



# Winging It

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*Civil Air Patrol Red Wing Composite Squadron (715) 594-3291*

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## “WELCOME TO OUR OPEN HOUSE”

1Lt Mari Lucas

I would like to take this opportunity to welcome all guests, squadron members, family members, & Minnesota Wing personnel to our Civil Air Patrol facilities here in Red Wing, Minnesota. I would also like to thank you all for taking the time out of your own busy schedules to come out to our hanger this evening. Civil Air Patrol has been a part of my life for 16 years. Even the years that I was not an active member, I carried what I learned throughout my travels.

Opportunities abound in the Civil Air Patrol program, both for senior & cadet members.

For the **young adult member**, Civil Air Patrol offers the following opportunities:

- Training in:

Leadership	Emergency Services	First Aid
Disaster Relief	Teamwork	Moral Leadership
Aerospace	Flight	Management
- Preparation for a military career.
- State & National Activities.
- Flights in both CAP & military aircraft.
- Service to Community, State, & Nation.
- And much more!!

For the **adult member**, Civil Air Patrol offers the following opportunities:

- Training in:

Leadership	Emergency Services	First Aid
Disaster Relief	Teamwork	Moral Leadership
Aerospace	Flight	Management
- Flights in both CAP & military aircraft.
- Resume building opportunities from Public Affairs to Administration
- Service to Community, State, & Nation.
- Rewarding work with young adults, training them to become future leaders.
- And much more!!

You might be asking yourselves at this point, what would it take to become a member? Well, I have the answer for you:

- Attendance at 3 meetings - to ensure that you like the program & are ready to join.
- A membership fee of \$41 dollars for cadets or \$58 dollars for seniors.  
This fee covers the yearly membership dues, books, a monthly newsletter, National & State Activities, as well as administration fees.
- A bookstore fee for uniform parts that cannot be issued at the squadron.

So take your time to browse & explore our program. Enjoy yourself & feel free to talk to any of our members, you will know them by the Air Force uniform that they wear.



# Falling In to Formation

Copied from CadetStuff.org

It's the middle of your first day at summer encampment. In your flight are cadets from nearly every squadron in the wing. As a new CAP cadet, you're amazed at all of the "interesting" ways cadets from other squadrons do things.

Your first formation was certainly amazing! When the flight sergeant gave the command for the flight to fall in, a cadet from a unit near your own shoved his way to the front, aligned himself on the flight sergeant, then took several steps to the right, faced the front, and shouted "RIGHT GUIDE!!" at the top of his lungs.

You watched in amazement as several cadets scrambled to fall in to the "Right Guide's" left. As the front rank assembled, the second and third ranks started to fall in with a great deal of pushing and shoving. Some cadets in the second rank whipped off their covers with their right hand and extended their right arms in front of them, using the cover to gauge the distance between them and the cadet in the rank ahead of them. Still other cadets put up their right arms as they fell in to check the interval between them and the the cadet to their right.

"Hmmm," you think, "I've never seen that done like that before, and that's sure not the way I was taught to do it at home. But, the flight sergeant seems happy with it, so I guess I'll keep my mouth shut for now.

## How Should It Have Happened?

When the flight falls in, the guide is supposed to assume the first position (*for some odd reason, the "guide" is a position that is seldom used in CAP,*

*but we will reference it here for the purposes of illustrating the correct method and because it is a required position*), the element leaders then align off the guide, and the remaining flight members then align themselves off the element leaders and the individuals in the front rank.

Lets look a little more closely at the process:

The guide positions him or herself 3 paces from the flight sergeant and in a position that should assure that the first element is centered on the flight sergeant. The guide then raises his/her left arm to a "dress right dress" position.

The first element leader then assumes his/her position immediately to the left of the guide. Upon feeling the first element leader at his/her fingertips, the guide then performs an automatic "ready front" and assumes the position of attention.

