



WINGTIPS

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Minnesota Members Brave Below-Zero Cold for Annual Winter Survival Exercise

Captain Robin Helgager
Commander
Northland Squadron, Minnesota Wing

Temperatures were already hovering around 15 below when more than 50 members from 12 squadrons converged Jan. 22 on a wooded area in Minnesota's North Country for the wing's annual Winter Survival Exercise, hosted this year by the Northland Composite Squadron in Bemidji.

As ground teams were assigned, the group received a safety briefing and extra instructions on keeping with a buddy, sleeping a minimum of two cadets to a tent and assessing cold weather injuries.

Ground team leaders were given the coordinates to the campsite area, and the trek began. The deep snow muffled the sounds of the teams crunching through the woods with heavy 72-hour packs and cold weather gear.

Upon arriving at the campsite, cadets and senior members began gathering materials from the forest floor for their shelters and the common bonfires. The area chosen featured numerous fallen branches and limbs quite suitable for the exercise.

For Cadet Airman 1st Class Chris Madsen of the Northland Composite Squadron, "the shelter building was the best part of the weekend."

Cadets pulled tarps and parachute cord from their packs for the construction of their weekend homes. Later, after each structure was in place, they began covering their shelters in multiple inches of snow for insulation.

As the temperatures plummeted to 24 below, cold cadets were escorted back to a warm fish house provided by Capt. Mark Shorter of the Tri-County Senior Squadron to warm up. Along with the fish house and the use of his property for the activity, Shorter donated a snowmobile, propane tank and lots of extra plowing to make room for the mission base.



CAP members making their way through deep snow



C/2LT Libby Berg (L) and C/SSgt Eva Berg (R) show off their shelter

Minnesota Members Brave Below-Zero Cold for Annual Winter Survival Exercise Cont.

The mission base was manned with round-the-clock communications by Maj. Ken Hartwig, 2nd Lt. Danielle Schrader and Senior Member Rachel Helgager, all of the Northland squadron. The unit's 1st Lt. Don Helgager, winter survival project officer, and 2nd Lt. Tom Stinar, training officer, directed the ground teams, while fellow Northland members 2nd Lt. Patti Schrader and Rachel Helgager served as administration officers and 2nd Lt. John Schrader was safety officer for the weekend.

Temperatures rose a bit Saturday morning, and after breakfast by the fire came a full day of ground and air operations training.

Participating pilots – Lt. Col. Keith Bischoff, Group 1 commander; Maj. Edwin Culbert Jr. and Charles Schumacher and Capt. Pat Lawler of the Duluth Composite Squadron; and Capt. Ray Majkzrak of the Northland squadron -- trained throughout the day with exercises geared toward better air-to-ground communication. Meanwhile, the ground teams practiced search and rescue techniques using radio and nonradio signals.

Cadet Master Sgt. Jacob Jones of the Duluth squadron said he came for the emergency services training. "This type of weather makes it definitely more of a challenge!" he observed.

At the end of the day Saturday, everyone was glad for a warm meal, a hot fire and the camaraderie of the group being together again. Cans of soup, "hobo meals" and Meals Ready to Eat were prepared at each of three bonfires. Cadet Master Sgt. Jacob Fliehr of the 130th Composite Squadron, who traveled six hours to participate, said he thought that "sitting around the campfire after a hard cold day of ES was just the best!"

Sunday morning was time for packing up gear, cleaning up the area and bidding farewell to fellow cadets until the next wing event.

Before departure, the incident commander, Lt. Col. Chet Wilberg of the Hutchinson Composite Squadron, gathered all the participants for a time of reflection on what they had accomplished. Senior Member Wayne Striebel of the Northland squadron said he was proud of the teamwork and character he had witnessed as cadets made sure to watch out for one another.

"It's easy to practice CAP's core values when you are warm and inside," Striebel said. "It's another thing to live 'IVER' (integrity, volunteer service, excellence and respect) when what you are doing is difficult."

He didn't hear a single cadet complain all weekend, he added.

