



# The Fly-By

A Quarterly Publication of the  
**Southwest Region**  
July 2023



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**The Fly-By** is published quarterly on the first month of each quarter. Deadline for submissions are:

1Q – 20 December

2Q – 20 March

3Q – 20 June

4Q – 20 September

**Text** may be submitted in the body of an e-mail (preferred) or as a document attached to an e-mail (a .txt or Word .doc/docx, or, if written in another word processor, saved as an .RTF).

**Images** in JPG format, un-retouched, un-cropped, and at least 1200 x 900 pixels, sent as attachments, never embedded in the document.

**Credits:** In all cases, please give full grade, name, and unit of assignment of

- The article's author(s),
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– oOo –

Send submissions to the Editor at:

[awoodgate735@gmail.com](mailto:awoodgate735@gmail.com)

Message size limit: 20 MB. If too big, please send it in two emails.



## **SWR Commander's Corner**

I hope you are having a great summer so far, though for most of Southwest Region the broiler seems to be stuck on high.

As summer activities hit their stride, the importance of a PAO officer becomes obvious. We must tell people what happened and all that is great about your wing or squadron. This is so helpful when it comes to recruiting people and holding on to them. Knowledge is the key. If members know what is going on, it makes them want to stay around and perhaps join in the fun.

In just a few weeks New Mexico Wing Commander Col. Annette Peters will step down and Lt. Col. (Col. select) Andy Selph will take over. If you see Col. Peters, please tell her thank you as she has done a phenomenal job with the Wing. If you see Lt. Col. Selph, please congratulate him. I have all the confidence in him that he will do great.

Enjoy you family and enjoy the summer... change of seasons is coming.

As always, thank you for all you do for CAP and your communities. 🇺🇸

**Col. Martha C. Morris**  
Southwest Region Commander

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### **Safety is Priority One**

Please read the latest issue of The Safety Beacon for timely, seasonal advice at <http://members.gocivilairpatrol.com/safety/>

Have you taken the **Operational Risk Management** Basic, Intermediate and Advanced online courses? Please visit: [CAPSafety | Civil Air Patrol National Headquarters \(gocivilairpatrol.com\)](https://www.gocivilairpatrol.com/CAPSafety)

- Safety must be on every CAP member's mind, at all times.
- Before engaging in any CAP activity, a safety briefing must be conducted.
- Don't miss the Safety Specialty Track training posted at [Safety Beacon | Civil Air Patrol National Headquarters \(gocivilairpatrol.com\)](https://www.gocivilairpatrol.com/SafetyBeacon)
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- **Safety is our Number One Priority.**

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### **How to Submit News Items for this Newsletter**

#### ▪ **Which Articles Are Best?**

Ideally, articles should deal with a wing-wide event, preferably conducted in conjunction with or coordinated with another wing (or better yet across regions).

Individual articles dealing with a subject that is of interest to a broad audience qualify as well.

Articles bylined by cadets, especially when the subject is of interest to a broad audience, are also welcome.

#### ▪ **Do I Submit Photos?**

Articles with no photos may not be selected for publication. Do not embed images in a Word document. Instead, send in the original, un-retouched, full-size digital photos as attachments.

#### ▪ **If You Have Article Ideas or Suggestions**

If you have an article in mind but are not sure whether it would be acceptable, you need some guidance in writing it, or you would like to comment on the material published here, please feel free to contact the editor: [awoodgate735@gmail.com](mailto:awoodgate735@gmail.com).

Please read the latest issue of The Safety Beacon for timely, seasonal advice at <http://members.gocivilairpatrol.com/safety/> 🇺🇸





**Top:** Maj. (Dr.) Sian Proctor's keynote address, describing her journey from CAP cadet to SpaceX astronaut, was a highlight of the wing conference. (Photos: Roxanne Schorbach)

## ***Training, Awards, and Keynote by 'CAP Astronaut' are Highlights of Arizona Wing Conference***

*by Lt. Col. Gordon Helm and Maj. Margot Myers, Arizona Wing*

PRESCOTT, Ariz. – The annual Arizona Wing conference was held at the Prescott Resort and Conference Center in northern Arizona during June 2-4, 2023. This year's gathering was more focused on a return to informational updates, training, and camaraderie, unlike last year's conference that also hosted the CAP Board of Governors quarterly meeting, with members of CAP's senior staff in attendance.

On June 2, some members arrived early to complete multiple education and training modules required for promotion to captain and major. Level III training was held in the morning while Level IV modules were presented in the afternoon. Both sessions were well attended by members who are working to improve their CAP training and skills.





**Above:** Proctor described experiencing “Earthlight” as like when you go outside and there’s a full moon rising. She said that when you go to space, you are bathed in Earthlight, which she found to be “truly transformative.”

That evening, the conference kicked off with a social gathering where many members met new friends and colleagues or renewed friendships that were interrupted by the years of COVID-19 restrictions.

The main conference day on June 3 was a busy one, starting at 8:30 a.m. with the presentation of the colors by the Prescott Composite Squadron cadet color guard, the invocation by Wing Chaplain (Maj.) Tom Tostenson, and a safety briefing by Maj. Scott Hunter.

The first presentations during the morning general session were from former wing commander and current Southwest Region Commander Col. Martha Morris, who provided both the national and regional updates. Lt. Col. Jason Redlin, commander of the Southwest Liaison Region for CAP-USAF, discussed the role his office plays in coordinating between CAP and the Air Force. Col. Rob Pinckard, Arizona Wing commander, followed, presenting a year-in-review of activities undertaken by squadrons and programs in the wing.

Pinckard then introduced the keynote speaker, Maj. (Dr.) Sian Proctor, a member of the Arizona Wing aerospace education team. Proctor is a geoscientist, an explorer, an analog astronaut, a community college professor, and a SpaceX astronaut.

Proctor recalled that her early interest in aviation and space was sparked by her father, who worked at a NASA tracking station in Guam. Later, as a teenager living in upstate New York, it was her father who encouraged her to join CAP as a cadet. Proctor’s dream of becoming a military pilot was dashed when she had to get prescription glasses in her teens, and her father’s death when she was only 19 sent Proctor on a different path.





**Above:** Ten members of Arizona Wing were recognized for completing Level V of CAP's professional development program, earning the Gill Robb Wilson award.

She set aside her dreams of flying for years, but finally got her private pilot certificate in her mid-30s. At that point, she rejoined CAP at Sky Harbor Composite Squadron in Phoenix and served as an aerospace education officer.

In her late 30s, she learned NASA was looking for astronauts. "But there was that voice inside my head that filled me with doubt and made me feel I wasn't worthy. I thought about my dad and I thought he would have said, 'Don't talk yourself out of opportunity. Let somebody else tell you whether you're qualified.'"

"I applied for the 2009 astronaut class and after multiple selection rounds, I got a call inviting me to the Johnson Space Center for a selection interview," Proctor said. "Weeks later, I returned for a second round of interviews." Proctor made it to the final group of 47 candidates, but ultimately, did not get selected.

While teaching geoscience at South Mountain Community College in Phoenix, Proctor became an analog astronaut. She lived in a Mars simulation habitat for four months in 2013. "I was acting like I was living on Mars," Proctor said. "Any time we left the habitat, we had to wear a spacesuit."

In 2019, NASA put out a call for astronauts again. "When friends asked if I was going to apply, I said, 'I don't think NASA is going to be the roadmap for me to get to space, but one day, maybe I'll get there with commercial spaceflight.'"

Just two years later, a Super Bowl ad announced a contest to win a seat on a commercial flight to space. Proctor's friends encouraged her to apply, which required a two-minute video explaining why she was the best candidate for the opportunity.

"I spent my down time during the COVID-19 pandemic creating space art and writing poetry," Proctor said. "I wrote an original poem called 'Space2Inspire,' which I read for my video submission."





**Above:** Lt. Col. Bob Ditch, incident commander for Operation Pulse Lift, CAP’s nationwide blood donation mission, presented red glass “blood drop” awards to nine squadrons and two individuals recognizing their support for the mission.

**Below:** Capt. Silvia Scotti, Neotoma Composite Squadron, assists Cadet 1st Lt. Benjamin Wilmoth and Cadet Chief Master Sgt. Gunnar Nicholls, 388th Composite Squadron, during a rocket-building activity.

Proctor then recited the poem that earned her a spot on the SpaceX Inspiration4 mission. She trained to be the mission pilot during weeks of physical and mental challenges that prepared the four-person civilian crew for the three-day mission orbiting the Earth.

When people ask what her favorite memory was of the mission, Proctor described what she called a “transformative moment” when they first opened the forward hatch and saw Earth through the observation cupola.

After three days in orbit, the capsule splashed down. “When we hit the water, I felt the weight of being the first Black female pilot, knowing that I had to be perfect because if I messed it up, I’d be closing the door for women of color behind me,” Proctor said.

“With great opportunity comes great responsibility,” Proctor said, “and that’s why I’m focused on creating JEDI space – Just, Equitable, Diverse, and Inclusive. It’s not about outer space. It’s about the space we inhabit. How do we create JEDI space for ourselves, for our family, for our community, for our schools, for the Civil Air Patrol?”







**Above:** Capt. Jason Ebersole (center), Prescott Composite Squadron, led a first aid/CPR/AED training session that resulted in 39 cadets and adult members receiving HeartSaver certification from the American Heart Association.

Proctor said that NASA and the selection process for astronauts is exclusive and competitive. “But now we’re seeing this new era where there’s a new way of leading. It’s about being inclusive and complementary.

“That’s what I see about Civil Air Patrol. We are inclusive. It’s part of the mission. We are complementary. We try to help everyone. That’s what we do.”

Addressing the cadets in the audience, she encouraged them to “think about your space to inspire, not outer space, your space, the space you inhabit, how we use this space matters. The way we talk about things, the way we do things, how we interact with people. It’s your space to inspire. How do you make it so that you’re making a difference in the world?”

“As you think about your leadership style and the impact you have on the people around you, use your space to inspire those within your reach and beyond,” Proctor said as she concluded her remarks, which were the highlight of the conference.

Following Proctor’s presentation, it was time for awards. The wing “of the year” awards were presented to members who excelled at fulfilling their various roles. The Show Low Composite Squadron was named the squadron of merit for 2022. Eleven members of the wing received their Gill Robb Wilson awards, recognizing completion of Level V, the highest level of the CAP professional development program.

Nine squadrons and two individuals received glass “blood drop” awards recognizing their support for Operation Pulse Lift, CAP’s nationwide blood donation mission.

The three members of Arizona Wing’s government relations team were recognized for their extraordinary efforts to obtain funding from the state legislature to support a variety of





infrastructure projects. Over two annual budget cycles, the state legislature allocated \$15 million to Arizona Wing.

**Left:** Prescott-based True Course Simulations provided two flight simulators, which were very popular with the cadets throughout the conference.

**Below:** Capt. Dodd Martin, commander of the host squadron in Prescott, donated blood at the Operation Pulse Lift donation center.

For the remainder of the day, five breakout rooms provided training opportunities for all wing members. There were updates in operations, including flight, glider, emergency services, cadet orientation flights, and sUAS programs. For cadets, there was a rocket-building activity

with Maj. Proctor there to provide guidance and answer questions. There also were classes on Earning Your Wings, sUAS flying, and First Aid/CPR/AED training. True Course Simulations, a Prescott-based company, provided two flight simulators, which were very popular with the cadets throughout the day.

Adult members also chose from a variety of non-operations breakouts including a session on how to do well during Subordinate Unit Inspections, roundtables where members could learn more about various mission support roles such as transportation and public affairs, a session with the wing legal officer on how to avoid legal trouble, and a workshop for communications officers. Throughout the day, those who wished to support the Operation Pulse Lift blood donation mission could do so onsite. A total of 29 units of blood were donated at the conference.

