



THE ILLINOIS WING RECAP!

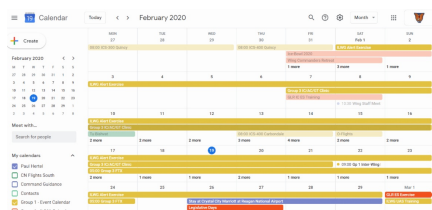
Where Imagination Takes Flight



We are using a new format for the newsletter. Please let us know how you like it. Reply to [Lt Col Paul Hertel](#)

Upcoming Events

Check the wing calendar regularly for new and updated events. [Calendar](#)



Help Wanted

Needed, An Assistant Wing Recruiting and Retention Officer. Contact



MEMORANDUM FOR ALL ILLINOIS WING MEMBERS FROM: ILWG Command Team

SUBJECT: Coronavirus (COVID-19) Guidance

1. On the evening of 12 MAR 2020, the ILWG CC and VC met with the ILWG Group CC's to discuss the Coronavirus impact on the IL Wing and required actions.
2. Our response will be based upon CAP Risk Management guidelines, CAP NHQ Coronavirus guidance and common sense.
3. Effective Immediately We are providing guidance that ALL units STOP MEETING IN PERSON and adopt a remote meeting format. This guidance complies with ICL 20-2 dated 13 MAR 2020. This guidance will initially be in place until 4 APR 2020, at which time we will reevaluate the situation.
4. Remote meeting tools will be made available if a unit needs assistance in that area. Contact Lt Col Fletcher for assistance.
5. ALL planned outside squadron activities (ILWG Form 301 requests) are suspended pending review by Group CC's for suitability during this same time period.
6. ES activities related to the ongoing GLR Exercise will continue as planned. Beyond that we will only respond to real world ES callouts during the same period.
7. The IL Wing is committed to keeping our members and their families healthy and safe. So these actions are being taken in an abundance of caution to accomplish that goal. There is no debate that limiting exposure will reduce your chances of contracting the virus. Additionally, each member has a personal responsibility to keep themselves and their fellow Airmen safe in their day to day activities. Following common sense practices will further improve your chances of not contracting the virus. These include but are not limited to: frequent hand washing, avoid touching common surfaces, no handshaking and avoiding large crowds. And most importantly, if you don't feel well or are showing symptoms stay home.

8. We realize this is a fast moving and dynamic situation. Additional guidance may be issued as needed. Units should rely on frequent communications between members and wingmen to know the status of the unit members. Be anticipating the activation of the Wing Status and Wellness Alert System during this period.

ROBERT M. DEMPSEY, JR., Colonel, CAP
Commander

FOR OFFICIAL USE ONLY

Date: 05 March 2020 0700EDT

FOR OFFICIAL USE ONLY



Novel Coronavirus Disease 2019 (COVID-19)

(U) Bottom Line:

- Efficient and sustained human-to-human transmission of COVID-19 has been observed in multiple communities, per the U.S. Northern Command.
- The virus produces fever, cough, and difficulty breathing and can be spread from those who are infected through close contact (within 2-meters) from respiratory droplets that infect a person's mouth, nose, or possible eyes.
- Preliminary data suggests those with medical challenges and age are risk factors for poor outcomes.
- If ill, stay home and do not participate in-person at CAP meetings or activities until you are fever and cough / sneeze free without medications for at least 24-hours.
- Prevention is the cornerstone as the virus remains on surfaces for several days - wash hands frequently, don't touch your face, stay away from the ill, practice cough etiquette, and sanitize community areas frequently. Refrain from shaking hands.
- Commanders in areas with COVID-19 community transmission should follow the local public health guidance and weigh the risk-to-benefit assessment of an in-person meeting versus transitioning the meeting to virtual, telephone, or postponement.
- Commanders outside areas with COVID-19 should rehearse virtual or telephone meetings as a general preparedness measure and continue in-person meetings.
- Essential missions should involve a Health Services Officer to maintain the public health protection steps. (see next page).
- Visit www.ready.gov for preparedness tips.

(U) CAP Member Public Health Message: All CAP members (in the U.S. and Overseas units) should frequently wash their hands with soap and water for 20-seconds (or use hand sanitizer,

when soap and water is unavailable), avoid close contact with the sick, cough into their elbows, use facial tissues, avoid commonly touched surfaces, clean commonly touched surfaces, maintain a distance of at least 2-meters from the ill, do not shake hands and call a healthcare provider if you develop a fever (temperature >100.4 Fahrenheit without anti-fever medications), cough or shortness of breath.

Commanders in areas with community transmission of COVID-19 should follow the local public health guidance and perform a risk-to-benefit assessment of an in-person versus transitioning meetings to virtual, telephone, or postponement. Commanders should encourage their members in areas with local transmission of COVID-19 to consider limiting travel to the local area, limit travelling in crowds, so CAP can maintain the workforce's health and be ready for essential missions. **Commanders outside areas with community transmission should strongly consider REHEARSING virtual or telephone meetings as a preparedness measure.**

(U) Members with Recent Overseas Travel: If a CAP Member is returning to the U.S. from a trip to a country with COVID-19, they will be screened at their port-of-entry. Those returning CAP Members should consider communicating with their Unit Commander and Health Services Officer about performing CAP meetings in a telework, virtual, or alternate work site until they are outside of the 14-day infectious period. All CAP Members who become ill, must not come to in-person meetings/activities. **If an ill CAP Member comes to an activity or meeting please notify your chain of command who should reach out to their Health Services Officer for guidance.**



Questions:

Lt Col Tom Janisko, CAP
Chief, Health Services
202-604-7966 | TJanisko@cap.gov

Lt Col Stephen Leighton, CAP
Deputy, Health Services
336-529-0383 | Sleighton@directapproach.org

Commanders/Leaders Preparedness Steps

i) Continue to Review, develop, REHEARSE, and train on the prioritization of the CAP plans for telework, alternate work sites, and alternate work schedules to minimize staffing.

ii) Monitor your local public health, public school, and State notifications about the level of COVID-19 mitigation actions (e.g., school closing, public health notice).

