



# LINCOLN COMPOSITE SQUADRON NEWSLETTER



**AUGUST 2004**

## This Month's Meeting Schedule

**Monday, August 2**

**PT; Academic and Drill Tests; Cadet Staff Time  
Uniform - PT Gear**

**Monday, August 9**

**Character Development; Cadet Staff Time  
Uniform - Blues**

**Monday, August 16**

**Safety Briefing; Emergency Services (Cadets & Seniors)  
Uniform - BDU's**

**Monday, August 23**

**Aerospace; Promotions  
Uniform - Blues**

**Monday, August 30**

**TBA**

**CADETS MUST BE READY FOR INSPECTION AT 1900  
CADETS MUST HAVE THEIR CAPID CARD ON THEIR PERSON FOR INSPECTION.**

## UPCOMING EVENTS/ACTIVITIES

**Saturday, 7 August**

**Thunder Run - Lincoln Municipal Airport**

**Monday, 6 September**

**Labor Day Parade - Schuyler, Nebraska**

**Friday, 24 September to  
Sunday, 26 September**

**Emergency Services Bivouac - Optimist Club Cabin  
at Branched Oak Lake State Recreation Area**

**Sunday, 17 October**

**Governor's Cup Road Race**

## WELCOME TO OUR NEW MEMBERS

**2Lt Thomas Flamminio (transfer from Maryland)  
C/A1C Thomas Flamminio (transfer from Maryland)  
Cadet Amy Masek  
Cadet Kristie Moore  
Cadet Lora Moore  
SM George Haase  
SM Mike Kocher  
SM Shawn Reeves**

## CONGRATULATIONS TO LCS MEMBERS

### Promotion

**Donn Marcussen  
promoted to  
Cadet Airman**

### Encampment Ribbon

**Cadet Ben Ericksen  
Cadet Jessi Ericksen  
Cadet Shawn Gallagher (clasp)  
Cadet Andrew Kocarnik  
Cadet Philip Kocher  
Cadet Shayne McCullough**

### Yeager Award

**Maj Leonard Hartwig**

### Red Service Ribbon

**Cadet Shayne McCullough**

## **UPCOMING EVENTS AND ACTIVITIES AUGUST/SEPTEMBER 2004**

### **Thunder Run ~ Saturday, 7 August ~ Air National Guard Base**

Meet in front of Building 600 at 0630. We will assist the Air National Guard with traffic control/guiding cars to parking spots and/or serving as course monitors. We should be done no later than 1100. Uniform is BDU's. Please bring sunscreen and drinking water.

**\*\* THIS ACTIVITY QUALIFIES FOR COMMUNITY SERVICE HOURS\*\***

### **Labor Day Parade ~ Monday, 6 September ~ Schuyler, Nebraska**

This year will be the third year LCS has provided a color guard for the Schuyler Labor Day parade. The color guard will be followed by the squadron van (decorated with informational signs) and members will walk behind the van tossing candy to children along the parade route. All parade participants receive a free meal after the parade.

**\*\*THIS ACTIVITY QUALIFIES FOR COMMUNITY SERVICE HOURS\*\***

### **Emergency Services Bivouac ~ Friday, 24 September through Sunday, 26 September**

The squadron has reserved the Optimist Club Cabin at Branched Oak Lake from 1700 on Friday, 24 September through noon on Sunday, 26 September. The squadron will have access to outdoor restroom facilities. The cabin has two levels and there is electricity. Tents can be pitched outside or sleeping bags can be spread on the floor if weather necessitates staying inside. There is a fireplace inside and fire pits outside for cooking.

We will be able to stage a variety of emergency services exercises utilizing the Branched Oak Lake Recreation Area grounds. Proposed activities include ELT and ground search-and-rescue scenarios, outdoor survival instruction, communications practice, ground team member/ground team leader training, compass navigation, etc.

