



Transmitter

The Official Newsletter of the Civil Air Patrol Chaplain Corps

Summer 2023



CAP NATIONAL CONFERENCE

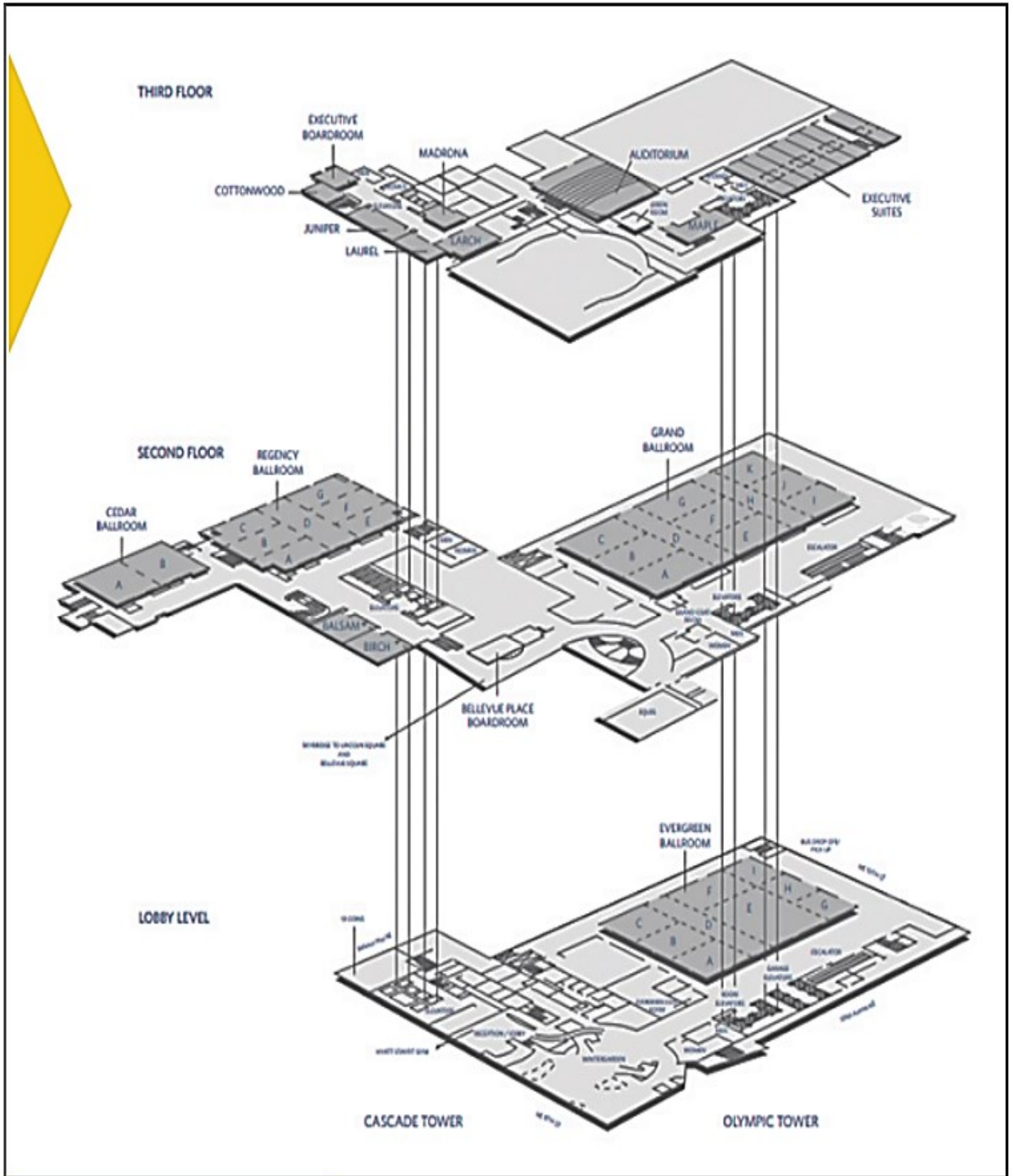
Chaplain Corps Schedule 16-19 August 2023
Hyatt Regency Hotel Bellevue, Washington

