

CALL THE BALL

VOL.2 NO.48

The Newsletter of the 130th Composite Squadron

AUG 2002

Activity - AUG 2002

1st Week

18:30 Early Bird Testing
Aerospace Ed (Glider kits)
Emergency Services Tune up

2nd WK

Moral Leadership
Cadet led Topic(s)
OPEN

3rd Wk

PT/Open Testing
Flight Time *DRILL DOWN
Uniforms & Inspection

4th OPEN TESTING

Communications
Flight Time
Drill

UNIFORM OF THE DAY 1 & 3rd weeks BDU — 2 & 4th BLUES!
AUGUST 10TH USAF EVAL HAVE YOU VOLUNTEERED YET???



COMMANDERS CORNER Our new cadet commander C/TSgt B. Johnson is pleased to announce your new CAC alternate - Cadet P. Krukowski. For those of you who do not know what the **Cadet Advisory Council** does is to represent you (The Cadets) on a Wing and National basis. While they have done many things one of the most talked about item has been changes to the Uniforms. Did you know that not that long ago the Cadet uniform was "special." Cadet ribbons were

bright plastic with gaudy fake airplanes and other items that the majority of cadets were (frankly) embarrassed to wear. If you have things you would like to see changed getting in touch with your CAC or Alternate CAC is THE BEST WAY to see it happens. In Week Two you will see there is a "Cadet Led Topics" As you cadets (And seniors) move up the ranks more time will need to be spent supporting the Squadron by helping with classroom training. Many of you (seniors and Cadets) have been stepping up to the plate and helping out. If you are interested in putting on a short classroom on a CAP topic please contact your new Cadet Commander TSgt Brett Johnson at 952-898-3855 to volunteer. Otherwise expect to be "volunteered!" Last but not least I want to make senior of the Month honors to Lt. Steve Jazwinski for stepping up to that "plate" big time in getting the bowling arranged at the last minute.



Hooray! We Win?!?!?

Much to everyone's astonishment our very own Brady Neuman won the Ovans award with an almost unbelievable score of 3 paces from the launcher in our spot landing contest. He won this at the last attempt as Cadet Lawrence had what was thought to be an unbeatable 7-pace landing. Thus the coveted Ovans award goes to the 130th for the first time ever! Next years test is simple Highest Altitude and another first will be the presentation of a Senior Trophy for highest altitude model rocket! Ladies and gentlemen start your engines (Er Rockets) **ALL RIGHT!!!**

AN EAGLE! (of the non Golf type)

Cadet Commander C/TSgt B. Johnson receives the Eagle Scout Award from the BSA. A total of 21 achievements must have been earned, along with being in leadership positions and maintaining active participation in scout activities. Candidates must prove they live by the Scout Oath. "On my honor, I will do my best. To do my duty to God and my country and to obey the Scout Law; To help other people at all times; To keep myself physically strong, mentally awake and morally straight." The candidate must pass a final review board to be selected as an Eagle Scout. Of the 293 former and current astronauts, 201 have taken part in Scouting. Cadet Johnson is eligible to receive the Army's Youth Certificates of Recognition. Only 2% of the young men who join the scouts are awarded the Eagle Scout. He joins such luminaries as Neil Armstrong - astronaut, first man on moon, Steven Spielberg - Movie producer, William Sessions - former FBI director, Harrison Salisbury - Pulitzer Prize winning author, H. Ross Perot - self-made billionaire, James Lovell - Navy pilot and astronaut, Gerald Ford - U.S. President (1st Eagle to be President, William Devries - MD, transplanted first artificial heart, Bill Bradley - Pro basketball star and US Senator from NJ, Henry Aaron - baseball player, home run king. Scouts also account for: - 64% of Air Force Academy graduates - 68% of West Point graduates - 70% of Annapolis graduates - 72% of Rhodes Scholars - 85% of F.B.I. agents - 26 of the first 29 astronauts. To sum it up **WELL DONE!**



Welcome New Member

Many of you have probably spoken to or seen SM Gerard (Jerry) Winter. He is our transfer from Viking Squadron. Jerry is a former soldier in the US Army and a certified Scuba Dive instructor. He is a licensed Private Pilot and working (as we speak) on flight instructor. *A good cook also I hear! Join me in welcoming him to our unit.

What? We Win!!! - Again?!?!?