Members will be asked to bring camp stoves, lanterns, sleeping bags, flashlights and any other camping gear they have available. Please check the bulletin board for contact information if you have suggestions for bivouac activities or training.

## **WAY COOL!**

SM Soni Cochran has undertaken the redesign of the squadron web page, developing new features and providing links to important information for prospective members and for LCS cadets and seniors.



Some of the suggestions already received for site content include: squadron calendar; copies of emergency services hand-outs; safety briefing materials; monthly squadron newsletter; "The Hawk" emergency services newsletter; Frequently Asked Questions (for cadets and seniors); Cadet Knowledgebase; links to "cadetstuff.org", CAP National HQ, Nebraska Wing HQ, the Hock Shop, NCR Encampment web page, Cadet National Activity web page . . . What do you want have available on the web page???

Check it out at: [http://newq.cap.gov/Squadrons/Lincoln Composite/](http://newq.cap.gov/Squadrons/Lincoln%20Composite/). Please share your ideas and suggestions for features that you would like to see included with SM Cochran.

*"Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind."*

## **Remember to Keep Track of Your Community Service Hours!!**

Many LCS activities fall under the category of "community service", and cadets who meet the following minimum requirements are eligible to be awarded a Community Service Ribbon:

- \* Cadets must complete 60 hours of community service in a one-year period.
- \* The community service must be verified by a volunteer coordinator.

Community service is defined as a task or tasks for which you volunteer and for which you do not receive payment (monetary or in the form of goods or services). Our work at the Thunder Run, appearing in parades, helping the Stars and Stripes Sertoma Club with a color guard and flag ceremony on Flag Day, and helping at the July 4 Airshow are all examples of community service. LCS receives payment for manning aid stations during the Governor's Cup Road Race, so members cannot count their service at that activity as community service. Also, when LCS is asked by NEWG to participate with other squadrons at an activity (SAREX or other training exercise, community event where CAP provides flight line or security assistance) it is generally not considered to be community service.

Many activities outside of LCS/CAP also fall into the category of community service. Squadron activities that qualify for community service hours generally include a statement to that effect in the newsletter. If you have any questions about your eligibility for the Community Service Ribbon, need guidelines as to which activities to include in your record of community service hours, or want to know how to document your hours, please contact Capt Hubbell.

### **Leadership Tips: Sixty Types of Emotions and Reactions To Avoid**

Reaching your goals and succeeding as never before means you need high-level performance. You must be capable of high-volume work. The road to success does not include emotional reactions.

Remove, control or ignore the following types of emotions and reactions to improve your personal power and performance. They are wrecking your forward progress:

Whining, snippy comments, avoidance, the silent treatment, revenge, disrespect, acting up, resentment, moaning, sulking, death wishes, blaming, fear, mocking someone, hate, getting upset, yelling, lump-in-throat sadness, emotional pain, complaining, being grouchy, mood swings, hostility, false sincerity, making someone wrong, political games, jealousy, preaching, overwhelming someone, anxiety, sarcasm, despair, harassment, pretending to be hurt, disagreeing without thinking, giving sympathy, demanding sympathy, getting even, antagonism, terror, being critical, belligerence, exasperation, acting stupid, regret, pity, gossiping, feeling useless, apathy, anger, lying, hopelessness, being stressed out, crying, confusion, sighing, being glum, hysteria, being a victim and cutting off open communication.

Not only do such emotional reactions hurt your productivity, they can swiftly reduce you from a trusted and well-respected leader to a laughed-at, ineffectual nincompoop, or at least that will be the perception of those you are supposed to be leading.

# Recent Squadron Activities



## 7 June 2004 ~ Farewell to Emily

Cadets bid a sad farewell to Cadet Emily Casne (lounging), who was moving to Plattsmouth later in the week. Emily promised to come back "often" to join us for emergency services classes and squadron activities.