CHAPLAIN CORPS SCHEDULE AT NATIONAL CONFERENCE

Wed 16 Aug	8-5 pm	Chaplain Corps Advisory Council	
Thu 25 Aug	6:30-8:00 pm	Opening Reception	<i>Foyer and "The Hanger"</i>
Fri 18 Aug	7-8 am	CAP Call to Prayer	Olympic 2/Grand Ballroom K
	7:30-8:30 am	Hangar Time	Olympic 1/Evergreen Ballroom
	8 am-5 pm	Vanguard Store	Olympic 2/Grand Ballroom I-J
	9-10:45 am	Opening Keynote Maj Gen Edward D. Phelka, CAP	Olympic 2/Grand Ballroom A-H
	11 am-2 pm	Official Photos	Cascade 2/Media Room
	1-1:45 pm	Learning Session The Expectations of Becoming a Chaplain Corps Member*	
	2-3 pm	Afternoon Keynote Mr. Frank Kendall, Secretary of the Air Force	Olympic 2/Grand Ballroom A-H
	3-4 pm	Hangar Time	Olympic 1/Evergreen Ballroom
	6 pm	Jewish Worship	Cascade 2/Regency A
Sat 19 Aug	7:30-8:30 am	Hangar Time	Olympic 1/Evergreen Ballroom
	8 am-5 pm	Vanguard Store	Olympic 2/Grand Ballroom I-J
	9-10:45 am	Morning Keynote [Resilience] Dr. Benjamin Houlberg, Pres & CEO Search Institute	Olympic 2/ Grand Ballroom A-H
	11 am-2 pm; 4-5 pm	Official Photos	Cascade 2/Media Room
	2-3:45 pm	Afternoon Keynote Dr. Jason Womack, Branch Chief/Development US Space Force	Olympic 2/ Grand Ballroom A-H
	3:45-4:45 pm	Hangar Time	Olympic 1/Evergreen Ballroom
	4:30 pm	Catholic Mass	Cascade 2/Regency A
	4:30 pm	Protestant Worship Service	Cascade 3/Juniper
	7 p.m.	National Commander's Reception	Olympic 2/Grand Ballroom A-H

* A discussion presented by the NHQ Chaplain Support team (CST) Ch Col Linda Pugsley and Lt Col Shirley Rodriguez, CDI, CSS to further the understanding of the Chaplain Corps, its mission, and the expectations of its members

NATIONAL CONFERENCE FLOOR PLAN



NATIONAL CHAPLAIN CORPS STAFF

CHAPLAIN CORPS EXECUTIVE COUNCIL (CCEC)

- CHAPLAIN (COL.) LINDA PUGSLEY**
Chief of CAP Chaplain Corps and Chairperson of the Council (CAP/HC)
- CHAPLAIN (LT. COL.) ERIC COOTER**
Deputy Chief of the Chaplain Corps (CAP/HCD)
- CHAPLAIN (LT. COL.) TIM MINER**
Executive Officer to the Chief (CAP/HCE)
- CHAPLAIN (MAJ.) JAMES FOGAL**
Deputy Chief of the Chaplain Corps for Personnel (CAP/HCP)
- CHAPLAIN (COL.) GARY ENO**
Deputy Chief of the Chaplain Corps for Plans and Programs (CAP/HCX)
- CHAPLAIN (MAJ.) LINDA BEREZ**
Deputy Chief of the Chaplain Corps for IT (CAP/HCT)
- LT. COL. SHIRLEY RODRIGUEZ**
National Character Development Officer (CAP/HCS)
- CHAPLAIN (COL.) JOHN MURDOCH**
Chief Emeritus

CHAPLAIN CORPS ADVISORY COUNCIL

- CHAPLAIN (LT. COL.) KEN VAN LOON**
Special Assistant to the Chief for Chaplain and 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** *Roman 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**

REGION CHAPLAINS

- CHAPLAIN (LT. COL.) ADMA ROSS** - Northeast Region
- CHAPLAIN (MAJ.) 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

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CONTACTING US

CAP CHAPLAIN CORPS
105 South Hansell Street
Maxwell AFB, AL 36112



Phone: 1-334-953-9317 (new #)
kbogans@capnhq.gov

photo by Chaplain (Lt. Col.) Paul Ward (ret.)



CAP National Commander
Chief Executive Officer
Major General Edward Phelka

Chief Operating Officer
John Desmaris

CAP-USAF Commander
Col. Tyler Frander

National Chief of CAP Chaplain Corps
Chaplain (Col.) Linda Pugsley

Chaplain Corps Administrator
TBA

THE TRANSMITTER

Editor

Chaplain (Lt. Col.) Adma Ross

Editorial Board

Chaplain (Maj.) Gary Atkins
Chaplain (Maj.) Linda Berez

Regular Contributors

Chaplain (Maj.) Gary Atkins, Chaplain (Lt. Col.)
Dennis Mercieri, Col. James Ridley, Maj. Olga
Simoncelli

The Transmitter is the official presentation of the CAP Chaplain Corps office, NHQ. Published quarterly, it provides a forum for Chaplain Corps leadership to share matters of current interest. Opinions expressed herein do not necessarily represent those of the USAF or the Civil Air Patrol Corporation.

