



**CIVIL AIR PATROL - NORTHEAST REGION**  
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## Your Mental Health and Well Being



Here we are once again and Tis the season for friends and family. Much has happened this year and we will not forget all those who lost so much during the recent Hurricane here in the Northeast and

along the coast. There has been even more loss throughout the entire country but we have felt it here in a manner that we have not seen in any recent history.

It's been a pretty hectic year but we're nearing the end and hopefully the important things in your life, like your relationships with your family and friends, can be a guiding light in the chaos. Many have suffered the wrath of Mother Nature and many of us have stepped up to the call of duty to help neighbors. For those that have given their time I salute you for the dedication to server our county in time of need. All of this has definitely cause problems for all of us.

While it's hard to see ourselves as needing help and rest when we have our heads down during the year working to lend out a hand, our mental health and wellbeing is extremely important. This is the time and it's much easier to do that over the holidays regardless of what you observe.

Turn off the smartphones, shut off the computer, kick off those boots, and hang up your jacket, it's time to relax and spend some quality time with the people who love you for who you are.

Your Mental Health and Well being are just as much a factor in Safety as anything else that you may do.

Spend Time with your Family and Friends

We work so we can live, we don't live so we can work. We are CAP members we are a family.

### *Holiday safety*

We all want to have a Safe Holiday Season so Here are some tips to help you stay Safe.

#### **Holiday Lighting**

Use caution with holiday decorations and, whenever possible, choose those made with flame-resistant, flame-retardant and non-combustible materials.

Keep candles away from decorations and other combustible materials, and do not use candles to decorate Christmas trees.

Don't mount lights in any way that can damage the cord's wire insulation

Before using lights outdoors, check labels to be sure they have been certified for outdoor use.

#### **Decorations**

Use only non-combustible and flame-resistant materials to trim a tree.

Choose tinsel and artificial icicles of plastic and non-leaded metals.

Never use lighted candles on a tree or near other evergreens. Always use non-flammable holders, and place candles where they will not be knocked down.

In homes with small children, take special care to avoid decorations that are sharp and breakable, and keep trimmings with small removable parts out of the reach of children.

#### **Trees**

When purchasing an artificial tree, look for the label "fire-resistant."

When purchasing a live tree, check for freshness. A fresh tree is green,

When setting up a tree at home, place it away from fireplaces, radiators and portable heaters

Make sure the base is steady so the tree won't tip over easily

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## WINTER WALKING FOR ALL



Walking to and from your plane, car, from parking lots and between buildings during the winter requires special attention to avoid slipping and falling.

We often forget how dangerous slipping and falling can be. The National Safety Council estimates that occupational falls cause more than 1500 deaths per year, along with approximately 300,000 injuries.

No matter how well the snow and ice is removed from streets and sidewalks, All will encounter some slippery surfaces when walking outdoors in the winter. Each year numerous people are injured from slips and falls. It is important to be continually aware of the dangers and to walk safely on ice and slippery surfaces.

Plan ahead; give yourself sufficient time and plan your route.

Wear shoes or boots that provide traction on snow and ice: rubber and neoprene composite. Avoid plastic and leather soles.

Use special care when entering and exiting vehicles; use the vehicle for support.

Walk in designated walkways as much as possible. Taking shortcuts over snow piles and areas where snow and ice removal is not feasible can be hazardous. Look ahead when you walk; a sidewalk completely covered with ice may require travel along its grassy edge for traction.

When given no choice but to walk on ice, consider the following: z

Take short steps or shuffle for stability.

Bend slightly, walk flat-footed with your center of gravity directly over the feet as much as possible.

Be prepared to fall.

If you fall, fall with sequential contacts at your thigh, hip, and shoulder to avoid using your arms to protect against breakage.

Bend your back and head forward so you won't slam your head on the pavement as your feet shoot out from under you



### TIPS

- 1) Use appropriate footwear - In icy weather, ladies should leave the heels at home. Ideally, wear boots or shoes with a good grip and strong soles. Shoes with built-in support at the ankles will protect you from potential ankle injuries should you fall.
- 2) If the icy area is at your own property, use rock salt or even table salt to sprinkle on the affected area. This will melt and loosen the ice.
- 3) If the ice is not on your own property, you can wet the soles of your shoes and sprinkle salt on them. This should melt some of the ice as you walk and help to prevent slipping.