As the teams were leaving the woods around noon, each member was given a take-home bag filled with a bottle of water, a sandwich, cookie, candy bars and the Northland unit's traditional yellow airplane made from candy. Cadet Chief Master Sgt. Marshall Vonda from the Duluth squadron said he definitely planned to bring more cadets from his unit next year. "Wouldn't miss it!" he exclaimed.



2LT Danielle Schrader



C/CMSgt Andrew Heisel



Captain Richard Zeman



C/CMSgt Marshall Vonda

Former Minnesota Civil Air Patrol Member is “Best of the Best”

1LT George Supan
Public Affairs Officer
Anoka Squadron, Minnesota Wing

Cadet 3rd Class Andrew Haus, former cadet commander of the Anoka Composite Squadron, has been honored for his achievements in his first year at the U.S. Air Force Academy.

Cadets with the Class of 2012 received awards for outstanding freshman performance during the annual Liaison Officer Director’s conference Jan. 14 in Colorado Springs. Haus was ranked fourth in his class militarily, had a 3.8 mid-semester GPA and earned 445 of 500 possible points on his physical fitness test.

In addition, he was a class representative for Cadet Squadron 04 and dedicated his spring break to Habitat for Humanity.

“I think my biggest accomplishment was simply keeping up good grades,” Haus said. “Academics are everything here, and I’m definitely not a genius in any way. I have never worked so hard on schoolwork, but it really paid off.”

The award ceremony gives liaison officer directors a chance to recognize the outstanding achievements and hard work that cadets put into the academy, said Larry Jones, acting director of admissions.

“These are the same cadets our academy liaison officers mentored and helped get to the academy two years ago,” Jones said.

Ten percent of the new cadets at the academy are former cadets in Civil Air Patrol.

“Members of the Anoka Composite Squadron are very excited to see one of their own become the ‘best of the best,’” said Capt. Shelly Supan, the unit’s commander.



(L-R) Paula Gould, wife of Academy Superintendent, Lt. General Mike Gould, Cadet 3rd Class Andrew Haus; Larry Jones, acting director of admissions.

Deployed Marine, CAP Member Sees Similar Leadership Challenges

Major Richard J. Sprouse
Public Information Officer
Group 2, Minnesota Wing

Many of the leadership challenges facing Civil Air Patrol members are the same ones confronting members of today's military says Marine Corps Reserve Lance Corporal Jeff Dvorak of Sauk Rapids, Minn.

From September 14, 2009, the Minnesota Wing – St. Cloud Squadron first lieutenant has been running convoys as a member of Marine Wing Support Squadron 472 at Al Asad Airbase Iraq. The unit was tasked with assisting “retrograding” the Marine Corps side of operations in Iraq to the U.S. Army, which they successfully accomplished January 23, 2010.

“This mission has our unit moving equipment from place to place, as well as setting up refueling points for helicopters, repairing landing sites, and hauling fuel to remote locations,” Dvorak said. “We were so efficient in doing this that our deployment was shortened by several months!” He’s expected back home shortly.

Dvorak transitioned to the senior officer side of CAP after a successful cadet experience that showcased his Emergency Services skills, particularly as a Ground Team Leader. To help pay for college he enlisted in the Marine Reserve two years ago.

He was attending St. Cloud State University when he was selected to augment Marine Wing Support Squadron 472, based in Willow Grove, Pennsylvania, for its mission to Iraq.

Convoy duty was intense and stressful, but there were moments of humor as well.

“I watched a Marine known for being clumsy, get down from a 7-ton truck, and catch his weapon sling on a fire extinguisher which then began spraying purple fire suppressant everywhere. This Marine tried to stem the flow by sticking his finger in the nozzle. It was one of the funniest things I had seen in a long time,” Dvorak said. Dvorak said what he learned about leadership as a CAP cadet served him well as a deployed Marine.