CIVIL AIR PATROL CHAPLAIN CORPS

OUR IDENTITY....

- We are representatives of America's religious community.
- We are CAP senior members.
- We are committed to the well-being of people within the missions of CAP.

OUR VISION....

The CAP Chaplain Corps will become the model of excellence and effectiveness for the rest of Civil Air Patrol.

OUR MISSION....

The CAP Chaplain Corps will promote the role of CAP core values in all CAP activities through education, presence and advice.

OUR CORE VALUES....



- Integrity
- Volunteer Service
- Excellence
- Respect

2023 UPCOMING EVENTS

2023 CAP NATIONAL CONFERENCE

August 18-19
Hyatt Regency Bellevue
Bellevue, Washington



For Information: <https://www.gocivilairpatrol.com/members/events/conference2023>
Registration: <https://www.eventbrite.com/e/2023-civil-air-patrol-national-conference-tickets-576389736217>

**For On-Line Access to
Chaplain Corps Training and Education Events
Keep this link handy:**

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

The GoCivilAirPatrol Chaplain Corps website is maintained
by Chaplain Corps Deputy for IT Chaplain (Maj.) Linda Berez

2023 CHAPLAIN CORPS EMERGENCY SERVICE SCHOOL (ChESS)

2023 Online/Virtual Basic ChESS (CAP Support)

Fall Session 2-26 October M, T & Th

ChESS Director: Chaplains Marcus Taylor mtaylor@hc.cap.gov

ChESS Registrar: Van Don Williams vwilliams@hc.cap.gov

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

Next 2023 Date: October 28*

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

@ <http://caphclub.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

* Delayed one week to accommodate IA Wing Training Event 20-22 October

CHAPLAIN CORPS COLLEGE COURSES

FEBRUARY

Auxiliary Chaplain Class 4 & Graduation 1-3 Feb (at Maxwell AFB) Chaplain Tillery

MARCH

Auxiliary Chaplain Class 1 06-20 March (Online) Chaplain Coles
 Advanced Character Development 13-20 March (Online) Chaplain Jenney
 First Quarter Graduation Ceremony 30 March (Online) Chaplain Reutemann

APRIL

Auxiliary Chaplain Class 2 17 April-01 May (Online) Chaplain Coles

MAY

Wing Chaplain Course 01-22 May (Online) Chaplain Miner

JUNE

Flight Chaplain Course 05-26 June (Online) Chaplain Miner
 Auxiliary Chaplain Course 3 05-26 June (Online) Chaplain Coles

JULY

Region Chaplain Course 10-31 July (Online) Chaplain Miner

AUGUST

CAP National Conference 17-19 August (Bellevue, WA) Chaplain Miner

SEPTEMBER

Auxiliary Chaplain Class 1 11-25 September (Online) Chaplain Coles
 Advanced Character Development 11 September-02 October (Online) Chaplain Jenney

OCTOBER

Wing Chaplain Course 02-23 October (Online) Chaplain Miner
 Auxiliary Chaplain Course Class 2 09-30 October (Online) Chaplain Coles

NOVEMBER

Third Quarter Graduation Ceremony 13 November (Online) Chaplain Reutemann

DECEMBER

No Classes

NOTES: Virtual graduation ceremonies are conducted twice a year

CPE program schedule TBD

See December 2022 CCC graduation on page 21

See National Awards at February 2023 Auxiliary Chaplain Course graduation on page 15

CHAPLAIN CORPS NEWS

Chaplain (Lt. Col.) Paul Ward, CAP (ret.) named to Daily Point Life Award Distinguished Service Award



Chaplain (Lt. Col) Paul Ward, CAP, (Ret.) has received the Daily Point of Life Award No. 7570 for his volunteer work at San Diego's USS Midway Museum.¹ The Daily Point of Life Award organization recognizes those making a difference in other people's lives and impacting social problems in local communities.²

Known as "Chappie" to Midway volunteers, Ward served the Civil Air Patrol for 22 years, 17 in leadership positions. as CAWG Chaplains (2001-2007) and Pacific Region Chaplain (2008-2013).³ In 2008, Ward reactivated the Transmitter as the Chaplain Corps newsletter. In 2019 he served on the curriculum team that developed the developed the Core Values for Living 2.0 in partnership with the USAF Academy.

