

NOVEMBER 2013

- ◆ CADRE'S CORNER
- ◆ ACADEMY VS ROTC
- ◆ CRUD TOURNAMENT
- ◆ POW/MIA DAY
- ◆ FITNESS
- ◆ BIKE SAFETY

# EAGLE

## *Det. 027*

"LET EVERY NATION KNOW, WHETHER IT WISHES US WELL OR ILL,  
THAT WE SHALL PAY ANY PRICE, BEAR ANY BURDEN, MEET ANY  
HARDSHIP, SUPPORT ANY FRIEND, OPPOSE ANY FOE TO ASSURE  
THE SURVIVAL AND THE SUCCESS OF LIBERTY."

JOHN F. KENNEDY



# Cadre's Corner: Proud to be a Highlander

No one likes to be “should on”. “You should do this...” is a common response when speaking with a friend or subordinate when answering a question or helping with a problem, but nine out of ten times, that’s not the most productive way to achieve your goal of getting the most out of your people. I’ve learned a lot in my 17 years of service, and I am excited to pass on a few of these things to you, our future leaders. I’ll cover a couple of topics through the rest of this article such as fellowship, motivation, and what it really means to serve. I’ll start with this question. What type of person would you want working for you?

To be a good leader, you have to know how to be a good follower. This means that you do what needs to be done without being told, just because it needs to be done. Be the type of Airman you would want working for you. Being a good team member will take you far in your career. When the people around you know that they can count on you, you increase your value to the team, the mission, and to the personal side of the people you work with. Respecting your superiors and being a cheerleader for the message that they are trying to broadcast shows that you support the mission and serves as a good example for others on your team to follow. This will often boost morale and help bring the team together so that you are all working toward the same goal. Even when you find yourself as a member of a team instead of the leader, you can still be an informal leader, and many times, that can be the most valuable leader. The Air Force has a rank structure for a reason, but finding ways to motivate your subordinates or teammates without “pulling rank” can lead to a much more productive and relaxed work environment.

As a Technical Sergeant I have been a leader of young men and

women many times. By regulation, the people on my team will do what I say simply because I’m the boss... right? Not always. I’ve found that pulling rank is the weakest way to motivate your team members. I want to inspire those around me and get them to buy in to what I’m selling. I want to find each individual’s personal currency, which means I want to find out what’s important to them and what motivates them. Some people like awards and decorations. Others prefer a simple pat on the back. Time off can also be a currency to use. Once you find one’s currency, they are a puppet on a string. Finding ways to motivate other than dictating will lead to buy-in. Once you have buy-in, your team members will take bullets for you. By taking the time to know your teammates and know what motivates them, you achieve all of your leadership objectives. The person will know you care, they will buy in to the mission you are trying to accomplish, and they will respect you. Once you have these things, the people around you will begin to serve and that’s what we, as Air Force members, are all about.

Any time I am out in the community in uniform, I am thanked over and over again for my service. I usually respond with “it is my honor” because it truly is my honor to serve our great nation. I am a servant of the people. Have you thought of yourself as a servant? It can be pretty humbling. We are all servants. We give up many of our freedoms to protect the freedoms of our loved ones. It is very easy to get caught up in all the opportunities that the Air Force can provide for us, and there is nothing wrong with that. We have earned it. We have signed a contract that could cost us our lives. I’ve had assignments that I did not volunteer for and I’ve spent many hours, days and months in deployed locations away from my family and comfort zone. It’s not



always easy to put the needs of the Air Force mission first, but that’s what we do as a servant. We cast aside our own wants and desires to protect the wants and desires of the ones we love. I am so proud to be a part of something bigger than myself. Some of my worst days in the Air Force are the days I learned the most and I would not trade my experience and hardships for anything. They have shaped me into the man I am today.

I won’t tell any of you that you SHOULD join the Air Force. I want you on my team because I have been very impressed with the people I’ve met in this detachment. I want you on my team because you want to be here. I want you on my team because you are willing to be good followers, to serve our nation, and to become the future leaders that I know you can be. I will treat each and every one of you as the person I know you are capable of being regardless of who you are right now. As my career winds down, I know that I will sleep well at night with our nation’s safety and security left in your capable hands. It is an absolute honor to have the opportunity to help shape your paths as you make your way. You are the type of people I want working for me. I look forward to seeing each and every one of you grow into Air Force officers. I’m proud to be a Highlander.



