



ABENAKI NEWS



Volume 23, Issue 1

"Semper Vigilans!"

SPRING 2020

WING CALENDAR

Lesley M. Lara
CAP Wing Administrator

APRIL

- 15 Commander's Call/Wg. Staff
Probably done online
- 18 Open Tng. Day CON for cadets
who want to train for comps.

MAY

- 15-17 Cape Cod Trip 6pm depart
- 16-17 AE Weekend
- 20 Commander's Call/Wg. Staff
- 30 Summer Academy Staff Tng. 9-2
Trinity Baptist Church, Con.

JUNE

- 6 ES A5 Exercise
- 13 Corp. Learning Course 8-4:30
Headquarters
- 15 Abenaki News deadline

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"SEMPERVIGILANS"

COMMANDER'S CORNER

Col. Darin L. Ninness, NH Wing Commander

Team Granite State: I haven't had the chance yet, due to our "oft-rescheduled" conference, to speak to the entire wing. I just want to take a minute to tell you that I'm both proud and humbled to have this opportunity to lead the more than six hundred Citizen Airmen of the Granite State into the third decade of the 21st Century. This is truly an interesting time to be a member of Civil Air Patrol, and that was even *before* COVID-19 made things even more interesting.

I encourage everybody to keep your eyes on the mission and do what you can to foster an atmosphere of teamwork and camaraderie, even if we'd be doing it over the phone, via a virtual meeting or in a simple email. Take every opportunity you can to connect with your fellow members to network, learn and gain important knowledge during this time, or just check in with one another and say "Hey, how are you doing?" Now is definitely the time to take a few hours and knock out that GES test, some online specialty track training in AXIS, or the ICS 700 course you've been putting off for six months.

During this downtime, I'd also like to focus our thoughts and efforts on a subject that we talk about a lot in CAP: mentoring.

Mentoring is something that is essential to CAP's growth and member development. As General Smith says, "Civil Air Patrol is a large, complex, hierarchical, rules-driven organization." As a result of those characteristics, there are a lot of moving parts and pieces of esoteric knowledge that not everybody can learn from reading a regulation or a pamphlet or sitting through a Power Point presentation. Someone must teach these things, too.

Continued Pg. 7

AWARDS AND PROMOTIONS

EARHART AWARD

Seth Cornell Seacoast
 Samuel Humphreys Seacoast

MITCHELL AWARD

Andrew Pincince Highlanders

CONCORD

Phoebe Slayton C/SMSGt
 Jacob Gurtner C/SMSGt
 Elijah Riehl C/MSgt
 Mathew Schultz C/TSgt
 John Parker Resling C/TSgt
 Arelya Thibeault C/SSgt
 Abigail Sowers C/SrA
 Riley Weeks C/A1C
 Jorge Bennett C/A1C
 Sophia Anderson C/Amn

GREATER NASHUA

Nehemiah Groder C/CMSgt
 Mishka Allam C/TSgt
 Kathleen Laramie C/TSgt
 Josiah Itterman C/TSgt
 Haylie Knight C/SrA
 Steven Illidge C/SrA
 Brynn Rechtsteine C/SrA
 Johnny Neal C/A1C

HIGHLANDERS

Sheighlyn Folger C/SMSGt
 Ethan Kelley C/SSgt
 Lauren Turner C/SSgt
 Ryan Thompson C/SrA
 Joshua Keeney C/A1C

LEBANON

Thomas Shepherd C/MSgt
 Chase Buffington C/A1C

MANCHESTER

Seairah Demers C/SMSGt
 Kiengsack Syhabout C/SSgt
 Donald Fontenot C/SrA
 Jocelyn Cullen C/Amn