¹ Notice and photo appearing in the Chaplain Corps Facebook Page, June 14, 2023 by Bill Riddle; <https://sdnews.com/uss-midway-volunteer-receives-point-of-light-award/>

² <http://www.pointsoflight.org>

³ "Paul Ward Retires," The Transmitter, Winter 2019, pp 5-8.

Chaplain Corps Serves in Northeast Region Area Command Mission Covering VT Flooding

The Northeast Region Chaplain Corps served with the Region Area Command Mission providing support for FEMA's Disaster Relief response for Vermont Wing Flooding. Coverage began during July 11-16 when VT Wing pilots provided almost 4000 images of rising flood waters. The mission continued for FEMA's Disaster Relief and damage assessment through July 28th.

A recent *Props* issue provided extensive coverage in its article: "VT Wing Takes Flight to Assist FEMA Flood Disaster Relief Statewide,"¹ showing here flooding at the Fairfax Falls Hydro Plant dam.



The Northeast Region ChESS (Chaplain Emergency Support School) team providing coverage for the VT Flooding Mission included MCCA Lt. Col. Adma Ross, MCDS Maj. Jacob Hill, and CSSCS Maj. Jonathan Luysterborghs. Chaplain Corps Support teams serve in all NER Area Command missions and training exercises.

¹PROPS: The Best of the Best Decided at 2023 NCC, July 18, 2023. <https://myemail.constantcontact.com/PROPS-The-Best-of-the-Best-Decided-at-2023-NCC.html?soid=1132773466597&aid=rtMuhUpW71l>

CHAPLAIN CORPS IN THE NEWS



Chaplain Linda Berez Recipient of the 2023 Military Chaplains Association Distinguished Service Award¹

The Military Chaplains Association (MCA) honored CAP Chaplain (Major) Linda Berez as the 2023 Civil Air Patrol MCA Distinguished Chaplain. The award was presented at the MCA Annual Award dinner at the MCA Annual Meeting and Institute on Friday Evening, 28 July 2023, in Columbia, South Carolina.

Through their Distinguished Service Award, the MCA recognizes military excellence of an active Civil Air Patrol member. Chaplain Linda Berez has served as Squadron Chaplain for Milwaukee Composite Squadron 5 since March 2014. In addition, she has served as Deputy Chief of the Chaplain Corps for IT (CAP/HCT) at National Headquarters. She has streamlined and solved many IT challenges for the CAP Chaplain Corps in this national role.

Berez completed Level IV of the Education and Training program, holds a Master rating in the Chaplain Specialty Track, and is a qualified Mission Chaplain (CAP Support) for Emergency Services. She completed the Chaplain Corps Region Staff College and used that knowledge to further Wisconsin Wing's Character Development program.

Chaplain Berez has supported CAP missions across the Wing as well as the Cadet Program in Aerospace Education and Information Technology. She offers professional IT expertise in guiding a CyberPatriot team, maintaining a website, and coordinating virtual meetings.

Through the COVID-19 pandemic, Chaplain Berez ministered to Civil Air Patrol cadets in leading statewide Character Development and Wingman sessions.

Chaplain Berez has volunteered for five Wisconsin Wing Cadet Encampments as Chaplain and attended the National Emergency Services Academy (NESA) in 2016.

She has continued to help those around her grow, including mentoring Squadron Chaplains, helping them learn the CAP Character Development lessons, and working in unison to provide professionally presented lessons.

CAP Chaplain Corps celebrates with Chaplain Berez in receiving this well-deserved MCA award.

¹ MCA Weekly News Digest, June 7, 2023

<https://files.constantcontact.com/d9d42ca7101/07d85afb-2e1a-4478-a1b4-3dff88616313.pdf?rdr=true>



2023 MILITARY CHAPLAINS ASSOCIATION (MCA)

National Institute and Annual Meeting

Thursday July 27- Saturday 29 July 2023



The Military Chaplains Association held its National Institute and Annual Meeting from Thursday, July 27, through Saturday, July 29, at The Graduate Hotel on the campus of The University of South Carolina.¹

MCA AWARDS DINNER Friday Evening, July 28

Distinguished Chaplain Awards

to the chaplains nominated by the Chiefs of Chaplains of their respective services

Chaplain (Major) Linda Berez is the 2023 CAP Chaplain Corps nominee (*see article on p.8*)

See other awards listed in the May 31 – June 14 issues of the MCA Newsgram.

INSTITUTE PRESENTATIONS:

Rev. Dr. Trace Haythorn, cofounder of the Chaplaincy Innovation Lab, addressing current issues and trends in chaplaincy.