**By Technical Sergeant Brian Mallory**



# USAF Academy vs AFRTOC

## USAF vs. AFROTC: Is there really a better choice?

Academy grads are not better than ROTC cadets, on the contrary, some might argue that they are less motivated to perform, have a negative attitude at all times, and are poor leaders. Where is the truth in this? Honestly, I can see it going both ways. ROTC was the best year of my life, despite the occasional hiccup here and there, and I wouldn't give it up for anything, even to be rid of freshman year at the Academy (backpack in the left hand, running to class in a line while upper classmen laugh, being in uniform 24/7). ROTC is a time I will always speak fondly of. Not a day goes by that I don't wish I was still a part of det 027. Like myself, most ROTC cadets don't hesitate to brag on this great times they had and the awesome people they were surrounded by. Academy grads don't have exactly the same feelings about their "college years."

### A quick glimpse into the typical week day:

**0600:** wake up

**0630:** mandatory PAI (personal appearance inspection)

**0700:** mandatory breakfast

**0730:** classes

**1130:** mandatory NMF (noon meal formation)

**1200:** mandatory lunch

**1230:** mandatory roll call

**1330:** classes

**1530:** mandatory intermurals/training session

**1910:** mandatory MCQ (military call to quarters)

**1950:** mandatory ACQ (academic call to quarters)

**2300:** TAPS (better known as every room is inspected to make sure you are present)

A running theme seems to be mandatory. It seems as though we are not trusted to feed ourselves, therefor a

mandatory meal is in order. As with studying. Some Academy cadets are students after being deployed to combat environments, some have been married and divorced, some have lost friends in war, and yet here they are, being checked on at eleven at night to insure that they are in their rooms. They don't have the opportunity to volunteer as leaders, often because they are 'voluntold' beforehand. Whether it is right or wrong, they have more to complain about. So why do they get the stereotype of poor leaders with bad attitudes? Because, for four years of their adult life they were treated like children. Granted, they signed up for it, and some absolutely love it and need it, but it doesn't always make it easier.

As for the idea that Academy grads are "arrogant ring-knockers" (a tribute to the completely outdated class rings they are often seen wearing, that are for the record mandatory to purchase...), I firmly believe it is only because they are jealous of the college years they missed out on. Here they are surrounded by men and women who hold the same title and rank, but have had four years of young adult experiences, and they are resentful. Academy grads don't all believe they

are better, some just wish they could have joined you as well.

So is the Academy a bad place? No, not at all. These 17-27 year olds are not only being given a free education, but being paid as well. They live with their squadron, creating a kind of family bond that I have yet to find elsewhere. And as you all have been fortunate enough to see, they can be great leaders and mentors. I have met some great senior leadership at the Academy, but have yet to find a greater leader than Colonel Doan. He is an exemplar to us all, and is what all Air Force Officer's should aspire to be like.

So the ultimate question: Why can't we all just get along? After all, we all want to become Air Force Officers first and foremost, why does the rest matter? It is my goal to change a handful of my classmates and squadmates opinions and negative views towards the Academy, just as I hope to change yours as well. In less than four years we will all be working together as one, so whether you have an Academy ring on your finger, or a trunk full of flight t-shirts, we should all strive to be the greatest leaders we can be.



By Cadet Fourth Class Averí Richert, USAFA



# AFROTC Crud Tournament

Flagstaff, Arizona- Over Family Weekend, Detachment 027 at Northern Arizona University held their annual Family Weekend Barbeque for AFROTC cadets and their families. This year, Detachment 027 welcomed over 90 new cadets into the program, making events like the barbeque popular social events for excited new NAU students and their families. This year's barbeque had the highest attendance of cadets and their families that Detachment 027 has seen in many years.

This year, along with the barbeque, AFROTC held its first annual crud tournament. Crud is a game loosely based on billiards that originated from the Royal Canadian Air Force. It was then adopted by military branches that include the Canadian Coast Guard, the United States Navy, and the United States Air Force. Crud is played on teams, typically of five, with a shooter ball and the cue ball. It is a fast-paced game where defense players are constantly trying to defend their open pockets on the table while offence players attempt to sink the shooter ball. This game is played roughly, with played shoving, distracting, and picking up opposite members of their teams in order to defend the open holes.

This year, Detachment 027 had a total of nine teams competing for the championship. Teams competed against upperclassman members of AFROTC and cadre members of the detachment. Energy was high the day of the tournament, as teams had been preparing for weeks in advance. Cadets ranging from freshman to seniors competed against one another, but only one team could come out on top. Bravo flight, a sophomore level team was relentless in their battle for victory, slowly dominated the bracket. They competed

against the toughest teams but eventually came out on top, claiming victory and honor for the underclassmen.

