



Maroon Marauder



THE UNITED STATES AIR FORCE AUXILIARY
CIVIL AIR PATROL

... performing missions for America

Message from the Cadet Commander

Squadron 85 Cadets,

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First off I want to commend you on the progress that you have made in the past months. In the last newsletter I targeted a few goals and achievements that we should strive for as individuals and as a Squadron. Testing was one of them and I am pleased to see how many cadets we have been consistently testing. It's a great feeling when I come to a meeting and the activity is smaller because we have five or six cadets testing. So to all who are striving to gain grade and rank: congratulations. In addition, as you progress through the ranks of Airman and Sr. Airman, keep in mind that these are the key stages to becoming an effective leader. In the Airman phase you are learning the basics of what is

required to be a Civil Air Patrol cadet member. In the Airman 1st Class and Senior Airman phases you will start to take on more leadership roles. So as you progress, make sure to note that without giving it your best at these achievements, leadership is a far away goal. Lastly I want to give thanks to the professionalism I am starting to see. You cadets have shown up with uniform twice as good in the past couple of weeks than ever before. Keep up the good work and remember we are an Official Auxiliary of the Air Force and need to maintain high standards, and be aware that we are **"Always on Parade."**

~C/SMSgt. Kyle Bond,
Cadet Commander

PROMOTIONS AND AWARDS

Congratulations to the following Cadets for their promotions for Q2 '08

Cadets:

Alison Doyle
Kevin Kaita
Anna Khattar
Jason Loucks



C/Airman

Cadets:
John Barb
Mary Barb



C/Airman 1st C

Cadets:
Trenton Bromenschenkel
Mathew Staley



C/Senior Airman

Cadet:
Tyler Creger



C/Staff Sgt

Cadet:
Evan Yanagihara



C/Master Sgt.

Cadet:
Kyle Bond



C/Sr. Master Sgt.

From the Squadron Commander

Bread, Butter, & Badges

There is a time in the life of every successful young man or woman when they realize the winding path along which they have achieved so much. Many individuals have assisted or inspired them along that journey through their hurdles to success. To become a cadet officer with a wealth of experience you must rely on, learn from, and lead with others. As you are becoming an effective leader, it is critically important to stop, take a moment, and recognize those who have helped you along the way. The following is an excerpted from an article by Organizational Management PhD's from Ohio State regarding recognition of individuals who volunteer to assist:



Recognition is defined as formal or informal, favorable attention given to the volunteer, to provide a sense of appreciation, security and belonging (Kwarteng, Smith and Miller, 1988). Recognition is not so much something you do as it is something you are. Recognition is a sensitivity to others as individuals, not a strategy for discharging obligations (Lake, 1995).

Recognition is closely associated with motivation (Safrit, King & Smith, 1992). If volunteers are rewarded in meaningful, significant or relevant ways, then the volunteer admin-

istrator should consider the recognition program as successful. But the question remains, "Is the organization's current recognition model fulfilling the needs of the volunteers and thereby serving as an effective means of recognition?" Or "Is the organization's current recognition model merely an administrative exercise for the volunteer coordinator?"

As you are or become a cadet officer, you are the leader of the organization the article refers to. You need to incorporate recognition models into your leadership plans. Toward the latter part of the article, the doctors indicate that rewarding individuals does not have to be a formal presentation of awards as much as simple recognitions throughout the projects you partake in. They give a simple list of 139 ways to say thank you, and here are a few:

Send cards for personal achievements, Write a news article which is published in the organization's newsletter, Send a thank-you note, Smile, Spontaneously say "thank-you" during a chance or planned meeting or gathering, Shake hands, Share the success or impact of one volunteer with others, Establish a Volunteer Honor Roll, Ask effective volunteers to each recruit another volunteer who is "just like them.", Greet each volunteer with enthusiasm and appreciation, Ask an effective volunteer to mentor a new recruit, Send Hershey's Kisses to your organization's volunteers.

There are so many more... see more at <http://www.four-h.purdue.edu/volunteer/index.html#>

Remember that recognition and reward is the bread and butter of keeping your volunteers happy. Keep up the extraordinary work and remember to fly with pride!

Excerpts from articles by: Ken Culp, III, Ph.D., Extension Specialist, Volunteerism, Ohio State University Extension; Vicki J. Schwartz, M.Ed., Chair & Extension Agent, 4-H Youth Development, OSU Extension, Washington County; I. Joseph Campbell, M.S., Chair & Extension Agent, 4-H Youth Development, OSU Extension, Fairfield County.

**~ Andrew J. Peters, Capt., CAP
Sq.85 Commander**

HELP SQUADRON 85 RAISE MONEY \$\$\$\$!