Chaplain Al Slomovit, US Navy Retired, how to educate communities to be aware of the religious climate surrounding them and how to be prepared for and respond to hate crimes.

Chaplain Tim Cole, retired Royal Navy Chaplain, on pastoral perspectives to manage "personal busyness" while living out our call.

Chaplain Charlie Reynolds, US Army Retired, will offer insights on the religious influences of the current Russian-Ukrainian war.

¹Information obtained from MCA Weekly Newsgram June 7, 2023

A NEW KIND OF SCHOLARSHIP

Serving CAP's Adult Members

Lt Cols Bryan (NER CDI) and Karen Cooper



People familiar with Civil Air Patrol won't even have to ask who the new Cooper Fund is named for. They'll assume, correctly, that it had to be Col. Bryan Cooper and Lt. Col. Karen Cooper who put up the \$50,000 to endow a scholarship fund that will assist adult members with education and training.

Now, it's their turn to help other adult members. "They're just often forgotten," Bryan Cooper said.

Kristina Jones, chief of philanthropy and CAP Foundation president and executive director, is excited by the establishment of the Cooper Fund – a new kind of scholarship. "This is an exciting scholarship opportunity for CAP and the first to truly focus on our adult members in education and training," Jones said. "We are grateful for the leadership and commitment of the Coopers in creating this endowment."

The CAP couple look forward to the first distribution from the Cooper Fund in 2024.

Their Civil Air Patrol resume is a long one, including the 1976 Rhode Island Wing Encampment, where she was cadet commander, and he was a first-time cadet. Here's how Bryan Cooper describes their first meeting. "She was yelling at me," he said, "so 'met' may be a misleading term."

They worked as colleagues another year at the Rhode Island Wing Cadet Leadership Academy, hit it off, eventually married, and have one adult son.

Karen Cooper is Northeast Region deputy chief of staff for aerospace education and CAP's national aerospace education assistant manager.



Bryan Cooper is Northeast Region character development officer and assistant deputy chief of staff for aerospace education. His primary duty assignment is national chief of education and training.

"If you want something done, ask a busy person" is her explanation for their packed schedules.

Over the years, Karen Cooper has been involved not only with cadet programs and aerospace education but also the Rhode Island Wing's inspector general and communications offices, among other roles.

Bryan Cooper came to wing headquarters to serve in emergency services but moved over to what's now known as education and training and has filled other slots as well — including stints as wing commander in 2010 and 2011.

He spent 11 years as national senior programs officer and served a brief stint as community action program officer. He has also served on staff at Cadet Officer School and the National Cadet Competition.



The two were drawn to Civil Air Patrol from different directions. She joined in October 1971 after attending a recruiting drive at a local airport and becoming interested in the search and rescue program.

Aerospace education is now a prominent part of Karen Cooper's focus as a CAP member. In a 2022 interview, she said she enjoys inspiring youths' interest in aerospace and STEM (science, technology, engineering, and math) subjects because she wants them to have as much fun as she did exploring those fields.

"A few years ago, I suddenly realized that I am STEM," she said. "Between my college degrees, my profession, my interests, and my hobbies, I have actively been part of all four letters in STEM."

Three times in the late 1990s, the Rhode Island Wing was recognized with a National Aerospace Education Award because of her work. Her wing commander wanted her to accept the awards, but she asked that they be accepted on behalf of the entire wing.

"I still have them," she said.

A member since October 1975, Bryan Cooper joined through a neighborhood group of friends. One friend joined CAP, then brought in another friend, and that friend recruited a third friend.

"I was the last in the chain," Bryan Cooper said, and also the only one who's still a member.

In the 2022 interview, Karen Cooper joked about how their dedication to and involvement in CAP has played out. "That has created a 'volunteer-by-marriage' scenario since we do support each other's interests," she said. "He frequently gets involved in my AE activities, and it is fun working together."

Loretta Fulton

Contributing Writer

Reprinted from CAP News 7 Aug 2023

CALIFORNIA WING LAUNCHES CHAPLAINCY INITIATIVE

From CAP News June 12, 2023



The California Wing is working to bolster spiritual support for members, especially from underrepresented groups, an effort launched with an opening focus on the Jewish community.

Chaplain (Maj.) Dovid Grossman, 2022 Civil Air Patrol Chaplain of the Year, conducted a weeklong tour throughout California with Pacific Coast Region Chaplain (Maj.) Michael Morison and California Wing Chaplain (Maj.) Annamae Taubeneck.

"Civil Air Patrol is a pluralistic, diverse community, and together we are one Civil Air Patrol, united by our mission and values," says Taubeneck, who is spearheading the campaign.

