



# CIVIL AIR PATROL NELLIS COMPOSITE SQUADRON

## NEWSLETTER

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VOICE OF THE CAP NCS NV WING

weekly journal

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### Cadet/Capt Nicole Crisp On The Radio for CAP



Cadet Commander Capt Nicole Crisp will appear on the “Still Serving” Radio Talk Show on Wed. Dec. 2. The Radio Station is KLAV - AM Radio, 1230 on your dial. Also on the talk show will be Capt David Henderson, Commander of the Jim Bridger School CAP Squadron 801. Capt Henderson was invited as they were impressed by CAP and wanted to do a full hour show on just CAP. In addition, Capt Mark Goodman, PAO Nellis Senior Squadron, North Las Vegas Airport will be on the show. There will be other Cadets there also.

Capt Henderson has requested to Lt Col David Jadwin, NCS Squadron Commander that our squadron and all squadrons Listen and try to check in on the interview



I would like it if you would pass the date and time to your members. It is a call in talk show and if CAP can keep their phones ringing through the program with callers I believe we could come back and plug things like WAA, The Color Guard Comp, or anything else that we might want. The information on the show;

**WHAT:** CAP on "Still Serving" at KLAV 1230 AM-Talk Radio, also streaming at [klav1230am.com](http://klav1230am.com)

**WHEN:** Wednesday Dec 2nd at 7pm

**WHERE:** 1130 E. Desert Inn Rd. , 6:30pm

Tune in and Call In – Support your CAP

# My Experiences In The Civil Air Patrol



C/2<sup>d</sup> Lt Michael Johnson

Cadet Safety Officer

My experiences have been great in the Civil Air Patrol cadet program I have had the opportunity to participate in many things in the cadet program such things as O-flights, NCSA's, CAC, Encampments, Scholarships, Banquets, Color Guard, Sarex's, And many of the other opportunities this great program has to offer.

One of the greatest things I have ever had they opportunity to experience was to attend the Specialized Undergraduate Pilot Training Formularization Course. It is one week of simulated pilot training and is the most difficult thing I have ever had to do. I urge anyone that has the chance to takes this course in Mississippi, and would like to become a military aviator to absolutely attend it you will not be disappointed. I got to train with an actual 2<sup>nd</sup> Lt. of the Air Force in their pilot training, Learn amazingly advanced things about flight (specifically the T-6 aircraft), and flight simulators.

This event is not for fun at all and is all about equipping you with the tools you need to be able to achieve your dream of becoming a military aviator. Though it was not for fun I definitely had my share of fun with the great friends I met there and will forever have.

Well, though I could go on forever about how great the cadet program is (and NCS Hoorah), I must say that at the end of the day after my 3 ½ years of experience and after achieving my latest goal of cadet 2<sup>d</sup> Lt., I have observed many things, but in the end I must say that the greatest piece of advice I can give you about the cadet program is "You will get out of it what you put into it". This is not the Marines and people will not push you to do your mile or test or anything better than the last time. it is up to you, and those who learn this skill along with discipline, motivation and teamwork you will go far.

Respectfully,

C/2<sup>d</sup> Lt. Michael Johnson

Specialized Undergraduate  
Pilot Training  
Formularization Course



## Let's Make A Commitment To Health

Jorge L. Torres, EMT-P, 2d Lt, CAP

NCS Health Services Officer



**This Holiday season give yourself a gift that will not only last a lifetime, but will also make your lifetime last. Being “healthy” is more than losing weight, or sleeping more, or not smoking. A healthy “lifestyle” means we commit to it all. Don’t let anyone tell you this is simple. It takes discipline, a clear goal and, most importantly, it requires that you have the right motivation.**

As an ex-smoker, I can tell you first hand that this last item is the most important. I can’t remember how many times I tried to quit smoking. What I realized was that I had to stop trying and had to commit to it. As for my motivator, becoming a dad did it for me. Was it easy? No. I still struggle with it nearly 3 years later. However; the experience taught me two things: I am capable of achieving anything I set my mind to and it takes a lot to set my mind on something.

You may be going through a similar situation in some aspect. Maybe you want to start exercising or eating healthier or maybe even quit smoking. My best advise is... start (or stop) right now! As with any difficult situation, having support helps. With this in mind and knowing how much having support helped me, I’d like to start the Nellis Composite Squadron Healthy Lifestyle Support Group open to all members, parents, spouses, and sponsors. Here’s how it works:

- 1. Exercise Group:** There will be a sign-up on the next meeting for those interested in forming a group to take on the President’s Challenge. This is a program that takes you through gradual increments in activity. There is no set workout; the idea is to increase your activity level. Progress is logged as a group. Once we are signed up, we can assign partners to help stay motivated.
- 2. Weight Loss Group:** Again, no set program. Each person can chose whatever nutrition program they wish as long as a commitment is made to follow it. Again, we can assign partners to help stay motivated and track our group progress. We will set a group weight loss goal for each quarter.
- 3. Smoke-out Group:** Once more, no set program. You can choose whichever aide you prefer or none at all. We will identify a goal, motivators, and partner to help keep you on track.

At NCS, we are one of the safest squadrons in the Region, if not the country. Let’s work on being one of the healthiest too. After all, being healthy is one of the internal factors to being safe. Look for more wellness programs coming soon!

**Stay Safe!**

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