



Behind the 8 Ball

*Blue Beret
National Cadet Special Activity
Oshkosh, Wisconsin*



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From the Cadet Commander

Welcome to National Blue Beret! First, I would like to congratulate all of you on being selected for such a prestigious event, but the hard work is only beginning. NBB is demanding both mentally and physically. You will be learning a lot in a very short time frame and be expected to perform it proficiently. This is why it is crucial that you pay attention to the instructions given. I expect all of you to be accountable for yourselves and be where you need to be. By doing so, your flight and the activity will run much smoother. On the other side, this activity is also one of a kind in that you will see aircraft and performances that you cannot find anywhere else. Take time to appreciate the amazing airshow. You were selected from more than 800 applicants and it is a privilege to be here. Let's make the most of our time; stay focused, work hard and enjoy everything the show has to offer!



*C/Lt Col Piper Morgan
NBB Cadet Commander*



A Word from the Chaplain

The teacher in the book of Ecclesiastes wrote, "Be happy, young man, while you are young, and let your heart give you joy in the days of your youth." Most of us here at NBB are young. The rest of us remember when we were young. In youth it is good to enjoy life, to reach outward and experience the world. These are days of learning, laughing, and loving. I want to challenge each of you who are young to embrace what is ahead and plunge forward with all your might. For some of you this is a once in a lifetime experience. These two weeks will be implanted in your memory for the rest of your life. Embrace it and enjoy it.



It's also expedient for those of us who are formerly young to remember the days of our youth and do all we can to make these days exciting and memorable for others. As we watch those coming after us learn, enjoy and blossom into brilliant lives ahead we too will be happy.

-Chaplain Major Randy Colby

Guard Duty

We have all done it, and if not, your time will come. It may not be one of the most enjoyable experiences at NBB, but it just as well might be one of the most important. I'm talking about the GUARD SHACK! All military installations have guard posts to regulate traffic and visitors, and just like a military base, we can't just have anyone wandering around the compound. Everyone on the compound is depending on you to insure that everyone and their belonging are kept safe. Accountability for vehicles and flights entering and leaving compound is critical to mission success and it all rests on your shoulders!

Here are a few tips from returning beret C/CMSgt Steven Zingsheim.

- 1) Mosquitos are hostile and should be terminated sight, take preventive measures (Bug spray).
- 2) Be sure to take all your gear with you. Rain storms tend to appear out of nowhere, and running out to get gear is not fun when it's pouring.
- 3) If you have a buddy, use them, working as a team is the key to a successful guard shift.
- 4) Keep your hands off the top of the top of the gate! Being injured makes things less fun.

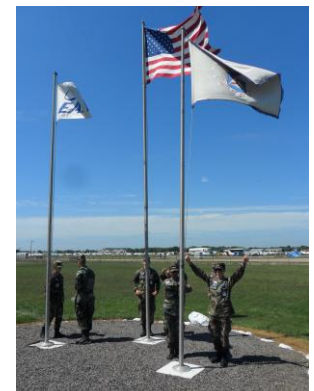
*C/Capt Alex Lewallen
Assistant PAO*



Color Guard Practice

Sound Reveille! As cadets march from the shade into the blazing sun, India flight practices raising and raising and lowering the flag. It is the Color Guard's duty to ensure their job is done professionally and efficiently. Cadets run through the process many times until perfection is reached. C/2d Lt, Morgan states, "It is a great honor to be part of the Color Guard." Each sunrise and sunset cadets have the opportunity to raise or lower our Nation's colors. The job of caring for our country's greatest symbol each day is entrusted to a different flight. It should always be treated with the utmost respect and greatest of care. How the flight executes this task is a reflection of their pride in our country and their reverence for that symbol. We are all professionals and hold the flag in high esteem. Berets know it should always be handled with the greatest reverence and dignity. Sound Retreat!

*C/2d Lt Lorene Parker,
Assistant PAO*



Dining Facility

Like any well-oiled machine, Berets need their fuel to function. That fuel comes from the delicious food prepared by our very talented kitchen staff. These are the unsung heroes of Beret; if it wasn't for them we would all be eating MRE's and spam. The kitchen staff is up working before everyone else, and is still up preparing for the next day, long after you retire to your bunks. At some point during the activity, cadets will have to work with them one-on-one. Your work with them will not go unnoticed. Lt Col Morgan stated, "Look at these cadets, they do all the working,

Transportation

Transportation is one of the most important things here at NBB, and the activity would most likely not be able to function, and the mission



would be nearly impossible to accomplish if the driving staff was not around to assist. From driving cadets to and from the airport at early morning hours and late nights, to driving cadets out onto the flight line, taking cadets on their flight night out, and even fueling and repairing vans. The job of transportation officer is very critical to the safe and efficient operations that NBB must accomplish. But the drivers need your help to make their job easier; Maj. Franz states "Stay seated, and listen to instructions." This allows the drivers to safely transport cadets quickly. So the next time you ride in a van, or are driven anywhere during the activity, please use your customs and courtesies as always, and thank the driver for volunteering their time to this amazing activity, and making it a much more effective operation.