Grossman, a chaplain for the Illinois wing and recipient of the 2022 Chaplain of the Year award, notes, "We have community service above self in common."

Grossman, Taubeneck, and Morrison visited with members of the public, religious leaders, Jewish War Veterans members, and CAP members.

"What a thrill to share stories and have conversations with young Civil Air Patrol cadets as well as older Jewish War Veterans together," Grossman said.

Cadet Senior Airman Noam Morris of Jon E. Kramer Composite Squadron 10 found the meeting with his squadron eye-opening about CAP Chaplains in general.

"The chaplain corps is there for everyone, and (the encounter) really made me feel they are there for me if I ever feel the need to reach out," Morris said.

1st Lt. Kai Chen
Public Affairs Officer
Jon E. Kramer Composite Squadron 10
California Wing

2023 PACIFIC COAST/ROCKY MOUNTAIN REGION JOINT CHAPLAIN CORPS STAFF COLLEGE

Joint Base Lewis McCord, WA
May 8-11, 2023



Chaplain Aaron Gozenbach, CAWG
Chaplain Michael Morison, PCR Chaplain
Chaplain William Adam, PCR Deputy Chaplain



The Joint Pacific Coast and Rocky Mountain Region Chaplain Corps Staff College (CCRSC) included representatives from over ten wings. Our Chief of Chaplains, Ch Pugsley, attended, and Ch Dovid Grossman, the Chaplain Corps Jewish recruiter, was our special guest speaker.



Front row (l to r): 2nd Lt Calvin Park; MSgt Hiebsch USAF; TSgt Anderson USAF; Capt Rick Baker USAF

Second row (l to r): Ch, Maj Michael Morison; Ch, Maj Annamae Taubeneck; Maj Naomi Hendricks; Ch Capt Harald Duell; Maj Ian Johnson; Capt Christine Everhard; 1st Lt Carolyn Araki; Ch, Capt Aaron Gozenbach; Lt Col Gerald Prior.

Third row (l to r): Ch, Maj Dovid Grossman; Lt Col Anthony Hamil; Lt Col David Snyder; 1st Lt Patrick McDonald; Maj Stephen Holmes; Ch, Maj Michael Bardon, Ch Col Kenneth Parris.

Back row (l to r): Ch, Maj David Knight; Ch, Lt Col Perry Polk; Ch, Capt Camille Barlow; Ch, Maj Richard Olsen; MSgt Gerald Martin; Ch, Lt Col William Adam; Lt Col Dennis Edmonson; Ch, Maj David King.

Missing: Ch, Col Linda Pugsley; Ch Col Jeffrey Johnson; Ch, Capt Richard Perez.

Sessions were held in the USAF Chapel Annex Support Facility. Students and staff resided during the week in the beautiful Rainer Holiday Inn, with breakfast provided. During sessions, coffee, pastries, and snacks were available from the USAF McCord Field Food Court. The staff provided most of the lunches, and the USAF McCord Food Court catered the graduation lunch.

The college focus, as one would expect, was continuing education:

How can we better serve the people in our squadrons?

How can we reflect our core value of excellence?

The training offered was excellent, clearly presented, and practical.

Topics included:

Processing Grief,

Cadet Suicide “Postvention,”

Resilience and Post-traumatic Growth,

Enhancing Resilience Among Your Airmen,

A New Understanding of Wingmanship,

Spiritual Fitness,

Pluralistic Prayer,

Chaplain recruiting,

The Differences Between the Roles of Pastor and Chaplain, and

The Ministry of Presence.

For our aerospace activity, the USAF 62nd Airlift Wing provided a tour of the base, flight line, and support facilities. The C-17 flight crew provided a tour of their C-17.

After each session, there was space for conversation, and the group shared from their collective years of wisdom. These discussions and exercises added great value to all taught, and dialogs continued through lunches and dinners together. These exchanges all contributed to the camaraderie.

The value of new friendships cannot be underestimated. As we return to our wings and squadrons, trying to live out and embody the values of our faith traditions can be lonely and difficult. Knowing, however, that we have friends striving for the same purpose, which we can lean on for support, is a great encouragement.

1st Lt Scott McDonald, CDI said this of his experience:

“Chaplains College was truly an amazing experience. I was pleasantly surprised at the depth and applicability of the information we were presented with. The ‘trauma response’ techniques will be invaluable in my continued ministry. Making what I know will be lifelong friendships was an extra added bonus. This was well worth the effort to attend.”

CD MINI

Series by Major Olga Simoncelli, CT Wing Master Level CDI

TAKE A WALK, IT'S GOOD FOR YOUR PHYSICAL AND MENTAL HEALTH!