The finale of the day was the Brisket and Bones Barbecue Banquet, a chance for members to socialize and enjoy dinner together. Pinckard, in his final year as wing commander, set the tone for the evening and members were encouraged to wear their dress jeans and cowboy boots to the banquet. Unlike previous wing conference banquets, there were no speeches and no awards presented.

Wrapping up the weekend was a commander's call for squadron commanders on June 4. Pinckard updated commanders on several important topics, then fielded questions.

Overall, those attending enjoyed the conference in the cool climate of Prescott. In a post-conference survey, some members said they thought the awards ceremony was too short, while others said they missed wearing their mess dress to the evening banquet. Most, though, agreed it was good to get together and enjoy the learning opportunities and companionship that the wing conference provides. 🇺🇸







**Top:** Cadet 1st Lt. Dean Kearn of Eloy Composite Squadron shows off his appointment letter to the Merchant Marine Academy at Kings Point, New York. (Photo: Courtesy Mrs. Nicole Kearn)

## **Arizona Wing Cadets Earn Military Appointments, ROTC Scholarships**

by Lt. Col. Gordon Helm, Arizona Wing

PHOENIX – Nine Arizona Wing cadets are attending military academies or Reserve Officer Training Corps programs at universities this fall. Leading the way are four cadets from the wing's largest cadet program, Willie Composite Squadron.



**Right:** Cadet 2nd Lt. Samara Myers (Left) graduated at the end of June from a two-and-a-half week training program at the Navy's Great Lakes Training Center in Illinois, a requirement to activate her Navy ROTC scholarship. (Photographer unknown)

**Below:** Cadet Chief Master Sgt. Colin Griffiee celebrated his appointment to the U.S. Coast Guard Academy with fellow CAP members at the Scottsdale Composite Squadron. Photo: Senior member Jennifer Wethe

Cadet 2nd Lt. Samara Myers received a Navy ROTC scholarship to Texas A&M University. Myers joined CAP in May 2021, after being invited by a friend. She has a strong interest in the military, having multiple family members serving in various branches of the armed



forces.

"I have enjoyed the community, activities, and learning opportunities offered by CAP," Myers says. "I fell in love with CAP at the first meeting and became involved very quickly after that."

Myers follows her three brothers, who are all involved in military officer training. Her oldest brother recently graduated from the U.S. Air Force Academy, her second oldest brother is on an Air Force ROTC scholarship at Arizona State University, and her third oldest brother is attending the U.S. Naval Academy. Myers' goal is to commission as a Navy nurse.





**Above:** Cadet Chief Master Sgt. Casey Reidhead was a member of the cadet cadre for the 2023 Arizona Wing encampment. He's seen here completing a tube crawl on the obstacle course at Fort Huachuca. (Photo: 1st Lt. Mitch Smith)

Cadet Maj. Ryan Stover received an Air Force ROTC scholarship to Georgia Tech. He joined CAP in February 2020 because of opportunities to learn to fly, CAP's connection to the U.S. Air Force, and his father's legacy as an Air Force veteran.

"I plan to become a pilot in the U.S. Air Force and, if possible, become an astronaut with an aerospace engineering background," Stover said. "Being in CAP taught me to budget my time, gave me invaluable leadership knowledge and experience, and allowed me to pursue my aerospace ambitions, especially through the Cadet Wings program."





Myers and Stover both credit their military appointment success to the support of multiple CAP mentors who gave helpful career advice and provided letters of recommendation.

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**Left:** Cadet 2nd Lt. Andrew Varadin is seen on the obstacle course at Fort Huachuca during cadet cadre training for Arizona Wing's 2023 summer encampment. (Photo: 1st Lt. Mitch Smith)

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Also from Willie Composite Squadron, Cadet Chief Master Sgt. Casey Reidhead will be attending Embry-Riddle Aeronautical University on an Air Force ROTC scholarship this year. And Cadet 2nd Lt. Andrew Varadin received an Air Force ROTC scholarship and a pilot training slot at Arizona State University.

Two cadets from Eloy Composite Squadron also received scholarships to military programs. Cadet 1st Lt. Dean Kearns is joining the Merchant Marine Academy at Kings Point,

New York, as a plebe. Cadet 2nd Lt. Geoffrey Kim will begin his military career at the U.S. Air Force Academy in Colorado Springs, Colorado.

Cadet Chief Master Sgt. Colin Griffie of Scottsdale Composite Squadron is beginning his journey as a Fourth Class Cadet at the U.S. Coast Guard Academy this fall.

"As a kid, I was always fascinated with military aviation," Griffie says, frequently visiting the Museum of Flight where he grew up in Seattle, Washington. Wanting to prepare for a military aviation career, he thought the Civil Air Patrol's cadet program would be an excellent way to start and first joined the Seattle Composite Squadron in December 2019.

"CAP has prepared me for how training at a military academy would be," Griffie says. He is looking forward to eventually getting his private pilot's certificate and learning to fly the MH60T Jayhawk helicopter used by the Coast Guard for search and rescue operations. "I am both nervous and excited, but I know my CAP training has prepared me well, and I am looking forward to this new experience."

Cadet Tech. Sgt. Chloe Haddad of Falcon Composite Squadron in Mesa, Arizona, is headed to the U.S. Air Force Academy, while Cadet Senior Master Sgt. Dylan Pace of Davis-Monthan Composite Squadron in Tucson will be a midshipman at the U.S. Naval Academy. 🇺🇸

**Note:** Maj. Kevin Rattey and Capts. Frank Gibson and Lisa Nolan contributed to this article.





**Top:** CAP-USAF Evaluators Senior Master Sergeant Natalie Nielsen and CAP Col. Joe Smith look over and evaluate flight plans as an air crew prepares for a mission. (Photos: 1st Lt. Anne Calvert, Louisiana Wing)

**Below:** Incident Commander Lt. Col Tracy Breithaupt makes sure that mission operations are running smoothly.



## ***U.S. Air Force Evaluates Civil Air Patrol's Louisiana Wing During Operations Exercise***

*by 1st Lt. Anne Calvert, Louisiana Wing*

BATON ROUGE, La. - On May 20, 2023, the U.S. Air Force (USAF) sent an evaluation team to Louisiana Wing of the Civil Air Patrol (CAP) as they conducted an operations training exercise headquartered at the Baton Rouge Metropolitan Airport. The operations evaluation focused on Louisiana Wing's ability to respond effectively to real-world emergencies.

For this evaluation, air and ground crews prepared intensively for months. Search and rescue evaluations were graded to ensure that





**Above:** Incident Commander Lt. Col Tracy Breithaupt makes sure that mission operations are running smoothly. (Photo: 1st Lt. Anne Calvert, Louisiana Wing)

**Right:** Captured image of a mock "plane crash." (Photo: Capt. Cynthia Birth, Louisiana Wing)

teams are effectively prepared for any future crisis. Every team of the search and rescue exercise was evaluated, including flight crews, ground teams, radio operators, mission staff, safety officers, and operations supervisors.

Louisiana Wing Civil Air Patrol passed the evaluation with flying colors. Southwest Region CAP Evaluator Col. Joe Smith said, "Almost 800 volunteers right here in Louisiana are just doing a great job. They are proving they are ready to do the missions for America."

Exercise organizers created a simulated real-world crisis scenario with related tasks for the team to execute. "The value of this training is immeasurable," said Incident Commander Lt. Col. Tracy Breithaupt. "When real-life missions occur, people in our communities will be counting on us being capable of carrying out the tasks that we're assigned."





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**Right:** Flight Line Supervisor 1st Lt. Evan Norman directs a CAP plane as it taxis to the runway for takeoff. (Photos: 1st Lt. Anne Calvert, Louisiana Wing)

**Below:** Flight Line Supervisor 1st Lt. Evan Norman directs a CAP plane as it taxis to the runway for takeoff.

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In this type of exercise CAP volunteer flight crews might be looking for a “missing aircraft” or they might be taking photos of a “collapsed bridge” or they could be surveying damage sustained after a “major disaster.” When they arrived on Saturday morning for the exercise, the volunteers did not know what scenarios they would have to work with.

The subject of this exercise scenario was a “missing aircraft” that was located by an air crew late in the afternoon. The “airplane wreckage” was found in the Gonzales area near Airline Highway and Germany Road. CAP ground crews arrived on the scene after a CAP air crew sighted the plane from the sky and sent location coordinates via radio to a team in a van on the ground.

A signal from an Emergency Locator Transmitter (ELT) was detected by air crews earlier in the morning, and a ground team was sent to investigate the location. Ground teams were expecting to find a “downed aircraft”, but instead discovered another part of the scenario, a “child that had been reported missing” which was simulated by a girl dummy wearing a CAP backpack containing an emergency location transmitter in the Highland Road Park area.

According to the exercise scenario, the child’s parents were wildlife enthusiasts, and the girl wandered off while enjoying the trees and plants in the natural surroundings. The child was carrying a Personal Locator Beacon which sent a signal allowing nearby aircraft to zero in on her location. Jenny Cap, age 10, had last been seen at the Highland Road Park Observatory in Baton Rouge. The ground team found her in good health in a remote wooded area near the observatory.

Air crews continued the search for the “missing aircraft” and eventually located a signal from an ELT. The signal led them to the “plane crash” site, and ground crews were alerted to investigate the scenario on the ground.

When a disaster appears on the horizon, Louisiana Wing members will be ready with a coordinated action plan. Civil Air Patrol has national assets on standby and volunteers that are ready to go. They are prepared to help in response to many types of emergencies such as a lost aircraft, a hurricane or tornado, persons missing in remote areas, flooding, or delivery of needed medical supplies.

Currently, Louisiana Wing operates 11 single-engine aircraft, some equipped with special camera and navigation systems for generating precise, high-definition photos. When called into service, these aircraft are flown by a crew of three – a pilot, an observer, and a scanner/photographer. 📷





**Right:** (L-R) Cadet Staff Sgt. Devyn O'Farrell, Cadet Airmen 1st Class Caitlyn Hunt, Zane Judd, and Wyatt Thomas, Cadet Staff Sgt. Mallory Hanov, Cadet Capt. T. J. Hess, and 2nd Lt. Jenny Hess wait in line for food. (Photo: 1st Lt. Jeffrey Hess)

## **Arizona Wing Cadets Embrace Adventure at an Enjoyable Campout**

by Cadet Capt. T. J. Hess, Arizona Wing

SHOW LOW, Ariz. – On June 1, 2023, cadets from Show Low Composite Squadron set out on a two-day camping trip.

To kick off the Friday meeting, the cadets set up their tents. Everybody worked together and all the tents were set up within 10 minutes of the last person arriving that afternoon. After that, the cadets had some drill practice while dinner was being prepared.

During drill time, the focus was on getting everybody in step to start practicing for the Fourth of July Parade. Cadet Chief Master Sgt. Malachi Allen, Cadet Staff Sgt. Mallory Hanov, and Cadet Airman Daniel Munera completed drill tests during this practice. Cadet Airman First Class Alex Judd was honored as Cadet of the Month for May.

Several cadets received their new grade insignia during this time, tied to promotions they earned during the previous month, including Cadet Senior Airman Taiga Ruff, Cadet Airman 1st Class Kimber Harding, Cadet Airman 1st Class Zane Judd, Cadet Staff Sgt. Mallory Hanov, Cadet Senior Airman Lucas Munera, and Cadet Airman 1st Class Alex Judd. Cadet Senior Master Sgt. Malachi Allen qualified for promotion to Cadet Chief Master Sgt. on June 2. He, too, was presented his new grade insignia during the ceremony.

