



ROCKY MOUNTAIN REGION CADET ADVISORY COUNCIL CADET NEWSLETTER

Brought to you by The Rocky Mountain Region Cadet Advisory Council Newsletter Team

NOV 2023



VISIT RMR.CAP.GOV



CIVIL AIR PATROL
U.S. AIR FORCE AUXILIARY



Introduction

A Note from the Editorial Staff

The Rocky Mountain Region Cadet Advisory Council - Cadet Newsletter Team consists of Officers and Non-Commissioned Officers from across The Rocky Mountain Region. The team works closely with the Rocky Mountain Region Cadet Advisory Council, and is tasked with reporting on stories of the Cadet Program from across the region.

C/Lt Col Cooper Eisman currently serves as the Editor-in-Chief of the Rocky Mountain Region Cadet Newsletter, he is joined by C/Capt Lachlan Piper and C/Capt Zachary Davis as editorial staff. Reporters for the team consist of C/CMSgt Mateo Pope, C/SMSgt Caitlyn Miller, C/MSgt Emma Swan, and C/MSgt Jayden Higby-Siderfin.

If you have any questions, comments, or feedback... reach out! Shoot an email to ceisman@cap.gov to reach out.

We hope you enjoy this edition of the Rocky Mountain Region Cadet Newsletter!

CONTENTS

02

Introduction

A Note from the Editorial Staff.

03

The 2023 Montana Wing Conference

Montana Wing's Conference and Events

03

Rockets and Learning with Selkirk

Selkirk Composite Squadron Conducts Weekend Event.

04

Monthly Cadet Spotlight

Profile of C/Lt Col A.C. Nelson

05

Mental Health Focus in RMR

RMR/CC Appoints New Critical Stress Management Officer

05

We Want Your Help!

Soliciting Cadet Spotlight and Story Nominations

06

Aerospace Education in Colorado

Colorado Wing Aerospace Education Events

06

Cadets Support A-10 Demonstration

Colorado Wing Supports USAF Demonstration

THE 2023 MONTANA WING CONFERENCE AT GROUSE MOUNTAIN LODGE

By: C/MSgt Emma Swan

The Montana Wing held their 2023 Wing Conference this October at the Grouse Mountain Lodge. The Montana Wing welcomed cadets and senior members not only from their Wing, but from across the region and provided them the opportunity to network and attend a multitude of classes. These classes included sUAS, Delegation, Building Effective Leaders, and Starting a New Squadron among many others.

Throughout the event, there was a Q&A board with Colonel Jason R. Hess, Colonel Spencer Glichrist, and the Civil Air Patrol Chief Operating Officer, John W. Desmarais Sr. The event also hosted Senator John Fuller, the Montana senator from District four.

Wing conferences are unlike any event that Civil Air Patrol offers. It is a chance for cadets and senior members from across the wing (and even region) to

connect with each other and exchange ideas. The classes are geared towards providing the cadets with information and skills that they can bring back to their squadrons. The ability to network and meet incredible people is achieved through wing conferences and the experiences are once in a lifetime.

Many people don't have the opportunity to be exposed to this environment and the Montana Wing worked hard to ensure their cadets and senior members were able to gain something valuable by attending.

"I learned a lot of things. The most valuable takeaway from the event for me was that delegation is a complex process, but should not be micromanaged." - C/MSgt James Van der Veen from Idaho Wing



Montana Wing Cadets Meet with the Region Command Chief, CMSgt Noel Furniss



Montana Wing Cadets at the 2023 National Conference Banquet.

ROCKETS AND LEARNING WITH SELKIRK COMPOSITE SQRN

By C/Lt Col Cooper Eisman

On October 6, 2023, the skies above the Boundary County Fairgrounds were filled with the whistling and soaring of model rockets, constructed and launched by the Cadets of Selkirk Composite Squadron. Fifteen cadets participated in the event, each bringing multiple rockets constructed with the help of CAP Stem Kits.

The Rocky Mountain Region Command Chief, CMSgt Noel Furniss was in attendance at the event, observing the activity and its outcomes. Among his observations, Chief Furniss noted the exceptional discipline and order upheld by cadet and senior staff. Also in attendance was the Idaho Wing Commander, Colonel Robin Vest. At the end of the activity, the Col. Vest presented awards to recipients that were not able to attend the National Conference.



Captioned:

Top Left: C/SMSgt Bistline completes final preparations for launch.

Top Right: Cadets snap a photo with IDWG/CC and RMR/CCC.

Bottom Left: A Cadet receives instruction on a launch controller.

Bottom Right: Cadets show off the rockets they made.

All photos by CMSgt Noel Furniss.