- Commanders in an area with community transmission, should perform a risk-to-benefit ratio for an in-person versus telephone, virtual, or postponement of the meeting and also follow the local public health guidance.
- Commanders outside an area of community transmission, should REHEARSE meetings through telephone meetings, virtual meetings, postponed meetings, or in-person meetings with vigorous sanitation and limited human-to-human contact.

iv) If in an area of active COVID-19 and the Commander, Activity Director, or Incident Commander decides to have an in-person meeting/mission consult a Health Services Officer to lead/guide the:

- General public health measures (common area sanitation, hand washing/face touching reminders, cough etiquette, maintenance of a 2-meter distance between people, when possible). For span of control, one active health service officer educating and sanitizing common areas for every 10 members is a reasonable ratio.
- Identification of potentially unwell members (subjective fever, cough, or difficulty breathing) to the leadership so the leadership can temporarily exclude member participation, if required.

Additional Suggestions:

- It's not too late to get your flu vaccine! While it won't prevent COVID-19, it can help protect you and your family from seasonal flu.



WWW.READY.GOV:

- Store a two-week supply of water and food, sufficient amounts of your regular prescription drugs, and any nonprescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough/cold medicines and fluids with electrolytes.

Refresher from the Physical Pillar of Strength and Resiliency:

- Practice those healthy lifestyle habits that strengthen immune systems: healthy diets that includes fruits and vegetables, regular exercise, drink recommended amounts of water, get good restorative sleep, reduce stress, limit or avoid alcohol, energy drinks and caffeine; don't use tobacco products.



GET SUFFICIENT SLEEP



MOVE MORE

BUILD MUSCLE

LEVERAGE TECHNOLOGY



EAT HEALTHY FOODS OFTEN

CONTROL PORTIONS

REDUCE UNHEALTHY FATS

MEMORANDUM FOR ALL UNIT COMMANDERS

FROM: CAP/CC

SUBJECT: Coronavirus COVID-19 Travel and Meeting Guidance

1. The Department of Defense (DoD) has restricted the travel of its personnel due to COVID-19 and is working diligently to minimize the impact on mission operations. Civil Air Patrol is following the guidance of the Centers for Disease Control and Prevention, State Departments of Public Health, DoD, and published common best practices in all decision-making regarding COVID-19 actions. At this time, CAP believes that restricting travel and meetings is appropriate to preserve our capability to respond when called upon, limit the continuing spread of the virus, and preserve the health and welfare of our personnel, their families and communities.

2. Consistent with the above, I am directing the following:

- a. All CAP members and staff will postpone non-mission essential travel through 11 May 2020. Mission essential travel is defined as those missions that involve the potential for loss of life or property such as search and rescue, disaster relief or other emergency response and recovery operations. Mission-essential travel also includes providing CAP resources to help train DoD components to perform their mission-essential functions. Examples of this include CAP personnel traveling in support of Homeland Defense missions, Falcon Virgo, Green Flag, RPA escort operations and Counter sUAS operations that are critical to DoD mission-essential training.
- b. Any CAP gathering that can be postponed without negatively impacting CAP's mission readiness or emergency services capabilities should be postponed until after 11 May 2020. Distance learning/virtual methods should be used to the maximum extent possible when mission readiness training is required. Proficiency flying, flight evaluations, and other one-on-one flight instruction between a single student and instructor may continue in accordance with current CAP procedures if it is in compliance with any temporary restrictions on airport access and travel restrictions established by state or local agencies. Members are encouraged to use the time away from CAP physical gatherings to focus on online training and hold virtual meetings whenever possible.
- c. All Wing and Region conferences, encampments, activities and meetings not dedicated solely to maintaining a unit's critical mission readiness or as outlined in paragraph b. above, will be cancelled or postponed until after 11 May 2020. Necessary meetings and other events that cannot be postponed or held virtually will be limited to critical staff of 20 or fewer people only. Social distancing should be practiced at all gatherings in order to minimize the risk of COVID-19 exposure for all participants. (For example: proper social distancing can in many cases be accomplished in a meeting setting by removing half the chairs in a briefing room.)
- d. Mission critical meetings authorized by the paragraphs above must only be held in areas where there is no known COVID-19 exposure activity. If in-person meetings are deemed necessary, be sure that proper hand washing facilities are available, hand sanitizer is available for participants, common high-touch surfaces (tables, handrails, doorknobs, keyboards, etc.) are cleaned, and common social distancing practices are followed. Meetings will not be held in locations where schools or government agencies are closed due to COVID-19 concerns.

e. Anyone who feels ill must not attend any in-person CAP activity until the full resolution of their illness. Additionally, those at-risk for COVID-19 illness because of recent travel to an area with sustained community transmission or those who have had close-contact with someone that has laboratory confirmed COVID-19 are prohibited from all in-person CAP activities for at least 14 days. Commanders should routinely and calmly communicate with their members the need to only participate when healthy. This will help ensure CAP is able to accomplish all our essential missions.

f. Aircraft maintenance officers, vehicle custodians, and facility managers will institute procedures to clean high-touch surfaces (including door handles, knobs, steering wheels, yokes and aircraft control surfaces, handrails, etc.) after each use to limit the potential for exposure. Wearing rubber gloves or work gloves is recommended when servicing an aircraft or vehicle high-touch surfaces.

g. Planning for activities scheduled after 11 May 2020 should continue. Commanders should make every effort to remain in contact with members so activities can return to normal as soon as possible. It is critical for the safety of our members that these directives are communicated clearly and are complied with completely.

3. This guidance is effective 16 March 2020 and expires 11 May 2020. Questions should be directed to the Director of Operations, John Desmarais, at jdesmarais@capnhq.gov and the Senior Program Manager for Health Services, Lt Col Tom Janisko, at tjanisko@cap.gov.

MARK E. SMITH
Major General, CAP
National Commander

Fellow Civil Air Patrol Volunteers and Staff –

We're all being bombarded by messaging from divergent sources. News broadcasts, friends, social media, everyone has an opinion, a factoid, or a perspective to share. The uncertainty of the rapidly evolving situation leads to great anxiety because we feel helpless and ill-equipped to fight an invisible foe.