After about an hour and a half of drill, dinner was ready. The kitchen staff cooked some tasty burgers with many choices for toppings. With fresh-cut watermelon, chips, and Rice Krispies squares, nobody went hungry. After dinner, it was time for a campfire and leadership training.

Second Lt. Jenny Hess gave a presentation on the new chain of command structure, the new requesting forms, and the new requesting deadlines. After that, Cadet Capt. T. J. Hess gave a presentation on how to request previously earned ribbons and how to input ribbons into the eServices website.

With all the training and other activities done, it was time to socialize. The cadets had a good time talking while heating up and eating some MREs (Meals Ready to Eat). Lights out came early. Even though most the cadets had only been there for a few hours, everybody was tired and ready to go to bed.







**Above:** Cadet Capt. T.J. Hess gave a leadership presentation. (L-R) Senior member Kym O'Farrell, 2nd Lt. Shawn O'Farrell, Cadet Capt. T. J. Hess, and senior member Vince Thomas. (Photo: 2nd Lt. Jenny Hess)

On Saturday morning at 6:15, cadets were awakened with whistles and reveille from a cell phone. They were told to be in physical training gear and ready for formation in two minutes. Surprisingly, most of them were there on time for opening formation while the kitchen staff prepared breakfast. During the formation, newly rearranged flights were put into effect. Cadet 2nd Lt. Aiden Hand, the cadet commander, had worked hard to select who went into which flight and to assign leaders to each flight. Cadet Staff Sgts. Hanov and Devyn O'Farrell took over as acting flight sergeants for the day, performing well in their new roles.

Immediately after, physical fitness training began, including stretches, push-ups, sit-ups, ranger claps, flutter kicks, and jumping jacks. Then it was time to run, with the flights competing to see who could get the best time. That honor went to Bravo Flight doing almost one-eighth of a mile in 52 seconds. After that, cadets got into a line and, when a cadre member blew a whistle, the cadet in the rear of the line would run to the front of the line, giving everybody a good workout.

Once physical training time was over, breakfast was served, with pancakes, sausage, bananas, and lots of syrup. This was everybody's favorite meal.

After breakfast, it was time for aerospace education. Cadet Chief Master Sgt. Allen did a great job starting the presentation on winds, runway heading, and how to use a magnetic compass. Then, Cadet Airman 1st Class Lucas Munera continued the presentation until the start of the



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hands-on portion. This was Munera's first time to lead a presentation, but he did well and it will probably not be his last time presenting. For the hands-on portion of aerospace education, cadets drew a runway, aligning it with its true heading using a magnetic compass.

A change of command ceremony followed the aerospace education session, with Cadet Capt. Blake Johnson assuming cadet command from Hand.

Up next was character development presented by 2nd Lt. Heather Johnson. The topic was perspective and how it can affect people's view of the world. To help further explain this topic, Blake Johnson and Cadet 2nd Lt. Gabe Johnson had a roleplay using two doughnut boxes. Then, the flights were challenged to make their own skit to show perspective in a different way. There were many different takes on this, all of them very entertaining. Two of them featured a family that was down on its luck but managed to make it through thanks to other people having a different perspective and helping them. The third skit was about a bad manager yelling at customers, and a worker then seeing that the manager was wrong, gave these customers free doughnuts for their trouble.

After character development, the cadets took a short hike to the lake and went for a swim in their physical training gear. A few call signs for future use came out of some events that occurred during this swim.

After about 30 minutes of playing in the lake, the cadets hiked back to camp and changed into ABUs. Then there was another change of command ceremony with Cadet Capt. T. J. Hess assuming cadet command. After the ceremony, lunch was served with a choice of peanut butter and jelly or grilled cheese sandwiches accompanied by watermelon, chips, and assorted sweet treats.

When lunch was over, senior member Vince Thomas delivered a safety briefing before the next hike started. The path went along the river and even into the dried riverbed. After almost two hours of hiking, the group was back at the campsite and started taking down the tents. Once again, the group worked together, and all the tents came down very quickly.

That done, it was time for fun. Cadets got frisbees out and spent much time enjoying those. At around 5 p.m., a potluck dinner was served. Food was plentiful, with a main dish of hot dogs. After dinner, everybody started to leave, ending the fun weekend.

The campout would not have happened without support from senior members in the squadron including Maj. Jason Johnson, 1st Lt. Jeffrey Hess, 2nd Lts. Jenny Hess, Heather Johnson, and

Shawn O'Farrell, and senior members Brooke Andersen, Iris Harding, Kym O'Farrell, and Vince Thomas. 🇺🇸



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**Left:** (L-R) Cadet 2nd Lt. Gabe Johnson, Cadet Airman Daniel Munera, Cadet Airman 1st Class Kimber Harding, Cadet Staff Sgt. Mallory Hanov, Cadet Airman 1st Class Wyatt Thomas, Cadet Airman 1st Class Lucas Munera, Cadet Airman London Elliot, Cadet Senior Airman Teancum McLennan, and Cadet Airman 1st Class Caitlyn Hunt enjoyed free time swimming in Show Low Lake. (Photo: Cadet Capt. T. J. Hess)

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**Top:** For an aerospace education activity, cadets built foam rockets and then competed to see whose rocket could fly the longest distance. (Photos: 1st Lt. Mitch Smith, Arizona Wing)

## ***Arizona Wing Cadet Encampment Held at Fort Huachuca***

*by Maj. Margot Myers, Arizona Wing*

SIERRA VISTA, Ariz. – During June 10-17, 2023, Arizona Wing held its encampment at the U.S. Army's Fort Huachuca in southeastern Arizona. Thirty-three members of the cadet cadre and 136 students were supported by 18 adult members. Cadets and adult staff came from 14 of Arizona Wing's 19 squadrons. Attendance was 30% larger than any known record for Arizona Wing encampments since 2000 (which is as far back as wing records go).

"We are very fortunate to once again have access to a number of tremendous facilities located on post," said Lt. Col. Jerad Hoff, who has attended 11 encampments and served as commander for seven of them.





**Above:** The obstacle course presented many challenges. Getting across the balance beam required great concentration.

In a message to cadet parents about encampment, Hoff explained the purpose of this annual activity. “Encampment is the place for cadets to develop leadership skills, investigate the aerospace sciences and related careers, commit to a habit of regular exercise, and solidify their moral character by being immersed into the full opportunities and challenges of cadet life.

“Encampment showcases the cadet program’s regimented, military-style training model in a positive, age-appropriate manner consistent with CAP and Air Force traditions. Encampments operate at a higher level of intensity in respect to the military aspects of cadet life than most other cadet activities. The strictness, rigor, sense of urgency, and overall expectations of military bearing will be markedly more challenging at encampment – yet still age-appropriate – compared with a weekly squadron meeting,” Hoff wrote.





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**Left:** Cadets took to the fields around Fort Huachuca for the land navigation course, learning to use a compass to find their objective.

**Below:** Arizona State Senator David Gowan visited the cadets during encampment. (L-R) Cadet Capt. Sean Geraghty, Cadet Col. Joseph Roehrick, Cadet Maj. Kenneth Burkhart, Gowan, Maj. Joanna Moseley, Lt. Col. Jack Dempsey (hidden).

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Planning for the June encampment started months

in advance and one of the earliest decisions was the selection of the executive cadre, consisting of the cadet commander and his deputies. Cadet Col. Joseph Roehrick of the London Bridge Composite Squadron, who earned his Spaatz Award in April 2023, was chosen to lead the cadets at this year's encampment. He was assisted by Cadet Maj. Kenneth Burkhart, Yuma Composite Squadron, who served as cadet deputy for operations, and Cadet Capt. Sean Geraghty, Willie Composite Squadron, who served as cadet deputy for support.







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**Left:** Maj. Gen. Anthony Hale, commanding general at Fort Huachuca, talked with cadets about his leadership philosophies.

**Below:** Firearms training with NRA certified instructors is always a favorite activity for the cadets at encampment.

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Applicants for positions in the cadet cadre attended a selection exercise at Deer Valley Composite Squadron in Phoenix in April. The selected cadets filled a variety of positions in the cadre. Two squadrons were established, each with a commander and first sergeant. There were eight flights within those squadrons, each led by a flight commander and flight sergeant. Another group of cadet cadre members, on the support team, handled skills evaluation, logistics, and public affairs.

Due to capacity restrictions at Fort Huachuca, only Arizona Wing cadets were eligible to register. Except for members of the cadet cadre, registrants also had to be first-time encampment attendees.

On June 7, the cadre staff arrived at Fort Huachuca, to ensure that they were ready to welcome the 2023 encampment cadet students, who were to arrive on

June 10. The cadre staff took the next few days getting prepared for the instructional lessons and activities planned for cadet students. That included previewing the obstacle course that was on the calendar for all students later in the week.

Cadets arrived from across Arizona on June 10 with in-processing starting at 11 a.m. Bags were checked to ensure cadets had the necessary equipment, and then cadets spent the time learning what was expected of them while attending encampment. Some initial drill instruction was held, and then cadets had a nutritious meal. They then returned to the barracks to get their rooms and equipment squared away.

As in past years, the 2023 encampment included a wide variety of activities, both in the classroom and outdoors. Sports included ultimate frisbee and capture the flag and even tug-of-war. There were aerospace education activities related to building airplanes out of foam and a competition to see which "aircraft" would fly the furthest. The cadets used a STEM kit that had them building electrical circuits.







**Left:** Capt. Jason Ebersole (left) taught a first aid, CPR, and AED training class that included strapping Encampment Commander Cadet Col. Joseph Roehrick to a backboard.

Capt. Jason Ebersole got the students CPR-certified, which is a requirement for high school graduation in Arizona. Cadets also learned some basic first aid and learned how to place a patient on

a backboard, which included placing the cadet commander upside down for a photo op. Between the CPR and first aid course that Ebersole taught at the wing conference the first weekend in June and his classes at encampment, 162 adult and cadet members of Arizona Wing will be receiving cards certifying that they have completed the American Heart Association (HeartSaver) First Aid, CPR and AED training.

Maj. Ken Smith once again gave his presentation on the horrendous experience of his family being in an accident caused by a drunk driver, which resulted in substantial injuries to his wife and daughter and caused him to require resuscitation twice at the scene. Smith provided a chronological journey from being hit to being in intensive care for weeks, then going through rehabilitation, and finally, he talked about the outcome of the legal proceedings.

Outside the classroom, cadets took on the 40-foot rappelling tower and most cadets had the opportunity to try it more than once.

There also was a land navigation course where cadets learned how to navigate by counting paces and using the box technique to get around obstacles. Second Lt. Steven Ramirez taught the course.

The obstacle course challenged all cadets as they climbed rope, wooden, and metal ladder walls, crawled through tube tunnels, hung from monkey bars, and walked across balance beams. Cadets shouted their support and helped other cadets as they tackled the various obstacles.

“The most popular activity based on the feedback forms (like every year) was the NRA firearms familiarity activity, where cadets were able to choose from several different weapons to learn about and shoot,” Hoff said. “The NRA instructors brought a wide variety of firearms, ranging from a Gatling gun to pistols and they generously donated all the ammo.” Chester Manning of Manning Firearms Training and Tactics has spearheaded the NRA’s support of eight encampments going back to 2014.

Maj. Gen. Anthony Reynolds Hale, who serves as the commanding general of the United States Army Intelligence Center of Excellence and Fort Huachuca, spoke to the cadets about his leadership philosophy and also answered their questions.

Col. Dave DeAngelis, commander of the 610th Command and Control Squadron at Davis-Monthan Air Force Base in Tucson, along with squadron members Technical Sgt. Antino Cardenas, Senior Master Sgt. Brandon Parks, Master Sgt. Emeterio Espinoza, and Kara Cornelia (a civilian member of the team) led presentations on leadership, military air power, and talked about their experiences being deployed.