## 14 June 2004 ~ Flag Day at the Saltdogs Game

LCS was invited to provide the pre-game color guard for the Saltdogs baseball game on Flag Day 2004. The Stars and Stripes Sertoma Club arranged for several special presentations during the opening ceremonies to honor veterans of all branches of the service and current active duty military personnel. This marked the third year LCS has been invited by the Sertoma Club to participate in patriotic Flag Day or July 4 events.



The LCS color guard  
(L-R)

Cadets Carly Persell,  
Shawn Gallagher,  
Ben Ericksen and  
Andrew Kocarnik



The LCS color guard poses with distinguished guests at the Flag Day Saltdogs baseball game, Don Coleman and Paul Adams. Don Coleman served in Vietnam and Paul Adams (Lt Col, USAF, retired) was one of the Tuskegee Airmen, flying fighter escort missions in WWII.

## July 4 Air Show in Seward, Nebraska

The July 4 Air Show at the Seward Municipal Airport capped the 2-day Midwest Aerobatic Club competition, with top pilots in several competition categories performing their daring stunts for a very appreciative crowd of several hundred people.



**Cadet Kira Hubbell was in charge of the Civil Air Patrol information tent during the Seward Air Show.**



**2Lt Steve Hubbell expertly guides a driver to a parking space at the Seward Municipal Airport. Watch out for the toes!!**



**SM Soni Cochran catches some rays while waiting for cars to start arriving. Very cool shades, Soni!**



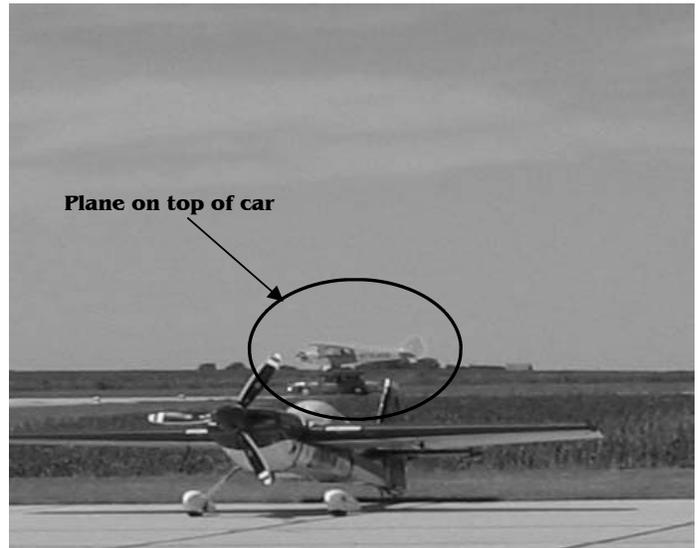
**Cadet Mike Veburg models his stylish orange safety vest.**



**A Russian "Sukhoi" flies inverted in the skies over the Seward Airport. The Sukhoi has amazing power and is able to do awesome stunts; it's an air show favorite because of its acrobatic capabilities. Two of these fantastic planes performed heart-stopping stunts at the Seward Air Show.**



The "Midwest's Smallest Airport"!! Believe it or not, a small plane lands on (and takes off from) the platform on top of this vehicle . . .



. . . and there it is, out on the runway, the Midwest's Smallest Airport is open for business. That small plane looks pretty comfy up there, but landing (and taking off) are tricky business on such a small - and moving - target!



Colorful aerobatic planes line the tarmac prior to the Seward Air Show.



LCS members provided flight line security and helped with parking (and un-parking) several hundred vehicles . . . and got to see a first class air show too!

- Standing:** Cadet Donn Marcussen, Capt Kathy Hubbell, Cadet Kira Hubbell, SM Soni Cochran, Maj Carol Marxsen, Cadet Rachel Erickson
- Kneeling:** Col Bruce Marxsen, Cadet Weston Woldt, Cadet Mike Veburg
- Not pictured:** 2Lt Steve Hubbell, Cadet Cale Marxsen