The magnitude of anxiety being experienced across the United States, indeed worldwide, reminded me of something that Thomas Paine wrote in December 1776 during another period of uncertainty. Slightly modified, here is the opening line: "These are the times that try men's [and women's] souls."

Yes, I thought, these are most challenging and unsettled times. Very trying indeed, but we've been here before. I thought about the historical context when Paine wrote his essay – the colonies had recently declared their independence. Hope was high, but the reality they lived in was the oppressive times of the Revolutionary War. The odds must have seemed insurmountable that the colonies would prevail, yet perseverance and grit won out despite the turmoil of that period.

What also came to my mind was the historical period when Civil Air Patrol was founded – the dark days just prior to the start of World War II. Our World War II-era adult and cadet volunteers also faced great uncertainty in their communities, states, nation, and world stage. At the time no one would have been foolish enough to predict the scope of the global crisis or could have imagined how it would pull a nation together, yet it did and we're a better, stronger nation for it.

We have now entered another period of great uncertainty across this great nation of ours. Our new nemesis, coronavirus, is causing fundamental changes to the very fabric of our society and how we interact in our world. Nonetheless, history has shown that collectively we prevail through our strength of character and force of will.

So, how do we, members of Civil Air Patrol, fit in during this uncertain time?

After all, we're in the business of serving others and helping those in need. If you're like me, sitting at home grates against my personality. Like you, I would like to get out there and do something about this situation that moves the needle.

The good news is that there are mission requests slowly coming in that are reasonable for us to support. As I write this, many agencies who rely on CAP for support are assessing what they need before they ask for help. I expect more requests to come in as time progresses. Rest assured that we will do our part to serve others while mitigating and minimizing the risk to our members.

In the meantime, we must focus on adhering to the guidance I sent out on March 14th to ensure we remain healthy so that we can help others when called to do so. We will maintain mission ready status so that we can execute assigned missions. We will support one another in our respective units to ensure that our wingmen are holding up to the pressures that we face in this crazy environment we find ourselves in. And we will provide those in our communities with a shining example of calm professionalism and excellence that Civil Air Patrol is known for.

We are all leaders, you and me. We all have a responsibility, through our self- leadership or leadership of others, to inspire, lift up, and motivate those around us. I truly believe that the same grit, determination, and burning desire to serve others resides in you as did those

characters in our World War II-era Civil Air Patrol volunteers and the patriots of the Revolutionary War. I know, that's a bold statement on my part, but it's a statement straight from my heart. I have faith in you. I've seen what you're capable of accomplishing, and it's confidence-inspiring. You will reflect the best of this amazing organization that we are in. We will rise to the occasion. We will persevere like our forebearers, we will conquer the challenges we face, and we will be a better, more innovative organization as the result!

I am so very proud of each of you. Be safe, be well, take care of your wingmen, and let's come out of this worldwide crisis an even stronger organization than we already are. Share good news where you find it. Be positive. Be supportive. Be always vigilant; we are One CAP.

Sincerely,

MARK E. SMITH
Major General, CAP

"These are the times that try men's souls. The summer soldier and the sunshine patriot will, in this crisis, shrink from the service of their country; but he that stands by it now, deserves the love and thanks of man and woman. Tyranny, like hell, is not easily conquered; yet we have this consolation with us, that the harder the conflict, the more glorious the triumph. What we obtain too cheap, we esteem too lightly: it is dearness only that gives everything its value. Heaven knows how to put a proper price upon its goods; and it would be strange indeed if so celestial an article as freedom should not be highly rated." Thomas Paine, Dec. 23, 1776

From the Chaplain



As we seek peace and answers in this period of uncertainty in a world being confronted with a global Coronavirus. It appears that in many instances people can become mean and disheartening to people of different cultures. However, we should remember that it takes many people of different races working together to solve some common or uncommon problems. I often ask myself, "Why is it that it takes some major incident to occur for many people to realize that we as humans can work together in a very homogeneous way to accomplish goals". It is in these situations that we understand that death is no respect of person. In a society of many colored roses we must come to the conclusion, that we all are our brother keeper if we are to advance to the next phase of life. When we see many institutions being closed, and companies are telling people to stay home and avoid large crowds. It should make individuals think, regardless of what people say or feel by the grace of God we are in this together. By being in this together it should bring some form of unity that can be displayed long after this Coronavirus has run its course. God has a unique way of bringing his people together to solve their problems in many facets of life. I hope this virus has a short life span, and we as people realize that we are one people of many shades. May the peace of God be with you now and forever more as we seek solutions to a global problem. I will continue to pray for you and your family as you pray for someone else.

Chaplain Le'on Willis, Major

Greetings,

I have been swamped for days with COVID planning and response in my day job at Advocate Aurora Health, but wanted to quickly check in about how we could get support resources to the volunteer airmen of the Illinois Wing. The iCloud link is to a video for building resilience and teaching basic Psychological First Aid skills. Attached also are the [Civil Air Patrol Five Pillars of Wellness and Resilience](#), and also a handout we give in Critical Incident Stress Management about managing symptoms of trauma and stress. I might introduce all of these resources, including the link to the video as follows.

"Greetings Volunteer Airmen,

During these challenging days we offer the attached resources to help us bolster our resilience and reinforce healthy coping to stress and anxiousness. To watch an 18 minute video on bolstering resilience and learning basic techniques of Psychological First Aid we can use with ourselves and others, visit https://share.icloud.com/photos/0iXwtGc_qdnVs4VvIAvt_7izg

Thank you for your volunteer service to our communities and country."

By the way, I shot a similar version of this visit aimed at community clergy for my organizational outreach, and posted it to my facebook account, and it has had over 400 views since Sunday! Usually an 18 minute video doesn't get many click throughs, but many people have some time on their hands, so they seem to do it!

Chaplain, (Capt) Kevin A. Massey, CAP
Illinois Wing
(C) 312.320.0582



Healing after a traumatic event

Cont'd

Excessive Anger

- Manage your anger by taking time to cool down, walk away from stressful situations, talk to a friend about what is making you angry, get physical exercise, distract yourself with positive activities, or problem-solve the situation that is making you angry.
- Remind yourself that being angry will not get you what you want, and may harm important relationships.
- If you become violent, get immediate help.

