Possibly, in the future, we will recall the contact and something the person does and how they can receive assistance. It is called networking and may help with needs in the future, but it does not solve the problem of loneliness and isolation.

While some conferences are better than others, as chaplains, we need to look for something more important to develop. We need to build friendships with one another and with the members of our squadrons and groups. We cannot do this by simply talking to someone at a conference.

Today, young people are struggling with feelings of isolation and loneliness and are increasingly turning to suicide, believing that it is a solution. Is it possible that an answer to the suicide issue can be for them to see their parents and adults display close, genuine friendships with other people?

This is an area where we, as chaplains, can set an example. Let us intentionally make friends with one another. How well do we know one another? Outside of scheduled activities, do we talk with one another about life in general? Are we "solving the world's problems together?" Are we sharpening one another?

In so doing, let us demonstrate to the rest of the CAP what being a friend is. Let us set the example of friendship to help one another grow stronger.

Proverbs says, "Iron sharpens iron." Anyone who has sharpened an asparagus knife knows how this works. The file removes the dirt and cleans the blade while also bringing a sharp edge back to the knife. This has to be done over and over again.

Let us develop friends and keep them close. Talk with one another over the phone or over coffee. Talk about more than CAP. Be willing to open ourselves up to one another. What are our hopes, dreams, struggles, and aspirations?

Chaplain Heal Thy Self

By Colonel James Ridley, Sr.

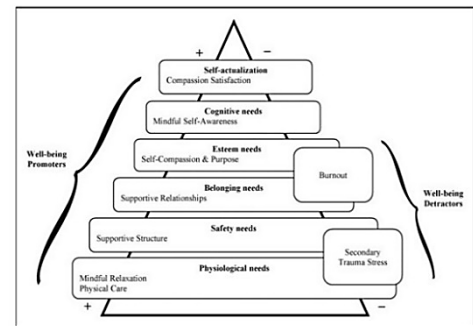


Col James A. Ridley, Sr. is a former Wing Commander and at present is the Northeast Region Chief of Staff and a CDI. Col Ridley has long contributed to the Transmitter on a variety of subjects and their relevance to command and leadership, including but not limited to, topics such as the CAP Core Values, servant leadership and mentoring. His next series of articles will focus on traits all leaders should embody as they progress through their CAP careers and life.

‘Don’t burn out; keep yourselves fueled and aflame. Be alert servants of the Master cheerfully expectant. Don’t quit in hard times; pray all the harder. Help needy Christians; be inventive in hospitality.’— Romans 12:11–13 (MSG)

“Physician, heal thy self”, we have all heard this quote many times, but when hear it, the first thing that comes to my mind is not a physician but a question, ‘why is this act limited to only doctors?’ There is wisdom for everyone especially chaplains. Growing up among clergy, and of course, knowing many chaplains both in the military and in this great organization of ours, I have seen firsthand that while they care deeply about their flock, they sometimes tend to not look inward at their own well-being, and thus not only hurt themselves, but limit the good they can do for others.

Chaplains spend many hours working with those they care for, visiting hospitals, assisting those who lost loved ones or who are in pain or spiritual need. I recently read an article in the *Journal of Pastoral Care and Counseling* from 2018, entitled, “Factors Predicting Burnout Among Chaplains: Compassion Satisfaction, Organizational Factors, and the Mediators of Mindful Self-Care and Secondary Traumatic Stress” by: Jason T. Hotchkiss and Ruth Leshner. This was very enlightening as it took Maslows theory of needs and applied it to the profession of the clergy. It dealt primarily with chaplain burn out, and the need for them to look to their own spiritual, emotional, and physical, well being. We often forget that we are all human, we all are imperfect and we all need counseling from time-to-time, that’s why chaplains often seek out other chaplains to talk to about their own lives and situations. “If you prick us do we not bleed?”



Proposed conceptual model based on adaptation of Maslow's hierarchy of needs
Source: “Factors Predicting Burnout Among Chaplains: Compassion Satisfaction, Organizational Factors, and the Mediators of Mindful Self-Care and Secondary Traumatic Stress” by: Jason T. Hotchkiss and Ruth Leshner. *Journal of Pastoral Care & Counseling*, 2018 Vol. 72(2) 86-98.

All of us, not only chaplains need to look to our own needs, ensure that we are not over committing ourselves and looking past the things that make life important and taking the opportunity to rest and enjoy life. I grew up in a time where the fathers financially supported the family while the mothers took care of the children. I adored my parents and was especially close to my father. When he passed away, I grieved for a long time. My father, an aerodynamic engineer, would often bring his work home with him. He spent nights, weekends, working at his desk, rarely did we ever take vacations, that was relegated to summers in our backyard pool, or going to pick up my grandmother in either up-state NY or MA, my mother raised my sister and I. When Dad retired, he didn’t know what to do; he didn’t know how to relax. Dare I say it, how to have fun. He died a few years later never truly enjoying life without work.

