

May 2023



Civil Air Patrol





Alaska Wing tow and glider pilots met in Birchwood for training on two weekends in April. Lt COL Palmer had organized two online ground schools and effectively briefed the participants before the event. Tow and glider currency flights, cadet glider training, and new tow pilot qualifications got accomplished in preparation for the Alaska Glider Academy, May 27 to June 3rd, 2023, at the Clear Airport (cover and above). Katarina C/LtCol CAP AK015 Lukicis is pictured above.

Index

Important announcements	4
Wing Available Positions	4-5
Wing Staff	6
Abbreviations	7
Tok	8-9
Great Alaskan Aviation Gathering	10-13
Polaris Lake Hood	14-15
Cadet Wings Applications	16-17
Communications	18
Summer Encampment	19
Character Development	20-21
Delta	22-23
Safety	24-25
Kenai	26-27
Birchwood	28-29
Arcturus	30
Diversity	31
Tail Section	32-33

Important announcements

Save the Dates

2023 AKWG Annual Conference, Anchorage, October 6-8

National Conference, Aug. 18-19 Bellevue, WA., [HTTPS://WWW.GOCIVILAIRPATROL.COM/MEMBERS/EVENTS/CONFERENCE2023](https://www.gocivilairpatrol.com/members/events/conference2023)

AKWG Encampment Registration is Open

More info here: [HTTPS://AKWG.CAP.GOV/ENCAMPMENT/2023](https://akwg.cap.gov/encampment/2023)

WING VACANCIES

Commander AK-93 Lake Hood

- Leads senior members and cadets in accomplishing the CAP ES, AE and cadet programs.
- Provides leadership and oversight to staff in executing weekly meetings.
- Responsible for compliance with CAP policy, guidance and operating procedures.
- Reports to the AKWG Commander.

Character Development Instructor

- The Character Development Instructors are part of the CAP Chaplain Corps but have different qualifications and responsibilities than chaplains.
- Complete training requirements for character development instructors.
- Present character development lessons for cadets in the absence of a Chaplain.

Assistant Public Affairs Officer - Public Relations, Digital Engagement and Creative Services

- Works with Public Affairs Officer to provide oversight across AKWG units and staff to ensure a CAP-compliant and active social media presence.
- Provides units and staff education.
- Training to develop and sustain relevant social media activities.
- Advises the commander, staff and members as required on CAP social media policy.

Development Officer

- Directs and coordinates overall planning activities.
- Develop plans for and monitor the overall implementation of special projects/ programs as directed by commander/headquarters.
- Plan and coordinate region, wing or group conferences.
- Interpret laws, policy statements, directives, regulations, and other communications received from higher headquarters and integrate their requirements and guidance into plans and programs.
- Assist in the development of operational plans and programs when requested.

Director of Aerospace Education

- Implement aerospace education policy and advise their commander on the status of AE programs.
- Recruit, train and assist subordinate AE personnel in accomplishing a successful AE mission.
- Establish and review budget requirements.
- Develop AE Plan of Action (Wing level only).

Wing Command NCO

- Participate in the decision-making process, as appropriate, on technical, operational and organizational issues.
- Advise the Wing Commander for dress and personal appearance items affecting CAP members and specifically NCOs.
- Serve as a representative of the Wing Commander.
- Serves on award and recognition selection committees.

Wing NCO Advisor

- Participate in the decision-making process, as appropriate, on technical, operational and organizational issues.
- Work closely with their wing's command NCO.
- Perform other duties as directed by the wing commander.
- Encourage NCO mentorship of cadets and junior officer CAP members.

