



CADET NOTES



Maxwell Air Force Base, AL

Jul. - Aug. 2005

Vol. 1, No. 4

Count Down to Blast-off

by C/CMSgt. Enriquez

On May 23, 2005, Cadets Tony Cihak, Daniel Jackson and I received our Module Rocketry Badges. These badges (one for our Air Force style blue uniform and the other for our Air Force style BDUs) demonstrate that we completed the requirements of the Civil Air Patrol Model Rocketry program. The program is an achievement program for cadets interested in the science, technology, and flight of model rockets. Accomplishing the achievement is a long process, yet very exciting and educational.

The above mentioned rocket program requires completion of three phases to earn the badge. The first phase started in October of last year with several cadets from our squadron participating in the program. We constructed the Titan rocket for the Titan phase from a kit that consisted of a paper towel roll, wooden fins, an engine mount that holds a solid fuel rocket engine,



Kneeling in front, from left to right: Cadets Lohr, D. Jackson, Wueschner, A. Jackson and T. Cihak. Standing, from left to right: Lt. Col. Miller, Cadets Toney, Kyser, Enriquez, Knapp, K. Cihak and Lt. Jackson.

a plastic cone for the nose and a parachute system.

Then, on a cold December Saturday morning at the Prattville Airport, we launched the Titan rockets. Even though it is not a requirement for launching, one cadet put a Star Wars Clonetrooper Lego in his rocket. The rocket went up

and when it came down, the parachute did not open. The trooper lost an arm and was badly burned.

When it was my turn to launch my rocket, it did not launch. Instead it got caught on the launch rod and burned its engine out. After some intelligent engineering with Lt. Col. Miller, my second launch attempt was a success. In fact my launch was one of the highest and farthest of the rockets that day.

After we completed the Titan phase, we built the Redstone and Saturn rockets for the next two respective phases. It is important to mention that to complete each phase we had to take a written exam consisting of 10 questions. To pass each test, the exam had to be corrected to 100% after scoring at least 70% on a closed book test. The reason for the written test is to make sure that the student has comprehensive knowledge of each phase.

Unlike the Titan, we had to pay for the Redstone and Saturn rockets: \$20 for the Redstone and \$10 for the Saturn. We had two CAP meetings set aside for rocket building in which help from Lt. Col.

INSIDE THIS EDITION

Count Down to Blast-off	1
DCC Corner	2
Cadet Spotlight	3
“Health Issues”	
Be a Bone Builder	4
Upcoming Events	4

from the desk of . . .
Lt. Col. Gaston

July 2005

Dear Cadets, Senior Members, Families, and Friends,

Happy Independence Day! Of course, by the time you read this, the holiday will be over. I hope each and every one of you had a happy and safe 4th of July. We're also at the midway point of the summer, so I hope your summer is going well.

Several of our cadets (Cadets Greg Hopkins, Chelsea Holder, Daniel Jackson, Andrew Jackson, Nina Knapp, Tavaris Toney, and Esala Wueschner) have just completed a most important milestone in their cadet careers – they all successfully completed the Alabama Wing Encampment at Ft Rucker, Alabama a couple of weeks ago. Additionally, Cadet Chris Kyser served as a Flight Sergeant on staff (the encampment was also staffed by yours truly and commanded by our own Maj. Joe Curry). All of these cadets deserve our congratulations for a job well done. Maj. Curry did a superb job of putting on an encampment at Ft Rucker for the first time.

For those cadets who were unable to attend this summer, I urge you to pick the brains of those who did, and start making your plans to attend next summer. I doubt you'll talk to one person who doesn't have great things to say about their experience. And, as you all know, Encampment forms the basis of so much of what we do in CAP, and is required before you can attend more advanced training. And, IF you REALLY want to find out about hard work, talk to Cadet Kyser. The way I see it, there isn't a more valuable learning experience than to serve as a staff member at an encampment. You work your tail off, but you sure learn a lot!

Cadets and Parents, you need to mark your calendars for August 15. That's a regular meeting night (Aerospace Education), but we will be meeting in the Academic Instructor School (Building 803) Large Auditorium. We'll be meeting there because Capt. Wueschner will be teaching an entire evening on the CAP webpage and other CAP internet applications. I ask parents to mark your calendars because we understand the sensibilities of young people accessing the Internet, and so we are requesting either your attendance or your permission for your son or daughter to attend this informational meeting. There is a WEALTH of knowledge on the CAP National Headquarters website, which few of us ever access. This evening will give you a sample of what is available to you, so I urge you to attend. I just wanted to plant the seed for now and as the date gets closer, I'll be sending out a special letter on this subject.

With that, please continue to have a safe and enjoyable summer. We look forward to seeing you at regular meetings, and especially when school begins again. "Til then...