Cadet Spotlight:

C/Lt Col Aaron C. Nelson

By: C/Capt Lachlan Piper

C/Lt Col Aaron Nelson stands as a beacon of leadership and achievement within the Civil Air Patrol (CAP), demonstrating an unwavering commitment to excellence and service from the outset of his cadet career.

C/Lt Col Nelson's prowess as a cadet leader became evident early on during the Mountain Eagle Encampment in 2021, where he served as the Parade Master. His meticulous attention to detail and ability to command and coordinate formations set the stage for a remarkable cadet career.

Building on his success, C/Lt Col Nelson took on the role of Squadron 1 Commander during the Mountain Eagle Encampment in 2022. In this capacity, he demonstrated exceptional leadership, guiding his fellow cadets with a combination of strategic thinking and effective communication.

The following year, in 2023, C/Lt Col Nelson's leadership abilities were recognized once again as he assumed the position of Deputy Commander of Operations during the Mountain Eagle Encampment. This role required a comprehensive understanding of camp operations and showcased his capacity to excel in increasingly challenging leadership positions.

C/Lt Col Nelson's commitment to honing his skills and contributing to the broader CAP community extended beyond encampments. In 2022, he participated in the PCR/RMR Glider National Flight Academy in Wendover, Utah, showcasing his dedication to advancing his aviation knowledge. The subsequent year, in 2023, he further enriched his experience by participating in the SWR Powered National Flight Academy in Ada, Oklahoma.

As a student at the RMR RCLS in 2022, C/Lt Col Nelson embraced the opportunity for professional development, gaining valuable insights and skills that would shape his future leadership roles within the CAP.

C/Lt Col Nelson's outstanding achievements have not gone unnoticed within his squadron. From serving as



*C/Lt Col (Then C/Maj) A.C. Nelson stands at an aviation event with C/Capt (Former) Kai Thomson, and C/Capt (Then C/1st Lt) Maddie Cirrito.
Photo from C/Capt Lachlan Piper*

Logistics NCO, Tango Flight Sergeant, Flight Commander, Safety Officer, and Aviation Officer, he progressively ascended through the ranks, demonstrating versatility and a commitment to mastering various aspects of CAP operations.

His journey culminated in his appointment as Cadet Commander, the highest cadet leadership position within his squadron. In this role, C/Lt Col Nelson exemplified the qualities of a dedicated and visionary leader, guiding his peers with a combination of inspiration, mentorship, and a deep commitment to CAP's core values.

C/Lt Col Nelson's contributions extended beyond his squadron to leadership positions within the Cadet Advisory Council (CAC). Serving as the Nampa Composite Squadron Primary Representative, Idaho RMR CAC Primary Representative, and eventually as the RMR NCAC Assistant Representative in 2023, he demonstrated a commitment to representing the interests of cadets at various levels

of the organization.

Among his many accolades are the titles of Unit Cadet of the Year, Squadron Commander's Commendation, and Wing Commander's Commendation, underscoring his exceptional conduct, leadership, and dedication to CAP's mission.

C/Lt Col Nelson's diverse interests are further highlighted by his involvement in competitive shooting (.22 Small-bore 50ft) and participation in the Indoor Drum Competition, showcasing not only his leadership skills but also his dedication to personal development and excellence in a variety of activities.

Mental Health Focus in Rocky Mountain Region

By: C/Lt Col Cooper Eisman

Over the past five years, the demand for mental health treatment has increased steadily across the nation. As the need for qualified personnel increases, pressure is mounting on mental health professionals. “As more people seek treatment for mental health conditions, the demands on psychological practitioners have increased,” said Dr. Arthur C. Evans Jr., CEO of the American Psychological Association. “Like many other health care providers, psychologists are feeling the pressure.” In order to augment the capabilities of mental health professionals, first-responders can be trained in a concept called Psychological First Aid (PFA). PFA aims to reduce stress symptoms and assist in a healthy recovery following a traumatic event, natural disaster, public health emergency, or even a personal crisis.

In Civil Air Patrol, we implement the concepts of PFA through a process called Critical Incident Stress Management (CISM). According to the International Critical Incident Stress Foundation (ICISF); “CISM is a comprehensive, integrative, multicomponent crisis intervention system. CISM is considered comprehensive because it consists of multiple crisis intervention components, which functionally span the entire temporal spectrum of a crisis... CISM is also considered comprehensive in that it consists of interventions which may be applied to individuals, small

functional groups, large groups, families, organizations, and even communities.” Having CISM-capable teams can have important implications across our organization – including applications in both emergency services and general mental health support for our members. The Rocky Mountain Region Commander, Colonel Jason Hess, recently appointed Major Daniel Cochran to lead the CISM effort – underlining a commitment to this cause.