FOR FULL JOB DESCRIPTION AND DUTIES, REFER TO CAPP 30-1

JOIN US

Left Seat

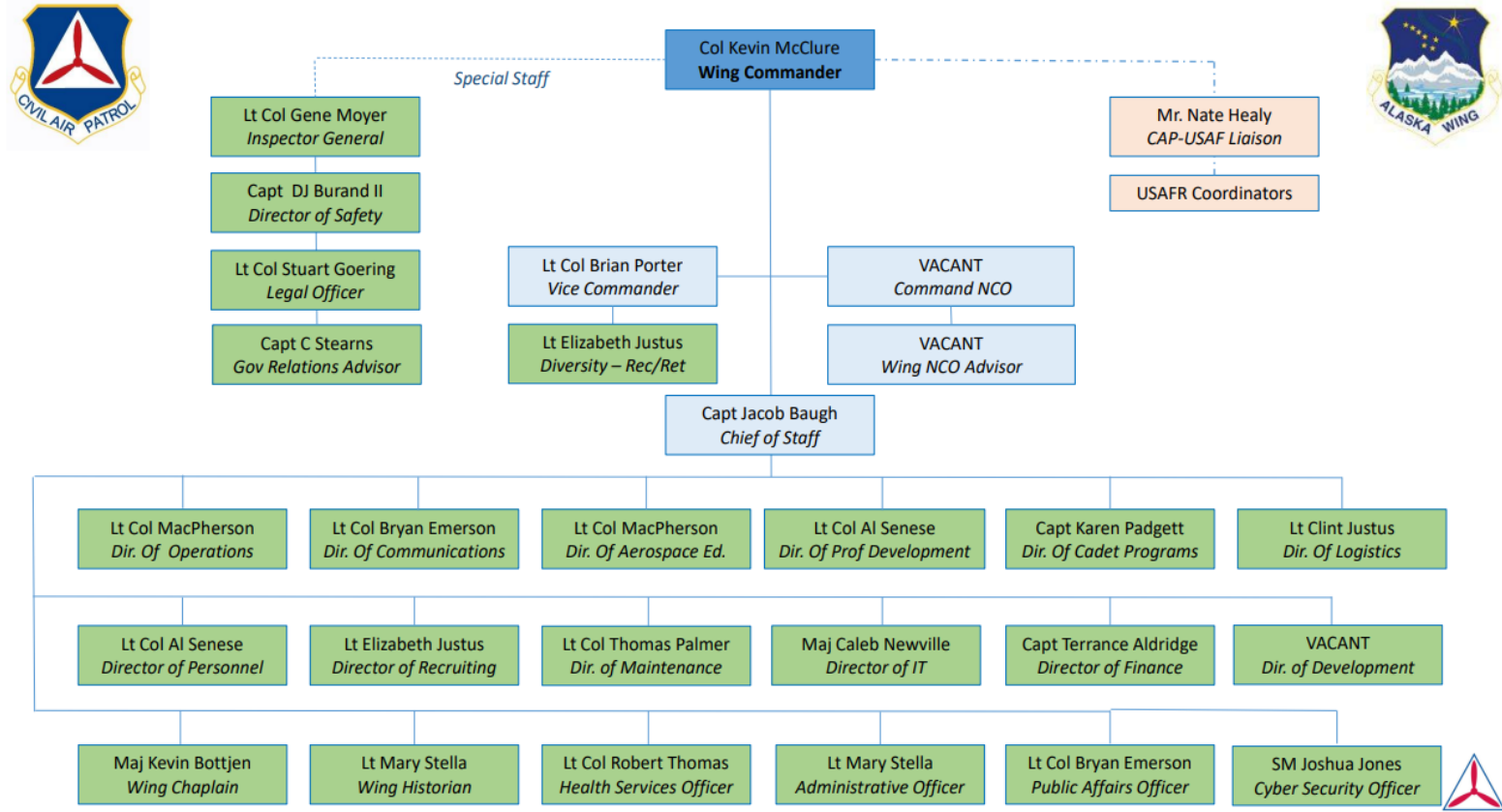
OPEN MIC NIGHT, every 3rd
Wed at 1900



Within the Civil Air Patrol we use several abbreviations.

Let's review them:

- Commander CC
- Vice Commander CV
- Deputy Commander CD
- Deputy Commander for CadetsCDC
- Deputy Commander for SeniorsCDS
- Chief Operating Officer (NHQ only)COO
- Chief of StaffCS
- Deputy Chief of StaffDCS
- Command Chief Master Sgt.....CCC
- Executive OfficerXO
- First Sergeant CCF
- (Cadet or Composite Squadrons only)
- AdministrationDA
- Aerospace EducationAE
- Cadet Programs CP
- Chaplain.....HC
- Communications (Director)DC
- e-Learning (NHQ only)EL
- FinanceFM
- Wing Financial Analysts..... FMA
- General Counsel (NHQ only)GC
- Government Relations Advisor.....GR
- Government Relations (NHQ only)GVR
- Health ServicesHS
- Historian HO
- Human Resources (NHQ only)HR
- Information Technology.....IT
- Inspector General IG
- Legal Officer JA
- Logistics LG
- A/C Maintenance Officer LGM
- Supply Officer LGS
- Transportation Officer LGT
- National Operations Center..... NOC
- Operations DO
- Communications (NHQ only)..... DOK
- Counterdrug DOC
- Emergency ServicesDOS
- Homeland Security DOH
- Operations Training..... DOT
- Standardization & Evaluation DOV
- Personnel DP
- Plans and Programs XP
- Professional Development PD
- Public Affairs PA
- SafetySE
- Wing Administrator (NHQ employee) ..WA



CAO 02 Mar 23

THE YUKON RIVER WATCH

by Capt Harry White, Commander, Tok Composite Squadron

On May 4th, at the request of the National Weather Service, Alaska Wings, 085th Squadron flew the Upper Yukon River on a Photographic Recon mission.