Sincerely,
Lt. Col. Gaston
Lt. Col. Gaston

Rockets... from Page 1

Miller and Lt. Jackson was available. While building these rockets we found out the hard way how well super glue adheres, even to fingers. Those who were unable to complete their rockets in the sessions were allowed to complete them at home.

After we completed building the Redstone and Saturn rockets, we met again at the Prattville Airport on May 21, 2005. Some of the cadets had their parents drive them to the airport while others had the opportunity to fly-in on a Cessna 182.

Once we all arrived, Lt. Col. Miller gave us his usual safety briefing and reminded us what our purpose was for the day's mission. All of us successfully completed our Redstone and Saturn launch requirements.

Though I did get my launches in, my rockets did not return to earth in one piece. As a matter of fact, my Redstone rocket did a nose dive and shattered the body. In the Saturn rocket, there are two stages. Both stages of my Saturn rocket worked, but when it was time to recover it, there was nothing to be found. All that was left was the cone. Good thing I am not with NASA at the moment, since I still have much to learn.

Many of the cadets from our squadron participated in the Model Rocketry Program, but only three of us completed all the requirements for the badge. I would like to encourage those who have not completed their Program to consider finishing what they started. We have two great AE Officers that are willing and able to help you reach your goal. You already have invested the time (and for some of you, your own money), so why not achieve the Model Rocketry Program that teaches you the science of model rocketry and the basics of rocket science? Once you have completed the requirement, you can proudly wear your Civil Air Patrol Model Rocketry Badge. I hope to see more Model Rocketry Badges in our squadron soon.



Cadet Spotlight

Rank & Name: C/Amn Chelsea Holder

School/Grade: Dallas County High/
9th grade

Family: my dad, Mark; my mom, Brenda;
my sister, Brianna

Hobbies: reading, volunteering, talking,
debating, aerobics

Why did you join CAP?

A friend told me about it, and it seemed interesting. Although, when I joined, it was nothing like I expected, but I'd have to say it's better!

What do you enjoy most about CAP?

Flying! I love it, and also physical training has got me into the athletic thing. I never realized running could actually be enjoyable.

What do you want to be/do when you grow up?

If I decide not to join the Air Force, I am thinking about being a youth psychologist.

How do you think CAP can help you in your future career choice?

CAP is teaching me team work and time management, which I believe to be two of the most important attributes in a person. I am also learning about different career choices within the military.

Why would you recommend CAP to a friend?

I would recommend CAP to a friend because it is a great way to learn about Aerospace Education. Flying is the best part! CAP is also a way to make friends that share your interests.

HEALTH ISSUES

For the next three issues, Lt. Deborah Enriquez, Nurse Officer, will be presenting a three-part series on health issues. Her first article is on bone health.

Be a Bone Builder

You actually build the foundation for a lifetime of strong bone during your teen and young adult years! The amount of bone you can build during these years is your PEAK BONE MASS. This is the strongest your bones will ever be and the way you will want to keep them the rest of your life. So step away from the computer and TV for at least an hour each day this summer.

Like muscle, bone is living tissue that responds to exercise by becoming stronger. To build strong bones, you've got to do activities that put weight on your bones for at least 20 minutes a day. Remember, all activity that you do is important! You need a total of at least 60 minutes of moderate-hard activity every day, which include at least 20 minutes of bone-building activity.

It is important to start early and make a lifelong commitment to daily physical activity. Bone-building activity will not only improve your bone health, but it also increases muscle

strength, coordination and balance and leads to better overall health.

Activities that work all large muscle groups help bones store calcium. Any bone building activity moves your skeleton against gravity with force and impact. Such activities include walking, hiking, biking, jogging, stair-climbing, tennis and dancing.

While daily activity is important and desirable, be aware that excessive exercise can actually endanger growth and development of your bones. Teens who overexercise in combination with strict dieting can increase the risk for weak bones and fractures now and later in life.

Moderation is the key, but keep in mind that other exercise benefits could include looking good, feeling good, less stress, more energy, stronger heart, less body fat, less depression, improved academic performance, and some exercise is just plain fun.

Be safe, have fun, and enjoy the rest of your summer break!



UPCOMING EVENT

Family Night August 15 2005

There will be a "Family-Event" held at the Academic Instructor School (Bldg. 803) on August 15. It is one of our regular Monday Night meetings and it will be held in the large auditorium. All parents and/or guardians are invited. Please be expecting a letter from Lt. Col. Gaston.

Monday Night Meetings

1 st Mon.	Emergency Services & Testing	(BDU)
2 nd Mon.	Physical Training	(PT gear)
3 rd Mon.	Aerospace Education & Testing	(Blues)
4 th Mon.	Moral Leadership	(Blues)
5 th Mon.	Commander's Discretion	(BDU)