

CADET PROGRAMS TODAY

The Official Bulletin for the Leaders of America's Finest Youth

March + April 2005



Young patriots, future leaders:
The Civic Leadership Academy, Class of '05.

Civic cadets explore public service careers

*State, Pentagon & CIA open their doors for tours
Cadets visit over 100 offices on CAP Legislative Day*

WASHINGTON DC. It seemed that every door in Washington was opened for them.

Twenty-four cadet officers from across the nation attended CAP's Civic Leadership Academy, a 1-week program where cadets explore public service careers while studying the federal government. CAP conducted the academy in Washington DC, from 26 February through 5 March.

Cadets received behind-the-scenes tours and briefings at the Capitol, Supreme Court, Pentagon, State Department, and CIA.

Guest speakers included Robert B. Zoellick, the deputy secretary of state, and Dr. Lester Crawford, commissioner of the Food & Drug Administration. Each shared with the cadets their insights about leadership and public service.

The academy culminated with a real-world leadership exercise that had the cadets delivering the Annual Report to Congress during CAP Legislative Day.

► **Attend CLA Next Year!** Watch cap.gov/cadets in the fall for details.



"It was an honor to see the stars on the CIA wall that represent unknown men and women who died for this country, never to receive the respect they truly deserve."
- Cadet **Tessa Poppe**, Iowa

"The tours and speakers were absolutely fantastic! CLA gives you real world leadership skills, and opportunities that are available nowhere else."
- Cadet **David Maver**, New Jersey



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Cadet fitness test is revised

"Run plus 2 out of 3" rule allows for individual differences

A new Cadet Physical Fitness Test policy took effect on 18 February.

For most cadets, the rule is simple: "Run plus 2 out of 3."

Under this rule, cadets assigned to Physical Fitness Category I (and therefore have no medical restrictions) must pass the mile or shuttle run, plus any two of the three remaining CPFT events (the curl-up, sit-and-reach, or push-up).

The performance standards for each event remain the same, as shown in Attachment 3 of CAPP 52-18.

The National Executive Committee approved the policy change upon the recommendation of the Cadet Programs Committee and the National Cadet Advisory Council.

The "run plus 2 out of 3" rule accommodates individual differences by recognizing that cadets may struggle with a certain event, and still be fit.

► **For more details**, including how the new policy applies to cadets who have medical restrictions, see the CPFT policy letter at cap.gov/cadets > updates.

Feds require CFIs to check student pilots' citizenship

The Transportation Security Administration now requires certified flight instructors to review their students' citizenship documents.

The TSA regulation affects the Cadet Program's National Flight Academies, and similar wing-level schools that teach cadets how to fly.

Cadet orientation flights, however, are not subject to the TSA rule, because those flights are offered to the cadets as personal enrichment, not as *bona fide* flight instruction.

► **For more details**: Download the "TSA Security Program Guidance" memo at cap.gov > operations > stan/eval

BREAKING NEWS: Uniform Manual published. See cap.gov > member services

AEROSPACE EDUCATION

EAA launches "Aeroscholars" courses

Cadets can advance their aviation knowledge through the Experimental Aircraft Association's "Aeroscholars" on-line courses.

The first course in the series, "Fundamentals of Aviation Science," uses as its text CAP's *Aerospace: Journey of Flight*.

Aeroscholars' distance learning courses include live, on-line help. Each course has a duration of 17-weeks, requiring 2-3 hours of study per week. Graduates may earn college credit.

Tuition is \$399. For more information, visit aeroscholars.com.

Journey of Flight available on-line

CAP's *Aerospace: Journey of Flight* is available to CAP members on-line. Cadets use this text in Phases III & IV of the Cadet Program. Seniors use *Journey of Flight* in their aerospace education program, which culminates with the Brig Gen Chuck Yeager Award. To access the text online, visit the E-Services section at cap.gov.