US Marine Reserve Lance Corporal Jeff Dvorak



Headset allows him to talk to convoy while a handset, right ear, allows him to talk to Marine tactical air supporting the convoy



Working communications during a convoy in Iraq

Deployed Marine, CAP Member Sees Similar Leadership Challenges Cont.

“The Minnesota Leadership Academy’s Basic Commissioned Office Course (BCOC) and Major Sprouse’s series ‘Learning to Lead’ specifically, applied and were confirmed while I was in Iraq,” Dvorak said.

1. In CAP, a leader’s first priority is taking care of their cadets. In the Marines, this meant doing simple things like making sure everyone was properly fed, housed and getting enough rest. Also, treating everyone fairly.
2. BCOC emphasized setting clear goals and objectives. Dvorak said Marine’s always have a plan of action so personnel and equipment are not sitting idly by.
3. Make sure your people receive praise and formal recognition regularly.
4. Know your job. He said there’s nothing worse than an incompetent leader who hasn’t taken the time to learn their profession.
5. Be confident. Don’t be the timid leader who gives orders phrased as questions.
6. Give respect to get respect. Dvorak said it’s an old cliché, but true. “As a leader, take your subordinates suggestions into account, and if they are better than yours show your maturity and change your course of action.”
7. An ineffective, poor leader screams and yells. Instead, set high standards and expectations, and enforce them.

“Leadership challenges that come up in CAP are the same as the ones faced by today’s military,” Dvorak said. He said the biggest differences between CAP and the Marines are pay and the laws that apply on the military side, laws that increase the consequences of both positive and negative actions.

“The experience in Iraq has been eye opening, both as a follower and as a potential leader, Dvorak said. “There is so much one can learn just by paying attention and then applying what you have learned. I look forward to getting back to the squadron in St. Cloud and doing just that.”

This is Why We Train

Major Richard J. Sprouse
Public Information Officer
Group 2, Minnesota Wing

When residents of the Red River Valley of western Minnesota and eastern North Dakota were inundated with flood waters last March, forecasters were predicting the river would exceed the record flooding that devastated the area in 1997.

Heavy snow fall and storm-whipped winds shoved driving waters into the miles of levees constructed in the flood zone placing numerous homes and businesses in the Fargo-Moorhead area in peril.

When the call for assistance came in, 200 members of the Minnesota and North Dakota wings of the Civil Air Patrol were ready to assist with sandbag operations, while others flew dozens of sorties capturing hundreds of visual images of the affected areas.



(L-R) C/SSgt Lawrence Gerads, 1LT Steven Parker, and C/MSgt John Dvorak

This is Why We Train Cont.

Nearly a year later, Civil Air Patrol members are still proving their winter skills, because they never know when they might be called upon to support local communities again. So, braving the cold of a Minnesota winter, ground team members of the St. Cloud Composite Squadron recently took part in a unit based exercise at nearby Lake Warner Park, while pilots from the unit conducted flight operations from the St. Cloud Airport.

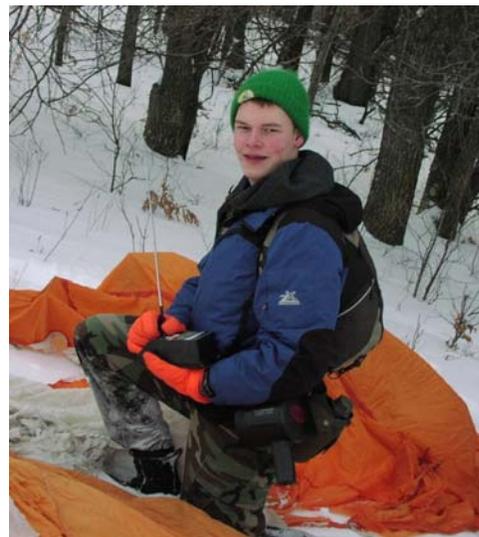
“Like many other Minnesota squadrons, we annually carry out a training exercise on winter search and rescue techniques, as well as winter survival,” said Major Pat Cruze, squadron commander. “It’s not a highly tactical exercise; it’s more of an opportunity for us to familiarize ourselves with the context of winter operations, air/ground communications, the tactical and non-tactical use of assets, and survival.”