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Another special guest stopped by several locations to chat with the cadets about Civil Air Patrol and the importance of having a plan for their future. Arizona State Senator David Gowan, representing District 19 in southeastern Arizona, visited with the cadets and learned more about CAP's cadet program. Gowan has been a strong advocate for Civil Air Patrol and was the driving force behind legislation that allocated \$10 million to Arizona Wing in this year's state budget to pay for infrastructure projects.

The 19th Arizona Cadet Training Group graduation ceremony and pass-in-review took place on June 17, at 11 a.m. on the parade grounds at Fort Huachuca. On that Saturday, awards were presented to recognize several flights for their outstanding performance.

Individual honors went to:

Cadet Chief Master Sgt. Gianna Kordylas – Honor Flight Sergeant, recognizing a flight sergeant who performs exceptionally as a teacher and educator.

Cadet 2nd Lt. Andrew Varadin – Honor Flight Commander, for mentoring and prioritizing the well-being of cadets in his flight and his outstanding dedication to the team.

1st Lt. Zachary Johnson – Honor Training Officer, for outstanding support of the cadet flight staff and ensuring that students are healthy and have the tools needed for success.

Cadet Chief Master Sgt. James C. Trevolt – Honor Support Member, for providing the logistics support that is vital to ensuring the success and safety of cadet students.

Cadet Senior Airman Aiden Hall – Honor Cadet, for exemplifying the CAP core values and truly immersing himself into the cadet lifestyle.

While cadets were busy participating in everything that encampment offers, parents had the opportunity to see what their cadets were doing in photos and videos posted by the encampment public affairs staff each evening. A handful of photos and commentary were posted on the wing Facebook page with a link to [photos.cap.gov](https://photos.cap.gov), where each day's photos were posted.

This was a different approach than in previous years, which seemed to be a hit with cadet parents.

"I have lived for these photo and video posts and I appreciate you helping us feel connected to our respective kids during this time," wrote parent Sheila Trimble on the wing Facebook page.

Her sentiment was echoed by cadet parent Jamie Downs Cox who wrote, "Boy, not talking to my son has been WAY harder than I thought it would be. Grateful for the pictures and videos, just seeing his face was reassuring he was okay!" 🇺🇸

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Encampment graduation included a full pass-in-review and the announcement of awards both to flights and individual cadets.

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**Top:** (L-R) Squadron Deputy Commander for Cadets Capt. Zach Ogburn, Cadet Maj. Cullen Chaney, and Squadron Commanding Officer 1st Lt. Barry Huggins. (Photo: Capt. Ken Best, Louisiana Wing)

## ***Baton Rouge Cadet Promoted to Cadet Major***

*by Capt. Ken Best, Louisiana Wing*

BATON ROUGE, La. – On June 5, 2023, Cadet Cullen Chaney was promoted to the grade of Cadet Major. He has been a Civil Air Patrol (CAP) member since late 2020, and has advanced through the ranks very rapidly, promoting at the fastest allowable pace until achieving the rank of Cadet Major.

Cadet officers must advance through all the cadet enlisted ranks before they can become cadet officers. Not all CAP cadets ever reach the grade of Cadet Major, and having managed to qualify for the Cadet Major grade in approximately two and a half years is a rarity.

Chaney's performance stands as a model for other cadets to follow, as he pursued his goal with tenacity and excellence of purpose.

When asked about him, Capitol City Composite Squadron Commanding Officer 1st Lt. Barry Huggins said, "We are very proud of Cadet Major Chaney's accomplishments. He represents the "best and brightest" of his generation. The future of our country is in good hands with young people like him." 🇺🇸





**Top:** Sky Harbor Composite Squadron color guard members participating in the Arizona Memorial Day remembrance included Cadet 1st Lt. Dylan Conrad, Cadet Chief Master Sgt. Aaric Hrabe, Cadet Chief Master Sgt. Faith Hudson, and Cadet Lt. Col. Cynthia Liu. (Photos: Tech. Sgt. John Horne, Arizona Wing)

### ***Arizona Wing Squadron Participates in Memorial Day Ceremony***

*by Cadet Chief Master Sgt. Faith Hudson, Arizona Wing*

PHOENIX – On Monday, May 29, 2023, cadets from Sky Harbor Composite Squadron attended the 2023 Memorial Day service at the Arizona National Cemetery and played several key roles in the event. The 2023 program included veteran service organizations and community



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groups placing wreaths to commemorate fallen service members. Arizona Governor Katy Hobbs was a principal speaker at the event.

The crowd fell silent as the national anthem played in remembrance of the fallen. As the anthem came to an end, the crowd's eyes turned to several color guards marching across the stage. Fourth in line was Civil Air Patrol's Sky Harbor Composite Squadron cadet color guard, which included Cadet 1st Lt. Dylan Conrad, Cadet Chief Master Sgt. Aaric Hrabe, Cadet Chief Master Sgt. Faith Hudson, and Cadet Lt. Col. Cynthia Liu.

Later in the ceremony, Cadet Senior Master Sgt. Javier Ceballos, Cadet Airman 1st Class Samuel Phillips, Cadet Master Sgt. Keenen Tucker, and Cadet Airman 1st Class Kinley Tucker laid Civil Air Patrol's wreaths in remembrance of the fallen.

"My first impressions of the Memorial Day event were those of feeling a sense of nervousness," said Ceballos. "Yet, I ended up having fun. I think my favorite part was getting to present the wreaths, because it made me feel proud of being a cadet in the Civil Air Patrol cadet program."

Sky Harbor Composite Squadron has participated in the Memorial Day ceremony at the National Cemetery for 13 consecutive years and plans to continue supporting the event in future years to pay tribute to those who made the ultimate sacrifice. 🇺🇸

**Below:** Cadet Airman 1st Class Samuel Phillips and Cadet Airman 1st Class Kinley Tucker presented a wreath of remembrance from Arizona Wing's Sky Harbor Composite Squadron.







**Top:** Cadet 1st Lt. Jackson Moss came across this scene of an overturned car and a downed power pole while on a morning walk. He and a friend helped extricate the driver from the wreckage. (Photo: Cadet 1st Lt. Jackson Moss)

## ***First Aid Training Helped Arizona Wing Cadet Respond to Car Accident***

*by Maj. Doug Baillie, Arizona Wing*

CLEVELAND, Tenn. – Early on Sunday, May 28, 2023, Cadet 1st Lt. Jackson Moss of the 388th Composite Squadron in Glendale, Arizona, found himself in a position to put his first aid training to use.

“I was taking a walk with a friend on a clear and quiet Sunday morning,” Moss said. “Suddenly, I heard a scraping noise like a dumpster sliding across the pavement.” As Moss and his friend rounded the corner to take a look, they found a car on its side next to a downed power pole.

“I ran to the car and immediately assessed the situation,” Moss said. “I saw that the lines from the downed pole were not on the car, so I proceeded.”

The car was filled with white smoke, and it was hard to see if the driver was conscious, but as Moss and his friend called for the driver, they could see some movement. Getting the driver out would be challenging, but as they surveyed the wreckage further, they were able to open the sunroof.

“We weren’t sure where the smoke was coming from and didn’t know if the car was going to burst into flames,” Moss said. They felt they had to act quickly. Climbing in through the sunroof,



they were able to disconnect the driver's seat belt and help him out through the sunroof, all the while supporting his head in case there was a spinal injury.

**Right:** During a recent orientation flight, Cadet Moss listens to the pilots' observations. (Photo: Cadet Moss)

"I remembered the first responder training that Capt. (Jason) Ebersole gave during our last wing conference and the field training exercise the year before that," Moss said. "The key training topics that really helped me know what to do were spinal mobilization, risk assessment, and psychological tracking."

Once the driver was out of the vehicle, they realized that he was under the influence and the smell of marijuana was distinctive. "The driver wanted his cellphone, so we helped him recover it from the car. He said he needed to make a call, so I turned away to give him privacy, and when I turned around again, he was running away down the road," Moss said.

Moss and his friend stayed with the wreckage until the police and fire department arrived. "We gave a description of the driver to the police, and they sent some troopers after him.

"At the end of day, even though I wonder what became of the driver, I felt good knowing that I was able to help him. CAP training really paid off," Moss said. 🍷







**Top:** (L-R) Cadet Staff Sgt. Andrea Jones, Cadet Chief Master Sgt. Alexis Jones, CAP-USAF Senior Master Sgt. Jennifer Gutierrez, Reserve Advisor to the Commander CAP-USAF Col. Daniela “Fraggs” Martian, CAP-USAF Senior Master Sgt. Natalie Nielsen, Cadet 2nd Lt. Aimee Calvert, and Cadet Sr. Airman Emmy Elliott. Representative from CAP-USAF traveled to the 2023 LAWG Encampment to speak to Cadets about careers in aviation and the military for young. (Photo: 1st Lt. Anne Calvert, Louisiana Wing)

## ***Louisiana CAP Cadets Fly with the U.S. Air Force in Biloxi***

*by 1st Lt. Anne Calvert, Louisiana Wing*

KEESLER AIR FORCE BASE – During June 20-30, 2023, the Louisiana Wing Civil Air Patrol Cadets got a taste of military life during their 2023 annual Cadet encampment at Keesler Air Force Base in Biloxi, Mississippi.

Each year, Civil Air Patrol’s Louisiana Wing organizes an annual encampment for its junior Cadets. This activity gives Cadets a week-long training experience on the fundamentals of what it means to be a CAP Cadet. Activities center around general knowledge, drill and ceremonies, correct uniform wear, and other activities which open opportunities to progress through the CAP Cadet Program.





**Above:** Advanced Training Flight watches the Blue Angels practice at the Pensacola Naval Station in Pensacola, Florida. (Photo: Cadet Chief Master Sgt. Brantsen Gill, Louisiana Wing)

Encampment is a week-long Cadet activity that consists of age-appropriate, but challenging drills and physical training, using regimented, military-style training. Cadets will have been introduced to this training previously at their local squadron's weekly meetings. The purpose of these exercises is to develop leadership skills, explore aerospace sciences and related careers, begin a habit of regular physical training, and establish the foundation of a solid moral character. The intensive environment moves Cadets outside of their usual comfort zones, bringing growth and sense of accomplishment that inspires higher ambitions and confidence.

The challenges that Cadets encounter foster an environment that encourages teamwork. The typical Cadet experience is a positive and fun activity that creates friendships and memories that last a lifetime.

### ***Guest Speakers***

The Louisiana Wing 2023 Encampment began with several highly qualified guest speakers from CAP-USAF, who talked to the Cadets about their future as individuals, as pilots and other professions, and possible aerospace-oriented career paths in the military and civilian world.

Senior Master Sergeant Natalie Nielsen of CAP-USAF encouraged Cadets who want to fly to go forward with their dreams, pursue their passions, and not be disheartened by difficulties along the way. She talked about how she always wanted to fly but felt intimidated by the prospect. She decided to go ahead anyway, and soon after became a commercial airline pilot, currently flying with American Airlines.

Senior Master Sergeant Jennifer Gutierrez of CAP-USAF Southwest Region Liaison spoke to Cadets about her career in airport management, and its importance in the aviation community.





**Above:** Cadet Airman Kaden Thomas shows his surprise at the weight of the bulletproof vests worn by U.S. Air Force Security Forces. (Photo: 1st Lt. Anne Calvert, Louisiana Wing)

She told Cadets that not all aviation careers involve flying, and that without ground support, aviation would be grounded.

Col. Daniela “Fraggs” Martian, Reserve Advisor to the Commander CAP-USAF and a former fighter pilot, challenged the Cadets to look around them for open doors to opportunities, and not settle for getting stuck on a dream that did not work out. She advised Cadets, “Don’t self-eliminate! You’ll never get to do what you love if you decide on your own not to try because you think you’re not capable.”

