



First Quarter Newsletter, 2008



Maryland National Guard Photo Gallery

Let's Do Lunch

On Saturday, March 8, Fort McHenry Composite Squadron helped the Maryland Air National Guard by providing help with the noon meal service to guardsmen attending their weekend drill. Three seniors and four cadets arrived shortly after seven and pitched into the preparation of the meal. They did a variety of tasks from peeling hardboiled eggs, baking the potato taters and cookies, wrapping the slices of cake and cookies, and setting up the serving lines and serving the

personnel as they came through the food lines. Afterward, the CAP personnel helped to break down the lines and helped with the food area's general clean up.

During the meal, the 175th Maintenance Group Commander, Col James F. Coleman, thanked the CAP personnel and invited them over to visit his maintenance facility. When their work was finished in the Dining Facility, around one o'clock, they took Col Coleman up on his offer and visited the maintenance facility. SMSgt McNabb from the Maintenance Group escorted them around the facility and took them onto the hangar floor area. There they had a chance to spend some time close up to the A-10 aircraft that were in for maintenance. SMSgt McNabb explained about the special features of the A-10. He took them into the Maintenance Control area where they had a chance to see the maintenance personnel who keep track of the A-10 resources and provide the interface with their operational counterparts. About three o'clock the CAP personnel left Warfield, agreeing that it had been an interesting and meaningful day. They had been happy to provide some help in service to the ANG. FMCS personnel performing this mission were Lt Col Steinmeier, Chaplain Peters, Lt Reed, and C/Major Frater, C/2d Lt Boehk, C/AB Zack Widmer, and C/A1C Greg Gleichauf, the mission's project officer.

The program started in January 2003 when the Maryland National Guard Services Flight was mobilized for combat operations and deployed on short notice to the Middle East. With both the A-10s and Services flight deployed, the Services Flight was unable to support home station during drill weekends. The Glenn L. Martin Composite Squadron offered to help the 175th Wing services flight. This proved to be a great success.



Don't Forget OPSEC!

All Civil Air Patrol members should have completed OPSEC training before the end of March. If you have not done so, please panic and get it done. It is not difficult and doesn't take much time. Go to e-services on the national website and login. Anyone who has not completed it cannot participate in any activities other than Tuesday night meeting. If

you have any questions, see 1st Lt Chris Striker and he will help you.



Partnership

American Sentinel University has a partnership with Civil Air Patrol. CAP members and spouses are being offered educational benefits including reduced military tuition

rates and military scholarship program. It offers programs leading to a bachelor and master's degree in technology, business, healthcare, and criminal justice as well as some industry certification programs. If you are interested, Visit <http://www.military.americansentinel.edu>.



FMCS New Cadet Commander

By Maj Doug Barth



Photo credit: Jim Lister

C/2d Lt Laura Boehk has been appointed as our new cadet commander. Her appointment was announced by Commander Capt. Karen Walker.

C/2d Lt Boehk joined CAP in May 2005, earning the Wright Brothers

Award in December 2005. She earned her Mitchell Award and was promoted to Cadet Second Lieutenant in December 2007. Boehk was named the squadron's Cadet NCO of the Year in 2006 and the squadron's Cadet of the Year in 2007.

Boehk has been a very active member of the squadron. She attended Maryland Wing's Tri-Wing Encampment in 2005 and this past summer attended the Blue Beret National Cadet Special Activity in Oshkosh, WI. Boehk has been the cadet project officer for seven of the squadron's community blood drives and has achieved emergency services ratings as Flight Line Marshaller, Mission Radio Operator, and Urban Direction Finding Team.

Boehk is a resident of Catonsville. She graduated from Mount de Sales Academy in June, 2007, and is currently attending Villa Julie College in Baltimore, Md.



From 1st Lt Hiles

"Cough CPR" has been widely publicized on the internet. However, this is something that should be left to trained personnel. During an abnormal heart rhythm, cough CPR may help a person maintain enough blood flow to the brain to remain conscious for a few seconds until the arrhythmia disappears or is treated. The coughing maintains blood flow increasing pressure in the chest.