As you are all aware, money is the life-blood of all non-profit organizations, especially Civil Air Patrol. And in addition, it even is more important at the Squadron level. Without needed funds, we as a Squadron are limited to the activities that we can participate in, due to the cost associated with them, especially transportation. With a robust bank account, the Squadron can help offset the cost of a lot of activities and can host even more, without having to put the burden of cost on the individual cadet, which may preclude them from participating.

Now there is a way you, your family and friends can help Squadron 85! National HQ has partnered with Fundlink to build a CAP Virtual Shopping Mall that allows users to benefit specific units in CAP. By accessing <http://cap.fundlinkllc.com>, customers can shop at more than **1,000 different stores**, including some of the nation's largest retailers, such as Wal-Mart, Target, Best Buy, and Home Depot. Every time a customer makes a purchase, the retailer will donate a portion of the proceeds – from 2 to 15 percent – to the unit the user chooses. **Anyone can shop from the site**, and no registration or login is required. The user selects the store they wish to purchase from, picks "California" in the State/Region field, then picks "**Eugene L. Carnahan Cadet Sq. 85-Ca273**". Donations will be sent directly to National Headquarters, and the money will then be sent to the wing for further disbursement.

BE SURE TO SHARE THIS LINK WITH ALL YOUR FRIENDS AND FAMILY, TO HELP YOUR SQUADRON AND YOU!

Testing ~ Are You Improving?

Attention All Cadets:

Below are the current year-to-date testing averages (Jan-June '08). Included is your overall average at the end of 2007. As you can see, some cadets have some marked improvement, while others need to work on their study and testing skills. Unfortunately, the cadets that are declining in performance are pulling down the testing averages for the squadron as a whole.

You are ALL highly encouraged to take the on-line pre-tests for both the Aerospace and Leadership modules (several times if necessary). These can be found

at our Squadron internal site @ www.cap85.org/cadets/cadets. In addition, if you are having problems understanding certain concepts, please reach out to a cadet member that may be on the current module as you or has previously passed the module and work together as a team in a study group to insure your success. If you are assigned as a mentor to assist a cadet in their testing, their success is a reflection on your effectiveness and may be a factor in your next PRB. ▼

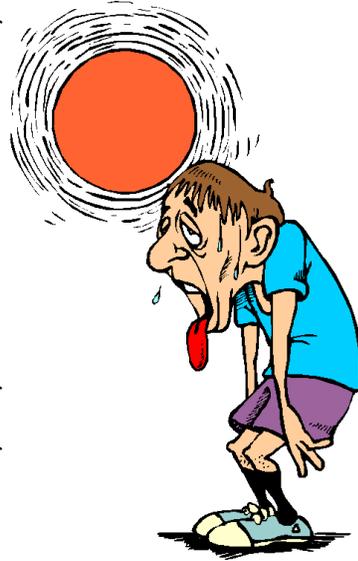
~ Rick Kaita, 2Lt, CAP

Testing Control Officer

	OVERALL 2008 YTD	OVERALL 2007	Δ % 2007	AEROSPACE		LEADERSHIP	
421457	92.0	90.0	2.22%	421457	100.0	426572	92.0
433945	92.0	N/A	N/A	426572	88.0	433945	92.0
435280	92.0	N/A	N/A	423441	88.0	435280	92.0
426572	90.0	96.0	-6.25%	429801	86.0	427567	89.0
427567	89.0	76.0	17.11%	403923	84.0	414489	88.0
423441	88.0	96.0	-8.33%	414489	82.0	431289	88.0
430836	86.0	N/A	N/A	431289	80.0	421456	88.0
431289	85.3	96.0	-11.11%	421456	80.0	430836	86.0
414489	85.0	80.1	6.12%	421459	80.0	421457	84.0
421456	84.0	76.0	10.53%	431290	80.0	421459	83.0
421459	82.0	74.0	10.81%	415394	72.0	431288	78.7
429801	80.4	84.3	-4.63%	431288	68.0	431290	78.0
403923	80.0	89.8	-10.91%	421460	63.3	403923	77.3
431290	78.7	76.0	3.51%			429801	76.7
431288	73.3	N/A	N/A			415394	73.3
415394	72.8	64.3	13.22%			398445	68.0
398445	68.0	73.4	-7.36%			421460	61.3
421460	62.7	84.0	-25.40%				
AVG	78.24	82.6	-5.24%				

Safety—101 Days of Summer (excerpt from *The Sentinel*, *The Official Safety Newsletter of*