Most CAP units conduct such training in more moderate climates year round. Minnesotans don’t have the luxury of waiting for better weather, so opportunities to train in winter are important and enable members to familiarize themselves with the different necessities of a winter operation.

In addition to the exercise itself, squadron members took part in a mock search and rescue mission where they waded through heavy snow on foot, then later building a shelter as quickly and as agilely as possible to protect themselves from below-zero temperatures and wind-chills.

As part of the lessons learned from the flooding last year, you never know the time and place of the next emergency or disaster.

“Right now, we’re in the preparation phase to ensure the right people, equipment and aircraft with the proper training are ready and available if the call for assistance is issued,” Cruze said. “This is why we train.”



C/2LT Ben Leaf locates the ELT



C/CMSgt Dylan Maselter



(L-R) C/2LT Ben Leaf and C/MSgt John Dvorak prepare a winter shelter during St. Cloud UBX

Squadron Members Complete FEMA Training Courses

1LT. Erik J. Lindquist
Public Affairs Officer
Viking Squadron, Minnesota Wing

Lieutenant Colonel Barney U Uhlig, a member of Viking Squadron, U.S. Air Force Auxiliary, Civil Air Patrol, recently completed Homeland Security training at the Center for Domestic Preparedness (CDP) at Anniston, Alabama. CDP is operated by the U.S. Department of Homeland Security's Federal Emergency Management Agency and is the only non-military Weapons of Mass Destruction training facility.

Colonel Uhlig completed a curriculum aimed at providing local emergency responders with critical skills to prevent, respond to, or recover from real-world incidents involving acts of terrorism employing Weapons of Mass Destruction or other hazardous materials at community level.

In addition, twelve members from Viking squadron completed training (locally) in ICS 300 and ICS 400 courses.

The Incident Command System, or ICS, is a standardized, on-scene, all-risk, incident management concept. ICS is the result of decades of lessons learned in the organization and management of emergency incidents. It is a proven management system based on successful business practices.

The target audience for this training is all emergency responders including fire, EMS, emergency management, law enforcement, public health, and public works.

Designers of the system recognized early that ICS must be interdisciplinary and organizationally flexible to meet all management challenges:

A poorly managed incident response can be devastating to our economy, to our food supply, and to our health and safety. With so much at stake, emergency responders must effectively manage their response efforts. ICS allows them to do so. These courses present a more in depth look at ICS and the vital role that emergency responders can play.

Viking Squadron members continue to train and become proficient in all areas of possible emergency scenarios, so that their responses are quick and effective to resolving the needs of the community.



Lt. Colonel Barney Uhlig (R) during class training



LTC Uhlig participating in mock disaster exercise



Ten of the twelve Viking members trained in ICS 300 and ICS 400.

Viking Squadron Holds Ground Operations Class

C/MSgt Matthew A. Johnson
Cadet Public Affairs Officer
Viking Squadron, Minnesota Wing

On the thirteenth of February, cadet and senior members of Viking Squadron spent the day learning and practicing ground search and rescue tasks. A big part of Civil Air Patrol is search and rescue (or SAR). By completing various requirements, members are able to expand their qualifications and participate in more advanced roles in search and rescue missions. The course that was given taught the majority of the skills necessary to be the most basic class of ground team member.

The class was divided into three main groups: Preparatory Training, Survival Training, and SAR Training. Preparatory Training consists of the things members must know before going out into the field. This included having the proper equipment, how to avoid natural hazards, and how to prevent and treat hot and cold weather injuries. The cadets were also shown the contents of a 24-hour pack, which contains all the items necessary for one day's worth of search and rescue. During the Survival Training part of the course, participants were given training on what to do if they become lost in the field. They learned things from starting and putting out fires, to trying to attract help, to building shelters. They also learned that the most important thing to do in a survival situation is to maintain a positive mental attitude.