We all need to take time for ourselves, rest and decompress. This may be hard for some, even I often need to be reminded to take some time off and walk away from work and at times, CAP. Chaplains are no different. While many feel they need to be there for others 24x7, they must realize that they put themselves and those they care for at risk. Take some advice. Take a break!

***“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.”
—Galatians 6:9***

THANKFULNESS AND THANKSGIVING

Chaplain (Maj.) Michael Morison, PCR-001

(reprinted from the Nov 2023 issue of The Dispatch)

Our national celebration has historically consisted of two important and interconnected elements – a sense of thanksgiving and a festive feast.

Thanksgiving began as a [harvest festival](#) and a [day of thanksgiving](#). This holiday revolves around giving thanks, and the centerpiece of Thanksgiving is a [Thanksgiving dinner](#).

A human being is composed of body, mind, and spirit. Health Services and Safety focus on the importance of how the physical aspects of eating wisely affect our general health, energy level, and performance. The Chaplain Corps focuses on how we nourish our mind and spirit. A healthy body involves eating well and appropriate exercise. Together with proper rest, the body provides a foundation for resilience.



Using the dual elements of Thanksgiving and a festive feast, we can experience a wholeness that enriches one within the communal experience, displaying personal and collective appreciations. There is an opportunity to experience an emotion (mood) by reflecting on identifying things that one can be grateful for By doing so, we are preparing to bring our whole self to the celebration, to be present in the moment.

Developing a daily sense of thankfulness is an important characteristic of a positive mindset that contributes to one's resilience. Taking a few moments at the end of the day, on a regular basis, to look at the things you are grateful for (large and/or small) contributes to developing a more positive attitude toward life. Instead of being caught in a negative spiral of only seeing the negative, you can increase your resilience by identifying those positive things that provide balance in your day to the good things that make your day purposeful and worthwhile.

One also has an opportunity on Thanksgiving to express gratitude to a higher power or to their God. It is an opportunity to recognize and reaffirm that we are a part of something greater than ourselves and to deepen that connection by sharing the Thanksgiving meal with others we are close to.

Prepare yourself for Thanksgiving by identifying what you can are thankful for. This will assist you in being present in the moment as you are celebrating. Your experience will be more than good food and great activities. Bringing your thankfulness into Thanksgiving provides an opportunity to nourish and be renewed in body, mind, and spirit.

Source: [America's Favorite Holidays by Bruce David Forbes - University of California](#)

A PRAYER FOR VETERANS

by Chaplain (Major) Gary Atkins, NH Wing Chaplain



Rabbi Atkins was born in Cleveland, Ohio. After college, he enlisted in the U.S. Air Force. Upon completing his service, he studied and was ordained at the Jewish Theological Seminary of America. Returning to the Air Force as a chaplain, he served as Area Jewish Chaplain for the Far East, stationed at Clark Air Base, Philippines. In chaplaincy, he developed and lived an outlook of interfaith cooperation, respect, and sharing, which has been part of his life ever since. After his honorable discharge from the Air Force, Rabbi Atkins served pulpits in Georgia, Pennsylvania, and Connecticut. Upon retiring, he and his wife, Iris, moved to New Hampshire, where he now serves as the Seacoast Composite Squadron Chaplain and New Hampshire Wing Chaplain.

VETERAN'S DAY

November 11 is Veterans Day. I hope you will take a moment or two to reflect upon how much all of us owe to those who, in the past, fought and sacrificed for our country and those who continue to do it today.

As an aside, I have become involved with the New Hampshire Veterans Cemetery in Boscaawen. To me, it looks like a "miniature Arlington." If you go to their website, you can watch a very nice video of the cemetery and its history.¹



Below is a short, non-denominational prayer that I invite you to say.

A PRAYER FOR VETERANS

Dear Lord,

Today, we honor our veterans, worthy men and women who gave their best when they were called upon to serve and protect their country.

Bless them abundantly for the hardships they faced, for the sacrifices they made for their many different contributions to America's victories over tyranny and oppression.

We respect them; we thank them; we honor them; we are proud of them. We pray that you will watch over these special people and bless them with peace and happiness.

For additional reflections by Chaplain Atkins, you can visit the NH Wing Chaplaincy Messages website at <https://nhwg.cap.gov/members/chaplaincy/chaplaincy-messages>.

