



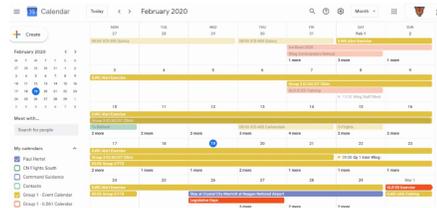
THE ILLINOIS WING RECAP!

Where Imagination Takes Flight



Upcoming Events

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



This newsletter is pretty long. You likely won't see all of it to the end. After scrolling to the end (it's not really the end) of the newsletter, immediately after the the newsletter you will see "[Message clipped] [View entire message](#)". Please click on "[View entire message](#)" to see the rest of the newsletter. This is because of the length of the newsletter Thank you.

Help Wanted

Public Affairs seeking members, cadet or senior with proficiency in Adobe Illustrator. The successful candidate should be someone truly willing to work with the Wing PAO and various planning committees to provide spec products, flyers banners and other graphics in a timely manner.

Illinois Wing is still looking for members both Seniors and Cadets interested in planning the 2020 IL Wing virtual Aerospace Conference. An event on Aerospace and STEM topics. The event is tentatively planned for the Fall, but specific dates have yet to be selected. If you are interested please contact the AE Conference Project Officer, Lt Col Dan Roman droman@cap.gov

The **Diversity and Inclusion Committee** is looking for another cadet to bring additional perspective and ideas to the "table" please contact DIO@ilwg.cap.gov if you are interested.

Wing COMMANDER'S CORNER

Hello IL Wing!

**CONGRATULATIONS
ILLINOIS WING
AEROSPACE EDUCATION**



**CONGRATULATIONS
LT COL ART URBAN
AND ALL THE AE OFFICERS IN IL WING**

SAVE THE DATE

26 & 27 SEPT 2020

**The 2020 IL Wing
Virtual / Hybrid Aerospace Conference**



**PRESENTATIONS
STEM EVENTS
DEMONSTRATIONS
MODEL ROCKETRY
AIRCRAFT TOURS**



**Small UNMANNED AERIAL SYSTEMS
KEYNOTE SPEAKERS
AVIATION CAREER EXPLORATION
CONTESTS**

More details to be released soon



Be well, be safe
Col Bob Dempsey

Together We ALL Succeed

2020 Civil Air Patrol Mission Awards

AEROSPACE EDUCATION MISSION AWARD WINNERS

Northeast Region	Pennsylvania Wing
Mid-Atlantic Region	Virginia Wing
Great Lakes Region	Illinois Wing
Southeast Region	Georgia Wing
North Central Region	Minnesota Wing
Southwest Region	Texas Wing
Rocky Mountain Region	Wyoming Wing
Pacific Region	Alaska Wing

CADET PROGRAMS MISSION AWARD WINNERS

Northeast Region	Massachusetts Wing
Mid-Atlantic Region	Virginia Wing
Great Lakes Region	Michigan Wing
Southeast Region	Georgia Wing
North Central Region	Missouri Wing
Southwest Region	Arizona Wing
Rocky Mountain Region	Montana Wing
Pacific Region	California Wing

HOMELAND DEFENSE/ HOMELAND SECURITY MISSION AWARD WINNERS

Northeast Region	New Jersey Wing
Mid-Atlantic Region	National Capital Wing
Great Lakes Region	Kentucky Wing
Southeast Region	Puerto Rico Wing
North Central Region	South Dakota Wing
Southwest Region	New Mexico Wing
Rocky Mountain Region	Idaho Wing
Pacific Region	Hawaii Wing

DISASTER RELIEF MISSION AWARD WINNERS

Northeast Region	Connecticut Wing
Mid-Atlantic Region	North Carolina Wing
Great Lakes Region	Wisconsin Wing
Southeast Region	Florida Wing
North Central Region	Kansas Wing
Southwest Region	Arkansas Wing
Rocky Mountain Region	Montana Wing
Pacific Region	Alaska Wing

SEARCH AND RESCUE MISSION AWARD WINNERS

Northeast Region	New Hampshire Wing
Mid-Atlantic Region	North Carolina Wing
Great Lakes Region	Michigan Wing
Southeast Region	Florida Wing
North Central Region	Minnesota Wing
Southwest Region	Arizona Wing
Rocky Mountain Region	Utah Wing
Pacific Region	California Wing



Civil Air Patrol's National Conference went virtual!

There were over 10,000 attendees during the two-day event. If you have registered, you have one yer to view the sessions at [CAP National Web Site](#)

THE WING CC AND THE WING PAO WOULD LOVE TO VISIT YOUR ON-LINE MEETING Please let Col Dempsey and Lt Col Hertel know about your unit meetings.