Major Cochran, a CAP Cadet Alum and Programs Specialist with the 527th Space Aggressor Squadron, has a breadth of experience in mental health work – and currently serves as a program director for a teen recovery program in Southern Colorado. When interviewing Maj. Cochran in preparation for this article, he stressed the importance of applying lessons learned in his career with equivalent Space Force programs. Especially important to the success of the RMR-CISM program, he emphasized increasing accessibility of CISM services, increasing the number of CISM-trained personnel in the region, and teaching the importance of resilience.

According to Maj. Cochran: “We need to find ways to integrate what we do with CAP life as a whole and not specifically when things happen initiating a critical incident. We want to eliminate

stigmas regarding contact with us and overall mental health care. The best way to do that is to be present and develop relationships with our CAP members”

In order for these efforts to be successful, the Rocky Mountain Region needs more personnel – who are trained in applying concepts in PFA and CISM. If you are interested in serving your fellow Volunteer Airmen, please contact Maj. Cochran at Daniel.Cochran@cowg.cap.gov to learn more.



Visit NHQ/CISM for More Info:
<https://www.gocivilairpatrol.com/programs/emergency-services/critical-incident-stress-management-cism--resiliency>

WE WANT YOUR HELP!

By: C/Lt Col Cooper Eisman

The Rocky Mountain Region Cadet Newsletter Team needs your help. We are accepting nominations for Cadet Spotlight, as well as information for stories that we can write about. This is your opportunity to have your work recognized at the Region-Level.

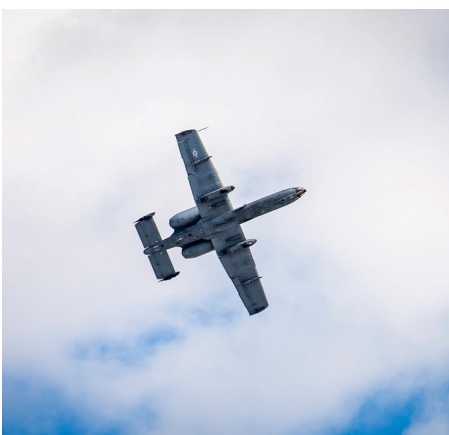
In order to reach out, send an email with information about your story/nomination to C/Lt Col Cooper Eisman at ceisman@cap.gov, and your information will be forwarded to one of our Reporters for review.

We look forward to hearing from you!



AEROSPACE EDUCATION IN COLORADO

By: C/Capt Zach Davis



CADETS SUPPORT A-10 DEMONSTRATION

By: C/Capt Zach Davis

- Cadets in Colorado participated and provided security at the A-10 aerial demonstration at the United States Air Force Academy on November 8th and 9th.
- Cadets tasked with maintaining security made sure no spectators entered the designated "safe area". This integral task reduced workload on the USAF, allowing the activity to proceed.
- Because of the nature of their job, cadets ended up being the closest ones to the planes! Being up close and personal with the best ground strike aircraft in the Air Force inspired many cadets, creating an experience not quickly forgotten.

Colorado Wing cadets recently were able to participate in a unique NASA Mission Control simulation at Challenger Learning Center, Colorado Springs. Challenger Space Center's Space Mission Simulator offers visitors the next best thing to actual space flight with a Mission Control room, designed after NASA Johnson Space Center and an orbiting space station modeled after the laboratory on the International Space Station.

During a simulated space mission, cadets worked as scientists and engineers to solve real-world problems in an engaging, and immersive environment. The Mission: "In the not too distant future several permanent habitats on the Moon are home to astronauts and scientists conducting research. Human operated vehicles and rovers search for resources critical to the expansion of lunar research. The new crew sent to help with the expansion faces a tough task and students will be challenged to make decisions that will impact the success of the mission. Teams will need to observe the Earth, sun and beyond as they navigate to the moon and select sites for future lunar mining. Ultimately, the primary mission goal of keeping the crew safe will become a challenge as the teams will have to exercise their problem solving, communication and teamwork skills

before they can call the mission a success."

Cadets were put on nine different teams composed of; the Biology Team, the Robotics Team, the Communications Team, the Geology Team, the Life Support Team, the Medical Team, the Navigation Team, the Rover Team, and the Weather Team. In these teams cadets were challenged with an escape room and solved clues to open their respective locks. Each team had to come together to see if all of their clues solved the final puzzle for their mission. One team even played with Sphero cars and learned what each color told the car to do. The girls' team was doing figure 8's in no time!

Lastly, the cadets went into the planetarium and learned about our solar system. They traveled through space learning about the different planets, their moons, and constellations. They learned how far out in the galaxy they had to travel before they could no longer see the constellations we can see nightly.