¹<https://www.youtube.com/watch?v=CE8hOxwJKYw>

INTERFAITH CALENDAR

Major Religious Holidays**

November 2023–February 2024

November 2023

- 1 All Saints Day – Christian
- 2 All Souls Day – Christian
- 11 Veterans Day – U.S. Federal
- 17 Birth of the Baha'u'llah – Baha'i*
- 23 Thanksgiving Day – U.S. Federal/Interfaith
- 24 Martyrdom of Guru Tegh Bahdor –Sikh
- 26 Day of the Covenant – Baha'i*
- 28 Ascension of Abdu'l Baba – Baha'i*

December 2023

- 1 Civil Air Patrol Birthday
- 2-3 CAP Sabbath/Sunday
- 3 Advent begins – Christian
- 6 St Nicholas Day – Christian
- 8-15 Hannukah (8 days) – Jewish*
- 8 Bodhi Day (Rohatsu) – Buddhist
- Immaculate Conception – Catholic
- 12 Our Lady of Guadalupe – RC
- 24 Christian Advent ends
- 25 Christmas – Christian*
- 26 Zarathosht Disco – Zoroastrian
- 26-Jan 1 Kwanza

January 2024

- 1 New Year's Day – US Federal
- Gantan-sai – Shinto
- 17 Guru Gobingh Singh Birthday – Sikh
- 6 Epiphany – Christian
- 7 Christmas – Eastern Orthodox
- 25 Mahayana New Year – Buddhist
- 13 Maghi Lohri – Sikh
- 15 Makara Sankranthi – Hindu
- 15 Martin Luther King Day – U.S. Federal
- 19 President's Day – U.S. Federal
- 21 World Religion Day
- 18-25 Week of prayer for Christian Unity

February 2024

- 3 Four Chaplains Sunday – Interfaith
- 2 Candlemas – Christian
- 14 Ash Wednesday – Christian
- 15 Nirvana Day – Hindu
- 25 Vasant Panchami – Hindu

* Holy days generally begin the previous sundown. Dates may vary due to differences in the lunar, Gregorian & Julian calendars.

** This list is intended to be a general guide and has been cross-checked in various sources. It a partial list drawn from the following sources and is not intended as an inclusive list of special holy days recognized by all religious bodies: Sources include useful descriptions of holidays:

Harvard Divinity School: <http://hds.harvard.edu/life-at-hds/religious-and-spiritual-life/multifaith-calendar>.

Hebcal: <https://www.hebcal.com/holidays/>. Includes major, minor, and modern holidays.

*** Refrain from participation in non-religious activities. Applies in the case of Shabbat from twilight Friday through nighttime Saturday; also applies to the beginning of holy days through nighttime at the end.

PROFESSIONAL DEVELOPMENT AWARDS

April - June 2023



Level 5 – Gill Robb Wilson

Chaplain, Lt Col Norman Byerly – MAR
Maj Terri Taylor – MDWG



Level 4 – Paul Garber

Chaplain, Maj Lisa Cherry – CAWG
Lt Col Kristen Miller – FLWG
Capt Carolyn Araki – HIWG
Chaplain, Lt Col Chanoch Lebovic – NYWG
Capt Anthony Barros – OKWG
Maj Jill Genco – PAWG



Level 3 – Grover Loening

Chaplain, Maj Joel Ricker – AZWG
Capt Michael Llamas – CAWG
Capt Leiva Diego – FLWG
Chaplain, Lt Col Oscar Cope – GAWG
Capt Bradley Doubrava – KSWG
Lt Col Michael Bryant – KYWG
Maj J C Burkes, Jr – LAWG
Chaplain, 1st Lt Marvin Bryce – KYWG
Capt Tricia Bagnall – INWG
Chaplain, Maj Thomas Marshall – NCWG
1st Lt Brenda Hatcher – PAWG
Chaplain, 1st Lt Jeffrey Stath – TNWG
1st Lt Ruth Moore – TXWG



Level 2 – Benjamin O. Davis

1st Lt Jeffrey Turner – ARWG
2nd Lt Heather Johnson – AZWG
Capt Amber Cranford – DEWG
Lt Col William Hunton – LAWG
1st Lt Aaron Hartlove – MDWG
2nd Lt Jessica Woodcock – MEWG
Lt Col David Ramirez – NCWG
1st Lt Jacob Ente – NYWG
1st Lt Steven Stephanoff – OHWG
Chaplain, Capt Paula Cardillo – RIWG

NEW ASSIGNMENTS

Chaplain Corps National Headquarters

Ch, Lt Col Steven Mathews
Executive Officer

Recruiting Team
Chair, Ch, Lt Col David Wersler
Ch, Maj David Grossman
Ch, Lt Col Nicholas Wyborski

Anna Beck
Chaplain Corps Administrator

New Wing Chaplain Assignments

Ch, Lt Col Dennis Mercieri, **Connecticut Wing**
Ch, Lt Col James Lowther, **National Capital Wing**
Ch, Capt William Lindner, **South Carolina Wing**
Ch, Lt Col Lawrence Burns, **New Mexico Wing**
Ch, Col Kenneth Parris, **California Wing**

Maj Christine Everhard
HI Wing CDI Coordinator