Lt Barbara Pine, Capt Harry White (pictured lower right) and SM Jack Mina flew a Cessna 206 from Tok, Alaska, to the Canadian Border east of Eagle and then down the Yukon River in a crisscross pattern to take photographs of the best angle of the river ice. The goal was to provide pictures so that the Weather Service could determine ice conditions in all portions of the Yukon including its tributaries. The team provided 140 photos from the Canadian Border to a point 5 miles down river of Circle City, documenting every section of this target area.

The flight began up the Yukon River from Eagle, Alaska to Alaska's border with Canada's Yukon Territory. It continued down river to Calico Bluffs and on to Circle City showing ice conditions with some open water. Each photo has the Latitude/Longitude, which gives the NWS the opportunity to pinpoint the condition of the river for the entirety of the mission area. A total of 4.9 hours were flown for this NWS mission.

On another mission for the NWS on May 10, the 085th flew from Fairbanks up the Tanana River to Salcha. Much of the river showed water with ice flowing freely. Noted were

the Railroad bridge with ice conditions, as well as the roof of a house which had fallen into the river in the Salcha area.

These missions are just one example of the services provided by the Alaska Wing, Civil Air Patrol.

EAGLE ALASKA (photo top right)

River Ice conditions at Eagle Alaska. Just a few years ago now, the Yukon River jammed up downstream of the town and a major flood following. Significant buildings were flooded and destroyed at that time.

CALICO BLUFFS ALASKA

Calico Bluffs are downriver of Eagle along the Yukon River. Note the private residence at the bottom center of the photo close to the banks of the Yukon River.

SALCHA RIVERWATCH

A Salcha river shot notes a lost home. This can be the reality of springtime flooding, noted here by our River Watch flight, on 10 May.

RIVERWATCH FLIGHT

Two River Watch Flights were flown by the Tok Composite Squadron. The first Flight commissioned was on 4 May, flying the Upper Yukon from the Border with Canada to a point down river of Circle City. The second flight, on the 10th, was along the Tanana River.





Lt Cols McCarthy and Western prepare for the Great Aviation Gathering in Palmer

The Great Alaska Aviation Gathering

by Capt Richard Dennis, PAO

The Great Alaska Aviation Gathering keeps improving as the years roll along. This was the 3rd year that The Gathering was held at Palmer Alaska State Fairgrounds. And the Alaska Wing Civil Air Patrol displays continue to grow and expand along with the overall event. The Gathering took place May 6-7, a Saturday and Sunday. This was Alaska's Aviation's Coming Out ceremony: Time to repair, recommission and improve our aircraft for The 2023 Flying Season.

This year, The Alaska Wing worked to promote the CAP mission with 5 displays and presentation points. That is a solid expansion over past years. First, there was the old standby main booth with literature and staff in attendance, designed to field ques-

tions and promote our mission. (This tent was near the main hub of traffic) Then inside the large open air barn, the Wing Trailered Flight Simulator was set up along with the CAP Youth Activity Booth.

The Alaska Airmen also have displays set up at The Palmer Municipal Airport. There a number of aircraft are on display along with owner personnel to answer questions. CAP had 2 aircraft on display with CAP pilots available to answer any questions that the public might have. Several shuttle buses traversed between the 2 events offering free rides to guests at The Gathering.

On the main fairgrounds, The Airmen offered a series of lectures nearly every hour. These were offered at 2 locations with CAP delivering a lecture covering Aviation Survival Kits. What is in your Survival Kit?

Come out and volunteer next year for CAPs promotion of Aviation here in Alaska. You will not be disappointed.