### ***Security Forces***

This year’s encampment included a field trip to the Keesler Air Force Base Security Forces and their working-dog kennels and training facility. Cadets were able to explore the area and learn about the work performed by Air Force Security Forces, which is the largest career field in the United States Air Force.

Security Forces are responsible for defending air bases around the world, law enforcement on Air Force installations, using combat arms, and handling military working dogs. Members of the Security Forces spoke to a group of Louisiana Cadets about their work, their weapons and equipment, and their protective clothing. There were smiles and laughs as Cadets discovered how heavy a bulletproof vest was to wear. Several combat arms were shown to Cadets with a brief explanation of their use in keeping American military installations safe from threats at home and abroad.





**Above:** Cadets enjoy the view from the Air Traffic Control Tower during the 2023 Encampment at Keesler Air Force Base. (Photo: Cadet Sr. Airman Emmy Elliott, Louisiana Wing)

Another group of Cadets visited the working dog facility. Dog handlers demonstrated to Cadets their work with the dogs on site. One dog was directed to apprehend a “bad guy”, played admirably by a dog handler in a dog-bite proof suit. The trained animal executed its task perfectly, following cues from the handler, sitting, and watching until the “bad guy” “threatened” the handler and then started to run away, which the dog prevented. Cadets were very amused when the dog refused to let go as the “bad guy” struggled to free himself and get away.

Cadets learned that military working dogs are used by security force members to perform many tasks, such as detecting illegal drugs, firearms, and electronics, as well as detaining criminals. Dog handlers are military police officers who receive specialized training to properly handle and use military working dogs in support of worldwide security force operations.

### ***Control Tower***

Cadets marched a short distance and climbed up the stairs to learn about the control tower and talk to air traffic controllers to learn about the work that they do there. At that height, they were able to look out the windows onto the airfield and see life from the perspective of an air traffic controller. Airmen on the ground are responsible for managing the flow of aircraft and





**Left:** Cadet Lt Col Seth Herrington salutes as a WC-130J Super Hercules aircraft arrives on the ramp for Cadets' orientation flight. *Photos: 1st Lt. Anne Calvert, Louisiana Wing*

**Below:** Cadets enjoy a tour of the cockpit during their C-130J orientation flight.

ensuring the safety and efficiency of air traffic while on the ground, as well as in flight.

These highly trained professionals must be able to make quick decisions while monitoring many aircraft, ground vehicles, and other variables, to keep aircraft and Airmen safe. Cadets walked away realizing that the control tower personnel are an important part of the team, and that pilots and aircrew depend on them for their safety.

### ***C-130 Orientation Flights***

The highlight of the encampment experience was the C-130 orientation flight, in which all Cadets got to participate. Flights were provided by the Flying Jennies, 815th Airlift Squadron, and by the 53rd Weather Reconnaissance Squadron Hurricane Hunters, both assigned to the 403rd Wing at Keesler Air Force Base, Mississippi.

The Air Force Reserve's 53rd Weather Reconnaissance Squadron Hurricane Hunters are aircrews that fly into tropical cyclones to gather weather data. Their 10 WC-130J Super Hercules aircraft are specially equipped to measure wind speeds, barometric pressure, temperature, humidity, and other weather factors. The National Hurricane Center uses the information to help forecast tropical storms and hurricanes.

The 815th Airlift Squadron, known as the "Flying Jennies," is an Air Force







**Left:** Louisiana Wing Cadets celebrate their achievements on the obstacle course. (Photos: Cadet 2nd Lt. Aimee Calvert, Louisiana Wing)

**Below:** Cadets push through many physical and mental obstacles during the obstacle course.

Reserve Command tactical unit that transports supplies, equipment, and personnel. The 815th Airlift Squadron's mission includes medical evacuation, which and is

just one of the many vital military and humanitarian support functions that these airmen provide. Cadets flew on their C-130J Super Hercules as they simulated evasive maneuvering while landing and other training exercises.

### **Obstacle Course**

Cadets were required to complete an obstacle course as part of their encampment curriculum. This course is organized to help Cadets develop into leaders, helping their team overcome more than just physical barriers. Mental thresholds must also be overcome, both as individuals and as a team. Leaders motivate Cadets to find the will to persist and finish the course. This attitude transfers into everyday life as well, as challenges and setbacks may bring up the question, "Why am I doing this?" The ability to push a task through to its end is a skill that will enable Cadets to tackle many seemingly unachievable goals in the future.

Cadets who complete the obstacle course enjoy a lasting sense of accomplishment, and experience the camaraderie that comes with being part of a successful team. They will develop and sense of confidence that they can achieve hard things if they are willing to put in the effort.







**Above:** Second 2nd Lt. Roland Simons instructs Louisiana Wing Cadets as they complete the encampment activity for their NRA Marksmanship badge. (Photos: Cadet Chief Master Sgt. Brantsen Gill, Louisiana Wing)

**Below:** The Advanced Training Flight visited the Camp Shelby Air to Ground Range to witness a demonstration by the Mississippi Air National Guard.

### ***Advanced Training Flight***

Second year encampment graduates were assigned to an advanced training flight. This select group spent a day at the Honey Island Firing Range with the main objectives of qualifying for their NRA marksmanship achievement and learning handgun safety. On Tuesday, the advanced training flight traveled to Pensacola Naval Air Station to watch the Blue Angels practice precision and formation flying. Afterwards, they were given a tour of the National Naval Aviation Museum by retired Navy Lt. Terry Ogle, who told them about the histories of many navy aircraft and aircraft carriers.







**Above:** (L-R) Cadet Chief Master Sgt. Brantsen Gill, Cadet Sr. Airman Emmy Elliott, 1st Lt. Anne Calvert, and Cadet 2ndm Lt. Aimee Calvert. Public Affairs Officers begin a tour of the 81st Training Wing Public Relations broadcast and production studios. (Photo: Lt. Col. Jeffrey Ragusa, Louisiana Wing)

### ***Public Affairs Tours***

Cadets who were assigned to public affairs for the encampment were treated to a tour of the 81st Training Wing Public Affairs studios. Operations Chief Jessica Kendziorek of the 403rd Wing Public Affairs Office showed Cadets around, as they observed the various tasks that were carried out in the facility. Cadets took official photographs, put together an impromptu evening news broadcast, and saw radio and audio broadcast studios, which gave them a taste of the news journalist profession and how it operates in the military.

### ***Pass in Review***

As the 2023 Encampment came to an end, parents and guests watched as Cadets marched in a final pass and review ceremony held at the drill pad at the Keesler Air Force Base Levitow Training Support Facility. The Pass in Review Ceremony is a time-honored military tradition in which a commanding officer inspects personnel and training to ensure their readiness for future missions.



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The reviewing officer was USAF Lt. Col. Jennifer Weller, Commander of the 336th Training Squadron. Other reviewing officers were, CAP Louisiana Wing Commander Col. James Viney, CAP Encampment Commander Lt. Col. Dan Chase, CAP Encampment Commandant 1st Lt. Janelle Townsend, and Cadet Training Officer and Louisiana Wing Cadet Commander Cadet Lt. Col. Sebastian Miskimmin.



**Above:** The formation starts the pass in review with the colors approaching the formation's command group.

The formation commander was Cadet Lt. Col. Seth Herrington. Following the ceremony, Cadets were presented with their graduation certificates. Encampment Commander CAP Lt. Col. Dan Chase congratulated the Cadets on their achievements and admonished them to continue to seek the same level of excellence in the future as they go on to serve their communities, state and nation. 🇺🇸

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Louisiana Wing cadets march during the pass in review presided over by USAF Lt. Col. Jennifer Weller, Commander of the 336th Training Squadron. Other reviewing officers were, CAP Louisiana Wing Commander Col. James Viney, CAP Encampment Commander Lt. Col. Dan Chase, CAP Encampment Commandant 1st Lt. Janelle Townsend, and Cadet Training Officer and Louisiana Wing Cadet Commander Cadet Lt. Col. Sebastian Miskimmin. (Photo: Cadet Sr. Airman Emmy Elliott, Louisiana Wing)

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**This page:** JROTC cadets saw the beautiful scenery of Monument Valley from a different perspective during their orientation flights. *(Photographer unknown)*

## ***Transformational, ‘Eye-Opening’ O-Flights for Kayenta JROTC Cadets***

*by Capt. Lisa Nolan, Arizona Wing*

KAYENTA, Ariz. – During April 26-27, 2023, Civil Air Patrol pilots provided orientation flights to a group of U.S. Air Force Junior Reserve Officer Training Corps cadets, taking them to the skies over Kayenta, Arizona.

Lt. Col. Scott Curtis, Scottsdale Composite Squadron, experienced their awe and excitement firsthand as one of the CAP orientation flight pilots. “The kids were super-psyched,” Curtis said. “Many had never flown, much less in a small airplane, but they all seemed to really enjoy the experience. The aerial view of the incredible scenery in the Kayenta/Monument Valley area just added to the amazing experience of the flights.”







**Above:** Pre-flight: Capt. John Giddings talks with two JROTC cadets during a pre-flight for orientation flights. (Photos: Col. Caroline Evernham, except as noted)

The Air Force JROTC program at Monument Valley High School, the only one on the Navajo Nation, is run by two aerospace instructors, retired U.S. Air Force Col. Caroline Evernham and retired U.S. Air Force Master Sergeant Jon Sombrero.

“The kids live in a remote location and do not have a lot of life experience,” said Evernham, who flew KC 135 aerial refueler and C17 cargo plane while serving in the Air Force. “A lot of them have never flown, much less seen, an airplane up close. Many were fearful about flying.

“Master Sgt. Sombrero and I strive to develop their confidence about aircraft and the principles of flight. I teach aviation history and about how a plane works: thrust, how a rudder operates, what yaw is, while Jon teaches leadership and survival training. I was absolutely blown away to see how this experience allowed them to see and feel the principles of flight in the air, as well as to experience their beautiful homeland, with all its spectacular rock formations, from the air. For them, it was transforming,” Evernham said.

Ashkii Tachine is the cadet commander for the JROTC unit and this fall will be a senior at Monument Valley High School. He experienced his first O-flight last fall. “The sensations of flight left my mind racing, thinking about all that went into the over-100 years of flight evolution, that I was doing something that was once thought impossible,” Tachine said.

It was Tachine’s first flight ever and despite some queasiness from the dropping sensation of descent, he was thrilled with the flight and found it inspiring. “I used the leadership concept of ‘the Bull,’ facing something difficult with determination, to work through the dropping feeling. I loved



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seeing and feeling the science behind all that we have learned about how a piston engine works, concepts that we had only ever seen in diagrams and pictures.

“The pilot was unbelievably thorough going over the checklist carefully. I have so much respect now for pilots. It is inspiring how they do all that they do in the heat of search and rescue, and emergency scenarios,” Tachine said.

Evernham enjoys seeing the cadets participate in O-flights, which began with the Kayenta JROTC in 2019 but had to be curtailed during the COVID-19 restrictions, before resuming in the fall of 2022. “The flights expand the horizons of the cadets, opening their eyes to new possibilities,” she said. “One cadet who rarely spoke, exclaimed after her flight, ‘That was the experience of my life!’ She was wearing a mask at the time, but I could see the huge smile on her face just the same. The parents love seeing their kids enjoy the excitement of the flights, too.”

The CAP O-flight pilots get a kick out of the experience as well. Curtis said, “The greatest highlight for me is allowing the kids to feel the controls of the plane. One cadet who was quiet and apprehensive, felt extremely shy about taking the controls. Then after her experience, she was so excited that she now wants to become a pilot.”