Where to begin? This very simple act of walking is hailed as the most underrated form of exercise that offers a wealth of wide-ranging benefits that even includes communication skills. Based on a Harvard Medical School report, walking can be a major factor in fighting disease and other health conditions, such as heart issues, diabetes, cancer and depression. Some studies also show that walking can boost the brain, lessen the risk of dementia and Alzheimer's, enhance your mood, build your bone strength, energize you during the day, and help you sleep at night... and the list goes on!

Also, walking is free! To start walking for your health doesn't require joining a costly or inconveniently-located gym or investing in any special gear other than good sneakers or walking shoes (those are essential!). We already know how to walk, so unless one has a disability, no special or expensive training is required to start, as might be necessary to learn a new sport like pickleball, tennis, or squash, to name a few.



Cadets at the Great Hollow Nature Preserve in CT

As a low-impact aerobic exercise, walking doesn't strain the joints. In fact, it could relieve joint pain. Yet walking is still a weight-bearing activity, so it helps keep your bones healthy and strong. The improved blood flow helps prevent varicose veins, and as we know, ANY activity is better than being sedentary for maintaining a healthy weight. Walking has been shown to lower blood pressure and blood sugar, thus helping to prevent or manage Type 2 diabetes. Remember the old "constitutional" after a meal? That's because walking also helps with digestion.

While walking, you can get benefits similar to a "runner's high" (without pounding your joints), reducing the risk of major depression. Studies have shown that walking briskly only ONE hour a week (or a little over 10 minutes each day) can preserve your mobility, independence and extend your life!

Walking can be done anywhere, anytime, alone or with companions, friends, family or dogs. You can start slowly and progress at your own speed. You can do it in a park, in the woods, in the streets, on a treadmill, or even in your living room, doing a "pretend" walk, mimicking the motions. That works too! As you get into the habit, you may start noticing the stress melting away, your fitness and productivity improving, your head clearing, plus over time, all the other benefits mentioned above.

In summary, you just might feel better – physically as well as about yourself and the world around you. So go for a walk, it's good for you, and enjoy!

NOTE: When you walk on a regular basis, you honor ALL Five Pillars of Wellness and Resilience as established by the CAP Chaplains Corp CAPP 80-4

LEADERSHIP AND SUCCESSION

by Chaplain (Major) Gary Atkins, NH Wing Chaplain



Rabbi Atkins was born in Cleveland, Ohio on December 19, 1945. After college, he enlisted in the U.S. Air Force. During his military service, Atkins became seriously interested in his Judaism. After completing his service, Atkins studied and was ordained at the Rabbinical School of the Jewish Theological Seminary of America. He returned to the Air Force as a chaplain and served as Area Jewish Chaplain for the Far East, stationed at Clark Air Base, Philippines. In the 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 from the pulpit, he and his wife, Iris, moved to New Hampshire to be near family, friends, and the seacoast. Learning there was a need for a chaplain for the Civil Air Patrol, in 2017, he became chaplain for the Seacoast Composite Squadron, and in 2019 the New Hampshire Wing Chaplain.

We read in the book of Deuteronomy, Chapter 31,

And Moses called to Joshua and said to him “Be strong, courageous, and firm, for you shall go with this people into the land which the Lord has sworn to their fathers to give them, and you shall cause them to possess it. It is the Lord Who goes before you; He will [march] with you; He will not fail you or let you go or forsake you but fear not, neither become broken in spirit.

By the end of his life, Moses had brought the people as far as he could, and it was time for new leadership – the baton was being passed. Joshua was God’s choice to take over from Moses. God gave Joshua his mission: to finish what Moses started. Joshua wasn’t necessarily either better or worse than Moses – only time would answer that question -- but he was God’s choice for the task that remained to be done at that time. Before Moses died, he publicly installed Joshua as his successor at the Lord’s direction, so there could be a smooth transition, with no arguments from the people later.

Kings may be hereditary, but they are rare in our world. Leaders are chosen, either by election or appointment, for a fixed term, a certain number of years. And it is something that every organization goes through, with the hope that their choices are strong ones. When Moses asked God to appoint a new leader to succeed him, Moses said these beautiful words.... (Chapter 27)

Let Adonai, Source of the breath of all flesh, appoint someone over the community who shall go out before them and come in before them, and who shall take them out and bring them in, so that Adonai’s community may not be a sheep without a shepherd.

Those words, that essential need of leadership, are as true today as when they were first said.