C/Maj Ehren Rauch
Chief Cadet PAO

Featured Flight: Echo



Flight Cmdr: C/1st Lt Sarah Shea
Flight Leader: C/Msgt Blake Shetter
TAC Officer: Maj Tom Rauch

Why Echo Flight Rules

During the 2011 EAA Airventure Convention and fly in held at Wittman Airfield in Oshkosh, Wisconsin Echo flight cadets of the Civil Air Patrol demonstrate their professionalism, discipline, and military sharpness. The priority of our leaders is the team; in turn the flight member's priority is the mission. Annually CAP excels in their tasks; aircraft marshaling, emergency services, and aerospace education. No other Civil Air Patrol activity has an opportunity to have two weeks of intensive training and education. The standards for selfless service are set high. Echo strives constantly for perfection, and is known for our dedication to the task at hand. The cadets of Echo Flight will accept nothing less than the best, for we have earned our places in the history of this honorable activity.

Echo Flight Cadets



I just do all the sweating." The Kitchen Staff is vital to the success of the mission. Without them we would all be going out to work starving and would not be able to fulfill our tasks and mission. You can imagine standing out there in the pouring rain, and the sweltering heat, both miserable, but there is never any hunger! The great leader Napoleon Bonaparte said "An army marches on their stomachs" and these heroes of Beret make sure we keep marching onward. Next time you are in the mess hall, be sure to say thanks to the kitchen staff for all of their hard work.

C/Capt Alex Lewallen
Assistant PAO

Hot Weather

Drinking ample amounts of water is essential to maintain proper function. The question is how much water is ample? An old adage use to state 8-10 eight ounce glasses of water a day. This does not take into account body types. Petite persons will be drinking the same amount as large persons. The latest research suggests so many ounces per body weight. Additionally there are increased amounts before, during, and after exercise. A quick check for your specific body type and activity is whether it keeps your urine the color of weak lemonade. The military recommends 1 qt every hour in easy work and 3 qts every 4 hours for moderate work in category 1. In category green the requirements are the same but the work/rest cycles change from 40 minutes work/20 minutes rest to 30/20. The yellow heat category requires 3 qts every 4 hours in easy and hard work while work/rest cycles 40 minutes and 20 minutes. The Red category has the same fluid requirements but the work/rest cycles changes to 30/30 for moderate work. In category black the water requirements increase to 1 qt/hr and the work/rest cycle is 50/10 for easy, 20/40 for moderate, and 10/50 for hard work. Getting enough water can prevent many types of injuries. The three types of heat injury include heat cramps, heat exhaustion, and heat stroke. Heat cramp symptoms include, large muscle cramps due salt loss through sweat with treatment including shade and sports drinks. Heat exhaustion symptoms include profuse sweating, headache, light-headed, nausea /vomiting, and increased temperature. Treatment for this condition includes shade, loosens clothing, and oral fluids (if able to swallow). Heat stroke symptoms include high temperature of 104 and greater plus central nervous systems effects; absence of sweating (can be a late sign), and multiple organ involvement. Treatment of this condition includes IV fluids, as the person may be unconscious and/or vomiting. Other treatments items include remove clothes, cooling through evaporation, and ice packs to groin or armpits down to 101-102. Risk factors include dehydration, alcohol, laxatives, diuretics, plus some medications and supplements. Control measures include water, sports drinks, salt, and acclimatization per the Army Safety web site. The web site recommends sports drinks if the duration lasts 3-6 hours, the weather is hot, strenuous exercise is present, and food intake is limited. The web site defines acclimatization as the adaptation that occurs in response to increased heat and requires 5 days for most people, but 95% of people require 14 days. Acclimatization results in sweating at lower temperatures; larger volumes of sweat, less salt secretion in sweat, and increased heat dissipation to lower core temp.

National Blue Beret Medical Staff 2011



CAP NBB Compound

Safety Quotes of the Day

“Do not let yourself be forced into doing anything before you are ready”

Orville Wright

“It is possible to fly without motors, but not without knowledge and skill”

Wilbur Wright

“In flying I have learned that carelessness and overconfidence are usually far more dangerous than deliberately accepted risks”

Wilbur Wright

“The alleviation of human error, whether design or intrinsically human, continues to be the most important problem facing aerospace safety”

Jerome Lederer