Curtis also commented about the magnificent beauty of the landscape and his enjoyment of the Kayenta flights. “Between three pilots and two planes, we flew 24 cadets over two days. Each flight, we fly with two cadets to the Cal Black Memorial Airport in Utah (about 50 miles northwest of Kayenta), refuel, then make the return flight back, with the back seat passenger moving up front, so each cadet gets a chance at the right seat.

“Everyone has a great time, and the scenery from the air is beyond beautiful. We try to fly as close as possible to the rock formations, avoiding restricted airspace by moving to the side, where we can fly at a lower altitude, because the cadets love seeing the spectacular beauty of their familiar surroundings from this new aerial perspective,” Curtis said.

The rural airport used for the turnaround has a real hometown feeling. “It feels like the middle of nowhere, but there is a great little airport near Kayenta. The workers there actually live at the airport in two-week shifts. When you land, if the crew looks thirsty, they might suggest we all go grab a drink out of the fridge,” Curtis said.

The other pilots on the April Kayenta O-flights were Lt. Col. Denny Granquist of Scottsdale Composite Squadron and Capt. John Giddings of Falcon Composite Squadron.

“The pilots are so great with the kids,” Evernham said. “We appreciate how they take the time and effort to explain all about the plane and the flight, to help them understand about the experience they will have. I get so excited. It is eye-opening and such a thrill for the cadets. They all want to do it again!”

Due to the success of the O-flights in Kayenta, the plan is to continue the program twice yearly. 🇺🇸



**NOTE:** Lt. Col. Curtis said, “In the lobby of the Burger King in Kayenta, there is an incredible WWII Navajo Code Talker display that is not to be missed! The display also includes original ‘Code Talker GI Joe’ dolls.” The Civil Air Patrol’s Codetalker Bahe Ketchum Composite Squadron is located in Shonto, Arizona, on the Navajo Nation.





**Top:** Members of the Arizona Wing AE team were recognized for winning the Southwest Region AE Mission Award for two consecutive years. (L-r) Maj. Klara Olcott, Lt. Col. Ron Marks, Capt. Nancy Parra-Quinlan, Capt. Brett Russo, and Maj. Sian Proctor. (Photos: Roxanne Schorbach)

## ***Arizona Wing Aerospace Educators Recognized at Wing Conference***

*by Maj. Margot Myers, Arizona Wing*

PRESCOTT, Ariz. – At the Arizona Wing Conference on June 3, 2023, members of the wing’s aerospace education team received multiple honors recognizing their efforts.

The Southwest Region Aerospace Education Mission Award honored the entire team as the best in the region for the second year in a row. The award is based on information contained in the wing’s annual AE Activity Report, including staffing, internal programs, external programs, AE Plan of Action (AEPOA), and the AE Activity Report.

The deputy chief of staff for aerospace education for Southwest Region, Lt. Col. Levent Vural, submitted Arizona Wing for this award in 2021 and again in 2022. The presentation of this award is typically made at the national conference and accepted by the wing commander on behalf of the award winners.

“Several months ago, I reached out to Lt. Col. Vural and made a request for some tangible recognition for the members of the Arizona AE wing staff for their contributions to earning this award,” said Lt. Col. Ron Marks, director of AE for the wing. “Since the AE Mission Award is a regional award, I nominated members of the AE wing team for regional commander’s commendations, which were presented at the wing conference.



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“Commander’s commendations are rarely awarded to members of a team and generally are designed for standout individual performance. We felt we earned this award as a team and wanted to put some appropriate recognition in the team members’ CAP records,” Marks said.

Lt. Col. Ron Marks, Maj. Klara Olcott, Maj. Sian Proctor, Capt. Nancy Parra-Quinlan, Capt. Brett Russo, and Lt. Col. Gary Williams (posthumously) received regional commander’s commendations for their work in earning the Southwest Region AE Mission Award for two consecutive years.

In addition, Arizona Wing AE team members received the following regional awards and will be considered for national-level awards to be presented at the national conference in August:

Maj. Gen. Jeanne M. Holm Aerospace Officer of the Year – Capt. Brett Russo, Willie Composite Squadron

Aerospace Education Teacher of the Year – Capt. Nancy Parra-Quinlan, Falcon Composite Squadron

Frank G. Brewer Memorial Aerospace Awards CAT II, (Cadet) – Cadet Capt. Taylor Hess, Show Low Composite Squadron

Frank G. Brewer Memorial Aerospace Award CAT II, (Senior) – Lt. Col. Ron Marks, Deer Valley Composite Squadron

Maj. Sian Proctor was the keynote speaker at the conference. A member of the wing AE team, Proctor is also a geologist, college professor, explorer, and SpaceX astronaut. Col. Martha Morris, Southwest Region commander, presented the regional commander’s commendation to Proctor at the conclusion of her speech, recognizing Proctor’s contributions to the regional mission awards received by the team.

Proctor also received a meritorious service award for her efforts above and beyond in the aerospace industry, her support of the Arizona and California Wings by sharing the story of her journey to becoming an astronaut, and her participation in the wing conference as a guest speaker, among other accomplishments.

“On behalf of the Arizona Wing staff, I presented Major Proctor with the actual CAP Meritorious Service ribbon and mini medal in a framed display case during the ‘rocket build’ breakout session,” Marks said. Proctor helped with the rocket-building activity and even autographed the rockets for cadets who attended the class.

“I am proud of this team and the work they do for aerospace education in Arizona Wing,” Marks said. “I thank them for making this program one of the best in the country. Because of our collective effort, I was invited to share our success at the National AEO school in July. With this great team, I think we are well-positioned to earn the AE mission award again in 2023. We’re going for a three-peat!” 🇺🇸

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**Right:** Maj. Sian Proctor, CAP aerospace education officer and SpaceX astronaut, worked with cadets on a rocket-building activity during a breakout session at the Arizona Wing conference.

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**Top:** Grouped on the launchpad where the first 2 Mercury manned Spaceflights launched at Cape Canaveral are (L-R) Louisiana Wing members Capt. Holly Ward, 1st Lt. Matt Ward, AEM Mona Wexler, Capt. Ralph Frieibert, AEM Kimberly Dickson, Senior Master Sgt. James LaChute, Lt. Col. Kathy Beauford, Lt. Col. Jerry Wall, Capt. Jo Lynn Ergle, Capt. Andy Condrey, Capt. Jud Ergle and, kneeling, 1st Lt. Carla Guichard. (Photo: Bob Roberts)

### ***Louisiana Wing Aerospace Education Team Goes to Cape Canaveral***

*by Capt. Jud Ergle, Louisiana Wing*

PATRICK SPACE FORCE BASE, Fla. – Civil Air Patrol Aerospace Education officers from Louisiana Wing attended the National Aerospace Officer School held at Patrick Space Force Base during June 11-17, 2023. The school is a hands-on event where Aerospace Education officers (AEOs) and Aerospace Education Members (AEMs) learn about CAP Aerospace educational programs, do Science, Technology,

and tour Cape Canaveral and the Kennedy Space Center. AEO's come together and spend time learning and collaborating with other AEO's from around the nation. The program offers grant and college credit opportunities for adult and teacher members and provides aerospace support for educational conferences and workshops nationwide.





**Left:** At the National Aerospace Officer School held at Patrick Space Force Base, Aerospace Education Officers and Aerospace Education Members work together as a team doing a hands-on STEM activity. (Photos: Capt. Jud Ergle)

With 12 members present at the event, Louisiana Wing was represented by more attendees than any other wing. Louisiana Wing Aerospace Education officers who traveled to the event included Capt. Holly Ward and 1st Lt. Matt Ward of Barksdale Composite Squadron, AEM Mona Wexler, Capt. Ralph Friebert of Billy Mitchell Senior Squadron, AEM Kimberly Dickson, Senior Master Sergeant James LaChute of the Louisiana Wing staff, Lt. Col. Kathy Beauford of Pontchartrain Cadet Squadron, Lt. Col. Jerry Wall of the General Claire L. Chennault Composite Squadron, 1st Lt. Carla Guichard, Capt. Jo Lynn Ergle, and Capt. Jud Ergle of the Alvin Callender Composite Squadron, and Capt. Andy Condrey of the Billy Mitchell Senior Squadron.

The CAP Aerospace Education programs provide squadrons and schools with first class Aerospace Education products that can change the future of the children. The CAP Aerospace Education products are so comprehensive and generate great interest in STEM. If CAP can get a few cadets or students to realize their full potential and find a great career in STEM, then it is very much worth the effort.

Civil Air Patrol's aerospace education program promotes aviation and STEM-related careers with a standards-based hands-on curriculum and activities. The program includes youth both in and outside of CAP's cadet program.





## The Fly-By, Southwest Region, July 2023

“We learned so much on a wide variety of subjects. The special tours were outstanding!” said Senior Master Sgt. Jim LaChute, who recently became the Deputy Commander for Cadets at the recently formed Slidell Composite Squadron in Slidell, Louisiana. Local schools formed the squadron for their students as they saw how much the CAP Aerospace Education program had to offer for their students.

“It was simply an incredible experience to be there, to see the spacecraft and launchsites that took us to the moon and that will continue to take us to space in the future.” Said Lt. Col. Kathy Beauford, who has presented the CAP Aerospace Education in Louisiana to thousands of teachers and educational organizations in Louisiana. “The curriculum and the STEM kits are just out of this world!”

AEOs implement this program which develops and distributes national academic standards-based STEM aerospace education curricula for kindergarten through college classrooms, affecting some 500,000 K-12 students nationwide.

CAP Aerospace programs bring our nation’s youth activities that generate interest in STEM careers through aviation-, space-, and technology-focused activities and CAP “STEM Kits” associated with astronomy, flight simulators, model and remote-control aircraft, robotics, rocketry, weather, hydraulic engineering, and computer programming. 🇺🇸

**Below:** Aerospace education officers from across the country tour Kennedy Space Center here shown on Launchpad 39b at Kennedy Space Center, where most space shuttles and Artimas One launched.







**Top:** Teachers at the workshop in Pinetop, Arizona, participated in a rocket-building activity with some successes and a few rockets that failed to launch. (Photo: Lt. Col. Carol Schaubsluger)

## **Arizona Aerospace Education Team Partners with Grand Canyon University**

by Lt. Col. Ron Marks, Arizona Wing

PHOENIX – On June 1, 2023, members of the Arizona Wing aerospace education team led the first of six scheduled presentations to Arizona teachers attending professional continuing education at Grand Canyon University in Phoenix. The team was invited to share the story of Civil Air Patrol, provide information about the Aerospace Education (AE) Membership program, conduct an AE activity, and invite educators to join CAP as an Aerospace Education Member.





**Above:** At the workshop in Bisbee, Arizona, AEM Rebecca Bhasme and Cadet 2nd Lt. Levon Tucker (at right) worked with the teachers on the rocket-building activity. (Photo: Capt. Anna Tucker)

Grand Canyon University's Kal Mannis served as the facilitator for the training program known as ASSET, Accelerated Summer STEM Educator Training. It incorporates four days of workshops, including the session supported by CAP aerospace education officers. Offered by the university's professional development department, ASSET is designed to support teachers in earning their required hours, submitting lesson plans, and planning student STEM projects. Mannis also is an AEM.

AEMs enjoy many free aerospace/STEM educational opportunities including free access to a variety of K-12 curriculum materials and STEM Kits. They also may participate in a teacher orientation flight aboard a CAP plane at their local airport. This unique membership category is designed for formal or informal educators involved in promoting aerospace/STEM education in classrooms, homeschools, museums, libraries, or other youth organizations.

Twenty-three new AEMs registered by the end of the first session and were welcomed to the wing AE team sessions. Five more of these events were scheduled across the state with a goal of adding more than 100 new AEMs to the Arizona roster by the end of July.