Finally, when entering buildings, remove snow and water from footwear to prevent creating wet slippery conditions indoors.



## Winter flying



Winter flying in most parts of the United States and in the Northeast can adversely affect flight operations. Poor weather conditions with fast moving fronts, strong and gusty winds, blowing and drifting snow, and icing conditions are just part of the conditions that require careful planning in order to minimize their effects. Operation in this environment requires special winter operating procedures.

The thoroughness of your preflight inspection is extremely important in temperature extremes. In CAP one should never try to hurry over the preflight of the aircraft and equipment but we all know this does occur. Per-Flight is even more important particularly when the aircraft is outside in the cold. These are the times you should do your best preflight inspection.

**Fuel Contamination** - Fuel contamination is always a possibility in cold climates. Modern fuel pumping facilities are generally equipped with good filtration equipment, and the oil companies attempt to deliver pure fuel. However, even with the best of fuel and precautions, if the aircraft has been warm and then is parked in the cold, the possibility of condensation of water in the tanks exists.

Your flight plan, in conjunction with the ELT, and a little knowledge on winter survival may save your life.

For your flight extra precautions should be used. Often



Black ice is an age-old winter phenomenon that has sent many a driver skidding and sliding down what looked like a dry road. It can appear to be a spot of moisture on a road, or may have a slight glisten on black asphalt. Make no mistake though this thin ice is very slick, and can cause a car to skid rapidly on it. Drive carefully on roads where snow banks have melted throughout the day, and exercise caution when driving under bridges and overpasses.

Recently, I have seen an accident where a Teen was traveling during the hours of darkness, well within the posted speed limit, and suddenly lost control of the vehicle and rolled it due to black ice. Fortunately no one in the vehicle was injured, and the main reason was because everyone was wearing an occupant restraint device (Seatbelt and shoulder harness).

What can a person do to prepare for black ice?

Look for signs of ice other than on the roadway. Look for ice on windshield wipers or side view mirrors, on road signs, trees or fences along the highway. If ice is forming on any of those things, it's possible that it may be on the road as well.

But don't let that be the only guide. Ice may not have formed on anything but the road. For example, it may have been a warm day which melted the snow and then froze as ice after the temperature dropped at night. In other cases there may be ice in shaded areas, such as cuts through hills and along banks.

Another good tip for winter driving is to listen to the radio for reports on the temperature outside. When the roads have been wet and the temperature drops below freezing, ice can form quickly. If a person must drive frequently in winter weather, it is a good idea to install an outdoor thermometer in the car, allowing the driver to monitor the outside temperature.

This is also the type of weather when it is especially important to watch for those signs reminding drivers that bridges freeze before roads. These signs warn drivers there is a bridge ahead and gives them time to slow down so they have better control.

Remember, if a person lives in an area where frost occurs, black ice is always a possibility. Use extreme caution when driving on cold mornings where there is evidence of frozen moisture on the roadway

roads that are well traveled during the summer months but will be abandoned in the winter. To be forced down far from civilization may create a serious problem of survival. Many flat landmarks such as highways, railroads, frozen rivers and lakes, and even airports themselves may simply dissolve into the background in what seems an indistinguishable white slate. Be prepared if you should have to land at a remote location.

**During Flight - Blowing Snow and Ice Fog** - Blowing snow can be a hazard on landing, and a close check should be maintained throughout the flight as to the weather at destination. If the weather pattern indicates rising winds, then blowing snow may be expected which may necessitate an alternate course of action.

Ice fog is a condition opposite to blowing snow and can be expected in calm conditions about -30°F and below. It is found close to populated areas, since a necessary element in its formation is hydrocarbon nuclei such as found in automobile exhaust gas or the gas from smokestacks.

Always give yourself an out by informing your contact that you intend to fly and will arrive at a certain time, unless the weather conditions are unfavorable. You, the pilot, have complete responsibility for the *GO or NO - GO* decision based on the best information available. Do not let compulsion take the place of good judgment

## How to beat a winter cold

The holiday season is upon us, and along with the festive lights and music, we often encounter the not-so-welcome sounds of coughing and sneezing.