PHOTOS (Opposite page left)

The Great Alaskan Aviation Gathering, now in its 3rd decade, has moved to Palmer; the Palmer Fairgrounds and the Palmer Municipal Airport. Here at the Airport a number of aircraft are exhibited as a static display. CAP Lt Col John Western fields questions from visitors, making an aircraft available for viewing. (photo by R Dennis)

(Opposite page right)

Two CAP aircraft were on display at The Great Alaska Aviation Gathering this past weekend, 6-7 May. At the Palmer Airport, the Fairbanks Composite Squadron flew down a CAP

G1000-C172. Thanks to SM Jessica Panko and SM Alyssa Rittel for delivering this noteworthy static display aircraft. (photo by R Dennis)

(Below left)

A number of aircraft were on display at the Palmer Municipal Airport this past weekend. Everts Air Cargo had one of their freighters for up close and personal inspection by the public. (photo by R Dennis)

(Below right)

This is the main CAP display booth designed to meet and greet the public with literature provided by National (rack cards). The rack cards answer some of the most basic questions covering the mission of Civil Air Patrol. Here Lt Col Jim McIntyre fields membership questions from visitors at The Great Alaska Aviation Gathering. (photo by R Dennis)





POLARIS-LAKE HOOD UPDATE by C/TSgt Thomas Owens & Capt DJ Burand

On April 11th Polaris Squadron was honored to recognize Maj Ross Clement for achieving his Fifty Year membership. Outside of his service to CAP Ross served in the US Army in rotor and fixed wing aviation, retiring as a chief warrant officer (CW4). Ross also flew with Wien Air Alaska and Alaska Airlines, retiring as an Anchorage-based captain (bottom right photo).

Maj Clement's time in CAP includes a storied history of successes in emergency services, mentoring and leading younger pilots, and filling various roles with the squadron. In 2020 Ross earned a Commander's Commendation for his outstanding work as Transportation Officer. Please join us in congratulating Maj Ross

Clement on achieving this rare milestone and thanking him for his continued service to our organization.

Polaris and Lake Hood cadets have been quite busy recently as the unit prepares for summer activities. From Cadet Competition to NCSA prep, cadets and seniors have no shortage of tasks. To maintain and grow ES proficiency, the April 4th meeting was held at JBER to give members a chance to practice ES in a realistic environment. Several of our cadets are also bound for Hawk Mountain Ranger School this summer, which offers an ES training environment like nothing else.

Moving ahead with rocketry, the April 11th meeting allowed cadets to catch up on missed tests and review material. We anticipate a model rocket launch sometime in July.

The PT meeting and the Drill and Ceremonies meeting (April 18th and 25th) have given our cadets a chance to review much-needed drill for

the AKWG 2023 Encampment. SDAs and a CAC report preceded the best CD activity in recent history: The cadets competed to create the best sculpture from given items to symbolize Perseverance. After learning about Ernest Shackleton and his crew's Antarctic expedition, the contest began. The winning sculpture was a mountain with a perseverant mule atop it.

A team traveled to Oregon for the Pacific Region Cadet Competition .

Photo caption (right top): 2d Lt Engeberg and Cadet Competition Team members C/1st Lt. Halliburton, C/CMSgt Wegemer, and C/SSgt Engeberg check out the cockpit of Howard Hughes's "Spruce Goose", the largest airplane of its time. (photo credit: 2d Lt Karen Halliburton)

Photo caption: C/CMSgt Dominic Brunelle presents Team Krol's monument to Perseverance (photo credit: Capt Karen Padgett)



Heads Up For Wings: Cadet Wings Applications open 1 July 2023

by Capt Karen Padgett, AKWG Director of Cadet Programs

BLUF (Bottom Line Up Front): Cadets, start preparing now for Saturday 7/1/23 Wings Application window opening.

The Details: Cadet Wings is a merit-based scholarship that, if awarded, may fund up to 60 hr of flight training at your local FBO, designed to culminate in a private pilot's license--up to a \$15,000 value (Reference: [HTTPS://WWW.GOCIVILAIRPATROL.COM/PROGRAMS/CAJETS/CAJETINVEST/CAJET-WINGS](https://www.gocivilairpatrol.com/programs/cajets/cajetinvest/cajet-wings) and CAPP 60-43)

This year, the application window opens Saturday, 1 July 2023. This is much earlier than previous years.

To be considered for the scholarship, cadets will want to apply *on* 1 July 2023. Many items require significant lead time, so interested cadets should start the below tasks now. Cadets are short-listed on a rolling basis, so delaying past 7/1/23 significantly reduces your chances. The window is open until 9/30/23, but by that date, all the money will be allocated to cadets who act early. Apply anyway, and continue advancing through the tasks for December AKWG flight academy applications and next years' Cadet Wings window.