Sleep Difficulties

- If possible, try to go to sleep at the same time every day.
- Don't drink caffeinated beverages in the evening.
- Reduce alcohol consumption.
- Increase daytime exercise.
- Retire before bedtime.
- Limit daytime naps to 15 minutes, and do not nap later than 4 pm.

Shifts in Interpersonal Relationships

- Don't withdraw from seeking support just because you feel you might burden someone else. It's okay not to feel okay. Let others know how you feel. Most people do better after a traumatic event with good support from others.
- Understand that other family members, friends or colleagues who may have been affected can be a major form of support during the recovery period.
- It is important to understand and tolerate different courses of recovery among affected family members, friends or colleagues. Don't be afraid to ask them how they are doing. Let them know you understand, and offer a supportive ear or lend a helping hand.
- Spend more time talking with family members, friends or colleagues about how they are doing. Say, "You know, the fact that we're emotional is completely normal, given what we've been through. I think we're handling things amazingly. It's a good thing we have each other."

Alcohol / Substance Abuse

- Identify the positives and negatives of using alcohol or drugs to cope, and the anticipated difficulties in changing behavior.
- Remember that substance use and other addictive behaviors can lead to problems with sleep, relationships, jobs, and physical health.
- It's hard to manage urges alone. Get appropriate help from friends/family to help distract, replace, or manage potentially detrimental desires to use alcohol or substances.
- If you've had prior problems with alcohol or substances, consider seeking professional treatment.

This handout is adapted from the Psychological First Aid Field Operations Guide.

Healing after a traumatic event

When a traumatic event occurs, individuals may experience a range of common stress reactions, either immediately, a few days later, weeks later, or even months later.

The following is a list of the most common stress reactions accompanied by recommended ways to cope.

Anxiety

Take time during the day to calm yourself through relaxation exercises. This can make it easier to sleep and concentrate, and can give you energy. Try the following breathing exercise:

- Inhale slowly through your nose and comfortably fill your lungs all the way down to your stomach, while saying to yourself, "My body is filled with calmness."
- Exhale slowly through your mouth and comfortably empty your lungs, while silently saying to yourself, "My body is releasing the tension."
- Do this five times slowly, and as many times a day as needed.

Concern or Shame over Your Own Reactions

- Remind yourself that your feelings are understandable and expected, you are not "going crazy," and you are not at fault for either the traumatic event or your reactions to the traumatic event.
- When talking with someone, find the right time and place, and ask if it's okay to talk about your feelings.
- If these feelings persist for a month or more, you may wish to seek professional help.

Fears of Recurrence, Reactions to Reminders

- When you are reminded of the event, try saying to yourself, "I am upset because I am being reminded of the traumatic event, but it is different now because the traumatic event is not happening and I am safe."
- Then identify coping strategies that would reduce the distress, which may include talking with others, distraction, and humor.
- If applicable, monitor and limit your viewing of media reports so you just get the information that you need.

Changes in Attitude, View of World, and Oneself

- Remember that getting back to a more structured routine can help improve decision-making.
- Remind yourself that going through a traumatic event can have positive effects on what you value and how you spend your time.

Cont'd



From the IG. So far all SUI or inspections are on hold until further notice.

That does not mean units already inspected do not need to correct any discrepancies. For EOHO (eyes on hands on) a photo of that item(s) will do.

Cadet goals can still be drawn up with phone calls as groups. This is one way to keep everyone involved. Allow everyone to input what their units should strive for once this is over.

King of the Rock – July 10-12 Staff Needed

The ILWG is the proud sponsor of this years' King of the Rock (KOR) event and preparations are well under way for what promises to be a great time had by all.

Currently we are in need of Staff to ensure a successful event. Signing up to assist in any of the following areas can be beneficial in:

- Obtaining your next promotion
- Learning new leadership skills
- OR simply using the leadership skills you currently have and being part of a successful event!

CURRENT 2020 KOR STAFF NEEDS:

- 2 Assistant Director – Senior
- 2 Safety Officers – Seniors (Lead and assistant – perhaps in addition a cadet for purposes of shadowing)
- 2 Medical Officers – Seniors (Lead and assistant)
- Logistics Officer – Senior & Cadet – (Cadet for purposes of shadowing)
- Finance Officer – Senior & Cadet – (Cadet for purposes of shadowing)
- Comms Officer – Senior & Cadet – (Cadet for purposes of shadowing)
- 2 Fire Watch Officers – Senior & Cadet
- Public Affairs Officer – Senior & Cadet
- KOR Commander – Cadet
- KOR Deputy Commander – Cadet
- KOR 1st Sergeant – Cadet

If you or someone you know who would be perfect for any of these positions, please sign up

at <https://forms.gle/VACMGtiJLk9ND1M98> **deadline for registration is April 15, 2020**

Once interest is expressed and selections are made, you will be notified on next steps in the preparation process.

PLEASE NOTE, REGISTRATION will open in June; please keep watch for further information as space will be limited this year.

We are excited to be part of this years' KOR and look forward to working with many of you in making this a safe, exciting on many fronts and successful event.

Regards,

1st Lt. Tim Richardson ~ KOR DIRECTOR
Cornelius R. Coffey Squadron

Maj. Maria Prekop ~ KOR Commandant
Lewis Composite Squadron
(C) 312-259-6851

Virtual Meetings



Google Meet is the Commercial Web Meeting tool from Google, and it is free to us as one of the many tools in our ILWG GSuite account.

Login in is easy, <https://meet.google.com>

Sign in with your ILWG email account, and it can handle all the participants you need for Virtual Meetings for your Squadron, group, or training session.

Give it a try, its included in our Wing Account with Google, as part of the ILWG account, so it is free for you to use.

Information on how to use Google Meet is here: <https://support.google.com/meet/answer/9302870?co=GENIE.Platform%3DDesktop&hl=en>

Who can use this tool, Squadrons for Virtual meetings, Groups for their meetings. Squadron, Group, Wing Staff for departmental meetings, or training sessions. ES Staff for ES training. ES staff and IC's for meeting within the ES frame work, even at missions.

