



**CIVIL AIR PATROL
NELLIS COMPOSITE SQUADRON
NEWSLETTER**

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NCS ASSISTS NEW USAF SQUADRON

June 6, 2009—Nellis AFB Nevada

Five cadets from the Nellis Composite Squadron assisted in the activation ceremony of the 2nd Special Operations Squadron. The 2nd SOS is the first USAF Reserve Squadron to fly the MQ-1B Predator Unmanned Aerial Vehicle.



Major Patrick Harris
Deputy Commander -Seniors

Present at the ceremony were Major General Frank J. Padilla Commander 10th Air Force, Colonel Raymond F. Pijma the commander of the 2nd SOS. The 2nd traces its history back to the 2nd Balloon Company during WWI.

Three two-star Generals, several full Colonels, the 10th AF Command Chief and several Base dignitaries, attended the ceremony, which included the award of several high level Air Force decorations to Squadron members. Several individuals commented on the professionalism and service of the Nellis Cadets and the contributions that CAP provides to the USAF in general.



Cadets; < C/CMSG McLaughlin, C/SrA Chavez-Hallett, C/SrA Cheeld, C/Amn Dixon, C/Amn Sanders > and C/AB Deboy (not shown) assisted in parking lot control and escorting the distinguished visitors to the ceremony.

NCS FILE PHOTOS

THIS IS WHAT WE DO

NCS AWARDS NIGHT JUNE 2, 2009



Cadets and their Commanders

<Lt Col David Jadwin, Squadron Cmdr.

C/Lt Col Andrew McLaughlin>
Cadet Commander



(right) C/2nd Lt Ariya Le Jr.

has earned the Mitchel award. Shown with his proud Father, Ariya Le Sr. Mr. Ayiya Le Sr. TRULY APPRECIATES THE VALUE OF FREEDOM, being a former Viet-Cong Captive.



< (lft-Rt) C/CMsg William McLaughlin received his Armstrong Award.

PROMOTED; C/Sra Eric Chavez-Hallett, C/Sra Charles Cheeld, C/Sra Glenn Sult and C/Amn Casey Patterson >

WING INSPECTION

June 6, 2009 - Airman Leadership School, Nellis AFB, NV



NCS Team:

Congratulations on a great Subordinate Unit Inspection (SUI)!

Our squadron earned a rating of “Successful.” That means, as a unit, we are doing what we are supposed to be doing & doing it well.

There was only one ‘low’ rating – “marginal” – due to the fact we do not have anyone assigned to that position at this time. We knew that that may be an issue, but we’ve already addressed this prior to the inspection.

There are a couple stand out points too. Two areas earned an “Excellent” rating. Also, the inspectors learned some new things from a couple of our staff members. 😊

Thank you once again to everyone that helped make this successful! More details will be shared on Tuesday.

David Jadwin Lt Col, CAP

NCS Commander



< Lt Col Perrenot Wing Inspector General, Major Garret Coleman, Col Phillip Brown >

Major Kathy Lindow

HEAT STRESS & STRAIN SAFETY DATA SHEET

	SYMPTOMS	SIGNS	CAUSE	FIRST AID	PREVENTION
HEAT STROKE	Chills Restlessness Irritability	Red face Disorientation Hot, dry skin (but not always) Erratic behavior Collapse Shivering Unconsciousness Convulsions Temperature 104°	Excessive exposure Subnormal tolerance (genetic or acquired) Drug/alcohol abuse	Immediate, aggressive effective cooling Transport to hospital Take temperature	Self-determination of heat stress exposure Maintain a healthy lifestyle Acclimation
HEAT EXHAUSTION	Fatigue Weakness Blurred vision Dizziness, headache	High pulse rate Profuse sweating Low blood pressure Unsure walk Pale face Collapse Temperature normal to slightly increased	Dehydration (from sweating, diarrhea, vomiting) Distribution of blood to the periphery Low level of acclimation Low level of fitness	Lie flat/back in a cool environment Drink water Loosen clothing	Drink water or other fluids frequently Add salt to food Acclimation
DEHYDRATION	No early symptoms Fatigue/weakness Dry mouth	Loss of work capacity Increased response time	Excessive fluid loss (from sweating, diarrhea, vomiting or alcohol)	Fluid replacement (water or Gatorade)	Drink water or other fluids frequently Add salt to food
HEAT FAINTING	Blurred/fuzzy vision Fainting (brief) Normal temperature	Brief fainting or near-fainting behavior	Pooling of blood in the legs & skin from prolonged squat posture and heat	Lie in cool environment Drink water	Flex leg muscles several times before moving Stand or sit up slowly
HEAT CRAMPS	Painful cramps (in abdominal or fatigued muscles)	Incapacitating pain in muscle	Electrolyte imbalance caused by prolonged sweating without adequate fluid & salt intake	Rest in cool environment Drink Gatorade Massage muscles	If hard physical work is part of the job, workers should add extra salt to food.
HEAT RASH (prickly heat)	Itching skin Reduced sweating	Skin eruptions	Prolonged, interrupted sweating, inadequate hygiene	Keep skin clean and dry Reduce heat exposure	Keep skin clean and periodically allow the skin to dry

KEEP COOL THIS SUMMER provided by Lt Col Bryan Dinsmore, Safety Officer