The American Heart Association does not endorse cough CPR and does not teach it. This technique should only be done in a hospital.



Trip to Mercury

At April 1st meeting, Andy Calloway, a former FMCS member and aerospace engineer, talked about his work on a space mission. He is part of a team of fifteen scientists that work for the Johns Hopkins Applied Physics Lab in Laurel. The name of the mission is Messenger, standing for MErcury Surface, Space ENvironment, GEochemistry, and Ranging. Mercury, Venus, Earth, and Mars are rocky (as opposed to gas planets). Among these, Mercury is the most extreme. It is the smallest, the densest, the one with the oldest surface, the one with the largest daily variations in surface temperature, and the least explored. Understanding this planet is crucial to developing a better understanding of how the planets in our solar system formed and evolved. Messenger was launched in August, 2004 and is expected to arrive in March, 2011. There is a website detailing information about Mercury and the Messenger mission at <http://messenger.jhuapl.edu/>

Andy Calloway encouraged cadets to look into aerospace as a career option. He said that aerospace researchers need to have good grades in school, particularly in science and math. He said that

there are many internships available at the APL for both college as well as high school students.



Blood Drive

Fort McHenry Composite Squadron held its eleventh Community Blood Drive on February 29, 2008. Twenty pints of blood were donated.

The Catonsville Blood Drive was organized by the Squadron in 2005 as part of its community outreach program and is co-sponsored by the Greater Catonsville Chamber of Commerce and the Baltimore County Department of Recreation and Parks. The drive is held at the squadron's meeting location at the Bloomsbury Community Center in Catonsville, Maryland, a Baltimore County Recreation and Parks facility. The next blood drive will be on April 26.

To donate at the next Catonsville Community Blood Drive, contact Major Barth at 301-518-0046 or at CatonsvilleBloodDrive@comcast.net.



Welcome!

We have new members! Say hello to SM Dorian Sampson, SM Charles Ryan, Cadet Ryan Payne, Cadet Briana Gress, SM Matthew Kowalski,

and SM Nicole Morrison. Welcome them to the best Wing in the state, Fort McHenry Composite Squadron.



Subordinate Unit Inspection

On January 15, Fort McHenry had its second subordinate unit inspection (SUI). Each of the squadron's staff positions (transportation, logistics, aerospace education, etc.) prepared written answers and gave information regarding its functioning for the Inspector General and his staff. The last SUI was completed in 2006. That evaluation helped FMCS make improvements and change some procedures. Based on those changes, we look forward to receiving even higher "grades" this time.



FMCS Participates in SAREX

On February 21, 2008, officers and cadets from FMCS joined with others of Maryland Wing's Group II at Martin State Airport to conduct a day-long search and rescue exercise (SAREX). The exercise had both classroom and field training. Instructional sessions for many

different skill levels were provided for ground team members. Other officers worked to complete mission base staff tasks. C/Amn Bennett trained in the field, and participated in a sortie run as part of the exercise. Lt Col Steiner, 1st Lt M. Sacks, 1st Striker, 2^d Lt A. Sacks also participated.

"Everybody who came got something out of it. Today's exercise helped advance the readiness of this Wing," noted Lt Col Christian Ready, commander of Group II, who also served as the planning section chief for the SAREX. Lt Col Ready came to FMCS a few months ago and emphasized that importance of developing ground teams.

The SAREX provided practice for the April 18-20 SAREX in Petersburg WV. This will be a joint Maryland Wing-West Virginia Wing exercise involving both air and ground teams. In September 2007, aircrews from West Virginia participated in a Maryland Wing training exercise. In return, West Virginia has invited Maryland to participate in its' April 2008 training. When ground teams and aircrews to work with their counterparts from other wings, both groups become familiar with procedures and personnel. This can save valuable time during a large-scale real life mission.

Come to the joint Maryland Wing West Virginia Wing SAREX on April 18-20! There is so much more to CAP than Tuesday meetings!



The Fort McHenry Squadron meets weekly 7-9pm on Tuesday evenings at the

Bloomsbury Community Center
106 Bloomsbury Ave.
Rm. 106
Catonsville, MD 21228



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