Being able to come together in social events like the crud tournament allows cadets at Detachment 027 to establish bonds and increase their professional performance through cohesion in the classes that train them to become officers in the Air Force; constantly bonding as a team helps cadets improve professionally and personally. Overall, the barbeque and crud tournament were huge successes, allowing cadets



to interact with students and cadre members in a more relaxed social environment and increasing the cadets' optimism for ROTC here at Northern Arizona University.

**By Cadet Third Class Christine Gonzales**





# POW/MIA Day: A Time to Never

Over 150 cadets from our detachment gathered for the annual Prisoner of War/Missing in Action Ceremony on September 19th to honor the nation's servicemen and women who have found themselves incarcerated behind enemy lines and for those who are yet unaccounted for from actions in war.

Distinguished guests included Flagstaff Mayor Jerry Nabours and U.S. Army Lt. Col. (Ret) Andrew Griffin (representing NAU President John Haeger). Each shared their views on the importance of honoring the sacrifice of America's military and how integral every Airman, Marine, Sailor and Soldier is to the preservation of our nation's freedom today.

Within NAU's Historic North Quad, Mayor Nabours recalled how the attacks of 9/11 froze the nation under the realization we were under attack and how greatly the existence of America's military thawed the fear of further anguish. The U.S. Air

Force was specifically credited by Mayor Nabours for assuaging concerns due to the attacks being made so infamously through the skies.

Lt. Col. (Ret) Griffin followed by bringing to attention the more than 83,000 Americans currently missing in action and 500,000 military personnel who have been held as prisoners of war since World War II. The retired officer then focused on the fact that military servicemen are still MIA from the recent operations in Iraq and Afghanistan, reminding the audience of the sincere reality of their commitment to serve.

An integral part of the ceremony, our color guard raised the U.S. and POW/MIA flags (mirroring Flagstaff's City Hall) and adorned an adjacent table with symbolic pieces in remembrance for those who fought and were not returned home. Mayor Nabours punctuated the ceremony by officially proclaiming September 19, 2013 to be POW/MIA Day in Flagstaff. Our detachment commander, Lt. Col. Mark Friend, remarked on the day's proceedings: "On POW/MIA Day, our cadets joined veterans and families across the nation honoring the sacrifices and service of men and women who have answered our nation's call. POW/MIA Day brings home the reality that our profession is



unlike others and, sometimes, the price for our freedom is high."

Following the ceremony, we paid further tribute to POW and MIAs with a 24-hour vigil in front of the detachment. Cadets forfeited sleep and studies to guard the American flag that stayed flying throughout the night. The following Monday, pairs of cadets took hold of staves flying both the U.S. and POW/MIA flags and ran throughout NAU's campus to ensure that none of our nation's heroes are ever forgotten.

Well done to all those who made this possible. We should all feel privileged to honor those who have come before us and sacrificed in the name of service before self.



By Cadet Captain Matthew Waters



# The Importance of Fitness

Fitness is a very important aspect of the Air Force and the US Military in general. It's one of the things that the Armed Forces are most recognized for in the public eye. But why is it important? And why should everyone, not just military personnel, be physically fit?

Colton Tyler has been a certified personal trainer for more than a year now. He decided to become a personal trainer to help other people reach their goals. Tyler has always been interested in fitness. After a career in high school wrestling, he incorporated fitness into his life more than most people do.

"It's important for everyone to incorporate some form of fitness into their daily life," says Tyler. But why can incorporating fitness into your life be so difficult? It's because some people are uncomfortable with the idea of fitness, especially if they are unfamiliar with fitness in general. Tyler suggests to find something you like to do, or a group that can motivate you, so you will stick with it.

"It's a preventative realm, because a lot of times ailments are a result of lifestyle habits." Tyler suggests that with physical fitness, a person can prevent obesity and cardiovascular disease. That's an idea that even science has proven. Fitness and a healthy lifestyle can be a preventative measure to all sorts of illnesses and other health problems.

Does health contribute to fitness? Eating healthy is a factor of achieving goals of being healthy and physically fit. Eating goals as well as performance goals boost someone to their desired level of fitness. Some people think they can just work out and still continue their

normal life style. "Fitness contributes to overall health," says Tyler. "You build from fitness... and incorporate the other spectrum of... eating right."