It offers two versions, and you will choose as you start a meeting, web meeting, or Webinar. Just use your ILWG email as the login.

The user manual link is above, try it I hope you like it, the alternative is also available WebEx offers a free version, not a free trial, a free version of their product too.

Experiment with your Virtual meetings send it to your Group Commander, and he will help spread best practices to others on how to use the tools.

Group Commanders share what you hear about best practices up the chain and to other Group Commanders and with [Lt Col Paul Hertel](#), as well, so that information can be included in the Newsletter too.

Lt Col. John W. Fletcher, CAP
IL Wing Vice Commander

(H) 1-630-869-6025
(C) 1-630-943-8635

With this crisis our country is facing and our meetings have been hindered we can still teach Aerospace Education. For squadron AEO's use your resources to set up a schedule for both the cadets and senior members to work from. Use both the Aerospace Education modules and the AEX books. Have your members keep a binder which has their work in, then when this is over you can give credit to those doing the work. If you are going to do the AEX Program this is a good time to do it and when meetings start up again you will not have that much work to do for it. There are a number of videos you can get through YouTube which some of the squadrons are creating which ties into both the Modules and the AEX program this is a good resource. The Region is looking into having an online school for AE. You may even want to click on NASA's Aerospace educational materials for their home school programs with one being titled "Learning Space ". If anyone would like more info about how to program for a period of time or needs help in implementing a certain number.



Respectfully,
Lt Col Art Urban DAE

Cadets who are interested and looking for something to do can go to: aviation101.org
They can create a FREE account and take a full basic ground school from **Embry-Riddle**. I will be assigning the cadets in IL282 to this program as an Aerospace Education project. I have previewed the videos and it is an excellent program. **Did I mention it is FREE?**

Summer Encampment 2020

After a lengthy discussion with Wing leadership, we have decided to continue planning for Summer Encampment 2020. As we all know, the COVID-19 pandemic continues to change our lives daily. With that being said, we feel that with Summer Encampment being slotted for 1-8 AUG 2020, we have a good chance of things being returned to a somewhat normal environment.



With the Encampment being held so late in the summer, our timeline for applications has shifted. We expect to open Cadet Cadre applications around the middle of April and open the student applications in the first half of May. In addition, we are following suite with Spring Encampment in utilizing CampDOC for our registration system this year. While the Spring Staff is familiar with the software, it will be a learning curve for us. Expect more information about the application procedures in the coming weeks.

If cadets had applied and were accepted to serve as Cadet Cadre members for Spring Encampment, they will be guaranteed a spot on the Summer Encampment staff due to the cancellation of Spring 2020. I will have more information for those interested cadets when the application process opens.

Senior members interested in serving in Summer Encampment volunteer roles should submit an email to me with your intent to serve.

If you have any questions or concerns, please feel free to reach out. Thank you for your continued support of Illinois Wing Cadet Programs and Summer Encampment.

Capt Gabriel C McDowell
Commander
Illinois Wing Summer Encampment
(C) 217.971.0257

Diversity and Inclusion

Illinois Wing Diversity and Inclusion Joins Great Lakes Region Diversity and Inclusion

I am pleased to announce that on March 15th 2020, Illinois Wing participated with the Great Lakes Region Diversity and Inclusion team. This team will meet via a telephone conference call each month. The team consists of myself, Captain

Grossman **Great Lakes Region Director**, Captain Samantha Beck, **Ohio Wing**, 2/Lt. Anne Bougie, **Wisconsin Wing**, Captain Chelsea Graham, **Michigan Wing**, Major Jennifer Green, **Indiana Wing**, Captain Maryellen Merek, **Wisconsin Wing**, Major Michael Weiner, **Kentucky Wing**. Our goal is to share concerns of National Headquarters and also the Great Lakes Region and our Wings.



Major Jaquelyn Rounds
Inclusion Officer

Illinois Wing Diversity and

Another great Legislative Day!

Back Row L to R; Col Rickey Oeth, Lt Col Robert Taylor, Lt Col John Domke, C/2d Lt Soren Koh, C/Capt Erik Lechleitner, Col Robert Dempsey, **Middle Row;** C/CMSgt Theodore Zinox, C/2dLt Giacomo Conde, C/1st Lt Yosef Goldbloom, C/2d Lt Abigail Turek, Lt Col John Fletcher, **Front Row;** Lt Col Paul Hertel, Lt Col Jim Bartel, C/2d Lt Jude Hemann, C/1st Lt Andrea Lyonsford, Capt Valerie Espinili, MSgt Frank D'Angelo



COMMUNICATIONS

THE CARE AND FEEDING OF BATTERY OPERATED RADIOS

We have had some radios turned in recently that were damaged by improper care. Specifically: radios that have been put away with batteries left in them. It's not at all unusual for disposable batteries to leak their corrosive chemical contents over time, no matter how expensive or dependable a brand may seem. When this happens, if you are lucky you just have to remove a nasty looking battery and replace it with a new one. At the other extreme, here is a photo of a radio that was recently sent to us for repair:

In this example, the radio has been totally destroyed; the damage is beyond repair with chemical corrosion on both halves of the radio. If that weren't bad enough, we can no longer get replacement radios of this type or even parts to repair them, so this is now just one less radio the wing has available for use. Anyone concerned yet? If not, perhaps this will help: this is the fifth (#5) such radio we've received in the past 12 months. That's an entire Ground Team Leader's kit, or a Squadron's entire allocation of these radios we will now just have to do without. Still need an incentive to take better care of your equipment? If you are familiar with the Report of Survey process that is required for equipment damaged due to neglect, that should be enough to get your attention. Having to complete a RoS is a chore I would wish on few people.



Prevention from this kind of damage is easy, and this should probably apply to your personal battery operated equipment as well: don't put away equipment that may not be used again soon without first removing the batteries completely. It's simple to do, those batteries can either be reused somewhere else in the meantime or disposed of properly if they are low or dead. But leaving them in the equipment is inviting a disaster, only made worse by the fact you will likely discover it when you need to use the equipment the next time.