Now the remaining element leaders fall in behind the first element leader, execute a dress right dress, obtain their 40-inch distance visually, and align themselves directly behind the element leader in front of them (this is commonly referred to as "cover". The whole process of obtaining Dress, Cover, Interval and Distance is referred to by the acronym "DCID."

The remaining airmen then fall into any open positions to the element leader's left, aligning themselves behind the individual in the rank in front of them (again, "cover" visually, and executing an

automatic dress right dress. As soon as DCID has been obtained with the cadets in front of them and to their left, the airman will execute an automatic ready front and assume the position of attention. Something to remember: Cover and interval for cadets behind the first rank is obtained visually, not by the actual arm distance.

This is done at the position of attention, so therefore it is done without talking. The guide does not sound off with anything, not "RIGHT GUIDE!" not "ONE, ONE!"

## Important Things To Remember

If the guide doesn't know how many people are in a particular formation, he or she may not get the exact centering of the first element on the flight sergeant. It is generally incumbent on the flight sergeant to make those fine adjustments.

The only interval that matters is the front rank of cadets, who are the leading individuals of each file. All cadets behind the front rank merely cover on the individual in front of them, irregardless of the arm distance of the individual to their right

## National Activities

I would like to list some of the National CAP activities that your cadet may be eligible for.

**Engineering Technology Academy**

**Advanced Technology Cadet National Academy**

**Air Force Flight Training Familiarization Courses**

**Air Force Pararescue Orientation Course**

**Air Force Pararescue Orientation Course (Advanced)**

**Air Force Space Command Familiarization Course**

**Air Force Weather Agency Familiarization Course**

**Airline Training Familiarization Course**

**Cadet Officer School**

**International Air Cadet Exchange**

**National Blue Beret**

**National Cadet Competition**

**National Emergency Services Academy**

**National Flight Academies – Glider**

**National Flight Academies – Powered**

**National Honor Guard Academy**

**National Military Music Academy**

**Hawk Mountain SAR School**

**Aviation Challenge**

**Space Camp**

As you can see, there are many opportunities for our cadets.

MOST cadets in the squadron will not be eligible for these activities until after they have attended encampment.

Minnesota Wing's encampment is usually during the month of June for 1 week. The cost is about \$100, but may go up next year.

To attend encampment, a cadet MUST be at least 14 years of age & MUST have the approval of the squadron's Deputy

Commander for Cadets. There may be cases that I think that even if a cadet meets the age requirements, they may not yet have the maturity that is necessary for encampment attendance.

This last year we had 2 cadets from our unit attend Encampment as Basic Cadets, 2 cadets attended Powered Flight Academy, & one cadet attend the International Air Cadet Exchange.

So it is possible for you cadet to be able to do these things, they just have to work towards them!!

## This Month in Our Squadrons History

### **September**

*Last year* - Squadron members discuss Sept 11th Attacks; C/Amn Adam Redlin named Cadet of Third Quarter.

*5 yrs ago* - The squadron leaves its meeting location at the training school to its permanent home at the airport.

*10 yrs ago* - Red Wing named "Top Ground Search and Rescue Team" in Minnesota Wing SAR Competition.

*15 yrs ago* - Marilyn (Lucas) West promoted to C/SSgt.

### **October**

*Last year* - C/SSgt Brandon Avery graduates from Non-Commissioned Officer School

*5 yrs ago* - C/Col Ryan Streifel receives the Gen Carl A Spaatz Award from Natl CC Brig Gen Paul Bergman

*10 yrs ago* - C/1st Lt Andrew Browning joins the Senior Member program and is promoted to Flight Officer

*15 yrs ago* - Vicki Eckhoff promoted to C/A1C



## Should You Drink Water or Coke??

Just thought I'd pass this along! It is pretty informative.

### WATER

- 75% of Americans are chronically dehydrated. (Likely applies to half world population.)
- In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- Even MILD dehydration will slow down one's metabolism as much as 3%.
- One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a U-Washington study.
- Lack of water is the #1 trigger of daytime fatigue.
- Preliminary research indicates that 10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.

- Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

### Are you drinking the amount of water you should every day?

### COKE

- In many states (in the USA) the highway patrol carries two gallons of Coke in the truck to remove blood from the highway after a car accident.
  - You can put a T-bone steak in a bowl of coke and it will be gone in two days.
- To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous China.
- To remove rust spots from chrome car bumpers: Rub the bumper with a rumpled-up piece of Reynolds Wrap aluminum foil dipped in Coca-Cola.
- To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to

bubble away the corrosion.

- To loosen a rusted bolt: Apply a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
- To remove grease from clothes: Empty a can of coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains. It will also clean road haze from your windshield.
- The active ingredient in Coke is phosphoric acid. Its pH is 2.8. It will dissolve a nail in about 4 days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis.
- To carry Coca-Cola syrup (the concentrate) the commercial truck must use the Hazardous material place cards reserved for Highly corrosive materials.
- The distributors of coke have been using it to clean the engines of their trucks for about 20 years!

**Now the question is, would you like a glass of water or coke?**

## Red Wing Composite Squadron covers a wide area. Just look and see!!

Currently we have Senior Members from:

Rochester, MN	Mankato, MN	Lake City, MN	Red Wing, MN	Webster, MN
Spring Valley, WI	River Falls, WI	Ypsilanti, MI	La Crosse, WI	Farmington, MN
Plum City, WI	Pine Island, MN	Hager City, WI	Bay City, WI	Hastings, MN
Ellsworth, WI	Northfield, MN			

Currently we have Cadet Members from:

Red Wing, MN	River Falls, WI	Zumbrota, MN	Elmwood, WI	Durand, WI
Plum City, WI	Hampton, MN	Lake City, MN	Beldenville, WI	Ellsworth, WI
Hager City, WI	Maiden Rock, WI			



**Upcoming Meetings and Activities**

**Please remember that the Meeting Agendas may (and will) occasionally change.  
Also remember to always dress for the weather, as we may be outside.**

<b>3 October 2002</b>	<i>Regular Meeting</i> <b>Uniform: BDUs</b> Moral Leadership Drill
<b>10 October 2002</b>	<i>Regular Meeting</i> <b>Uniform: BDUs/Blues</b> <b>Squadron Pictures (1730)</b> Emergency Services (1Lt Matt Wiskow) Emergency Services (Major Vicki Eckhoff)
<b>17 October 2002</b>	<i>Regular Meeting</i> <b>Uniform: Blues</b> Cadet Programs (ALP/Phase 1) Aerospace (1Lt Lucas)
<b>24 October 2002</b>	<i>Regular Meeting</i> <b>Uniform: Blues</b> ALP Leadership Presentations
<b>31 October 2002</b>	<i>Fifth Week Fun Night</i> Possibly the Corn Maze or a Haunted House Trip

<b>Upcoming Activities</b>
<b>October 11-13</b> ▪ Wing Commanders Course-Breezy Point
<b>October 16-20</b> ▪ NCO School and BCOC at Camp Ripley-see 1LT Lucas for more information
<b>October 25-27</b> ▪ ES. Bluecap/Cadet Training Weekend information to be announced. See Major Eckhoff or 1LT Lucas for more information.

**Renewals, Birthdays, New Members**

**Renewals:**

**October:**

Dan Schaller  
Peggy McRoberts  
Emily Hellmuth  
Andrew Dose

Duncan Engh  
Luke Wegner  
Paul Austin  
Curtis Chaska

**November:**

Mitch Spinler  
Valerie King  
Jerry Hague  
Travis Hansen  
Lucas Hansen  
Blake Clerico

