



## SEACOAST COMPOSITE SQUADRON NEWSLETTER

NER-NH-010

JULY/AUGUST 2019

The Summer Academy and NCOLS were held at Norwich University the week of July 15 to 21. The cadets got to take both powered and glider flights during the week as well as attending many seminars to learn leadership skills and work on physical fitness. They were also able to use the pool and other facilities of the school. Seacoast cadets Humphreys, Citarella, Downs, Cornell, Hall and Brannan were on staff. The following cadets attended the Basic Encampment: McLaughlin, Boston, Haddad, Harmon, Priestley, Quinn, Scease, O. Grazier, Mitchell, Umholtz and South. Cadets McKean, A. Madden and Hatfield attended NCOLS. Squadron seniors on staff were Grantham, T. Brackett, South, McKean and R. Hall.



Seacoast Squadron Academy Attendees



Cadet O. Grazier First Flight Certificate



Cadet Madden received Marksman 1<sup>st</sup> Class  
Cadet Cornell received Sharpshooter

Marksmanship Training is held on Tuesdays at the Exeter Sportsmans' Club. Shown in above photo is Joe Kenick firearms instructor.

As there were only two meetings in July due the holiday and the academy there was no work done on the wind tunnel. At the 25 July meeting Lt. Robinson showed several videos of the Apollo lunar module and its trajectory around the moon to achieve a landing.

## CADET PROMOTIONS



Cadet McKean promoted to C/CMSgt

## SENIOR PROMOTIONS



Chief McKean promoted to Captain

## Thoughts from our Chaplain:

Congratulations to all of you who attended either the annual Encampment or the NCO academy. You were challenged, and you learned a lot. There are two kinds of learning... facts and values. Prime amongst the values you learned was that of "confidence," your ability to do what is asked of you and to learn what you are capable of (often surprising yourself), and how working as a group facilitates this.

CONFIDENCE.... an essential value. We read in the book of Numbers in the Bible that Moses sends out 12 men, one from each tribe in Israel, to reconnoiter the land of Israel which the children of Israel are going to enter. They come back, they say the land is a good and fertile land, but "we were like grasshoppers compared to them... we can never succeed." They discourage with their words the community of Israel, and it is only the next generation which will, under Joshua, move into the land. (This is the short version, check out the entire account in Numbers Chapters 13-14)

Confidence is an essential value in life, and it will be (advance insight) the topic of my Values for Living presentation in August.

Chaplain Atkins  
[gatkins@nhwg.cap.gov](mailto:gatkins@nhwg.cap.gov)

## Squadron Medical Officer Report

### Basic Topics in Aerospace Medicine: Hypoxia

In addition to some general health and safety advice, like last month, I thought it would be helpful to write about some basic topics in aerospace medicine. The lecture series that these aerospace medicine topics will come from are used with permission of Dr. Gregg Bendrick, former Chief Medical Officer of NASA Armstrong Flight Research Center, and now a Medical Officer with the FAA.

The first, and probably most important, topic related to aerospace medicine is hypoxia, or insufficient oxygen delivery in the body. As far as the FAA is concerned, any flight above 12,500 feet for more than 30 minutes, or above 14,000 feet at all requires supplemental oxygen, but the symptoms of hypoxia can present at much lower altitudes, especially at night.

The symptoms of hypoxia include lethargy, dizziness, poor coordination, fatigue, numbness and tingling, visual impairment, and most concerning, euphoria and poor judgement. There are many factors that can affect the symptoms of hypoxia, mostly how fast the ascent is performed—this is why people can climb Mount Everest (29,029ft) without oxygen—they spend many weeks acclimating themselves to the altitude.

If you are ever at high altitude in an unpressurized airplane, especially at night, keep an eye out for these symptoms in yourself and in the other people in the cockpit. The treatment of hypoxia is easy—descend. Once you get below 5,000 ft. the symptoms should resolve completely.

If you are interested in experiencing hypoxia for yourself in a controlled setting, the FAA does hypoxia training in Oklahoma City, and there are a few private outfits that do it as well. I did it recently and was able to function (barely) for about 60 seconds at altitudes in excess of 26,000 ft.

Capt. Tovy H. Kamine, MD, CAP, Seacoast Composite Squadron Medical Officer  
[tkamine@nhwg.cap.gov](mailto:tkamine@nhwg.cap.gov)

**AUGUST CALENDAR**

Thurs. Aug. 1	Weekly Meeting	BDU/ABU	Color Guard Tng. 1800 ES Pod Rm 200 Aero Pods 1910 Cafeteria
Sat. Aug. 3	Kingston Days Parade Need Color Guard And Marchers	Blues or Corporate	Sign up on Eventbrite
Thurs. Aug. 8	Weekly Meeting Aircrew Meeting PT Testing	PT clothes	Color Guard Training Aircrew Meeting FDC Achievement Testing RM 112
Fri. Aug. 9 to Aug. 23	NH-UK Trip		
Tues. Aug. 13	Marksmanship Training	ABU	Exeter Sportsman's Club 1600-1930 Sign Up on Eventbrite
Thurs. Aug. 15	Weekly Meeting BORs	BDU/ABU	Aerospace BORs 1 <sup>st</sup> floor mtg. rm. CDI Chap. Atkins Cafeteria
Thurs. Aug. 22	Weekly Meeting Leadership Labs Safety Commander's Call Promotions/Awards	Blues or Corporate	Color Guard and Drill CC in FDC Safety and Promotions Cafeteria
Tues. Aug. 27	Marksmanship Training	ABU	Exeter Sportsman's Club 1600-1930 Sign Up on Eventbrite
Thurs. Aug. 29	Weekly Meeting Wk 1 ES Pod Rm. 200	ABU	Color Guard Drill and Testing Aero Pods-Cafeteria
Thurs. Sept. 5	OPEN HOUSE	Blues or Corporate	Next Era Facility Corporate Dr. Pease Tradeport


## Project Officer (PO) Information

EVENT	Project Officer	EMAIL	PHONE
<b>Safety</b>	LTC Lauder 2 Lt. Michalski	klauder@nhwg.cap.gov rmichalski@nhwg.cap.gov	603-929-9508 (h)
<b>Cadet Programs (For parents of cadets only)</b>	Capt. Wegner	mwegner@nhwg.cap.gov	603-343-8365
<b>Color Guard Training</b>	Capt. Wegner	mwegner@nhwg.cap.gov	603-343-8365
<b>Emergency Services</b>	Maj. Barrington	bbarrington@nhwg.cap.gov	603-781- 0484
<b>Orientation Flights</b>	LTC Lauder	kflpilot@nhwg.cap.gov	603-929-9508 (h) 603-781-8783 (c)
<b>Testing</b>	LTC Croker	mcroker@nhwg.cap.gov	Email only
<b>Member Scholarships</b>	Maj. Grantham	ggrantham@nhwg.cap.gov	Email Only
<b>Uniform Supplies</b>	2nd Lt. R. Hall	rhall@nhwg.cap.gov	207-698-1502