Battery handling tips

The most common batteries are the Alkaline type. Here's a few things to be aware of relating to their handling:

- The chemicals in these batteries ARE corrosive. If you find one that has leaked, be careful to not come in contact with the contents which can cause chemical burns to the skin and eyes.
- Alkaline batteries should NOT be recharged and attempting to do so can cause leaks or even fires. NEVER attempt to recharge the batteries of one type in a different type's charger, such as alkaline batteries in a NiCd or NiMH charger.
- Storing batteries in the refrigerator does little to extend their life, but it doesn't hurt either. Do not store batteries in the freezer, however, or in a vehicle during hot or cold temperatures.
- While alkaline batteries ideally should be recycled when no longer needed, if you are in an area where this is not practical, such batteries are acceptable to be thrown away with household trash. These batteries by law can no longer contain mercury which was the primary reason they could not be thrown in with regular trash in the past. This is also true for Lithium (not Lithium Ion) batteries, however these types of batteries should have their

ends taped over or placed individually in plastic bags first to avoid shorting the battery and potentially causing a fire.

- Rechargeable batteries should always be properly recycled, some states even making it a law to do so. There are plenty of options for recycling any size rechargeable battery including vehicle batteries. Hardware stores and Best Buy usually have provisions for recycling them and there are other options you can find on the internet.

Regardless of the battery chemistry, never leave batteries where small children can get to them and potentially swallow them. Button shaped batteries are particularly dangerous. Immediate Emergency Room visits are the proper response to this serious situation.

For more information on battery disposal: <https://www.swancc.org/batteries>

Lt Col Robert Becker, CAP

IL Wing Director of Communications
(C) 630.631.7186



CONGRATULATIONS TO

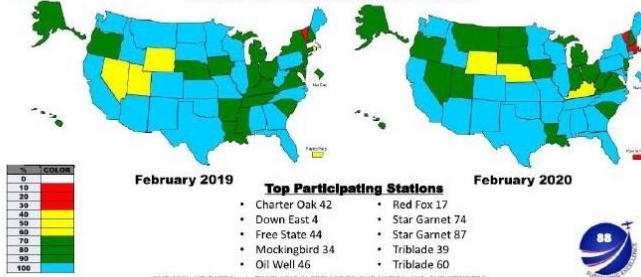
Illinois Wing's very own Lt
Col Jim Weiland

Col Weiland checked into a
record 647 out of 750 HF
Nets in 2019.



HF Net Participation

**BIG WINNER: Red Fox 17, Lt Col Jim Weiland
checked in 647 times in 2019 of 750 nets!**





SCHOLARSHIPS

CONGRATULATIONS TO THE FOLLOWING CAP SCHOLARSHIP RECIPIENTS!

C/Maj Parker Woods

Shorty Powers Composite Squadron

USAFA Preparatory School Recommendation



C/2dLt Anshul Sukhlecha

Palwaukee Composite Squadron

CAP Cadet Academic Scholarship



Core Value of the Month: ALL OF THEM

Illinois Wing, we find ourselves today in an unprecedented time where our society will be tested way beyond normal standards. Our normal daily traditions and practices will be altered or completely changed as we are battling an invisible enemy, the COVID-19 virus. These are serious times when reliance on ALL the core values are critical to our success and our survival in some cases. As citizens we all need to follow the practices requested by our leaders in government and CAP. So how do the Core Values come into play?

Integrity:

Following the guidance for social distancing, not hoarding supplies, treating work from home and school from home like a work or school day not a snow day, keeping up with the latest news, staying vigilant, committing to staying quarantined if you have any symptoms, adhering to travel restrictions.

Respect:

Treating others as you would like to be treated, watching out for fellow citizens and your fellow wingmen, taking the time to listen and consider the ideas and opinions of others, remaining calm and helping others not to panic, accepting the temporary hardships placed on you and others.

Excellence:

Doing your very best to encourage others and have a positive outlook, working hard at school or work or at home, keeping your skills sharp, staying on course in your progress to be a better person, advancing your CAP training, practicing your hand washing and hygiene regiment, being fully prepared to provide assistance.

Volunteerism:

The very core of our organization's roots, answering the call for assistance when called upon, recognizing when your help is needed, sacrificing to serve the greater community, to help form a strong team, to accomplish our missions.

If we all suffer a little by making these changes to daily life, then we help to prevent someone else from suffering a lot. The lives you impact may be your own, a CAP member, a friend, or a family member.

LIVE THE CORE VALUES FOR LIFE

Illinois Wing Cadets Receiving Appointments to the



CLASS OF 2024



C/Maj Alexis Vasiliadis Mangus Composite Squadron



C/2dLt Giacomo Conde Col Charles Compton Composite Squadron



C/CMSgt Zachary Randazzo Thunder Composite Squadron



ILLINOIS WING RANKED 13th IN GLIDER OPERATIONS IN 2019 !



FY19 & 20 Glider Utilization Rates

1 October 2018 through 30 September 2019 and 1 October 2019 through 31 January 2020 CAPF 18 Reports

FY19			FY20		
Rank	Wing	Rate	Rank	Wing	Rate
1	NC	338	18	MO	82
2	NER	328	19	SD	82
3	MN	292	20	CO	82
4	ND	259	21	MI	78
5	WA	259	22	TX	67
6	KS	242	23	VA	56
7	TN	239	24	UT	15
8	CA	216	25	AZ	0
9	AK	201	26	SC	0
10	OH	182	27	WV	0
11	GA	180			
12	AL	177			
13	IL	138			
14	HI	131			
15	NV	115			
16	NM	111			
17	FL	83			

FY19			FY20		
Rank	Wing	Rate	Rank	Wing	Rate
1	NC	115	18	OH	6
2	CA	73	19	MI	1
3	NM	58	20	AK	0
4	KS	48	21	AL	0
5	VA	47	22	AZ	0
6	TN	28	23	FL	0
7	HI	23	24	SC	0
8	GA	22	25	SD	0
9	MO	21	26	UT	0
10	NV	21	27	WV	0
11	TX	18			
12	NER	17			
13	MN	15			
14	CO	15			
15	ND	8			
16	WA	8			
17	IL	6			

How many flights on average did they fly in a month?	Goal: 200 Flights Per Glider
Fly 23 flights per month per glider	Results: 155 Flights Per Glider
Fly 16 flights per month per glider	
Fly 9 flights per month per glider	
Fly 6 flights per month per glider	

How many flights on average did they fly in a month?	Goal: 67 Flights Per Glider
Fly 21 flights per month per glider	Results: 20 Flights Per Glider
Fly 13 flights per month per glider	
Fly 2 flights per month per glider	



Fellow NCOs:

I would like to take a moment to thank each of you for your service in the US Armed Forces (current and prior) and for your continued service to our nation in Civil Air Patrol. You bring a lot of experience and expertise to the table. You are an invaluable asset to Civil Air Patrol and its missions for America. Thank you!