"Your overall wellbeing depends on the spectrum of eating right and going and working out, but not in a way where you're overdoing it and putting harm on your body," says Tyler. Some people do overdo it. While eating right and working out is good for you, surpassing your body's limits can do more harm than good. Tyler suggests to be mindful of your body's limits and respect when you've had enough.

Fitness and health is an important aspect in daily life. While some people are afraid of fitness and don't know where to start, most are willing if given a decent chance. The best way to get fit? "Trying to find something that you genuinely like and people who can support you in that is a huge deal... people are a lot more successful when they surround themselves with people with the same goals," suggests personal trainer, Colton Tyler.



By Cadet Third Class Sarah Thoman

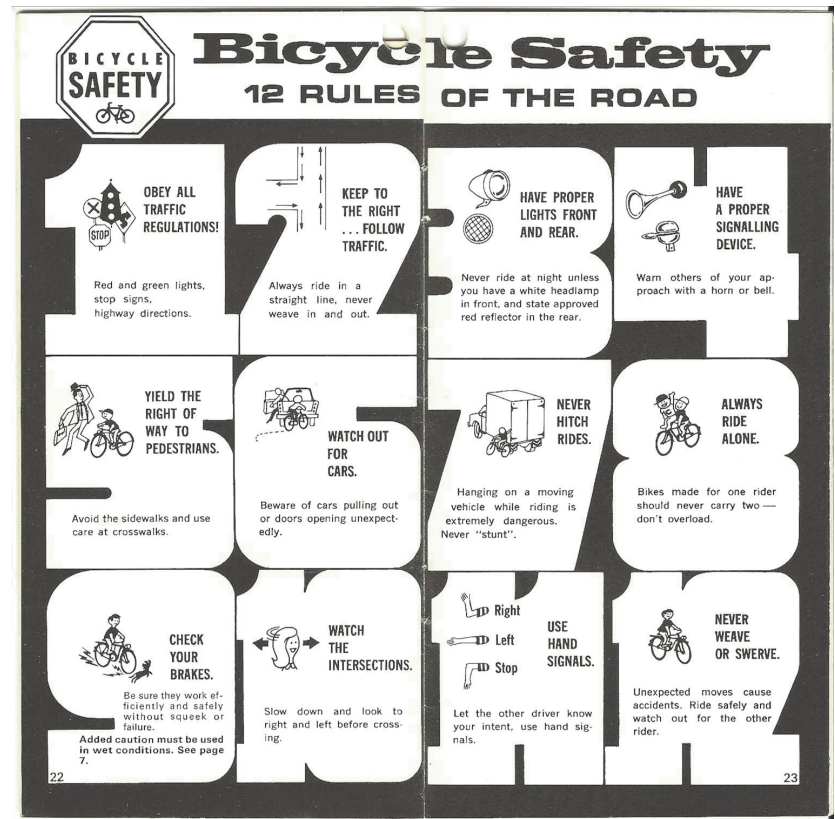




# Bike Safety

Hello Highlanders, I hope that all of you are off to a great semester! With the first semester in full swing I am sure that everyone is getting into their groove in balancing school, ROTC, work, and fun. This is going to be just a quick run down of some simple steps towards bike safety. First things first, **WEAR A HELMET**. The brain is a fairly important part of the body and you are best to do all you can to try and protect it. With campus under construction and more and more people being on campus, the bike ways and walkways are busier than normal, causing more congestion and a better chance that you will have of being in some sort of accident. Don't let the simple task of wearing a helmet put the possibility of a severe head injury.

Next is **BE ALERT**. Because there are plenty of people out there who are not. Notice your surroundings and do your best to avoid bigger crowds while riding. This is the rainy season so keep an eye out for large puddles, for these can certainly cause you to lose your balance and crash. When you are riding at night be sure to always be on the lookout for cars as well as other bikers. Make sure to have your bike equipped with the proper lighting and reflectors.



## A few other tips to help you stay safe include:

- Roll up your pant leg on your chain side (Don't want your chain getting stuck).
- Wear a light at night.
- Follow the laws of the road ( You can get a ticket on a bike).
- Drink plenty of water (A lot of biking in a day can take it out of you).

**Thank you for your time and please, use common sense, and be safe!**

**By Cadet Third Class Kiefer Dunham**





# AIRMAN'S CREED

I AM AN AMERICAN AIRMAN.

I AM A WARRIOR.

I HAVE ANSWERED MY NATION'S CALL.

I AM AN AMERICAN AIRMAN.

MY MISSION IS TO FLY, FIGHT, AND WIN.

I AM FAITHFUL TO A PROUD HERITAGE,  
A TRADITION OF HONOR, AND A LEGACY OF VALOR.