Promotions! Awards! Duty Assignments! New Members!

Personnel Announcements are now located in the wing [Personnel Announcements](#) web page. Click below to directly access each report. Congratulations to all promotees, award winners, new members and Birthday Celebrants!

[2020-07 Announcements](#)

[2020-06 Announcement](#)

[2020-05 Announcements](#)

From Chaplain, Major, Le'on Willis



In a challenging world, there is nothing more challenging than dealing with the new opportunities that each day represent. There was a sitcom years ago called "Different Strokes". It was indicative of young people going through a culture shift in their lives due to a higher matriculation in their academic learning. Due to the pandemic in the world and other issues we too are going through a culture shift which bring issues for some and opportunities for other. However, the key component in any situation is how do we work together in order to make the shift vital to everyone? We use the slogan "We are in this together" but have we discerned what does it means to be together?

In a society where we declare that each person has free speech, at times it can lead to problems if we cannot disagree to agree. Our family is a small cell that help constitute a larger cell, called the world. If we can agree in the smaller cell, it should be a learning tool as how to work through problems in the larger cell, if we are truly in this together. Life will teach us a true saying that I would hear my fore parents say, "Tongue and cheek will say anything depending on one needs at that time", because people in general only look out for themselves and their friend". I was told in order to have a friend one must show that they are friendly. Being boxed into the situation that the world is in today, can we show each other that we are a friend, because we are in the world situation together? Each day we wake up, it should be obvious that the pandemic has no friend and does not need any, but we do. Because of this scenario we should grow to realize that we may be of different colors, but we still need one another. When a person is in critical condition, are they concerned about who rescue them or are they concerned about just being rescued? If we are to live out the true meaning of being in this together, then we must learn that no person is an island. Regardless of how painful this might be it does include you.
Love, Peace, and Friendship I leave with You

Chaplain Le'on Willis, Major
Illinois wing

Lt Col Joe Long, Wing Director of Operations



The Great Lakes Region and IL Wing are working to present a Virtual Private Pilot School.

Cadets and Senior Members are welcome to attend.

At this point we are gauging interest in the program. We have a group of instructors ready to teach.

The goal is to prepare you to take the FAA Private Pilot Knowledge test in preparation for flight training.

I don't have information regarding materials or the associated cost at this point.

Click the link below to sign up.

[Private Pilot Ground School Sign Up](#)

Here is a link to the video recordings of the ES training that has been done.

<https://ilwg.cap.gov/members/wing-staff/emergency-services/virtual-es-training>

Information Technology/GIS

CAP NHQ has launched an expanded Geographic Information Systems (GIS) program, Details can be found here: <https://www.gocivilairpatrol.com/programs/emergency-services/cap-geographic-information-systems-gis> and a great summary video presentation can be found here: <https://vimeo.com/439054641/d1a58f8ef6> . IL Wing is around to announce Capt Tom Schramka as our GIS Officer assigned to this new program. If you would like more information or like to get involved, contact Capt Schramka at tschramka@ilwg.cap.gov .

Maj Edward E. Danley, CAP

IL WG Director of IT

1st Lt Jamie Hiles - Professional Development



The new PD program is officially off and running and is now known as Education and Training! Unit and Group officers are now known as Education and Training Officers (ETOs) and the Wing Director of Professional Development is now the Wing Director of Education and Training (DET).

Instead of signing up to attend courses, such as SLS and CLC, we will now be signing up for cohorts for either online, in-person courses, or a combination of the two options. For those wishing to dive right in, go to the eServices menu tab > Professional Development > Professional Levels. Click on Cohort Request under the Volunteer University section. You will be able to request a cohort to go through your Level training with. If you notice after signing up that you are no longer registered, please don't sign up again as you have been placed in a cohort and the instructor will contact you shortly. Under the Accomplishments section you will be able to record your progress and upload documentation yourself instead of relying on your ETO to do it for you. Please contact your unit's ETO with questions about your ET progress and what you need to focus on next.

Please sign up as an [instructor](#) for the new program. Go to the [NHQ website](#) for more application details. You will need to submit a resume along with your application. Please remember that becoming an instructor is a requirement to complete both Levels IV and V. The good news is you don't have to be in Level IV or V to become an instructor. If you are interested in teaching and mentoring other members you can apply to instruct prior to starting Level IV. Please keep the applications coming so we have more instructors to fill this great need as we have many members waiting for instructors as we speak.

We have one virtual conference left coming up this month. The [ORWG conference](#) will be held 29 Aug 2020. Stay tuned for more conference announcements.