As the Illinois Wing Command Non-commissioned Officer (Command NCO), I have a seat at the wing staff table, and that means you, as NCOs, have a voice. Our wing commander, Colonel Dempsey, has expressed his desire to embrace the NCO Corps and how he would like to integrate NCOs into the wing. NCOs aren't new to CAP, and many of us have served as officers, but now is our opportunity to fully integrate into CAP and work closely with leadership at all echelons.

Illinois Wing NCOs now have an Advisory Board. I will serve as the "chairman" and each NCO is a "board member." The intent is to give you a formal channel to express ideas, concerns, & issues, and, of course, to advise the commander of matters concerning the wing. Please feel free to email me at fdangelo@ilwg.cap.gov with topics you'd like to present to the command staff and let me know if you have any suggestions on implementing and improving the NCO Advisory Board.

Recruiting NCOs into our corps is a goal we all should share, whether it's recruiting prior or current

service members, including those serving in CAP as officers, or reaching out to active, guard, and reserve service members throughout the state. Let's develop a plan to contact all military installations and Coast Guard bases in the state to build or enhance our relationship with their leadership. This should include visiting the installations in person to speak with service members and leaders; making literature & brochures accessible to service members & getting our message added to official newsletters or emails; and inviting service members to their nearest CAP squadron. Recruiting is an ongoing effort; it requires consistency. It'll take some work, but we can do it!

The NCO Corps will lead what I hope will be our first annual winter coat drive for veterans in need. The goal is to provide cold weather clothing to veterans throughout Illinois who are less fortunate than us. This will be a great way for CAP to get our message out to the masses and to connect with other non-profit organizations and, most importantly, to connect with our fellow veteran service members. I'd like to begin planning and implementing our first drive in late summer or early autumn. This will involve contacting retailers and shopping centers for permission to place donation boxes, reaching out to the media with the help of the Illinois Wing PAO, and arranging to collect and give the donations to organization that will give the clothing directly to veterans in need. We have plenty of time to plan and organize. Please contact me with your ideas!

As the cold and snowy weather appears in the rearview mirror, I plan on hitting the road and visiting each squadron or group headquarters where you serve. I'd like to meet with each of you in person, get to know you better, and hear your ideas. I'll be in touch in the near future to make sure we can arrange to meet at your unit on a meeting night.

These topics are just a few of many things our NCO Corps can do for Illinois Wing and CAP at large. Again, please contact me with anything you'd like to me present to our wing leadership. And, I'm looking forward to your ideas for a successful NCO Advisory Board, recruiting campaign, and winter coat drive for veterans. Keep up the great work!

FRANK A. D'ANGELO, JR., MSgt
Illinois Wing Command NCO

Get an inside look at the Cadet

Advisory Council's current status!

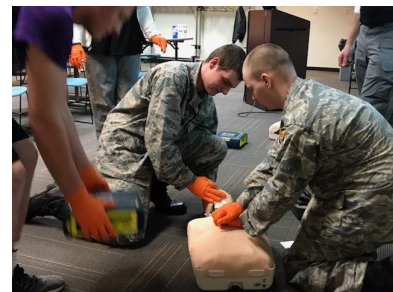
The semi-annual written report has been published and is now available for viewing. This document contains updates on each the activity of national, region, and wing CACs as well as each committee currently operating under the control of the NCAC. In the appendix of this document you can find hyperlinks to each of the memorandums completed by various NCAC committees over the last several months. Stay tuned for posts

explaining each individual committee, what their goals are, and how they are pursuing the achievement of these goals!

#civilairpatrol #cadetprograms #NCAC #semiannualreport #updates #cadetleadership #leadership
https://drive.google.com/.../1khVoHSAbrnQ3I4bKtN_Bp6Cf8.../view...



On Monday evening, 2 March 2020, the Champaign Composite Squadron conducted CPR training for the Cadets. The program was presented by Champaign Composite's very own, 1st Lt. Dr. Henry Sanicola.



A Passion to Fly

One student's path to a private pilot's license

Capt. H. Michael Miley, CAP

On a sunny Saturday afternoon at the end of

February, college student Roi Norber earned a private pilot's license... something only a small percentage of other humans have ever completed. "I grew up with aviation, and becoming a pilot was never in question." The son of a private pilot and nephew of a corporate pilot, Roi spent his childhood in and around airplanes. "It feels good to be a part of the community I've loved for so long." Congratulations are certainly in order for such an accomplishment. However, Roi's achievement took an even rarer path which meant there was almost no cost to Roi or his family. Roi did his pilot training while he was still in high school through a program funded by the United States Air Force and operated by the Civil Air Patrol. Civil Air Patrol (CAP) is the all-volunteer United States Air Force Auxiliary, which was founded in 1941. In 2015, at the age of 14, Roi joined CAP's Cadet program. He joined the Palwaukee Composite Squadron based at Chicago Executive Airport, where he moved up through the ranks. First, he learned to be a good cadet. Then he learned the leadership skills needed to be chosen as the first Cadet Commander of the newly formed Col. Charles Compton Composite Squadron in Evanston, Illinois. His participation in countless activities in and around his squadrons also included time as the Cadet Commander of the Illinois Wing Spring Encampment at Great Lakes Naval Station. But the highlight might have been his attending the Johnson Flight Academy, where cadets receive instruction leading towards a private pilot's certificate. Like several of the attendees that year, Cadet Norber (then 17) gained enough skills to solo, or fly by himself, in a CAP-owned Cessna 172.