Unfortunately, winter colds and flu can be part of the holiday happenings. Health officials advise the two most important things you can do to ward off winter ills are to wash your hands and to try to steer clear of folks who have a cold.

But what you eat and drink can make a difference, too. Good nutrition plays a starring role in keeping your immune system in high gear. Now, that doesn't mean you have to mega-dose on certain vitamins or stock up on foods claiming to be "immune boosters." It turns out there are no super foods to help you battle bacteria and viruses.

However, a shortfall in the consumption of certain key nutrients can weaken your immune system so you're more vulnerable to germs.

What do immune cells need to be their fighting best?

Research points to a well-balanced diet including food sources of the mineral zinc and vitamins such as C, E and D as well as probiotics in yogurts: "It's important to keep in mind that foods contain a synergy of nutrients that work in unison to provide health benefits versus supplements which only provide one or two nutrients. Here's more reason to make every bite count, with delicious, whole foods bursting with nutrients."

It turns out the time-tested advice to eat your vegetables is the foundation for firming up immune function, too. The generous roasted root vegetable side dish served at Craft Atlanta offers a delicious solution for healthy dining out this winter. Chef Kevin Maxey oven-roasts a mix of parsnips, golden beets, rutabaga, winter squash and baby carrots tossed in olive oil and a little sherry vinegar.

### Diet to dodge the sniffles, or at least shorten their duration

**Vitamin C:** Increases the production of infection-fighting white blood cells and antibodies to create protective coating on cell surfaces. The latest research, according to the National Institutes of Health, does little to support the belief that vitamin C's a sure thing to prevent a cold, but it plays a key role in speeding recovery. Vitamin C-rich foods: orange juice, grapefruit, lemons, limes, tomatoes, strawberries and bell peppers. Flying this holiday season? Order a hydrating and healthy mix of half orange juice and half sparkling water from the in-flight drink cart.

**Vitamin E:** Found to reduce the risk of upper respiratory infections such as the common cold. One of the most important antioxidant vitamins, it stimulates the production of natural killer cells that seek and destroy invading germs. Vitamin E-rich foods: nuts, olives, olive oil and leafy greens. Attention, holiday partygoers: People who don't exercise; consume a lot of alcoholic beverages and smoke need even more vitamin E to support the immune system.

**Vitamin D:** The "sunshine vitamin," so called because our skin produces vitamin D when it's exposed to sunlight, is emerging as a big player in the immune system. Hmm, could it be a coincidence that the incidence of cold and flu is up when we spend more time inside during the winter? Go out for a walk in the winter sun, and enjoy vitamin D-containing foods such as salmon, sardines and fortified milk products.

**Zinc:** The body uses the mineral zinc to build infection-fighting T cells. The elderly are often deficient in zinc, so it's an important nutrient to prioritize as we age. Many studies show zinc's the thing to help shorten the duration of a cold. Zinc-rich foods: red meat, poultry, seafood (notably oysters), beans and nuts.

**Probiotics:** Live cultures in yogurts increase beneficial bacteria in the digestive tract, which is the frontline defense of our immune system. Palmer says, "The gut is the largest immune organ in the body, accounting for 25 percent of immune cells."

**Beta carotene:** Found in orange-colored foods such as carrots, butternut squash, sweet potatoes and mangoes, this powerful plant antioxidant becomes immune-boosting vitamin A in the body.

**Mushrooms:** Palmer's focus on immune research for Environmental Nutrition found that mushrooms are capturing scientists' attention. A 2007 study published in The Journal of Nutrition found that a powder made of white button mushrooms significantly increased killer cell activity when fed to laboratory mice. More palatable is the array of wild and foraged mushrooms consistently featured on Craft Atlanta's menu.