Now is the time to make sure your Cadet Protection Basic or Advanced Course training is current. This needs to be completed every four years. For new members and cadets who are about to turn 18 you will have to complete a conversation along with the course. Contact your ETO to make arrangements for this

part of the training. The course is in LMS in eServices. If you aren't sure if you need the course, contact your ETO to check your status. Let's make sure we are at 100% compliance when the quarantine is lifted.

As a part of the Aerospace Program, Senior Members need to complete the Yeager Exam. This now counts towards Level II completion. The Yeager Exam is currently in Axis under the Learning Management System (LMS). To complete the Yeager you will need the Aerospace Textbook. You can download it by going to Menu > Aerospace Education > AE Downloads and Resources. Download Aerospace: The Journey of Flight 3rd Edition. To find the Yeager Exam go to Menu > Online Learning > Learning Management System. Click on the "Go to AXIS" button at the top of the screen. Click on the Course Catalog tab. Scroll down to almost the bottom of the list for the Yeager Award Exam. Click on enroll. The exam is open-book. Contact your ETO if you have any questions about the exam.

The final RSCs have come to a conclusion. We had a total of 7 members graduate from the NCR RSC on 25 July 2020 for a grand total of 24 graduates from ILWG during 2020. Join with me as we recognize the NCR RSC ILWG class of 2020! Congratulations everyone!

1st Lt Joanne Weber
Maj Carl Hendricksen
Maj Uei Lei
Capt John Trimarco
1st Lt Lori Tolliver
1st Lt Dragan Lazic
Maj Barbara Buckner

The [ILWG ET calendar](#) has lots of resources about upcoming courses, conferences, and grandfather period deadlines for each Level. Please refer back to it periodically as new training opportunities are added.

1st Lt Jamie Hiles, CAP
Illinois Wing, Director of Professional Development
(C) 325.733.6530

Safety Always!



9 Ways to Protect Your Ears and Hearing Health



Once your hearing is damaged, it's gone for good. That's why we raise awareness about the prevalence of hearing loss, the importance of early diagnosis, and the options for taking action to find the best [hearing solution](#) for your needs. Don't wait until it's too late to start taking care of your ears! Here are nine easy ways to protect your ears and your hearing health.

1. Use earplugs around loud noises

Approximately 15% of Americans have noise-induced hearing loss because of loud work or leisure environments.

Clubs, concerts, lawnmowers, chainsaws, and any other noises that force you to shout so the person next to you can hear your voice all create dangerous levels of sound. Earplugs are convenient and easy to obtain.

2. Turn the volume down

According to the World Health Organization, 1.1 billion teenagers and young adults worldwide are at risk for noise-induced hearing loss from unsafe use of audio devices.

If you like to enjoy music through headphones or earbuds, you can protect your ears by following the 60/60 rule. The suggestion is to listen with headphones at no more than 60% volume for no more than 60 minutes a day.

Earbuds are especially dangerous, as they fit directly next to the eardrum. If possible, opt for over-the-ear headphones.

Don't forget that any loud music, not just music played through headphones, presents a risk for noise-induced hearing loss. If you're hosting a social event, keep the music at a volume which won't force people to shout in order to hold a conversation

3. Give your ears time to recover

If you are exposed to loud noises for a prolonged period of time, like at a concert or a bar, your ears need time to recover. If you can, step outside for five minutes every so often in order to let them rest.

What's more, researchers have found that your ears need an average of 16 hours of quiet to recover from one loud night out.

4. Stop using cotton swabs in your ears

It's common for people to use cotton swabs to clean wax out of their ear canal, but this is definitely

It's common for people to use cotton swabs to clean wax out of their ear canals, but this is definitely not advisable. A little bit of wax in your ears is not only normal, but it's also important. The ears are self-cleaning organs, and wax stops dust and other harmful particles from entering the canal. Plus, inserting anything inside your ear canals risks damaging sensitive organs like your ear drum.

If you have excess wax, you can clean around the canal with a damp towel—gently. You could also use ear wax removal solution over the course of a few nights. This softens the wax so that it will eventually flow out on its own. The best solution is always to seek a professional opinion and care when possible.

5. Take medications only as directed

Certain medications, such as non-steroidal anti-inflammatory drugs (NSAIDs) like aspirin, ibuprofen and naproxen, can sometimes contribute to hearing loss. Discuss medications with your doctor if you're concerned that they'll impact your hearing ability and take them only as directed.

6. Keep your ears dry

Excess moisture can allow bacteria to enter and attack the ear canal. This can cause [swimmer's ear](#) or other types of ear infections, which can be dangerous for your hearing ability. Be sure you gently towel-dry your ears after bathing or swimming. If you can feel water in the ear, tilt your head to the side and tug lightly on the ear lobe to coax the water out.

