



# CIVIL AIR PATROL

## Eau Claire Composite Squadron

### January - April 2013



### SQUADRON HAPPENINGS

**January 18-20:** *Ground Team Academy:* 1st Lieutenant Daryl Morning went down and participated in the Ground Team Leader class.

### UPCOMING EVENTS

May 3-5: Wisconsin Wing Conference  
 May 12: Mother's Day  
 May 17-19: Wisconsin Wing Search & Rescue Evaluation with Illinois Wing  
 May 24-27: Brat Stand at Festival Foods  
 May 27: Memorial Day  
 June 16: Father's Day  
 June 29-July 6: Wisconsin Wing Encampment  
 July 4: Independence Day  
 July 24-August 7: EAA Oshkosh Search and Rescue  
 July 29-August 4: EAA AirVenture  
 September 2: Labor Day  
 September 6-8: Aerospace Education Weekend



### PROMOTIONS

- Cadet Logan Pederson promoted to Cadet Staff Sergeant
- Cadet Susan Fiser promoted to Cadet Staff Sergeant
- Cadet Thomas Eder promoted to Cadet Senior Airman
- Cadet Kelsey Ackerman promoted to Cadet Airman
- Cadet Kayla Bennett promoted to Cadet Airman
- Cadet Joshua Kelso promoted to Cadet Airman

## **Civil Air Patrol's Three Primary Missions: Aerospace Education**

CAP's aerospace education efforts focus on two different audiences: volunteer CAP members and the general public. The programs ensure that all CAP members (seniors and cadets) have an appreciation for and knowledge of aerospace issues. To advance within the organization, members are required to participate in the educational program. Aerospace educators at CAP's National Headquarters at Maxwell Air Force Base, Ala., provide current materials that reflect the highest standards of educational excellence. Aerospace education is divided into two parts: internal and external.

The internal aerospace education program has two parts as well: cadet and senior. Cadets complete aerospace education as one of the requirements to progress through the achievement levels of the cadet program. Senior members have a responsibility to become knowledgeable of aerospace issues and the AE program that CAP provides. They are further encouraged to share the information obtained with their local communities and school systems.

CAP's external aerospace programs are conducted through our nation's educational system. Each year, CAP sponsors many workshops in states across the nation, reaching hundreds of educators and thereby thousands of young people. These workshops highlight basic aerospace knowledge and focus on advances in aerospace technology. CAP's aerospace education members receive more than 20 free aerospace education classroom materials.

To learn more about CAP's aerospace education programs, products, and other resources available to our members, go to [www.capmembers.com/ae](http://www.capmembers.com/ae). For information about joining as an aerospace education member (AEM) and to join online, go to [www.capmembers.com/joinaem](http://www.capmembers.com/joinaem).

*Information copied from Civil Air Patrol Website: [http://www.gocivilairpatrol.com/about/civil\\_air\\_patrols\\_three\\_primary\\_missions/](http://www.gocivilairpatrol.com/about/civil_air_patrols_three_primary_missions/)*

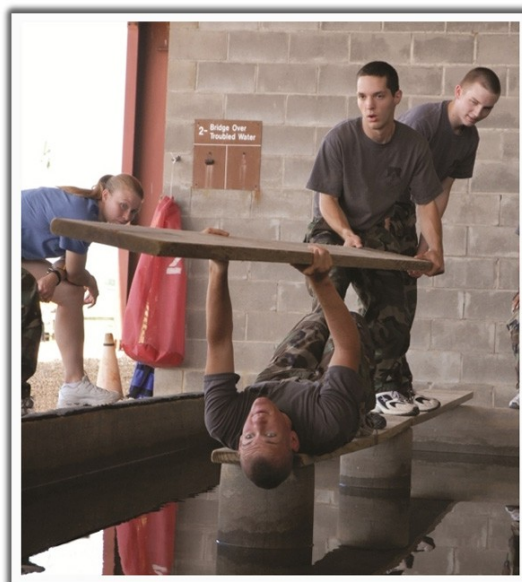


### **Civil Air Patrol's Three Primary Missions: Cadet Programs**

While there are many youth oriented programs in America today, CAP's cadet program is unique in that it uses aviation as a cornerstone. Thousands of young people from 12 years through age 21 are introduced to aviation through CAP's cadet program. The program allows young people to progress at their own pace through a 16-step program including aerospace education, leadership training, physical fitness and moral leadership. Cadets compete for academic scholarships to further their studies in fields such as engineering, science, aircraft mechanics, aerospace medicine, meteorology, as well as many others. Those cadets who earn cadet officer status may enter the Air Force as an E3 (airman first class) rather than an E1 (airman basic).