I AM AN AMERICAN AIRMAN,  
GUARDIAN OF FREEDOM AND JUSTICE,  
MY NATION'S SWORD AND SHIELD,  
ITS SENTRY AND AVENGER.

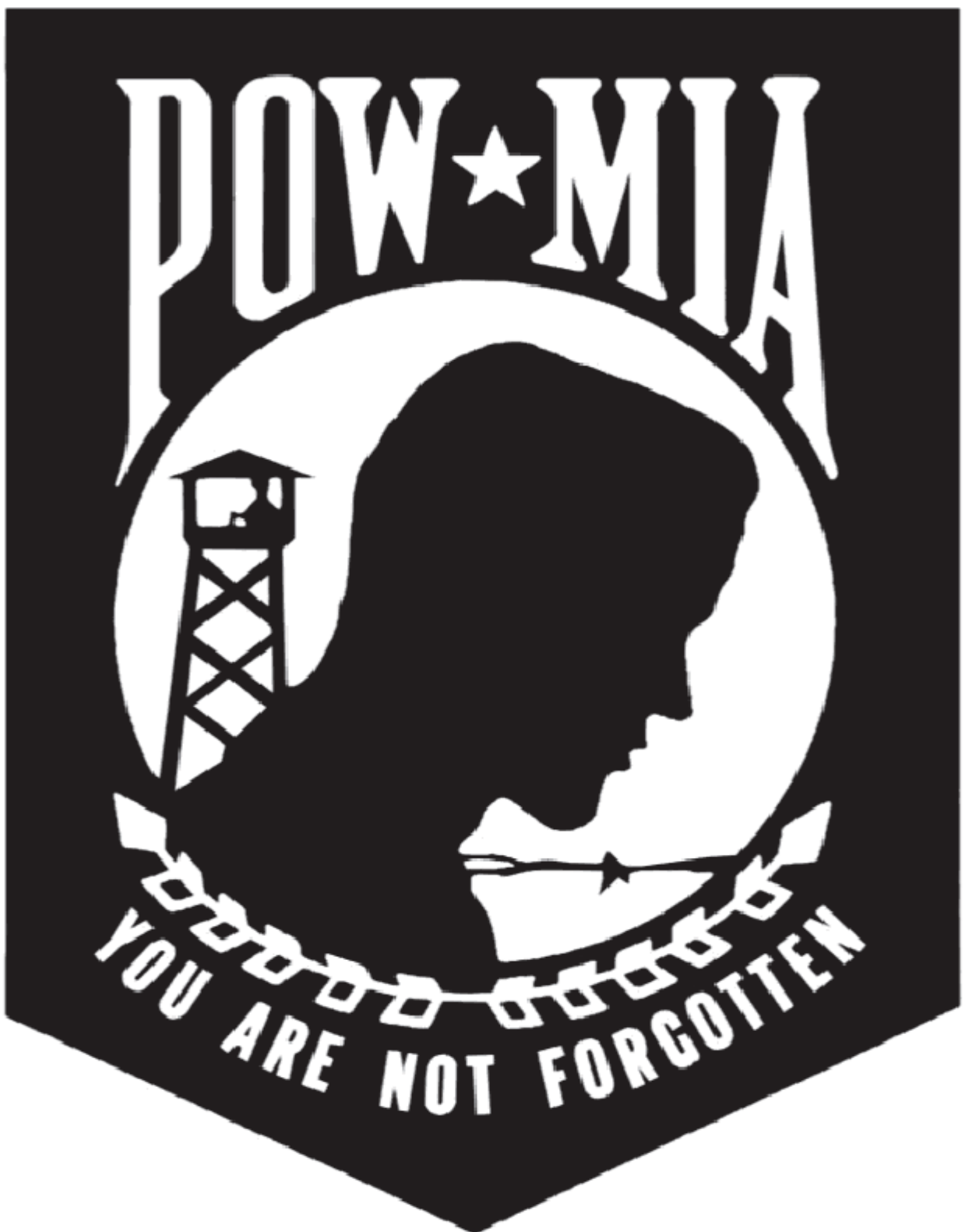
I DEFEND MY COUNTRY WITH MY LIFE.

I AM AN AMERICAN AIRMAN:  
WINGMAN, LEADER, WARRIOR.

I WILL NEVER LEAVE AN AIRMAN BEHIND,  
I WILL NEVER FALTER,  
AND I WILL NOT FAIL.







REMEMBER THOSE WHO  
FOUGHT FOR YOU