We recommend compiling the below information in a 3-ring binder (Binder coversheets available here: [HTTPS://AKWG.CAP.GOV/PROGRAMS/CP/FLIGHTTRAINING](https://akwg.cap.gov/programs/cp/flighttraining))

1. Gather the following information:

Your Pilot's Logbook (all serious flight students own one. They are readily available online)

Computer (the websites reference below do not work well on a phone)

Your Social Security Number

Birth certificate, passport or other government-issued identification proving your US citizenship if you are a US citizen--TSA & your flight instructors will need to see this periodically

3-ring binder: (Binder section cover pages available on this website ([HTTPS://AKWG.CAP.GOV/PROGRAMS/CP/FLIGHTTRAINING](https://akwg.cap.gov/programs/cp/flighttraining))

Notepaper/pen

Contact information for any instructor pilots you know/have worked with

The following items do *not* need to be completed in order. Do as many as you can and get as far on them as you can by 7/1/23 (then continue making progress)

1. Obtain Student Pilot Certificate aka your IACRA number ([HTTPS://IACRA.FAA.GOV/IA-CRA/HELPANDINFO.ASPX?ID=6](https://iacra.faa.gov/iacra/helpandinfo.aspx?id=6)). Note: Flight training not required to register as a Student Pilot!! Your squadron leadership can connect you with a CFI who can help you with the 2nd step in this process, likely just with a phone conversation & your Student Pilot Certificate number)

2. Register with MedXPress & Schedule your Class 3 or higher Flight Medical

([HTTPS://MEDXPRESS.FAA.GOV/MEDXPRESS/](https://medxpress.faa.gov/medxpress/))

3. Start Sporty's Ground School

If you did not join Young Eagles when you received the email invitation after your 1st orientation flight, join now by doing the following:

Go to [HTTPS://WWW.EAA.ORG/SHOP/MEMBERSHIP/JOIN.ASPX](https://www.eaa.org/shop/membership/join.aspx) Select the "Student" tab, then select "Sign up!" After entering your "New Member Details," tick the box under the name "Sporty's" that says, "I do not have my Activation code." To enter your "EAA/Young Eagle Flight" information, use your 1st CAP Orientation Flight details (date & location)

To see the date of your first o-flight, see your CAP member search report. To do that, log into eservices (capnhq.gov). From the menu, choose "Administration" and "Member Search." Type in your CAPID, and click the "Member Search Report" blue link under your photo. Print your Member Search Report to pdf & save it on your hard drive. Scroll down to find the "Orientation Flights" section and list the first date you took an o-flight.

Back on the EAA website, click on the link for your FREE resources, particularly the Sporty's Free Private Pilot course

Log into your Sporty's student account and ensure it is activated by watching the first video under "Flight Training".

PRO TIP 1: Watching all 26 "Your First Hours" videos before your next o-flight

or instruction, demonstrates your commitment to becoming a pilot and helps you get the most value from your time in the plane with a pilot. Your pilot will appreciate your dedication and be able to show you more !!

PRO TIP 2: 90% or better scores on two practice tests encourage your favorite CFI to endorse you to take the written test)

PRO TIP 3: Many CAP cadets also get flight scholarships through EAA, so review the www.eaa.org website thoroughly!

4. Review the Cadet Wings Guide (CAPP 60-43: [HTTPS://WWW.GOCIVILAIRPATROL.COM/MEDIA/CMS/P_6043_7B02E937DF565.PDF](https://www.gocivilairpatrol.com/media/cms/P_6043_7B02E937DF565.PDF)). Start gathering in your binder the items listed in Section 3.2.1 (Prospective Candidate Task List) and Attachment 3 (Required Documents for selectees) of the Cadet Wings Guide. Also note the other activities you get "points" for in the selection process in Attachment 2.

5. Refresh your Aircraft Ground Handling training in AXIS if it expires within the next year.

Good luck with these steps. If you need help, take this newsletter article to your squadron Senior Member leadership. They can help you, and may even be glad to serve as your "Ray Navigator" (mentor to help you through the process. They do *not* need to be a flight instructor!)



Alaska Wing Communications is holding an essay contest for cadets. This has been endorsed by Alaska Wing Cadet Programs. The winner will be issued a Micom 3 HF radio for a period of one year, with opportunity to extend; will receive guidance from a CAP National Communications Engineering staff member on how to set up an antenna; and will be introduced via email to some cadets in CONUS who have been active in communications and are experienced in HF.

Any Alaska Wing cadet who is an Airman 1st Class or higher is eligible, but some of you will do better with this than would others. Applicants should have ICUT, but if you don't have it, you will need to get it before the radio is delivered.

- The first, biggest requirement is that your parents have to approve this. Without your parents' approval, you can't do this.
- You need to live someplace where you have room to set up an antenna. Unfortunately, that excludes any cadet who lives on a military base.

If you live in a neighborhood with a HOA, that is also a problem, but not insurmountable.