Whatever your interests-survival training, flight training, photography, astronomy-there's a place for you in CAP's cadet program. Each year, cadets have the opportunity to participate in special activities at the local, state, regional or national level. Many cadets will have the opportunity to solo fly an airplane for the first time through a flight encampment or academy. Others will enjoy traveling abroad through the International Air Cadet Exchange Program. Still others assist at major air shows throughout the nation.

*Information and picture copied from Civil Air Patrol Website: [http://www.gocivilairpatrol.com/about/civil\\_air\\_patrols\\_three\\_primary\\_missions/cadet-programs/](http://www.gocivilairpatrol.com/about/civil_air_patrols_three_primary_missions/cadet-programs/)*



## **Civil Air Patrol's Three Primary Missions: Emergency Services**

Growing from its World War II experience, the Civil Air Patrol has continued to save lives and alleviate human suffering through a myriad of emergency-services and operational missions.

### **Search and Rescue**

Perhaps best known for its search-and-rescue efforts, CAP flies more than 85 percent of all federal inland search-and-rescue missions directed by the Air Force Rescue Coordination Center at Tyndall Air Force Base, FL. Outside the continental United States, CAP supports the Joint Rescue Coordination Centers in Alaska, Hawaii and Puerto Rico. Just how effective are the CAP missions? Nearly 100 people are saved each year by CAP members.

### **Disaster Relief**

Another important service CAP performs is disaster-relief operations. CAP provides air and ground transportation and an extensive communications network. Volunteer members fly disaster-relief officials to remote locations and provide manpower and leadership to local, state and national disaster-relief organizations. CAP has formal agreements with many government and humanitarian relief agencies including the American Red Cross, Federal Emergency Management Agency, Federal Aviation Administration, National Transportation Safety Board and the U.S. Coast Guard.

### **Humanitarian Services**

CAP flies humanitarian missions, usually in support of the Red Cross-transporting time-sensitive medical materials including blood and human tissue, in situations where other means of transportation are not available.

### **Air Force Support**

It's hardly surprising that CAP performs several missions in direct support of the U.S. Air Force. Specifically, CAP conducts light transport, communications support, and low-altitude route surveys. CAP also provides orientation flights for AFROTC cadets. Joint U.S. Air Force and CAP search-and-rescue exercises provide realistic training for missions.

### **Counterdrug**

CAP joined the "war on drugs" in 1986 when, pursuant to congressional authorization, CAP signed an agreement with the U.S. Air Force and U.S. Customs Service offering CAP resources to help stem the flow of drugs into and within the United States.

*Information copied from Civil Air Patrol's website: [http://www.gocivilairpatrol.com/about/civil\\_air\\_patrols\\_three\\_primary\\_missions/emergency-services/](http://www.gocivilairpatrol.com/about/civil_air_patrols_three_primary_missions/emergency-services/)*



## SAFETY: SPRING

Spring is an active time of year in which the weather is warming up and people are leaving their homes to enjoy the warm weather. But with spring comes some things that we all need to be aware of.

Here are some tips to be safe:

- ♦ **Lawn work:** Make sure that there is nothing in the yard that could be projected from lawnmower blades; especially watch out for small children playing; do not allow children to play on riding lawnmowers.
- ♦ **Allergies** can become a problem for some with runny nose, watery eyes, sneezing, etc. Take medicine as recommended and know how it will affect you before driving or doing other activities; keep it away from children.
- ♦ **Water:** Keep access to large pools unavailable to children to prevent accidental drowning; use chemicals as recommended by manufactures and keep chemicals away from children; never leave children alone in the pool, know the depth of water (pool, river, lakes, etc.) and pay attention to any hazards such as rocks, toys, etc. before jumping or diving in; do not run around pool areas.
- ♦ **People** are outside walking, running, biking and playing, so be extra careful with driving; watch for small kids who do not have the judgment to watch for cars.
- ♦ **Bugs** are starting to come outside, so protect yourself with insect repellent; know the manufactures recommendations for use and the precautions with the repellent; keep out of reach from children.
- ♦ **Playgrounds:** Keep children safe by making sure they know how to play on equipment safely; teach them to watch for other children around them so that they do not accidentally hit, kick or knock another child.
- ♦ **Sun:** When outside - wear sunscreen with a rating of SPF 15 or higher and follow manufacture instructions; keep out of reach of children, wear sunglasses and a hat.
- ♦ **Water:** As the temperature goes up and you increase activity, make sure to drink plenty of water to prevent dehydration. Remember alcohol, soda and sweetened beverages may cause dehydration faster, so minimize drinking these while beverages while in the sun.





### **NEW CADET**

We would like to welcome Cadets Kelsey Ackerman and Joshua Kelso to the Eau Claire Composite Squadron!!

### **TRANSFERRED CADET**

We would like to welcome Cadet Captain Mitchell Lemons to the Eau Claire Composite Squadron from Ozaukee Composite Squadron!!

### **FUN ACTIVITY**

Civil Air Patrol is all about planes, especially when it comes to the cadets. So, did you ever look at all of the planes and wonder what kind of plane you would be? Here is your chance to find out. Go to <http://quizilla.teennick.com/quizzes/281862/what-airplane-are-you> and take the short 13 question quiz and submit and it will let you know. So, have fun and tell all your friends what kind of plane you are.



### **CADET PROGRAM**

After receiving the Mary Feik Achievement, cadets need to pass the Chapter 4 leadership test, an aerospace test, a physical fitness test, be present at a character development class, pass a drill test and wait 56 days.

After completing the above tasks, the cadets receive the grade of Cadet Staff Sergeant and receive the Orville and Wilbur Wright Achievement.



Orville and Wilbur Wright were the first men to achieve powered, controlled, sustained, heavier-than-air flight.



## **HEALTH TIP: VEGETABLES**

### **Recommendations:**

- \* Children (2-8 years) : 1 to 1 ½ cups
- \* Females: (9-13 & 51+ years): 2 cups  
(14-50 years): 2 ½ cups
- \* Males: (9-13 & 51 + years): 2 ½ cups  
(14-50 years): 3 cups

### **Benefits:**

- \* May reduce heart disease, obesity, and type 2 diabetes risks; may protect against some cancers; may lower blood pressure, reduce kidney stone development; helps decrease bone loss and may be helpful in reducing calorie intake.

### **Nutrients:**

- \* Low in fat and calories, no cholesterol
- \* Potassium is good for blood pressure: Potatoes, tomatoes and beans
- \* Fiber reduces cholesterol levels, lowers heart disease risk, helps to keep bowels working properly and prevents constipation and diverticulitis.
- \* Folate: Red blood cell formation, reduce risk of neural tube defects, spina bifida, and anencephaly during fetal development.
- \* Vitamin A: Keeps eyes and skin healthy and protects against infections
- \* Vitamin C: Helps wound healing, keeps teeth and gums healthy and helps with iron Absorption.

Source of information

<http://www.choosemyplate.gov/food-groups/vegetables.html>



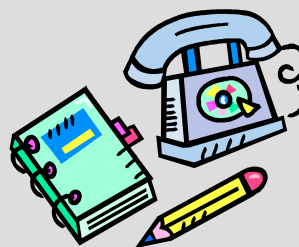
For more information about Civil Air Patrol go to <http://www.gocivilairpatrol.com/>

### **For more information on the Eau Claire Composite Squadron contact:**

Captain Jon Kamstra, commander  
Phone: 1-715-410-4277  
[kamstrajon@yahoo.com](mailto:kamstrajon@yahoo.com)

**Meeting address:** National Guard Armory  
1730 North Lane  
Eau Claire WI 54701

**Meeting time:** Thursdays from 6:00-8:00 p.m.



*Newsletter Edited by 1st Lieutenant Patricia Miara, Eau Claire Composite Squadron PAO*