INTERFAITH CALENDAR

August –October 2023

August 2023

- 6 Transfiguration Sunday – Christian
- Transfiguration of the Lord – Orth Christian
- 15 Assumption of Blessed Virgin – R Catholic
- Dormition of the Theotokos – Orth Christian

September 2023

- 8 Nativity of Mary – Christian
- Nativity of the Theokokos – Orth Christian
- 11 Paryushana Parva starts (7 days) – Jain
- 16-17 Rosh Hashana (2 days) – Jewish* ***
- 18 US Air Force Birthday
- 25 Yom Kippur – Jewish* ***
- 27 Mawlid al-Nabi – Islam*
- 30-Oct 1 LDS General Conference
- 30-Oct 6 Sukkot – Jewish* ***

October 2023

- 7 Sh'mini Atzeret – Jewish* ***
- 8 Simchat Torah – Jewish* ***
- 16 Birth of the B'ah – Baha'ij*
- 17 Birth of the Baha'u'llah – Hindu*
- 20 Gurgaddi – Sikh
- 24 Dussehra – Hindu
- 31 Reformation Day – Protestant Christian

* 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

Yale Multifaith Canendar <https://chaplain.yale.edu/about-us/multifaith-calendar-2022-2023>

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.

USEFUL ITEMS FOR THE CHAPLAIN CORPS "TOOL BOX"

Chaplain Corps Resources have moved to the Civil Air Patrol National Website!

<https://www.gocivilairpatrol.com>

Go to Members → National Staff Areas → Chaplain Corps

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

Education and Training Opportunities <https://www.gocivilairpatrol.com/members/cap-national-hq/new-chaplain-corps-page/education-and-training-opportunities>

Includes schedules for Regional Staff Colleges, Chaplain Corps Service School (ChESS), Online TLC

The Transmitter Newsletter

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

Values for Living 2.0 lessons <https://www.gocivilairpatrol.com/programs/cadets/library/character>

or on AXIS Learning Management System through E-Services; → Online Learning → Learning Management System → AXIS. Access to copyrighted videos is limited to chaplains, CDIs, and commanders.

Chaplain Corps Google Calendar

<https://calendar.google.com/calendar/u/0/r?cid=aGMuY2FwLmdvdl9zcGRkOGsxamt2ZTBubjcoTcyNTMya2FvMBncm91cC5jYWxlbnRhci5nb29nbGUuY29t>

CAPR 80-1 Draft available for comments

https://www.gocivilairpatrol.com/media/cms/R_801_DRAFT_30S_May_2023_CAPCC_comments_resolved_982289844d36e.docx

CAPP 40-80 Chaplain Corps Handbook and Specialty Track Guide Mar 2023

https://www.gocivilairpatrol.com/media/cms/P_4080_2022_C327F8B9DD0EA.pdf

CAPF 80-1 Chaplain application Feb 2023

https://www.gocivilairpatrol.com/media/cms/F_801_2022_0B8BF7226AF7F.pdf

CAPF 80-2 CDI application Apr 2023

https://www.gocivilairpatrol.com/media/cms/CAPF_802_2022_BCA1BF2490583.pdf

New Hampshire Wing Suicide Prevention Resources

<https://nhwg.cap.gov/members/chaplaincy/suicide-prevention-links>

CAP Prayer Team requests send to Chapel@capchaplain.org

The Chaplain Corps on Twitter <https://www.twitter.com/CAPChaplains>

Chaplain Corps Internal Facebook Page (Closed Group) <https://www.facebook.com/CAPchaplains>

Chaplain Corps Civil Air Patrol Hashtag

<https://www.facebook.com/hashtag/civilairpatrol>

Chaplain Corps Character Matters Hashtag

https://www.facebook.com/hashtag/charactermatters?_gid_=16639568303

Chaplain Corps Volunteer Service Hashtag

<https://www.facebook.com/hashtag/volunteerservice>

Chaplain Corps Auxiliary Chaplain Course Hashtag

<https://www.facebook.com/hashtag/auxiliarychaplaincourse>

CAP Chaplain Corps and Air Force Chaplain Corps Book of Prayers

https://www.gocivilairpatrol.com/media/cms/BookOfPrayers_093F10A091CAE.pdf

Armed Forces Chaplain Board (AFCB) List of Ecclesiastical Endorsers

Ecclesiastical endorsers meeting requirements for chaplain appointment under CAPR 80-1

<http://prhome.defense.gov/M-RA/MPP/AFCB/Endorsements/>

Council for Higher Education Accreditation (CHEA)

Database of institutions with degrees accepted in Chaplain Applications under CAPR 80-1 Attachment 6

<https://www.chea.org/search-institutions>