Lt. Col. Scott Curtis, an assistant AEO at Scottsdale Composite Squadron, supported the Goddard foam rocket-building aerospace education activity at the first Phoenix presentation.

Capt. Nancy Parra-Quinlan, Arizona Wing's assistant director of aerospace education (external), designed the workshop and activity. She led the second event on June 14 on the GCU campus.





**Above:** Arizona Wing Director of Aerospace Education Lt. Col. Ron Marks led the first of six workshops for participants in the Accelerated Summer STEM Educator Training program at Grand Canyon University in Phoenix. (Photo: Lt. Col. Carol Schaub Schlager)

The third event took place in Pinetop, in northern Arizona, on June 21, led by Lt. Cols. Phil Hubacek, the former deputy chief of staff for AE, Carol Schaub Schlager, the group commander for eastern Arizona squadrons, and AEM Betsy Alekay. Hubacek spoke about CAP programs and the organization's history. Alekay, an AEM who also teaches at the Blue Ridge Elementary School where the event was held, led the foam "Goddard" rocket-building activity.

"Course attendees were challenged with testing and launching their newly built rockets," Schaub Schlager said. "There were successes and failures to launch in the hallway and some good laughs."

The winner for distance, received a CAP STEM kit, a spring-loaded base, with trajectory launcher for straw rockets. One hundred percent of the participants in this workshop enrolled in the AEM program.

Also on June 21, senior member and AEM Rebecca Bhasme led a workshop in Bisbee, in southeastern Arizona. Capt. Anna Tucker and her son, Cadet 2nd Lt. Levon Tucker, from the Davis-Monthan Composite Squadron in Tucson, assisted Bhasme with the activity. The presentation was well received, and 10 new AEMs enrolled.

The final two sessions were held July 12 in Lake Havasu City in western Arizona, presented by Marks and Parra-Quinlan, and in Yuma, in southwestern Arizona, on July 13, presented by 1st Lts. Jonathan Gholson and Cecelia Braithwaite. Gholson also led a separate session about drones later that day.

"We could not be happier with the results," Parra-Quinlan said. "I'm happy to see so many of my fellow teachers get excited about joining Arizona Wing's AE team." 🇺🇸





## **The Safety Corner**

### **Heat and Health**

#### **Key facts**

- Population exposure to heat is increasing due to climate change, and this trend will continue. Globally, extreme temperature events have been observed as increasing in their frequency, duration, and magnitude. Between 2000 and 2016, the number of people exposed to heat waves increased by about 125 million. In 2015 alone, 175 million additional people were exposed to heat waves compared to average years.
- Single events can last weeks, occur consecutively, and result in significant excess mortality. In 2003, 70,000 people in Europe died from the June-August event, in 2010, 56,000 excess deaths occurred during a 44-day heatwave in the Russian Federation.
- Exposure to excessive heat has wide ranging physiological impacts for all humans, often amplifying existing conditions and resulting in premature death and disability.



- The negative health impacts of heat are predictable and largely preventable with specific public health actions. WHO has issued public health guidance for the general public and medical professionals on coping with extreme heat.

## Overview

Global temperatures and the frequency and intensity of heatwaves will rise in the 21st century because of climate change. Extended periods of high day and nighttime temperatures create cumulative physiological stress on the human body which exacerbates the top causes of death globally, including respiratory and cardiovascular diseases, diabetes mellitus and renal disease. Heatwaves can acutely impact large populations for short periods, often trigger public health emergencies, and result in excess mortality, and cascading socioeconomic impacts (such as lost work capacity and labor productivity). They can also cause loss of health service delivery capacity, where power shortages which often accompany heatwaves disrupt health facilities, transport, and water infrastructure.

Awareness of the health risks posed by heatwaves and prolonged exposure to increased temperatures remains insufficient. Health professionals must adjust their planning and interventions to account for increasing temperatures and heatwaves. Practical, feasible, and often low-cost interventions at the individual, community, organizational, governmental, and societal levels, can save lives.

## Who is affected?

Rising global ambient temperatures affect all populations. However, some populations are



more exposed to – or more physiologically or socio-economically vulnerable – to physiological stress, exacerbated illness, and an increased risk of death from exposure to excess heat. These include the elderly, infants and children, pregnant women, outdoor and manual workers, athletes, and the poor. Gender can play an important role in determining heat exposure

## How does heat impact health?

Heat gain in the human body can be caused by a combination of external heat from the environment and internal body heat generated from metabolic processes. Rapid rises in heat gain due to exposure to hotter than average conditions compromises the body's ability to regulate temperature and can result in a cascade of illnesses, including heat cramps, heat exhaustion, heatstroke, and hyperthermia.

Deaths and hospitalizations from heat can occur extremely rapidly (same day) or have a lagged effect (several days later) and result in accelerating death or illness in the already frail, particularly observed in the first days of heatwaves. Even small differences from seasonal average temperatures are associated with increased illness and death. Temperature extremes can also worsen chronic conditions, including cardiovascular, respiratory, and cerebrovascular disease and diabetes-related conditions.

Heat also has important indirect health effects. Heat conditions can alter human behavior, the transmission of diseases, health service delivery, air quality, and critical social infrastructure such as energy, transport, and water. The scale and nature of the health impacts of heat depend on the timing, intensity and duration of a temperature event, the level of acclimatization, and the

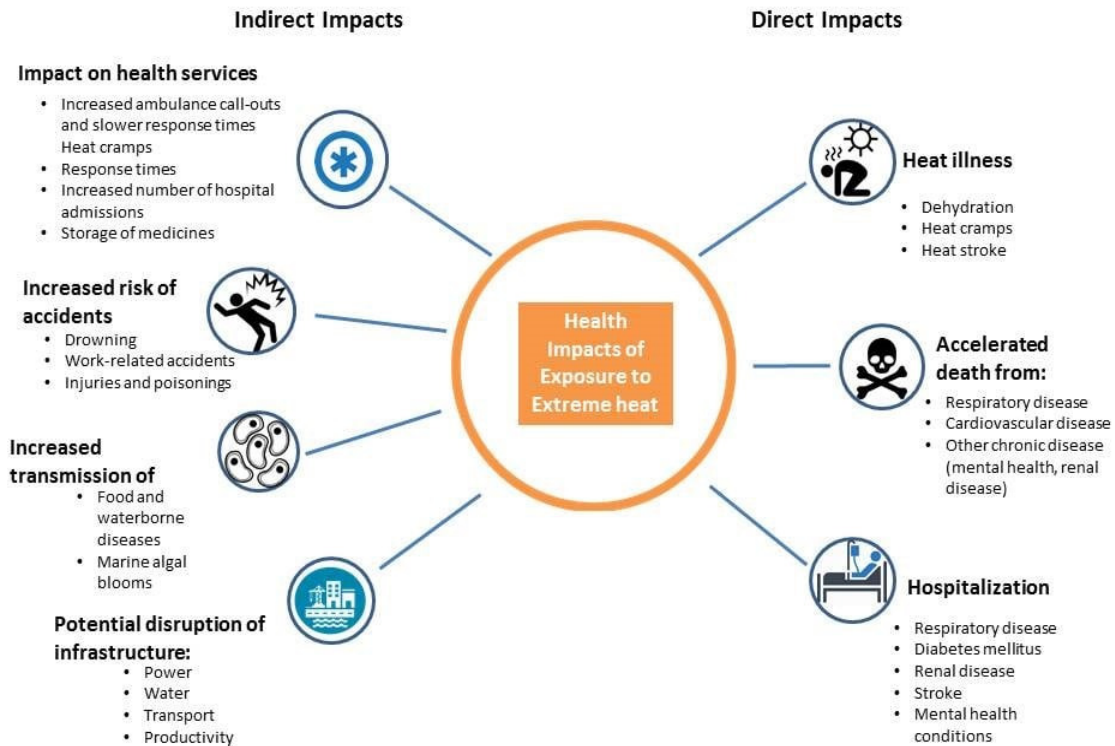


adaptability of the local population, infrastructure, and institutions to the prevailing climate. The precise threshold at which temperature represents a hazardous condition varies by region, other factors such as humidity and wind, local levels of human acclimatization, and preparedness for heat conditions.

## What actions should the public take?

### Keep your home cool

- Aim to keep your living space cool. Check the room temperature between 08:00 and 10:00, at 13:00 and at night after 22:00. Ideally, the room temperature should be kept below 89 °F during the day and 75 °F during the night. This is especially important for infants or people who are over 60 years of age or have chronic health conditions.
- Use the night air to cool down your home. Open all windows and shutters during the night and the early morning, when the outside temperature is lower (if safe to do so).



- Reduce the heat load inside the apartment or house. Close windows and shutters (if available) especially those facing the sun during the day. Turn off artificial lighting and as many electrical devices as possible.
- Hang shades, draperies, awnings, or louvers on windows that receive morning or afternoon sun.
- Hang wet towels to cool down the room air. Note that the humidity of the air increases at the same time.
- If your residence is air conditioned, close the doors and windows and conserve electricity not needed to keep you cool, to ensure that power remains available and reduce the chance of a community-wide outage.
- Electric fans may provide relief, but when the temperature is above 95 °F, may not prevent heat-related illness. It is important to drink fluids.

### Keep out of the heat

- Move to the coolest room in the home, especially at night.



- If it is not possible to keep your home cool, spend 2–3 hours of the day in a cool place (such as an airconditioned public building).
- Avoid going outside during the hottest time of the day.
- Avoid strenuous physical activity if you can. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 and 7:00.
- Stay in the shade.
- Do not leave children or animals in parked vehicles.

### ***Keep the body cool and hydrated***

- Take cool showers or baths. Alternatives include cold packs and wraps, towels, sponging, foot baths, etc.
- Wear light, loose-fitting clothes of natural materials. If you go outside, wear a wide-brimmed hat or cap and sunglasses.
- Use light bed linen and sheets, and no cushions, to avoid heat accumulation.
- Drink regularly but avoid alcohol and too much caffeine and sugar.
- Eat small meals and eat more often. Avoid foods that are high in protein

### ***Help others***

- Plan to check on family, friends, and neighbors who spend much of their time alone. Vulnerable people might need assistance on hot days.
- Discuss extreme heatwaves with your family. Everyone should know what to do in the places where they spend time.
- If anyone you know is at risk, help him or her to get advice and support. Elderly or sick people living alone should be visited at least daily.
- If a person is taking medication, ask the treating doctor how it can influence thermoregulation and the fluid balance.
- Get training. Take a first-aid course to learn how to treat heat emergencies and other emergencies. Everyone should know how to respond.

### ***If you have health problems***

- Keep medicines below 77 °F or in the refrigerator (read the storage instructions on the packaging).
- Seek medical advice if you are suffering from a chronic medical condition or taking multiple medications.

### ***If you or others feel unwell***

- Try to get help if you feel dizzy, weak, anxious or have intense thirst and headache; move to a cool place as soon as possible and measure your body temperature.
- Drink some water or fruit juice to rehydrate.
- Rest immediately in a cool place if you have painful muscular spasms (particularly in the legs, arms, or abdomen, in many cases after sustained exercise during very hot weather), and drink oral rehydration solutions containing electrolytes. Medical attention is needed if heat cramps last more than one hour.
- Consult your physician if you feel unusual symptoms or if symptoms persist. If one of your family members or people you assist presents hot dry skin and delirium, convulsions and/or unconsciousness, call a physician/ambulance immediately. While waiting for help, move the person to a cool place, put him or her in a horizontal position and elevate legs and hips, remove clothing, and initiate external cooling, for example, by placing cold packs on the neck, axillae and groin, fanning continuously and spraying the skin with water at 77–86 °F. Measure the body temperature. Do not give acetylsalicylic acid (aspirin) or paracetamol. Position an unconscious person on his or her side. 🏠

*Article adapted from The World Health Organization*



## On Writing

### *Using Clauses Effectively*

AUSTIN, Texas – We have written in the past about the rules of sentence structure, saying that the *subject* is the living creature or force that initiates an action, the *verb* is the nature of such action, and the *predicate* is everything that transpires as a result of the action. The predicate, in turn, is composed of *clauses*, each of which deals with a specific item, condition, qualifier or effect contained in the predicate. One of these is the *time clause*.