As we all know, hydration (drinking water) is critically important during all of our outdoor activities. Water plays a significant part within the human body. Seventy five percent of the brain is water. More than 80% of the blood is water, and water makes up 75% of the muscles. The body cannot flush fat properly without a sufficient amount of water. Therefore, if the body doesn't break down fat, then it also does not produce sufficient energy. Proper hydration can curb dizziness and headaches. Water regulates body temperature and carries nutrients and oxygen throughout the body. Vital organs and joints are cushioned by water. When the body doesn't receive enough water, it begins to dehydrate. Dehydration occurs most often when we sweat and don't properly replace this loss of fluid by drinking water. Dehydration also occurs by drinking coffee and sodas, both of which contain caffeine. Caffeine is a diuretic, which causes the body to give off even more water. Therefore, coffee, tea, sodas and alcohol are not substitutes for water. There are many symptoms of dehydration, but it usually takes a combination of three of the following to indicate that you are possibly dehydrated. These signs include: thirst, lethargy (sleepy), elevated heart rate, low blood pressure, dizziness, headaches and fatigue. The old theory was that a person should consume six to eight, eight ounce glasses of water each day. However, new research is beginning to conclude that water replacement should be based on total body weight. The calculation for this is total body weight divided by 16. Therefore, a 160-pound person should drink 10 eight ounce



glasses of water per day. Now, just like anything else, too much of something can also be harmful. Drinking too much water can lead to water intoxication or Hyponatremia. This condition occurs when a person drinks too much water and causes the sodium level in the blood to go lower than normal. It should be pointed out though that this condition most often occurs in athletes like marathon runners who continuously replace their fluids over a five hour or longer period. However, this condition can occur in those persons whose kidneys may not be properly functioning. More than likely though, a person who is consuming an average of 64-96 ounces of water per day will be just fine. In fact several studies have shown that persons with joint pain experienced a significant decrease in pain with the consumption of 8-10 glasses of water per day. The intake of five glasses per day was shown to decrease the risks of colon, bladder and breast cancer. Research has also found that a decrease in total body water of only two percent resulted in a drop in short term memory, trouble with basic math, and difficulty focusing on the computer screen or the words on a printed page. ▼

~ Crist Fellman, Maj, CAP
Florida Wing Director of Safety

(The 101 Days of Summer refer to the days between Memorial Day weekend and Labor Day Week End. Please refer to the Safety Bulletin Board for additional precautionary measures.)

Cadet Activity Participation

In the beginning of August, six Cadets from Squadron 85 will be participating in their first Encampment—a requirement to their Mitchell Award. In addition, two cadets that have already participated in Encampment have chosen not to take the easy road of staffing an encampment, but to attend Cadet Survival School. What benefits will these cadets get out of these activities other than the activity themselves? The interaction with other cadets from throughout the Wing! Why is this important?

In order to be an effective leader, one needs to be able to interact with individuals that you may have never met or know of their capabilities. To be able to rely on an individual based on their progression in grade is a key element of promotions. It is the standard in which you are evaluated within an organization. When one shows up to an activity with a certain rank, there is a perceived expectation of ability. Leadership is not only the ability to lead others, but the ability to effectively work with other leaders to achieve a desired goal. Not only do the cadets gain a new friend, but later on when these cadets staff encampment, a BCS, or ATS, they will be able to better communicate and lead to the desired objectives.

There is so much more CAP has to offer outside of the weekly meetings and occasional outings. Make sure you attend Group/Wing activities to know and befriend your fellow cadets—you can learn from them, and they can learn from you! ▼

Aerospace ~ Happy Birthday NASA: Big 50!

In 1958, President Eisenhower signed the Space Act, officially creating the National Aeronautics and Space Administration. From the beginning, the purpose for the new branch extended beyond space ships and moon boots. The law stipulated that its research and advancements should benefit all people, and in its 50-year history, NASA has certainly fulfilled that role. Although most people today will never set foot on the moon, everyone likely comes in contact with a NASA by-product every day. Partnering with various research teams and companies, NASA continues to spawn a vast array of new technologies and products that have improved our daily lives. Basic steps in health, safety, communications and even casual entertainment find their roots in the government branch commonly associated with rocket ships and floating people. In fact, NASA has filed more than 6,300 patents with the U.S. government. Each year since 1976, NASA has published a list of every commercialized technology and product linked to its research. The NASA journal "Spinoff" highlights these products, which have included things like improved pacemakers, state of the art exercise machines and satellite radio. Here are some of the products we use or come in contact with everyday:

Invisible Braces

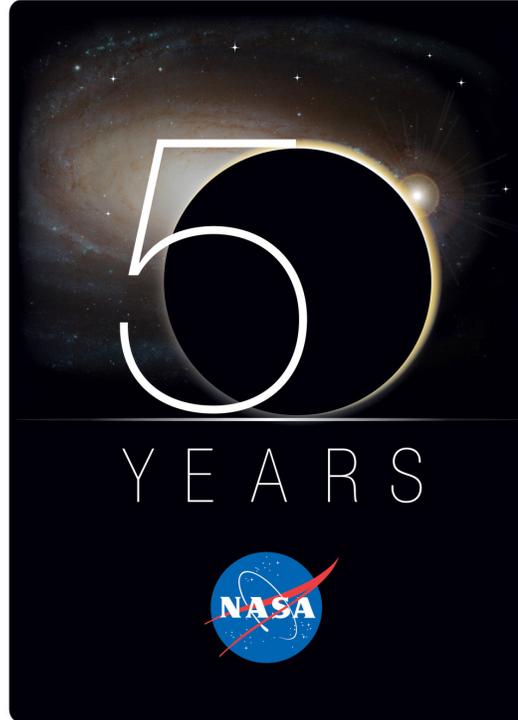
Invisible braces are made of translucent polycrystalline alumina (TPA). A company called Ceradyne developed TPA in conjunction with NASA Advanced Ceramics Research to protect the infrared antennae of heat-seeking missile trackers.

Scratch Resistant Sunglasses

Because of dirt and particles found in space environments, NASA needed a special coating to protect space equipment, particularly astronaut helmet visors. Recognizing an opportunity, the Foster-Grant sunglasses manufacturer licensed the NASA technology for its products. The special plastics coating made its sunglasses ten times more scratch-resistant than uncoated plastics.

Shoe Insoles

In the mid-1980s, shoe company KangaROOS USA applied the principles and materials in moon boots to a new line of athletic shoes. With help from NASA, KangaROOS patented



This design incorporates the Hubble Space Telescope image of the spiral galaxy M81 located 11.6 million light years away in the constellation Ursa Major

a Dynacoil three-dimensional polyurethane foam fabric that distributes the force on your feet that happens when you walk or run. By coiling the fibers within the fabric, the KangaROOS absorb the energy from your foot hitting the ground, rebounding it back to your feet.

Long Distance Phone Call

The ability to carry on long distance telephone conversations did not happen overnight. It doesn't link back to one specific NASA invention – improved telecommunication took place over decades of work. Before humans were sent into space, NASA built satellites that could communicate with people on the ground about what outer space was like. Using similar satellite technology, around 200 communication satellites orbit the globe each day. These satellites send and receive messages that allow us to call our friends in Beijing when we're in Boston. NASA monitors the locations and health of

many of these satellites to ensure that we can continue to talk to people around the corner or overseas.

Cordless Tools

In the mid-1960s, to prepare for the Apollo missions to the moon, NASA needed a tool that astronauts could use to obtain samples of rocks and soil. The drill had to be lightweight, compact and powerful enough to dig deep into the surface of the moon. Since rigging up a cord to a drill in outer space would be a difficult feat, NASA and Black & Decker invented a battery-powered, magnet-motor drill. Working in the context of a limited space environment, Black & Decker developed a computer program for the tool that reduced the amount of power expended during use to maximize battery life.

For more information and resources, visit: www.nasa.gov ; explore the site for daily and historical information. ▼

~ Aaron P. Yanagihara. 2Lt, CAP
Aerospace Education Officer

The Tang Myth
As you can see, the innovative research funded through NASA plays an important role in our daily lives. But sometimes people attribute products to NASA that it actually had no role in developing. The most common misconception involves the fruity powdered drink, Tang. While you may often hear that NASA invented Tang as a space drink, General Mills actually made it for the first time in 1957. It became linked with NASA because it was selected as part of a 1962 experiment to find the optimal foods to eat in space.

Sources: NASA and Science and Technology Information
www.howstuffworks.com
www.nasa.gov

PLEASE CONSULT THE SQUADRON WEBSITE WEEKLY FOR CHANGES IN MEETING TOPICS AND/OR UNIFORM REQUIREMENTS

JULY 2008

- JULY**
- 1 Aerospace Ed./BDU/Testing
 - 8 Moral Leadership/Blues/PRB
 - 15 PT/Testing
 - 22 Leadership/BDU/PRB
 - 29 Sq Activity: Air National Guard Tour @ Mather (BDU's)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

AUGUST 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

- AUGUST**
- 5 Aerospace Ed./BDU/Testing
 - 12 Moral Leadership/Blues/PRB
 - 19 PT/Testing
 - 22 Leadership/BDU/PRB
- Activities**
- 1-9 *Cadet Survival School*
 - 2-9 *CAWG Encampment*
 - 30-1st *Labor Day Bazaar ~ Diamond Springs*

SEPTEMBER 2008

- SEPTEMBER**
- 2 Aerospace Ed./BDU/Testing
 - 9 Moral Leadership/Blues/PRB
 - 16 PT/Testing
 - 23 Leadership/BDU/PRB
 - 30 Sq Activity: TBD
- Activities**
- 1 *Labor Day Bazaar ~ Diamond Springs*
 - 12 *Project Officer Course ~ Fresno*
 - 12-14 *CAWG Conference ~ Fresno*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Eugene L. Carnahan Cadet Squadron 85
 PCR-CA-273
 Spring Quarter 2008

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