Cadet Wings

What Roi didn't know is that based on his performance at the flight academy, Civil Air Patrol leaders chose him to be a part of a new Air Force funded program called Cadet Wings. According to CAP, Cadet Wings is a merit-based program that provides funded training "to selected Civil Air Patrol cadets to earn their Private Pilot certificate." Through Cadet Wings, the U.S. Air Force was going to pay for Cadet Norber's flight training to fulfill its mission of developing tomorrow's aerospace leaders" and fighting the pilot shortage. After he was nominated, Cadet Norber continued his learning by flying with three volunteer CAP instructors in two different CAP aircraft based around Chicago. All of this training came together at the end of February. That day, he flew with Designated Pilot Examiner Alan W. Zielinski, who agreed Cadet Norber was skilled enough to earn his Private Pilot License.

Cadet Major Roi Norber had become the 45th CAP cadet to pass his private pilot checkride as part of the Cadet Wings program. Cadet Wings applicants often reach out to Cadet Major Norber for advice, and he shares two bits of wisdom. First, remember that CAP isn't looking for people to get their pilot's license and run away from CAP. The goal is to have participants come back and prepare the next generation. The other advice he gives: "don't worry about rank." They should think about their experience and what they have done in their CAP career rather than focus on attaining the highest rank. "Experience counts. So an active and experienced Cadet Master Sergeant has a better chance of getting into Cadet Wings than a Cadet Lieutenant Colonel who just took all the tests."



Besides subsidizing the costs, the CAP Cadet Wings program offers participants everything they need to train for the private pilot rating. While some Cadet Wings participants fly with non-CAP instructors and planes, Maj. Rakic, CAP recommends taking advantage of the CAP system.



"The Cadet Wings program gives cadets access to flight instructors that they couldn't otherwise afford."

- Maj. Rod Rakic CAP CFI

In Cadet Norber's case, he learned from current and former military, airline, and FAA pilots... instructors with decades of experience. None of these instructors provide instruction at a flight school, so CAP is the only way to get access to them.

Outside CAP, most instructors are often young and merely building time to go to the airlines. But CAP instructors are volunteers who are flying for passion and motivated by giving back. Cadet Norber recommends that future Cadet Wings participants fly in CAP planes rather than use traditional flight schools. "Go with CAP. It takes more patience and takes a bit longer. But the level of training you get at CAP is unparalleled." He said that CAP instructors were committed to teaching him how to be a great pilot, not just pass the tests. "If you have the time and patience to fly with cap, it prepares you for an aviation career."



Best Prepared Students

According to one of his flight instructors, Maj. Rod Rakic, CAP, "[Roi] is strong enough to be a lawyer or doctor, and the aviation ecosystem is better off because we got him in the cockpit. Aviation isn't the only industry competing for this talent."

Rakic, a former CAP cadet himself, believes that CAP cadets make the best, most prepared flight students. "They arrive with the motivation and discipline that you can't assume from the general population. Their cadet training gives them a great foundation for attention to detail, completing the tasks assigned, and working in a team."

According to Rakic, the process starts as cadets join CAP. They begin to learn to be a good cadet, learn to follow, and then learn to lead. Along the way, cadets have access to take multiple flights in a Cadet Orientation program which is also funded by the U. S. Air Force, which gives them a view towards being a pilot. For many cadets, they attend flight encampment, and many end up soloing an aircraft. By the time they get to the Cadet Wings program, they are very well prepared for the challenges ahead of them. Compare this to the process outside of CAP, where the selection for student status is based on having the money to start and requires no criteria of proven, strong preparedness.

Looking Forward...

Now back at the University of Wisconsin - Madison, Roi is working on his undergraduate degree and hoping to get into law school. Cadet Major Norber continues to take advantage of the Cadet Wings program, which provides 1.8 hours of monthly flight time to maintain proficiency. He is already planning additional training to fly the more complex Cessna 182 equipped with more advanced and modern Garmin G1000 avionics. His instructors have no doubt he will succeed in this and anything aviation related he takes on.

Learn about CAP

Civil Air Patrol, the longtime all-volunteer U.S. Air Force auxiliary, is the newest member of the Air Force's Total Force. In this role, CAP operates a fleet of 560 aircraft, performs about 90 percent of continental U.S. inland search and rescue missions as tasked by the Air Force Rescue Coordination Center and is credited by the AFRCC with saving an average of 80 lives annually. CAP's 60,000 members also perform homeland security, disaster relief and drug interdiction missions at the request of federal, state and local agencies. In addition, CAP plays a leading role in aerospace/STEM education, and its members serve as mentors to over 25,000 young people participating in CAP's Cadet Programs. Visit www.GoCivilAirPatrol.com or www.CAP.news for more information. Your copy should address 3 key questions: Who am I writing for? (Audience) Why should they care? (Benefit) What do I want them to do here? (Call-to-Action)

Public Affairs! The link below is a list of our official CAP Facebook Groups. These Groups are moderated by the national PA Team and the national staff teams for the area each represents.

Do be cautious of any other Groups not linked here, as they may not be authorized to represent the national interests of CAP. <https://www.facebook.com/pg/capnhq/groups/>



Last week Thursday and this week Thursday Public Affairs had a Google Meet. Special guest was the GLR Public Affairs Officer, Maj Bill Vendramin. Next month there will be another special guest. Lets get more than six PAOs in the Google Meet!

I have a couple items KOR and Chicago Wolves STEM event I'm going to put in the EXTERNAL Newsletter. I'll also submit those items to the GLR Magazine. The GLR PAO is looking for articles for the magazine. Three article per wing twice a year. It's up to the unit PAOs to get this done. You can submit directly be sending them to Maj Bill Vendramin at: william.vendramin@inwg.cap.gov Let's send him more than enough.

Please review CAPR 39-1. There have been changes. We don't want photos turned down because of uniform violations.

Photos! Get those action and awards and promotions photos uploaded to social media, As we discussed during the Public Affairs Google Meets, social media starts with the units (mostly) and trickles up to wing.

I challenge everyone to "Like" your units and the wing Facebook Pages and repost and/or post to your personal page goings on at your squadrons and Illinois Wing.