MONADNOCK

Benjamin Feola-Mahir C/CMSgt
 Jethro Somero C/CMSgt
 Michael Moneghan C/MSgt

MT. WASHINGTON

Zoie Rae Brown C/Amn
 Hidalgo Kardell C/Amn
 Viggo Kardell C/Amn
 Jacob Rateau C/Amn
 Clara Robinson C/Amn
 Cole Sullivan C/Amn
 Jaden Szurley C/Amn
 Ian Thompson C/Amn
 Joseph Woodson C/Amn

SEACOAST

Samuel Humphreys C/Capt.
 Seth Cornell C/Capt.
 Nathaniel Citarella C/CMSgt
 Jack Hatfield C/CMSgt
 Edward Priestley C/TSgt
 Riley Quinn C/TSgt
 Andrew McLaughlin C/SSgt
 Tyler Mitchell C/SSgt
 Finnegan Scease C/SSgt
 Gavin Russo C/SrA
 Liam O'Brien C/A1C
 Benjamin Colaneri C/A1C
 Jacob Pridham C/Amn
 Jaylynn Brochu C/Amn
 Joshua Brochu C/Amn
 Anya Cunningham C/Amn
 Aidan O'Brien C/Amn
 Drew Jesseaume C/Amn
 Marcus Anderson C/Amn
 Joshua Rayman C/Amn
 Andre Ronaldson C/Amn
 John Washington C/Amn
 Haley Traub C/Amn
 Donovan Chan C/Amn



SQUADRON NEWS

Submitted by Individual Units



CONCORD COMPOSITE SQUADRON

President's Day weekend 15 and 16 February the squadron used three aircraft to accomplish 10 flights. The weather was wonderful and 22 cadets received orientation flights over the two days. The events could not have happened without the assistance of Capt. Acone, Capt. Gray, Lt. Craig and Lt. Rizzi. It takes great weather and dedicated pilots along with eager cadets to make such a time successful.



GREATER NASHUA COMPOSITE SQUADRON

The squadron members participated in an ES Trainex. Eight cadets received orientation flights this quarter. A fun night of tubing was held at McIntyre Ski Area in February. Members enjoyed a movie night and held their spring Open House in February.



Ready for ES Trainex instructions

HIGHLANDERS CADET SQUADRON

Cadet 2nd Lt. J. Kelley has been appointed the new squadron cadet commander. Although the quarter started off slow a movie night on the 5th week in January was well attended. The topic was about leadership and a track team's journey to a championship. Five cadets and one staff attended the NCOLS over Feb. vacation. Three members attended the SAREX in March. The following cadets will attend NCSAs this summer. Cadet Hunt to PJOC, J. Kelley to Space Familiarization, and E. Kelley to Civil Engineering. The wing staff team of Ninness, Washington and Riis visited the squadron.



Capt. Adam Behr, Sq.CC; Cadet DeBow and Cadet J. Kelley
New Cadet Commander

MANCHESTER CADET SQUADRON

Cadets Dillaway, Demers, Syhabout, and Fontenot attended the winter NCOLS course over February school vacation week. Cadet Demers was a staff mentor while the others were busy learning leadership skills.



Cadets Dillaway, Demers, Syhabout and Fontenot

MONADNOCK COMPOSITE SQUADRON

Monadnock Composite Squadron has been taking great strides toward emergency services. At our recent safety stand down, cadets learned basic first aid and fire safety from their First Sergeant, Jonathan Cheney who is a volunteer firefighter outside of CAP. In addition to emergency