- Home schooled cadets would be very desirable candidates, because they have flexible schedules. However, interested cadets who attend school will be considered.
- Cadets who are licensed amateur radio operators would be desirable candidates.

If you're interested, please submit an essay to LtCol. Kristin Freeman at 480550@akwg.cap.gov by 2 June 2023. The essay should state why you'd like to have the use of a CAP HF radio; what makes you a good choice to have the use of a CAP radio; and a brief description of what space you have to put up an antenna. Each essay should have your CAP ID number at the end.

Essays will be judged partly on writing quality and partly on each candidate's interest, available time, space for an antenna, and ability to follow directions, as shown in the essay. The essays will be judged by a panel of judges. The lead judge will be Gen. Chuck Carr. The winner will be announced in the June issue.

If you have any questions, please email LtCol. Freeman, and copy another senior member from your unit.



2023 AKWG SUMMER ENCAMPMENT

PRE ENCAMPMENT STAFF TRAINING DAY 1



The cadet line staff are working hard on their drill. In this picture, Lt Moon is demonstrating flanks to the cadet line staff. C/Lt Col Lukic also taught facing movements to staff to refresh their skills. Drill and command voice were both big topics at this PEST meeting.



In this Picture, C/Lt Col Lukic is practicing drill movements with staff to perfect their skills for encampment. This was a great chance especially for line staff so they are better prepared to teach their cadets at encampment. It was also a great chance for PA to Practice their photography skills and note taking before encampment so they are better prepared.



Besides PEST, Glider operations were simultaneously being conducted at Birchwood. They worked on getting familiar with glider and flight line operations.



Submissions from Birchwood Squadron cadets related to the Perseverance Character Development lesson from April

Perseverance means to constantly persist and stay positive about achieving a certain goal, despite any challenges that may arise. Sir Earnest Shackleton had to utilize this virtue multiple times during his expedition to the South Pole. Before even reaching Antarctica and beginning his expedition, Shackleton had to deal with unexpected travel delays due to ice; this is just one instance of where perseverance and staying motivated were necessary for the success of the mission. When Shackleton realized the expedition wouldn't be possible, he instead stayed positive and looked for other activities to at least keep his crew alive and well. Making the trek from their damaged ship back to South Georgia for help also required much perseverance and courage in the face of more unexpected trials. Overall, Shackleton used perseverance and optimism to save his entire crew, despite the numerous obstacles and setbacks that occurred at every step of the journey.

By C/CMSgt Mullins

Perseverance is one of the most important things a person can have, it will always get you through any situation, whether that situation be studying for a really important test, or being stranded in Antarctica. Perseverance has gotten me through hard things, but the most memorable was cross country running. I was just getting over a cold and I still didn't feel the best, and it was race day for the longest race of the season, the five kilometer race. I was already tired about a kilometer in, but I rounded a corner and my parents were there cheering me on telling me not to give up, and that I could do it, and I took that to heart, whenever I wanted to start walking, their voices replayed in my head, and I forced myself to not quit, and when I finished, I wanted to pass out, but the feeling of great achievement overcame me, and I knew it was worth pushing through. That is no means close to what the great Sir Earnest Shackleton and his team did, but it is the closest I can come to relating to him. Perseverance is essential to success, and is needed to do great things. To sum it all up, the video taught me that no matter how dire the situation is, you can push through if you have perseverance, whether the situation be running a long cross country race, or being stranded in the frigid Antarctic for over a year.

By C/Amn Andrews

Dear Mr. Ernest Shackleton,

It was with great honor to learn about your attempted continental crossing of Antarctica in 1914. You are truly an expert in crisis management and a pop culture icon when it comes to bravery and leadership.

Your vessel became stuck in Ice 100 miles from land then drifted off course 1186 miles. After six months you ordered the crew to abandon ship then you led your men, enduring extreme cold, limited food & exhaustion .

After two weeks finally reached Elephant Island by boat with a broken rotor/rudder and stepped upon land the first time in 497 days.

Then you persevered in hopes to get to a whaling station, traversing glaciers, open crevasses, and hurricane force winds. You made contact with people at the station and were able to get back to your remaining crew to rescue them.

I wish you could have completed your goal of crossing the continent later. I recently learned you made a second attempt 5 years later but your health was poor and you perished from a heart attack.

Thank You for being strong and never giving up, you lead by example and you are a great role model.

By C/SrA C. Noble

Delta

Congratulations are due to the following members for their promotions: C/Amn Alexandra Gaston, C/Amn Ashley Gaston, 1st Lt Brandon Elkins and Maj Jorge Lorenzana. C/A1C. Alex Harwood was presented with the Red Service Ribbon for 2 years of service with CAP.