**Welcome New Members:**

**Cadets**  
None  
**Seniors**  
None

**Birthdays:**

**October:**

Andrew Dose 8th  
Brandon Avery 27th

Alex Knapp 30th  
Tom Hofmeister 28th

**November:**

Blake Clerico 24th  
Adam Carlstrom 26th  
Blaze Cunningham 12th  
Paul Austin 8th  
Curtis Chaska 22nd  
Ed Skog 14th  
Todd Mandel 11th  
Aaron Plumley 30th

**Membersip:**

**Cadets-27**  
**Seniors-35**



# PROMOTIONS

Cadet Airman Basic Ken Fearon to Cadet Airman

Red Wing  
Squadron  
MN104

PO Box 94  
Red Wing, MN 55066

Phone:

(715) 594-3291



Fax:

(651) 388-1554

E-Mail:

rwscap@redwing.net

*So that others may  
live...*

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**We're on the Web!**

*Visit us at:*

[www.mnwg.cap.gov/redwing](http://www.mnwg.cap.gov/redwing)

Squadron Commander:  
Nancy Hoiium, Major  
[Nhoium@redwing.net](mailto:Nhoium@redwing.net)  
651-388-9266

Deputy Commander for  
Seniors  
Vicki Eckhoff, Major  
[v.eckhoff@mfcannon.com](mailto:v.eckhoff@mfcannon.com)  
651-245-8558

Deputy Commander for  
Cadets  
Mari Lucas, 1LT  
[lucasp@earthlink.net](mailto:lucasp@earthlink.net)  
651-345-5309

Operations Officer  
Jeff Bartelt, Capt  
651-764-4112

## Squadron Has Busy Training and Recruiting Weekend

### Emergency Services Training

-Red Wing, MN 7 Cadets and 5 Seniors from Red Wing and Fort Snelling participated in a Ground Team training Weekend from 20-22 September at the Red Wing Airport.

The training allows the members to be one step closer to earning their ground team member rating and ground team leader training for the seniors. The areas that were covered were: Direction Finding/ELT training, Line Search, vehicle scanning, and communications. To top the training off, the members were entertained by a wonderful display of fireworks! Red Wing members participating were: C/AMN Joe Homan, C/AB Todd Plote, C/AMN Nathaniel Roesler, C/AMN Ken Fearon, 2LT Bryce Duncan, Major Andy Browning and Major Vicki Eckhoff.

### Red Wing Diversity Festival

-Red Wing, MN 1LT Mari Lucas, Captain Ellen Browning, C/AMN Blake Clerico and C/AMN Shashona Lucas participated in the Red Wing Diversity Festival on Saturday, September 21 from 10am - 5pm at the John Rich Park in Red Wing. The Diversity Festival was formed to celebrate how diverse the Red Wing community is becoming; Attendees were able to check out many different food vendors and ethnic vendors. Attendees heard about all of the different cultures in the Red Wing Community and had a chance to learn all about Civil Air Patrol.

### Pepin Days Parade

-Pepin, WI After spending many hours preparing to participate as a member of the Colorguard, 7 Cadets and 3 Seniors headed down to Pepin, Wisconsin for the Laura Ingalls Wilder Parade on Sunday, September 22, 2002. The mile and half long parade went very well and was an excellent training experience for the colorguard. The parade also gave a chance to promote the squadron, as other members were handing out rulers and flyers with squadron information. Members attending were: C/AMN Joe Homan, C/AMN Blake Clerico, C/AMN Shashona Lucas, C/AMN Andrew Dose, C/AMN Nathaniel Roesler, C/AMN Ken Fearon, Ryan Lucas, 1LT Stacy Wegner, 1LT Mari Lucas, and Captain Luke Wegner.

### *The First Cadet...*



**I would like to give all of my cadets some incentive to learn & grow with our program. I also want to make sure that EVERY CADET is reading this newsletter. Since there was not a First Cadet last night, the prize will be doubled!! So....**

**The first cadet that properly reports to 1Lt Mari Lucas & correctly describes the information on each page of this newsletter & recites the Cadet Oath will receive a prize!!**