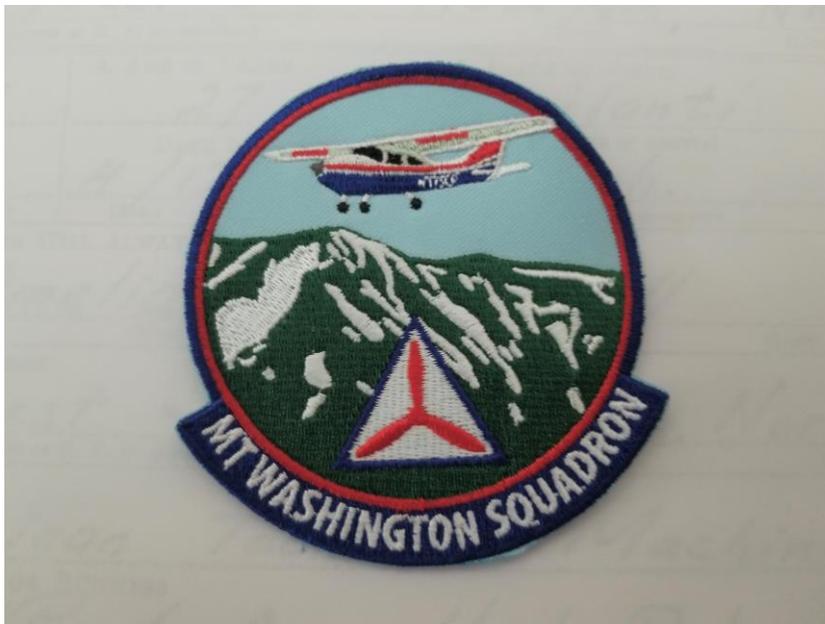
services, NH-053 had a visit from our new Wing Commander. Colonel Ninness met with the Senior Officers while the cadets stood at attention outside. As it worked out, the cadet staff's plan for that night was uniform discipline. Though the winter means a slow time for squadrons in New Hampshire, Monadnock still managed to accomplish a fair amount.

MOUNT WASHINGTON FLIGHT

The Mt. Washington Flight is going great guns with many new cadets getting orientation flights and a group of Great Start graduates receiving C/Amn ranks. The unit also has a new unit patch. A fun day was had tubing at Bretton Woods.



Enjoying Hot Chocolate after a day of tubing at Bretton Woods



New Mt. Washington Squadron Patch

SEACOAST COMPOSITE SQUADRON

The squadron held their Spring Open House at the Next Era Off-Site Facility on 13 February with a good group of visitors in attendance. The wind tunnel was on display and caught the eye of many of the visitors. Those who have decided to join are now in CBT. Maj. Grantham has been holding a monthly class for seniors mostly on the CAP uniform. Marksmanship for January and February was held at Exeter Sportsman's Club. Cadet Joshua Brochu shot two perfect targets on his first time with a firearm. It is hoped that the Cape Cod trip will still happen, but probably not until May. The squadron will be doing online learning for cadets working on promotions. The squadron presented two Earhart Awards this quarter to C/Capt. Cornell and C/Capt. Humphreys. The January awards night saw three Yeagers and a Benjamin O. Davis award presented. Five seniors received Red Service awards: Furmanick and Ratzlaff for 5 years; J. Lambert and Wegner for 10 years and Grantham for 15 years. The cadets will be doing some online learning until mid-May.



Red Service Awards for Lambert, Ratzlaff, Wegner and Grantham

NORTH COUNTRY CIVIL AIR PATROL CADET SELECTED FOR PRESTIGIOUS FLIGHT TRAINING SCHOOL

WHITEFIELD --- Cadet Chief Master Sergeant Phoebe Ross of the New Hampshire Civil Air Patrol's Mt. Washington Flight has been honored with selection to the prestigious Cadet Wings Program. Cadet Ross will now have an opportunity to attend a two month summer university in-residence Flight School at a major academic institution. Purdue University hosted the program last year. The commanding officer of Civil Air Patrol's New Hampshire Wing, Colonel Darin Ninness, praised Ross' selection.

"This flight school is a fantastic way for CAP to provide quality private pilot training to our young men and women," said Ninness. "This is a tremendous opportunity for Cadet Ross, and I'm very proud of her selection. I'm sure she'll do well and while proudly representing our New Hampshire Wing."

Lieutenant John E. Tholl Jr, the commanding officer for Mt. Washington Flight, echoed the sentiments of the Wing Commander.