C/Amn Alexandra Gaston and C/AB E. Engdal received their first orientation flights in the GA-8 in April, thanks to Maj Davis of the Eielson squadron. C/Amn Ashley Gaston flew backseat.

The squadron welcomes two new cadets: Everliee Engdal and Alexis Harwood.

Most of the squadron and some parents completed AED/CPR/First Aid training in April thanks to the instruction of Fort Greely Fire Department Captain Justin Cotton.

Guest Speaker TSgt Heather Ridge, 168th Civil Engineering Squadron, Air National Guard, Eielson AFB, provided information regarding Emergency Management and Mission Oriented Protective Posture (MOPP) gear. Several cadets put on all the gear,

which takes an amazingly long time to accomplish! She also brought Air National Guard swag bags and t-shirts for each cadet. The squadron is thankful for her support.

Some of the cadets are hoping to attend Summer encampments nationwide. Capt Schmidt will be assisting with AKWG Glider Flight Academy this month. C/TSgt Schmidt will attend the Medical Orientation Training School NCSA in TX in July.





Spring PT Safety
by: C/SSgt Asher Engeberg &
Capt Karen Padgett

The snow is finally melting! After record-setting snowfall this past fall, winter, and spring, we can finally do more PT (Physical Training) outdoors!

The activities that will best protect you from injury and help you get the most out of your workout are to hydrate, warm up, and cool down.

Outdoor hazards to watch out for during exercise include traffic, wildlife (including some pets and humans!), and slips/trips/falls.

It's not rocket science--that's a different article! We have all heard it before, AND we can all use the reminder.

Hydrate: Drink 8-12 cups of water per day plus small sips every 10-

20 minutes during your workout

Warm Up: Exercise at low intensity for 5-10 minutes before your workout

Exercise Safely:

Have the right gear, especially proper shoes with good tread

Listen to your body! STOP if you injure yourself

Breathe

Activate your core at all times to improve posture, stability, and balance.

Especially When Outdoors:

Be alert to your surroundings (traffic, animals, humans, weather, etc)

Near traffic, assume drivers do not see or hear you

Bring a wingman with you--for safety, accountability, and fun

Plan your route and an alternate route--it's nice if the moose or landslide in your path does not curtail your workout

Have a contingency plan--If you end up being out longer than you planned or decide to extend your workout, make sure you have sufficient water, food, and shelter

Brush up on wildlife safety

Cool Down:

Taper down to a low-intensity exercise for 5-10 minutes

Stretching is safest now that your muscles are warm

Enjoy your workout! Share your own tips & tricks in this newsletter!

References

[HTTPS://WWW.MAYOCLINIC.ORG/HEALTHY-LIFESTYLE/FITNESS/IN-DEPTH/EXERCISE/ART-20045517](https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20045517)

[HTTPS://RIGHTASRAIN.UWMEDICINE.ORG/BODY/EXERCISE/HOW-TO-WARM-UP](https://rightasrain.uwmedicine.org/body/exercise/how-to-warm-up)

Note: This safety article partially satisfies a requirement for the Command Specialty Track rating. Senior Members interested in pursuing the Command Specialty track may refer to CAPP 222 ([HTTPS://WWW.GOCIVILAIRPATROL.COM/MEDIA/CMS/P222_95366131D292D.PDF](https://www.gocivilairpatrol.com/media/cms/P222_95366131D292D.pdf)) for guidance.

(Photo credit: NARA & DVIDS Public Domain Archive)



Kenai

Every Monday 6:30 to 8:30 Kenai Cadets make Aerospace, Leadership, Safety and Character Development Presentations. They also participated in the Raptor 22 Airshow at JBER. They are: C/1st Lt Wyatt Cole, C/CMSgt Luke Cole, C/Amn Noah Cole, C/A1C Caleb McCoy, C/SMSgt Lydia Schwartz, and C/TSgt Jacob Ries. Captain Tim Cole drove them and enjoyed the Airshow.

Eight new cadets joined our squadron. They are: Cadet Madeline Ries, Cadet Hank Adcox, Cadet Noah Cole, Cadet Brenan Brandt, Cadet Zanealexander Sanchez, Cadet Clayton Greenwald, Cadet Sage Laky, and Cadet Fletcher Darr. They are working hard and are receiving Orientation flights.