You can also ensure that your ears stay dry and healthy by using custom-fit swimmers' earplugs, which block water from entering the ear canal. They're great for adults and kids alike, and they work wonders in preventing swimmer's ear. [Make an appointment](#) with your local hearing health professional to get fitted.

7. Get up and move

Did you know that exercise is good for your ears? It's true. Cardio exercises like walking, running, or cycling gets the blood pumping to all parts of your body, including the ears. This helps the ears' internal parts stay healthy and working to their maximum potential.

Make sure to stay safe! When cycling, always wear a helmet. If you fall and hit your head, a concussion can harm your hearing.

8. Manage stress levels

Stress and anxiety have been linked to both temporary and permanent tinnitus (a phantom ringing in the ears). High levels of stress cause your body to go into fight or flight mode, which is an instinctual reaction that fills your body with adrenaline to help you either fight or flee from danger. This process puts a lot of pressure on your nerves, blood flow, body heat, and more. It's commonly thought that this pressure and stress can travel up into your inner ear and contribute to [tinnitus symptoms](#).

9. Get regular checkups

Ask your primary care physician to incorporate hearing screenings into your regular checkups. Because hearing loss develops gradually, it's also recommended that you have annual hearing consultations with a hearing healthcare professional. That way, you'll be more likely to recognize signs of hearing loss and take action as soon as you do.

Taking action is important because untreated hearing loss, besides detracting from quality of life and the strength of relationships, has been linked to other health concerns like depression, dementia, and heart disease.

6 Steps for Safe & Effective Disinfectant Use



Step 1: Check that your product is EPA-approved

Find the EPA registration number on the product. Then, check to see if it is on EPA's list of approved disinfectants at: [epa.gov/istn](https://www.epa.gov/istn)



Step 2: Read the directions

Follow the product's directions. Check "use sites" and "surface types" to see where you can use the product. Read the "precautionary statements."

Step 3: Pre-clean the surface

Make sure to wash the surface with soap and water if the directions mention pre-cleaning or if the surface is visibly dirty.



Step 4: Follow the contact time

You can find the contact time in the directions. The surface should remain wet the whole time to ensure the product is effective.

Step 5: Wear gloves and wash your hands

For disposable gloves, discard them after each cleaning. For reusable gloves, dedicate a pair to disinfecting COVID-19. Wash your hands after removing the gloves.



Step 6: Lock it up

Keep lids tightly closed and store out of reach of children.

[coronavirus.gov](https://www.coronavirus.gov)

Girls in Aviation Day



Save the date for the sixth annual international Girls in Aviation Day on September 26, 2020. Thousands of girls, ages 8-17 around the world, will be able to experience the 6th Annual Girls in Aviation Day through a new and exclusive Aviation for Girls App.

A Women in Aviation International® Event

- Three age-appropriate content tracks for elementary, middle school and high school students
- Career panel videos
- Instructional activity videos
- Social media posts
- Online learning activities
- Meet positive female role models
- Virtual tours
- Scholarship information
- Education resources
- Expanded *Aviation for Girls* magazine

More details to come - watch their web site!

[Experience #GIAD20 virtually with the Aviation for Girls app flyer.](#)

Hello from Diversity and Inclusion, - Lt ColJaquelyn Rounds

Below is the list of Illinois Wing Diversity and Inclusion Committee members

Lt. Col Jaquelyn Rounds Wing Diversity and Inclusion Officer
Lt. Col Paul Hertel Wing Public Affairs
1st Lt. Joann Weber
Maj Maria Prekop
Maj Lori Van Meter
Maj Chaplin Leon Willis
Capt Chaplin Kevin Massey
Capt Tim Richardson
MSgt. Frank D'Angelo
Capt Gwendolyn (Wendy) Walsh
2d Lt. Adam Fitting
C/Capt Jonathan Norber



If you have any thoughts, concerns or ideas how to promote and/or increase our diversity email the committee at DIO@ilwg.cap.gov

Jaquelyn Rounds, Lt Col, CAP
Illinois Wing Diversity Officer
(c) 708-574-7010
Jrounds@ilwg.cap.gov

Public Affairs!

I am willing to assist any cadet wishing to accomplish the Public Affairs Staff Duty Analysis.



At your service,

Lt Col Paul Hertel, CAP
IL Wing Public Affairs Officer
(618) 792-8556

This newsletter is pretty long. You likely won't see all of it to the end. After scrolling to the end (it's not really the end) of the newsletter, immediately after the the newsletter you will see "[Message clipped] [View entire message](#)" Please click on "[View entire message](#)" to see the rest of the newsletter. This is because of the length of the newsletter Thank you.

Illinois Wing Public Affairs
618-792-8556
[Email](#)
[Website](#)