



The Daily Gremlin

Newsletter of the Fourth Cadet Training Group
and the Minnesota Wing Cadet Encampment

Issue 1: Saturday, 15 June 2002



The Day In Review

Cadets arrived today around 1300 hours and were quickly acquainted with their new surroundings. After in-processing and a shakedown inspection, cadets were instructed on Drill and Ceremonies, Customs and Courtesies, Dining Procedures, and Barracks maintenance procedures. The environment was very "high stress," as one cadet was quoted as saying.

Basic cadets also attended a "Welcome" hosted by the Encampment Commander and CTG Commander where they were introduced with Encampment staff. Afterwards, cadets took a pretest and then finished off the night with showers and personal time.

The week ahead will be one of new learning experiences. Cadets will learn to meet new standards, the values of teamwork, and personal motivation.

-C/Capt Jared Thompson, Cadet Public Affairs Officer



Quotes

"It's going to be harsh, it's going to be tough training, and we're going to have to work as a team."

-C/A1C Tyler Beckman, Foxtrot Flight

"I think [In-processing] was a good learning experience. I learned a lot about discipline and respect."

-C/Amn Andrew Bliss, Charlie Flight

"Don't let it get to you."

-C/Amn Paul Addington, Delta Flight

"Accept challenges, so that you may feel the exhilaration of victory."

-General Patton

"You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do."

-Eleanor Roosevelt



Cadets being introduced to their new way of life

Tomorrow's Schedule

Physical Training
Moral Leadership
Drill and Ceremonies/Skills Training
Barracks Prep
First Inspection of Uniforms and Barracks



C/1st Lt Theide assists a Cadet during In-processing



Our new home, the Missile Wing Building

Medical Minute

Throughout the encampment the key to maintaining good health is *Preventive Medicine*. This type of treatment involves making responsible choices about your health before a problem develops. Some points to remember this week:

1. Take care of your feet.

Reddened "sore spots" are areas where footwear rubs against your feet. Without treatment, these can eventually become a breeding ground for blisters and make walking extremely uncomfortable.

2. Beat the heat.

High-temperatures for almost any duration puts excessive stress in the body's cooling mechanisms. Guard against dehydration by drinking plenty of fluids. If you begin to feel thirsty, you are already dehydrated. When able, perform activities in shady, cool areas and avoid physically strenuous exercises in high-heat areas. Keep a keen eye on your colleagues. White "salt" blotches on uniforms are clearly visible and indicate a potentially serious condition. If found, report these conditions immediately!

2. Input = Output.

The encampment is designed to be a high-energy environment. To maintain stamina without sacrificing health be sure to eat sufficient, balanced meals. Another trait to remember: *Hard workers sleep soundly*. A solid night's rest is an essential factor in maintaining good health.

3. Do not wait until a problem exists to seek help.

A person who feels miserable is much less likely to learn from the encampment. If you have a medical problem or concern, inform your Flight Commander, TAC Officer, or see the medical staff.

-Charlotte M. Miller, BSN, RN

-Ryan J. Wallace, NREMT-I

2001 MNWG Summer Encampment Medical Staff



Under the command of C/1st Lt Crissy Dalbec, with the help of Capt Nate Case and Maj Michael Donat, the Staff Development Squadron is finding a home in the Cadet Training Group.

NEW at Encampment: The Staff Development Squadron!

For those of you who don't know what the Staff Development Squadron is, I'll explain it to you. We are training to be staff members in future CTG's by taking leadership classes and taking up separate jobs that a squadron member in the CTG would have, such as Flight Sergeant, Flight Commander, and 1st Sergeant. We also take up support staff positions like Public Affairs (what I am today,) Logistics, Standards and Evaluation, and Leadership Officer.

Today we got up, went out and did PT, apart from the basic cadets (unfortunately). Next we had a few leadership classes on the different positions and 12 things they all needed. We then went to lunch and had a class on how to conduct types of review in leadership. That's where I leave you now. If I've sparked your interest you can read more about the SDS, there should be more articles in the future.

-C/SSgt Paul Wellumson

Staff Development Squadron

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Maj Doug Kilian: 2002 MNWG Encampment Commander
C/Capt Caralyn Flack: Fourth Cadet Training Group Commander

C/Maj Emily Hellmuth: Public Affairs Officer
C/Capt Jared Thompson: Cadet Public Affairs Officer