Cadets who received Orientation flights this month are: Cadet Jacob Ries, Cadet Sage Laky, Cadet Noah Cole, Cadet Bjorn David, Cadet Clayton Greenwald, Cadet Hugh Traugott, Cadet Gianna Traugott, Cadet Eliran Weisser, Cadet Fletcher Darr, and Cadet Brenan Brandt. We're thankful to the pilots who gave the flights. We love the good weather!

Cadets worked very hard and passed many achievements. Curry Award: Fletcher Darr, Clayton Greenwald, Eliran Weissar, Gianna Traugott, Remington Jackson, Maddy Ries, Bjorn David, Hugh Traugott, and Brenan Brandt. Achievement 2: O'Ryan Jackson, Caleb McCoy, and Victor Henderson. Achievement 3: Zion Henderson and Owen Bell, Achievement 4: Laif Rothenberger, and Thomas Martin. Achievement 5: Jacob Ries. Billy Mitchell: Lane Hillyer and Luke Hillyer. Achievement 7: Lydia Schwartz. We are very proud of their efforts and hard work.

Cadets volunteered at the Kenai Senior Center Fund Raiser. They were C/CMSgt Lane Hillyer, C/CMSgt Luke Hillyer, C/A1C Caleb McCoy, and C/TSgt Jacob Ries. They worked hard and treated everyone with kindness and respect.

All cadets are working hard, setting a good example in our community and supporting each other in practicing the Core Values.



Kenai and Homer Formation

Birchwood

The road near Birchwood Squadron finally cleared enough to be safe for running the Mile Run on Tuesday, April 25. Senior Members and Cadets were thrilled to run outside again, especially since there is no room for the PACER Test in our hangar with two gliders built and stored in the hangar. Birchwood also enjoyed time outside on Saturday, April 15, when we hiked Lazy Mountain Trail in Palmer.

Lt Col Maynard Perkins gave a very informative May Safety Brief on Parkinson's Disease. Our cadet program is currently focused on encampment preparation and completing several

training sessions with Indoor Quadcopters. A big shout out to 2d Lt Rick Benedict and 2d Lt Aaron Edwards for planning and implementing this drone STEM program.

Squadron Information:
Squadron Commander - Maj John Neal on 907-632-5287
Deputy Commander for Cadets/Recruiting- 1st Lt Rena Anderson 907-441-1616
Location- Birchwood Airport
Meeting Times- Cadets every Tuesday 6:30-8:30 pm, Senior Members 1st and 3rd Tuesdays 7:00-8:00 pm
Website- [HTTPS://AK076.CAP.GOV/](https://AK076.CAP.GOV/)



Birchwood Squadron hike Lazy Mtn Trail April 15th

Arcturus

Promotion Night



NCSA Briefing by C/CMSgt, Justus



C/MSgt Therrien



C/Sra Davidson
30 CAP AKWG



C/Sra J Davidson



C/CMSgt Shook

Diversity

I would like to share my appreciation for Lt. Elizabeth Justus. I am a temporary worker at the Ben Boeke Arena in Anchorage Alaska. On Saturday, April 1st, 2023 a medical emergency occurred at the arena and fortunately Lt. Justus was nearby. Elizabeth observed the situation and volunteered to assist, as the person in distress did not speak English. Lt. Justus was extremely patient, kind, and thoughtful. Her interaction with all individuals involved was professional and impressive. Lt.

Elizabeth Justus is an excellent representative of the Civil Air Patrol Alaska Wing, and I am extremely grateful that she was present that evening, as it made a difference in the outcome of a very stressful situation. Please extend my sincerest thanks to her!

With Warm Regards,
Lisa N. Mounds-Craft
Positive Mind, Positive Vibes, Positive Life



Summer is almost upon us, finally! Encampments, glider and powered flight academies, Cadet academies around the nation - lots to do and learn. Many seniors, cadets and parents will work hard to make them a success.

This online publication is designed to attract, inform and motivate readers through photos, text and

stories. We see and feel the four core values in the faces and body language of the cadets and senior members portrayed herein.

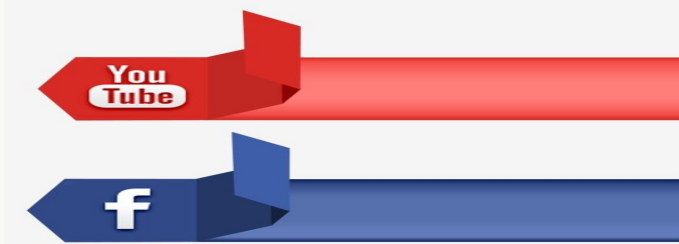
If you would like to propose any content by the 10th of each month or provide feedback then please contact me.



Volunteers serving America's communities, saving lives, and shaping futures.

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