"Cadet Chief Master Sergeant Ross's selection to the Cadet Wings program well reflects her initiative and interest in aerospace," said Tholl. "As an original member of the Mt Washington flight she's an inspiration for our North Country young people. As our ranking cadet, she helps guide the newer cadets through the basics of CAP membership."



C/CMSgt Ross and Lt. John Tholl, Squadron Commander

Commander's Corner cont.

Mentoring, at its basic level, is essentially informal one-on-one teaching. One person, with a certain kind of knowledge and experience in a subject, is passing on aspects of their knowledge and experience to another person. True mentoring is not a checklist of "I told you items A, B and C, and showed you steps X, Y and Z. Now you're ready." It's not a data dump of info or some sort of formal instruction. It's more about a person who needs to learn asking "Help me understand why?" or "I think this is the correct course of action, how do I know if it is?" and getting the benefit of another person's experience. Mentoring is also about finding the *right* person to mentor you in a particular subject. For example, if you're looking to become a CAP mission pilot, I'm probably not your first choice of a mentor, mostly because I'm not a mission pilot and not an expert on that topic. But if you're looking to become a better squadron commander, or you want to know more about being a Recruiting Officer for your squadron, OK, now maybe I'm the guy to talk about those subjects.

Mentoring also is more bottom-up driven than CAP makes it out to be. You seek a mentor for specific bits of information to fill in the knowledge between the lines of the regulations, pamphlets and specialty track study guides. You can and should seek out the people who are known experts in subjects, duties, roles or tasks and ask them to mentor you in those areas. People love to share their

knowledge, but they might not do that until they know their expertise is needed or wanted. Sometimes you'll find that a mentor is right under your nose, and all you had to do was ask. Don't hesitate to find that person and ask them to give you a hand. There's nothing wrong with admitting that you don't know everything, but that you'd sure like to learn more.

As we move into spring, our current situation is filled with uncertainty and questions. COVID-19 has certainly thrown our spring training schedule into disarray and could threaten parts of our summer training as well.

I encourage every CAP member, from Cadet Airman Basic to Senior Member Lieutenant Colonel, to stay in close communication with your unit's leadership and chain of command so you can be as "in the know" as possible on the current situation, upcoming virtual unit meetings & other training opportunities. Commanders and leaders: make the extra effort to reach out to all of your members, not just the ones who check in to the Google Hangout or weekly Zoom meeting, and make sure they're getting what they need to stay involved and engaged. CAP isn't very well suited to "virtualization," so it will take extra effort to ensure that everybody in your charge is getting the messages and knows what's going on. I'm counting on you.

Do your best to remain flexible and active so that once we "un-pause" our operations, you're ready, willing and able to meet the missions and challenges we are sure to face. It will take all of us, thinking creatively and "outside the box," to get beyond this operational pause and continue performing our missions for America as soon as possible.

Semper Vigilans (Always Vigilant) and Semper Gumby (Always Flexible)!

Col. Darin Ninness
NH Wing Commander
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Words from Our Chaplain

TALKING ABOUT GOD – Chaplain Gary

When I was growing up, more than a few years ago, there was the conventional wisdom (you undoubtedly heard it), that in conversation there were three topics to avoid, politics, sex, and religion. *I think sports and food were the only safe topics!*

Fast forward to today, and talk about politics is ever present, not just because it's an election year, talk about sex is much more tolerant (and that's a good thing), but somehow God-talk is still not something that is in season... unless it's the chaplain sharing a word or two or in the confines of a religious facility.

For years I have been asking my students, of various ages, if they ever discussed God around the dinner table. Once the smiles abate, I ask "why not." The reasons are usually the same: *everyone has different opinions; nobody really knows; what is there to say – you believe or you don't.*

BUT, people have different opinions about almost everything. Yet, what we think about where we came from, where we are going, whether we are children of God or creatures of happenstance – surely these are topics we should be discussing with each other and, speaking to adults here, with our children?