PRACTICAL LEADERSHIP

by Curt LaFond, Editor, *Cadet Programs Today*

How to Mobilize Moms & Dads

How can you tap the abilities of parents who want to support cadets, but choose not to join CAP? Start a parents' committee.

The committee does not need much structure. Just get the parents together and suggest meaningful ways they can support the cadets of their local squadron. Here are seven mini-projects a mom or dad could do at their own convenience in about an hour:

1. **Fundraising.** Ask parents to approach their employer about making a financial or in-kind donation to the squadron.
2. **Carpooling.** Encourage parents to devise a carpool system, then watch attendance improve.
3. **Social Events.** Award nights and annual cook-outs should be a family affair. Invite a parent to plan the next one.
4. **Networking.** Use parents' connections in the community to help get a new partnership off the ground, arrange a tour of a local aerospace company, or find a better location for the squadron's HQ.
5. **Guest Speakers.** A parent's professional experiences may yield great leadership insights, or maybe they know a local "celebrity" the cadets would enjoy meeting.
6. **Championing CAP.** Without having to serve as the PAO, a parent can be one of the squadron's champions in the community. Parents' testimonials in the local press are very compelling.
7. **Recruiting.** When parents are engaged in CAP, they think about CAP more often, and tell more people about the great things going on in the squadron. Encourage them to become recruiters, even if they choose not to join CAP themselves.

An hour's effort may not seem like much, but if seven parents each agreed to run with one of the ideas above, imagine how much healthier your squadron would be.

► **Got an Idea?** Tell us how you overcame a challenge related to leading a cadet unit. Submit an article at cap.gov/cadets > newsletter.

Ohio cadet earns Congressional Award Gold Medal

Cadet Chris Buck, of the Wright-Patterson Composite Squadron in Ohio, will receive the Congressional Award Gold Medal in Washington DC on 22 June.

Cadet Buck earned the award for having excelled in volunteer public service, personal development, physical fitness, and expeditions or explorations, using many of his Cadet Program experiences to qualify for the medal.

The medal's pre-requisites are staggering: Cadet Buck logged over 400 hours of community service — the equivalent of 10 weeks' of full-time effort — to earn the Gold Medal.

As they strive to earn one of the Congressional Awards—there are six levels to the program, culminating with the Gold Medal—students have the flexibility to tailor their activities to match their personal interests. For example, to satisfy the expedition/exploration requirement, Cadet Buck chose to make a 5-day, 200-mile bicycle trek along the Little Miami bicycle trails in Ohio.

► **Earn the Congressional Award:** Download CAPP 52-5 at cap.gov, or visit congressionalaward.org to learn how to participate.

Editor's Note: Wright-Patterson AFB's Skywriter.com contributed to this story. Air Force photo by Spencer P. Lane.



Cadet Chris Buck CAP



CADET PERSPECTIVE:

Notes from the National Cadet Advisory Council

by C/Col Kaycee Gilbert, CAP, Chair

The Power of a Senior Leader

As cadet leaders in Civil Air Patrol, we focus mainly on the program, leadership, and followership. However, I don't think that we fully comprehend how much of an impact our words and encouragement, or lack thereof, have on many cadets.

When I first joined CAP, I had a wonderful squadron commander, Major Robyn Ruetz, who, in an everyday conversation said to me, "Kaycee, you can do anything you set your mind to." I don't think she realizes, or even remembers, what kind of impact her comment had on me. She gave me the confidence I needed to succeed.

You see, I'm dyslexic. Because of that, I didn't think I could ever achieve the Spaatz Award, much less become chairperson of the National Cadet Advisory Council. One casual comment changed my life forever. The lesson I learned from her was to set my goals high and then go for it, to give 100% all of the time.

As a senior member or cadet officer, you have the power to impact a life. Any cadet can get where I am, but they can't do it alone. I didn't. The best advice I could ever give is to tell one cadet at every meeting that they can do anything they wish to do. Someday they may be thanking you for believing in them and changing their life.

► **Learn More** Read the council's minutes at cap.gov/cadets > ncaac