At our first annual Picnic we shared food & friendship with our buds from the Valley Cadet Squadron. It would be incorrect to call it a BBQ since no one did any grilling. Most showed up with Subway or County Market take out food. All in all it was a good feed. Scary looking clouds kept some of you away. Col. Modders reported the front would quickly move through and his WX expertise was proven when clear skies were the standard for the picnic. The Picnic crew hustled over to the Lakeville Bowl where the rest of our group was waiting for a return grudge match in bowling. Because of the unbalanced number of participants from the units a team score was decided where the top two and bottom two scores from each unit would be combined to determine bragging rights for 2002. The planets must be in perfect alignment for us for we beat Valley! This was not easily done. C/Major Scicluna of Valley posted BOTH high scores. However his valiant efforts were in vain as our own Cadet Mitchell bowled an amazing 175! Wow!!! watch his smoke. A three way tie for second highest score of 122 was held by Lt Roesler, C Taylor West and

Capt Craswell (Huh??) Our lower scores whooped ass on Valley also with Cadets David Bigler and Amber Craswell bowling nearly double the Valley low score.



Glider O-Flights (from Roger Brogan)

We are planning to fly just about every week-end between now and the end of October, so you'll get another chance for a place in the sun! *Note How to do so requires some organizational effort (As was done by cadet Haas at our last Glider ac-

tivity.) What Cadet or Senior who lives to Soar will be willing to step up to the plate?

State Fair Booth

Anyone interested in participating at the State Fair Recruiting booth should contact Chaplain Chris Priest at 952-898-0508!

Congratulations!

Congrats to Lt. Jerry Jones on his new job with CDI! Way to go and can I borrow \$20? <grin> Congrats to Chaplain Priest for completing his Scanner and Observer training and to Capt Roedder for finishing his Mission Pilot training!

Discipline is doing what you really do not want to do, so you can do what you really want to do." John C. Maxwell

Alumni News

Ken Takada a former Farmington cadet who is currently in the US Navy and working on DINFOS BSP Basic Stills Photography reports he is also planning on applying for NAPS in hopes of earning an appointment to the Naval Academy. His older brother Mark has transferred to Atsugi, Japan where he'll be working with a Viking Squadron, they should be deploying on the USS Kittyhawk within a few months. Mark is currently an AM3 (Aviation Structural Mechanic Third Class [Petty Officer 3rd Class]). Good news! Airman First Class Omar W. Kreger is traveling the middle East and said in an email, "I will be returning back to the United States, my mother tells me you need to get a good education, and I understand her feelings and concerns. So when I return to MN I will continue with the C.A.P. and I will try to do more with the Squadron."

THE HISTORY OF THE MRE

In the 1980s the U.S. military research labs, which had hatched the pouch technology in the first place, took the lead in its use and development. They enabled the U.S. Military to upgrade its entire field ration program to retort pouches, from the earlier, less workable technologies of canning and freeze drying. Over the past 10 years these high tech research labs have continually upgraded the taste and nutritional profile of the meals. Over the past 10 years our military has depended on MREs for its field ration requirements. Tens of millions of MRE "full meals" have been produced and eaten. They have gone to Grenada, to the war on drugs, to fight forest fires in Alaska, and to feed the troops in "Desert Shield" and Desert Storm.

Mister "E" by Martha Stewart?

Here are a few suggestions to spruce up dinner at your campsite, compound or refugee relocation center! Military MRE's are very limited in menu choices, leading to "Appetite Fatigue". Just ask any Gulf War Veteran! MRE supplies have spent 4 years in the trunk of my car. Hot summers and freezing winters have no affect on the taste of the MRE! *Note they taste the same (bad) new or old! The Army reports that taste will be the same under reasonable temp range for 130 Months! Yumm Yumm!

CHEESY HAM and POTATOES

1- 8 oz. Escalloped Potatoes with Ham
 1- 5 oz. Potatoes Au Gratin
 Tobasco Sauce and Pepper
 Combine Escalloped Potatoes with Ham and Potatoes Au Gratin. Heat in microwave safe bowl for 2 minutes. Stir and heat 1 1/2 minutes longer. Over open fire, heat in skillet until hot. Serve and regurg.

MOUSSE PUDDING

1-1.5 oz. Cocoa
 1 - Non-Dairy Creamer Mix Cocoa & Creamer
 Slowly add water to get desired consistency. Serve.

Field Expedient Recipes

a) Rehydration fluid replacement: Add to a 1 quart canteen of water: 1 MRE table salt packet (4.0 grams of NaCl) and 1 MRE packet of beverage base powder (28 grams of sugar).

b) Potassium replacement: After prolonged vomiting and diarrhea have occurred, potassium (KCl) replacements may be beneficial. The MRE cocoa beverage powder is a good source of potassium. Add to a 1 quart canteen of water: 2 MRE cocoa beverage packets (60 grams of sugar, 1.7 grams of KCl equivalent).

Stress Foods

Foods that provide sugar energy and are comfort foods are good ones to pack in your 72-hour kits. These types of food include chocolate, hard candy, dry sugar cereal, fruit bars, etc.

TAKE CHARGE! MOVE OUT & HAVE FUN!