Article From Access Atlanta

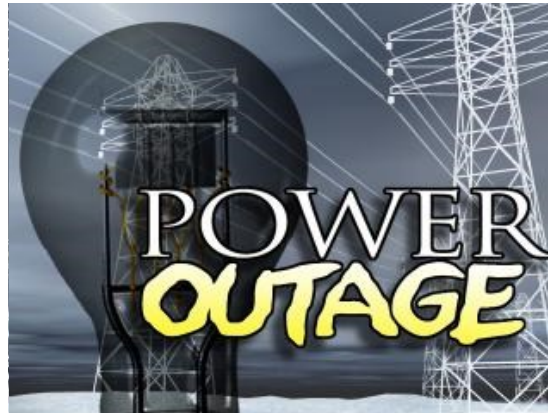
The help reduce the spread of Germs WASH YOUR HANDS



## WINTER POWER OUTAGE TIPS

### Before an Outage

- Check flashlights and battery-powered portable radios to ensure that they are working, and you have extra batteries. A radio is an important source of weather and emergency information during a storm.
- Have sufficient heating fuel, as regular sources may be cut off. Have emergency heating equipment and fuel (a gas fireplace, wood burning stove or fireplace) so you can keep at least one room livable. Be sure the room is well ventilated.
- Make sure your home is properly insulated. Caulk and weather-strip doors and windows to keep cold air out.
- Install storm windows or cover windows with plastic from the inside to provide insulation.
- To keep pipes from freezing, wrap them in insulation or layers of newspapers, covering the newspapers with plastic to keep out moisture.
- Let faucets drip a little to avoid freezing.
- Know how to shut off water valves.
- If pipes freeze, remove insulation, completely open all faucets and pour hot water over the pipes, starting where they are most exposed to the cold. A hand-held hair fryer, used with caution, also works well.
- If your water supply could be affected (a well-water pump system), fill your bathtub and spare containers with water. Water in the bathtub should be used for sanitation purposes only, not as drinking water.
- Pouring a pail of water from the tub directly into the bowl can flush a toilet.
- Set your refrigerator and freezer to their coldest settings (remember to reset them back to normal once power is restored). During an outage, do not open the refrigerator or freezer door. Food can stay cold in a full refrigerator for up to 24 hours, and in a well-packed freezer for 48 hours (24 hours if it is half-packed).
- If you have medication that requires refrigeration, check with your pharmacist for guidance on proper storage during an extended outage.
- Review the process for manually operating an electric garage door.



### During an Outage

- Dress for the season, wearing several layers of loose fitting, lightweight, warm clothing, rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent.
  - Mittens are better than gloves.
  - Wear a hat; most body heat is lost through the top of the head.
  - Cover your mouth with a scarf to protect your lungs.
  - Watch for signs of frostbite: loss of feeling and white or pale appearance in the extremities such as fingers, toes, ear lobes or the tip of the nose. If symptoms are detected, seek medical help immediately.
  - Watch for signs of hypothermia: uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. If symptoms are detected, get the victim to a warm location, remove any wet clothing, warm the center of the body first and give warm, non-alcoholic beverages, if the victim is conscious. Get medical help, as soon as possible.
  - Snowdrifts can be used as a makeshift freezer for food. (Be aware of attracting animals).
  - Snow can be melted for an additional water source.
  - In order to protect against possible voltage irregularities that can occur when power is restored, you should unplug all sensitive electronic equipment, including TVs, stereo, VCR, microwave oven, computer, cordless telephone, answering machine and garage door opener.
- ### After an Outage
- Be extra cautious if you go outside to inspect for damage after a storm. Downed or hanging electrical wires can be hidden by snowdrifts, trees or debris, and could be live. Never attempt to touch or moved downed lines. Keep children and pets away from them.
  - Check with/help neighbors.
  - Continue to stay off streets.
- Do not touch anything power lines are touching, such as tree branches or fences. Always assume a downed line is a live line. Call your utility company to report any outage-related problem.

## COLD STRESS

People who are exposed to extreme cold or work in cold environments may be at risk of cold stress. This holds true for many of our Activities within CAP during the Winter months. Extreme cold weather is a dangerous situation that can bring on health emergencies in susceptible people, such as those without shelter, outdoor workers, and those who work in an area that is poorly insulated or without heat. Whenever temperatures drop decidedly below normal and as wind speed increases, heat can more rapidly leave your body. These weather-related conditions may lead to serious health problems

### Hypothermia

When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature. A body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and will not be able to do anything about it.

### Symptoms

Symptoms of hypothermia can vary depending on how long you have been exposed to the cold temperatures.