Whatever your beliefs or doubts, it is a proud part of my heritage that Judaism introduced the world's greatest idea – that of one God. We should find a way to talk about it with one another and with our children. As the prophet Isaiah, one of the most beautiful books in the Bible, teaches... "And all your children shall be taught of the Lord; and great shall be the peace of your children" (54:13).

Chaplain Gary

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CORONAVIRUS, FLU, COLD?

As the number of coronavirus cases rise, some key differences set coronavirus apart from the seasonal flu and the common cold — mainly the intensity of the symptoms and the recovery period. A guide at identifying the differences in the three conditions
 All three, however, are spread by air-borne respiratory droplets and contaminated surfaces

CORONAVIRUS Onset: Sudden	SEASONAL FLU Onset: Abrupt	COMMON COLD Onset: Gradual
Symptoms <ul style="list-style-type: none"> ■ Fever ■ Dry cough ■ Muscle ache ■ Fatigue Less common symptoms <ul style="list-style-type: none"> ■ Headache ■ Coughing up blood (haemoptysis) ■ Diarrhoea 	Symptoms <ul style="list-style-type: none"> ■ Fever ■ Dry cough ■ Muscle ache ■ Headache ■ Sore throat ■ Runny or stuffy nose Less common symptoms <ul style="list-style-type: none"> ■ Fatigue ■ Diarrhoea ■ Vomiting 	Symptoms <ul style="list-style-type: none"> ■ Runny or stuffy nose ■ Sneezing ■ Sore throat Less common symptoms <ul style="list-style-type: none"> ■ Low grade fever ■ Muscle or body ache ■ Headache ■ Fatigue
Incubation: 1-14 days, may go up to 24 days	Incubation: 1-4 days	Incubation: 2-3 days
Complications: 5% cases (acute pneumonia, respiratory failure, septic shock, multiple organ failure)	Complications: 1% cases (including pneumonia)	Complications: Extremely rare
Recovery: 2 weeks (mild cases); 2-6 weeks (severe cases)	Recovery: 1 week (mild cases); 2 weeks (severe cases)	Recovery: 1 week for most cases; may last as long as 10 days
Treatment or vaccine No vaccines or anti-viral drugs available; only symptoms can be treated	Treatment/vaccine An annual seasonal flu vaccine is available	Treatment/vaccine No treatment, but doctors advise treating symptoms

WHAT THIS MEANS If you have a stuffy/runny nose or are sneezing, you likely DO NOT have coronavirus

SEVEN KINDS OF CORONA

Seven strains of coronavirus (CoV) that infect humans have been identified. These cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV)

Harmless

- Serotype 229E
 - Serotype OC43
 - Serotype NL63
 - Serotype HKU1
- These cause symptoms of the common cold, and rarely cause severe pneumonia

Dangerous

- These are known to cause more severe disease. These are:
1. **Sars-CoV** which causes severe acute respiratory syndrome (Sars)
 2. **Mers-CoV** was that causes Middle East respiratory syndrome (Mers)
 3. **Sars-CoV2** that causes coronavirus disease (Covid-19)

The unknowns of Sars-CoV2

Sars-CoV2 is closely related (with 88% identity) to two bat-derived Sars-like coronaviruses (bat-SL-CoV-ZC45 and bat-SL-CoVZXC21) collected in 2018 in Zhoushan, eastern China
 It has 79% genetic affinity with Sars-CoV, 50% with Mers-CoV

The Sars-CoV2 receptor-binding domain structure, which allows a virus to latch on to and enter a cell, is similar to Sars-CoV, despite amino acid variation at some key residues. Little is known about Sars-CoV2, studies on Sars-CoV provide clues to its behaviour and ability to infect



On smooth surfaces such as tables, phones etc, Sars-CoV retains its viability for 5 days at 22-25°C and relative humidity of 40-50%, which is typical for air-conditioned rooms. Though this may vary for Sars-CoV2, experts say this is a good indicator for its behaviour

Information from our wing health officer LTC. Lamontagne