We also saw how in Latin, because declension imparted to a word the specific way in which it was being used, the order in which clauses were presented did not alter the meaning of what was being said, except that each element was emphasized by the order in which it was presented.

Latin, moreover, favored the time clause being presented first: either immediately after the verb or as the first element of the sentence. This rule was introduced into Old German, and was taken to Britain when the Anglo-Saxons invaded it in the 5th century. However, in recent years, American English speakers seem to have forgotten it. Let us examine some examples from the past. What do the following extracts from the leading sentence of each book or document have in common?

- “It was the best of times, it was the worst of times.” (*A Tale of Two Cities*, Charles Dickens, April 30, 1859)
- “Four score and seven years ago, ...” (*The Gettysburg Address*, Pres. Abraham Lincoln, Nov. 19, 1863)
- “This morning the British Ambassador in Berlin [Neville Henderson] handed the German Government a final note ... (*British and French Declaration of War*, Sir Neville Chamberlain, Broadcast on Sept. 3, 1939)
- “Yesterday, December 7th, 1941, a day which will live in infamy, ...” (*Pearl Harbor Address to Congress*, Pres. Franklin D. Roosevelt, Dec. 8, 1941)

In each example, the time clause leads. Dickens uses it effectively to create the climate for his book by referring to time in an abstract way, contrasting the “best of times” (London) with “the worst of times” (Paris) during the Reign of Terror following the French Revolution of 1789.

Lincoln expresses a date 87 years in the past, using the obsolescent word *score* for a 20-year span. Doing so immediately casts an aura of respect for the past, adding reverence to the year 1776 and immediately evoking the American Declaration of Independence. His short address is a masterpiece of clear writing, and ends with a three-part statement that (1) honors the nation, (2) remembers those who fought and died at the Battle of Gettysburg, and (3) reaffirms the nation’s commitment to preserve the principles and freedoms upon which the United States of America was founded in 1776. (In a predominantly Christian nation, saying something in three parts tacitly evokes the Holy Trinity.)

Chamberlain, broadcasting his speech live on radio, stresses the timeliness of his message with the simple words “this morning” – clearly understood as the morning of Sept. 3, 1939, the day of the broadcast. His message was an ultimatum and a commitment to wage war against the Third Reich unless it withdrew its forces from Poland by 11 a.m. that day.

Roosevelt, writing for posterity, dwells on his date, stating it three times: first in relation to the present, “yesterday”; second by specifying it, “December 7th, 1941”; and a third time by qualifying it, “a day which will live in infamy.” (Here, too, Roosevelt starts with a date expressed in three parts, echoing the Holy Trinity.) Following this preface, the body of his speech is a masterfully written message that galvanized the nation and, in the end, contributed to winning the war against the Axis Powers of Germany, Italy and Japan.

**Lt. Col. Arthur E. Woodgate**  
SWR Editor-in-Chief



## On Writing

### ***About Idioms***

AUSTIN, Texas – The problem with idioms is that, by definition, they represent an expression that does not mean what the words say, but something else instead. Therefore, to exist, an idiom must refer to something unique unto itself. In most cases, idioms are created by using the language in a way other than its accepted grammatical meaning.

Let us take, for instance, the expression *on a par with*, which is listed on [www.dictionary.com](http://www.dictionary.com) as having first use in 1832. It is derived from *par* in the sense of “equal” from its meaning in Latin, and it predates its use in the game of golf, in which the expression *par* refers to the stroke standard for each hole, first adopted in 1898.

Doing an online search on the idiom *on a par with* brings up several dictionary references, with only the online <https://www.merriam-webster.com> listing it as *on (a) par with*, and supplying as usage examples a sentence that uses it in the traditional full wording, and another sentence that omits the article.

It is empirically proven that the language is hammered together in the streets, where the repeated use of an expression, regardless of its grammatical propriety, ends up being recognized by lexicographers as a variant first, then as an optional form, and eventually as the standard. This is because lexicographers are not grammarians, and their only interest lies in recognizing how people use the language, rather than preserving the integrity of the language as established by academic arbiters. Therefore, languages are forged for the future in the streets.

The website <https://english.stackexchange.com> is a forum where lexicographers meet online to discuss changes in the language that are being noticed both in writing and in speech. And it is the latter that influences the former, since some populist users of the language strive to be the first to adopt the latest way in which people express themselves. Hence, change is derived from how common people use the language, whether correctly or incorrectly.

When it comes to correctness in the English language, people cite as an authoritative source the works of Shakespeare, who died in 1613. However, how faithful to what Shakespeare wrote are the modern versions of his works? Unlike today, when an author can write a book or play and then publish it, doing so in Shakespeare’s time was not only very difficult and expensive, but also unwise, because Shakespeare wrote primarily for the stage. Therefore, had he published his works, they could have been staged by anyone, at a time when copyright laws had not yet been created and enforced.

Therefore, the Shakespeare works that we read today are the collected pages kept in various theaters which, in a span of over two centuries, were edited, corrected, and smoothed by various authors, the most famous of whom have been Alexander Pope (1725), William Warburton (1747), and Samuel Johnson (1765). Then, between 1803 and 1821, came the Variorum editions, with a text compiling previous editions that is what we know and use today, and what today’s scholars use as their authoritative reference works.

Now, with the wisdom of hindsight, who can say how much Shakespeare’s writings were the innovative product of a genius, and how much the collected sayings of a people? In reading his works critically, it is immediately apparent that his tragedies and histories are written in a far more erudite and polished prose than his comedies. How much “street English” is encapsulated in Shakespeare’s comedies? Having been edited multiple times, it is entirely possible that the original language might have been more ribald and risqué than what we know today. Why? Because Shakespeare made a living pleasing his audience, and his comedies were written for the common people. The Old Vic had no seats, and the only seats were in the booths, elevated over the ground, where presumably sat the ladies and gentlemen when they went slumming. 🇺🇸

**Lt. Col. Arthur E. Woodgate**  
SWR Editor-in-Chief



## ***How the Southwest Region Public Affairs Awards Program Works***

Starting with the January, 2013 issue of The Fly-By, Southwest Region Commander Col. Frank A. Buethe directed that the region will recognize contributions to The Fly-By (a directive approve by all succeeding commanders) as follows:

1. A SWR **CAP Achievement Award** for article publication on three different issues of The Fly-By. Multiple articles in the same issue will count as one.
2. A SWR **Commander's Commendation Award** for article publication on an additional six different issues. Multiple articles in the same issue will count as one.

Region will issue the certificate and send it to the winner's unit at the first available opportunity. The award certificate will be presented at the first available opportunity.

### ***How to Make Submissions Suitable for Publication***

Since The Fly-By is posted on the SWR website, it is an external communication. Therefore, as required by CAPR 190-1, Sec. 7.b.(7), articles must be written in Associated Press Style. If a submission that is not in AP Style is selected for publication, it will be edited to this standard. (NHQ/PA has been using AP Style for all external communications since 2005.)

AP Style is defined in the Associated Press Stylebook (available at [www.ap.org](http://www.ap.org)). For a summary, please see "Associated Press Style in a Nutshell," overleaf.

"Article" is defined as a narrative that:

- Is written in AP Style;
- Answers the questions Who, What, When, Where, and Why, and preferably also How;
- Has one or more quotes from participants, with attribution;
- Has two or more digital photos attached (not embedded in the text), with appropriate cutlines (photo captions). An article submitted without digital photos that is selected for publication will count as a half-credit. For full credit, it must have accompanying photos.

### ***General advice on writing a good article***

- Get all the facts right, stick to the facts, and do not use hearsay or express opinion.
- Take good digital photos.
  - Do not use digital zoom, or else your photos will lack good focus and definition;
  - Take "action shots" of people doing something interesting that is material to the article;
  - Make sure everyone is in the correct uniform and you identify all.
  - **Note:** Good photos are essential to add immediacy and flavor to the story.
- Get good quotes.
  - Ask participants for their opinion;
  - Get full grade, name, position title and unit of assignment for each quote.
  - Get the individual's consent to publish the quote as recorded (read it back).
  - **Note:** Getting quotes is how you get to express opinion, and get your readers to share the experience that you are writing about.
- Write in good, idiomatic, unadorned English.
  - Do not "pad" your sentences, such as saying "due to the fact that" when "because" will do;
  - Avoid trite expressions, such as "it goes without saying" – if it does, don't say it;
  - Avoid colloquial expressions;
  - Do not write in acronyms – always define the first instance, such as "Federal Aviation Administration" before you use FAA;
  - No nicknames – unless famous, such as "Ike" for Pres. Dwight E. Eisenhower. 🇺🇸



## ***Associated Press Style in a Nutshell***

Below are the most important rules to keep in mind when writing in AP Style

- Write the title in normal English-language capitalization. Never all in caps.
- Add your byline below the article title
- Do not format the text in the article (only exceptions are: bullet comments and numbered paragraphs in a section that details a process or sequence).
- Do not indent the first line of a paragraph.
- Use AP Style rules for punctuation.
- Single space the article. At the end of each paragraph, execute two end-of lines (Enter key).
- Do not introduce artificial paragraphing by hitting the Enter key at the end of each line in your article. Instead, let the text wrap naturally and tap two Enter keys at the end of the paragraph.
- Use only a single space after a period.
- Insert a dateline at the beginning of the article, following AP Style rules.
- Answer the 5Ws: Who, What, Where, When, Why + the honorary W: How. In writing a CAP article, you will always know the 5Ws.
- Write all dates in AP style.
- Do not use postal codes instead of state abbreviations in the dateline (not OK but Okla., not NM but N.M.) but some states have no abbreviation, such as Texas.
- Write all military grades in AP Style.
- Write the article in the third person singular.
- Express no opinion.
- To express opinion, use one or more quotes of qualified sources – always get the quoted person’s permission to include the quote, unless it is a matter of record (printed article or recorded audio-visual). Get the quoted person’s grade, name, job title and organization.
- Never self-quote.
- Identify all persons by grade or title, name, job title if material, and organization.
- Never refer to a young person as “kid.”
- When a young person is a CAP cadet, never use “kid,” “boy,” “girl” or “child” but identify each one by grade, full name (or last name only – never first name only), and unit of assignment.
- Never use “their” for the possessive of a singular subject, such as, “the cadet took their meal.”
- Avoid the abbreviations i.e. and e.g. You may know what each one means, and the Latin words they represent, but most people confuse the two. Be clear. Write in English and leave Latin and non-English to scholars.
- Refer to CAP members by grade, name, duty position and unit of assignment. Never by first name.
- On second or subsequent references, use only the last name, except when there are two persons with the same last name, in which case the use of both first and last name is preferred (never just the first names).
- In the case of CAP or military commanders or high-ranking senior members, on second reference use the grade and last name.
- Do not use Lt. as a grade. Lt. is a mode of address. The correct grade may be 2nd Lt. or 1st Lt., but never Lt. Only the Navy and Coast Guard have the grade of Lt.
- Do not use exclamation marks in the body of your article, as doing so expresses opinion.
- Use simple declarative sentences.
- Avoid the passive voice.
- Remember the rules of English grammar and syntax, and follow them.
- **For best results**, buy the latest copy of the Associated Press Stylebook, available at a modest cost at [www.ap.org](http://www.ap.org) – read it, study it, know it, and use it. 📖