### Early Symptoms

Shivering  
Fatigue  
Loss of coordination  
Confusion and disorientation

### Late Symptoms

No shivering  
Blue skin  
Dilated pupils  
Slowed pulse and breathing  
Loss of consciousness

### First Aid

Take the following steps to treat a worker with hypothermia:  
Alert the supervisor and request medical assistance.  
Move the victim into a warm room or shelter.

Remove their wet clothing.

Warm the center of their body first—chest, neck, head, and groin—using an electric blanket, if available; or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.

Warm beverages may help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person.

After their body temperature has increased, keep the victim dry and wrapped in a warm blanket, including the head and neck.  
If victim has no pulse, begin cardiopulmonary resuscitation (CPR)

### Frostbite

Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in the affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage body tissues, and severe cases can lead to amputation. In extremely cold temperatures, the risk of frostbite is increased in workers with reduced

blood circulation and among workers who are not dressed properly.

### Symptoms

Symptoms of frostbite include:

- Reduced blood flow to hands and feet (fingers or toes can freeze)
- Numbness
- Tingling or stinging
- Aching

### Bluish or pail, waxy skin

### First Aid

Workers suffering from frostbite should:

- Get into a warm room as soon as possible.
- Unless absolutely necessary, do not walk on frostbitten feet or toes—this increases the damage.
- Immerse the affected area in warm—not hot—water (the temperature should be comfortable to the touch for unaffected parts of the body).
- Warm the affected area using body heat; for example, the heat of an armpit can be used to warm frostbitten fingers.
- Do not rub or massage the frostbitten area; doing so may cause more damage.

Do not use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.

### Chilblains

Chilblains are caused by the repeated exposure of skin to temperatures just above freezing to as high as 60 degrees F. The cold exposure causes damage to the capillary beds (groups of small blood vessels) in the skin. This damage is permanent and the redness and itching will return with additional exposure. The redness and itching typically occurs on cheeks, ears, fingers, and toes.

### Symptoms

Symptoms of chilblains include:

- Redness
- Itching
- Possible blistering
- Inflammation

### Possible ulceration in severe cases

### First Aid

Workers suffering from chilblains should:

- Avoid scratching

Slowly warm the skin

Use corticosteroid creams to relieve itching and swelling

Keep blisters and ulcers clean and covered

<http://www.cdc.gov/>



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can use the help



Make sure your companion  
animal has a warm place to  
sleep, off the floor and  
away from all drafts. A cozy  
dog or cat bed with a warm  
blanket or pillow is perfect.

**FROM THE COMMANDER AND ALL THE STAFF  
THANK YOU FOR ALL THAT YOU DO**

**BE SAFE**

**HAVE A GREAT HOLIDAY SEASON**



## Black Ice

We are in the Northeast and freezing weather causes hazardous driving conditions. It always amazes me how people forget how to drive at this time of year. Even if precipitation doesn't fall, roads can turn into ice rinks. This condition is called black ice, and some call it a weather phenomenon.

Black ice fools drivers. Its shine tricks them into thinking it's water on the road. What they may not realize is that condensation, such as dew, freezes when temperatures reach 32 degrees or below. This forms an extra-thin layer of ice on the road.

This shiny ice surface is one of the most slippery road conditions. Black ice is likely to form first under bridges and overpasses, in shady spots and at intersections

Driving conservatively, keeping plenty of space between cars and allowing for longer stopping distances will help keep you driving straight on slick roads. But if your car begins to spin out of control, here's what you should do:

When you begin to skid, take your foot off the gas and shift to neutral, quickly. Then steer in the direction you want your car to go. Before the rear wheels stop skidding, shift to drive and gently press the accelerator. Do not slam on the brakes.



### Fake shopping websites

If prices on a site you've never heard of seem too good to be true, do a little homework before entering any credit card information. The BBB gets complaints every holiday season from shoppers who say they found great deals online, but never got the items they paid for.

### Fishy online sellers

A hot holiday toy or gadget is sold out, but you find it for sale on a site like Craigslist. To prevent being taken in by scam artists, the BBB suggests arranging the transaction in person. If the site offers user ratings, carefully read the reviews on the seller.