



# THE DAILY GREMLIN



Newsletter of the 6th Cadet Training Group  
and the 2004 Minnesota Wing Encampment

*ISSUE 1: SATURDAY 10 JULY 04*

## And So it Begins...



Cadets waiting to be processed into Encampment.

Today the Basic Cadets arrived between noon and 1:30. As they arrived, they were pushed through in-processing, where the cadets were checked for contraband and extra money. Thanks to the proper planning and cooperation, things went smoothly and quickly. Then the training began.



C/Maj Dalbec checking a cadet's duffel bag for contraband.

The cadets were introduced to their new environment with an intensity level that would bring the cadets into a proper encampment mentality. The cadets were welcomed to Volk Field by Lt Col Vickie Eckhoff, the Encampment Commander, and C/Lt Col Aaron Scicluna, the Group Commander, after the cadets ate their first meal in the Volk Field Dining Facility.

**CAP Counter-drug Factoid:** Since 1986, Civil Air Patrol has supported government agencies in counter-drug operations. Over 5,000 pre-screened and qualified members stand ready to lend their counter-drug expertise.



### Tobacco and Personal Appearance

- Yuck! Tobacco smoke can make hair and clothes stink.
- Tobacco stains teeth and causes bad breath.
- Short-term use of spit tobacco can cause cracked lips, white spots, sores, and bleeding in the mouth.
- Surgery to remove oral cancers caused by tobacco use can lead to serious changes in the face. Sean Marcee, a high school star athlete who used spit tobacco, died of oral cancer when he was 19 years old.

### The Medical Minute

**Beat the Heat:** Keeping Hydrated is the #1 way to fight off heat related injuries. Drink at least three times the water you lose, or in other words, drink between 4-6 canteens a day, not including meal time water consumption. Just remember that your body cannot function physically or mentally without water. Watch the flag system for updated temperature, activity and hydration instructions.

**Blister Blunders:** Wearing your boots properly will ensure comfortable feet. Keep your boots snug so your feet don't move around, but make sure it doesn't cut off the circulation. Also remember to dry the boots out at night. With this hot, humid weather, consider changing your socks in the early afternoon. Dry socks help prevent blisters.

**Sleep Sound:** Because of the high energy atmosphere, your body will need time to recover by sleeping. Optimize your time to ensure you sleep as much as you can.

**Volk Field History:** The origin of Volk Field can be traced back to 1888 when the State Adjutant General, General Chandler Chapman, purchased a site for a rifle range and offered it to the state for training.

### Coming Tomorrow:

- Emergency Services Overview
- Drill Training
- Flight Inspections
- Cadet Program Overview



"Who do you think I am and what does this star mean!"



Cadets studying their SOP's during In-Processing.

Special Thanks to C/MSGT Schilling and 1<sup>st</sup> Lt Cruze for their photographs of today's activities.

The Daily Gremlin is the official daily newsletter of the Sixth Cadet Training Group and the Minnesota Wing Cadet Encampment. The Internet version of this publication is an official Internet operation in accordance with CAPR 110-1. It is published daily from 11-16 July 2004 from offices at Volk Field ANGB, Wisconsin.

Lt Col Vicki Eckhoff: 2004 MN Wing Encampment Commander  
 Capt Al Pabon: MN Wing Public Affairs Officer  
 C/Lt Col Aaron Scicluna: Sixth cadet Training Group Commander  
 1<sup>st</sup> Lt Jake Hawksworth: Cadet Public Affairs Officer