The majority of the afternoon was spent on SAR training. Typical SAR missions consist of searching for missing persons or missing aircraft. During the course, members learned what to look for when searching for a person or an aircraft. After the classroom learning session was over, participants practiced many skills outside. The trainees were taught how to properly use a compass, as well as how to perform line searches, which are used on missions when teams are searching for clues. They also learned how to operate direction-finding equipment to find Emergency Locator Transmitters (or ELTs). An ELT is a device on an aircraft that sends out a signal on emergency frequencies when the aircraft crashes. The direction-finding equipment that the Civil Air Patrol uses, tracks those signals making it easier to find the aircraft.

The class concluded with an introduction to SAR exercises, and how to get the most out of them. After completing the ground operations class, the participants must take a first aid class, a radio operator's class, and participate in two SAR exercises to get their ground team rating.



Captain Mario Fabrizio training the ground ops class



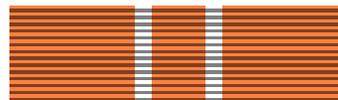
Viking squadron members that completed the course.

Squadron Member Awards

1LT. Erik J. Lindquist
Public Affairs Officer
Viking Squadron, Minnesota Wing



C/2LT Brett A. Bonine and Lt. Col. Richard Johnson



Billy Mitchell Award

C/CMSgt Brett A. Bonine was awarded the General Billy Mitchell Award, and promoted to C/2LT. Group 3 Commander Lt. Colonel Richard Johnson presided over the ceremony. Viking Squadron members are very proud of C/2LT Bonine's accomplishments, and wish him well with his continued service To the Civil Air Patrol, Minnesota Wing, and Viking Squadron.



Civil Air Patrol - Community Service Award

The Community Service Ribbon is awarded to senior members and cadets who complete 60 hours of community service. The community service is done outside of Civil Air Patrol, and is verified by somebody other than the member. Civil Air Patrol headquarters has now authorized the wear of a bronze device for every additional 60 hours of community service. The following Viking Members recently were awarded the Community Service Award:

C/CMSgt Lydia I. Wiff
Major William M. Hienz III
Major Terry L. Dull
Major Jared D. Scribner
Captain David T. Coates
Captain Mario F. Fabrizio
1LT Erik J. Lindquist

Upcoming Calendar Items

6-7 Mar SCCS Lock-in
6 Mar MNWG Volleyball
13 Mar MN Wing Color Guard Seminar
13 Mar Red Wing Squadron Banquet
13-14 Mar AIRCREW I Scanner Course 2010
19-21 Mar Encampment Staff Training Weekend 2
20 Mar First Aid Class
20 Mar Wing Communications Meeting
26-28 Mar ICS-300 training
26-28 Mar NCR Cadet Competition
27-28 Mar Planning Section Course
27 Mar Cub Scout Hangar Tour
30-7 May Private Pilot Ground School
10-11 Apr AIRCREW II Observer and Mission Pilot ...
10-11 Apr AFRCC SAR Management Course
14-15 Apr ICS-400 Marshall area
16-17 Apr MACHE' Conference
16-18 Apr SAR EVAL
16-18 Apr April Encampment Prep School
[Go To Calendar Page](#)

Upcoming Reports Due to Wing HQ

5 Mar DO Flight Ops Report
5 Mar LG Vehicle Report - CAPF 73
15 Mar DC Net Participation Reports
15 Mar DC Communications Annual Physical Inventory
1 Apr DO Flight Release Officer List
[See all report due dates](#)

Recent Awards

C/2dLt Dane Bjorkman	Billy Mitchell Award
C/Capt David Blessman	Amelia Earhart Award
Capt Susan Blessman	Grover Loening Award
C/SSgt Abdulrahman Haji	Wright Brothers Award
C/SSgt Noah Hervert-Sikkink	Wright Brothers Award
C/SSgt Seamus Mackinaw	Wright Brothers Award
C/SSgt Andrew Prigge	Wright Brothers Award
C/2dLt Nicholas Tunell	Billy Mitchell Award

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