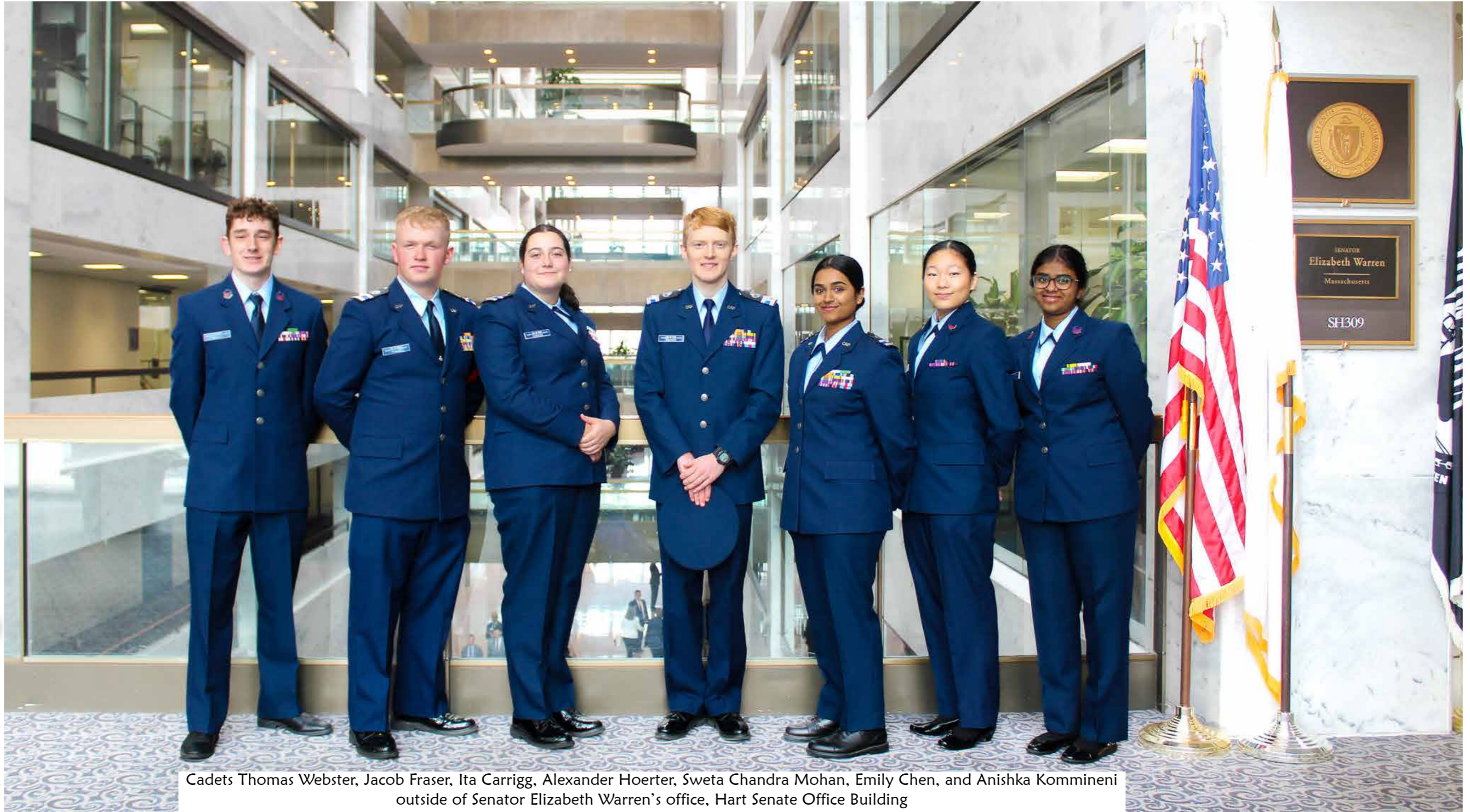


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Cadets Thomas Webster, Jacob Fraser, Ita Carrigg, Alexander Hoerter, Sweta Chandra Mohan, Emily Chen, and Anishka Kommineni outside of Senator Elizabeth Warren's office, Hart Senate Office Building

Every year, members from across Civil Air Patrol's 52 Wings travel to our nation's Capital to meet with Congressmen and Senators. As our organization is federally funded, it is important for our Legislators to know CAP's mission and goals, as well as its fiscal needs.

The best ambassadors are the cadets! Goal-oriented and impressive, as each cadet tells their story, representatives of our government listen. These adolescents represent many of the best and brightest youth in our nation.

Goddard Cadet Squadron has attended every Legislative Day since its inception. Cadet officers and the First Sergeant, if active within the program and well-deserving, travel to Washington, D.C. for on a Wednesday, participate in Legislative

Day on Thursday, then tour museums and monuments on Friday and Saturday. The cadets' airfare, lodging, and breakfast & dinner are covered. Each member, cadet and senior alike, selects their top 4 choices for museums/monuments, and we try to accommodate all wishes. As a group, we always visit the Lincoln Memorial, the World War II, Korean Conflict, and the Vietnam Memorial.

Due to the pandemic, Legislative Day was held on a virtual platform in February 2021 and 2022. Personally speaking, this was a great disappointment. Some very well-deserving cadets did not get to travel to D.C.

Visiting the Capital is SO fascinating! Did you know that only the legislator can vote? The legislator can only vote in person in the U.S.

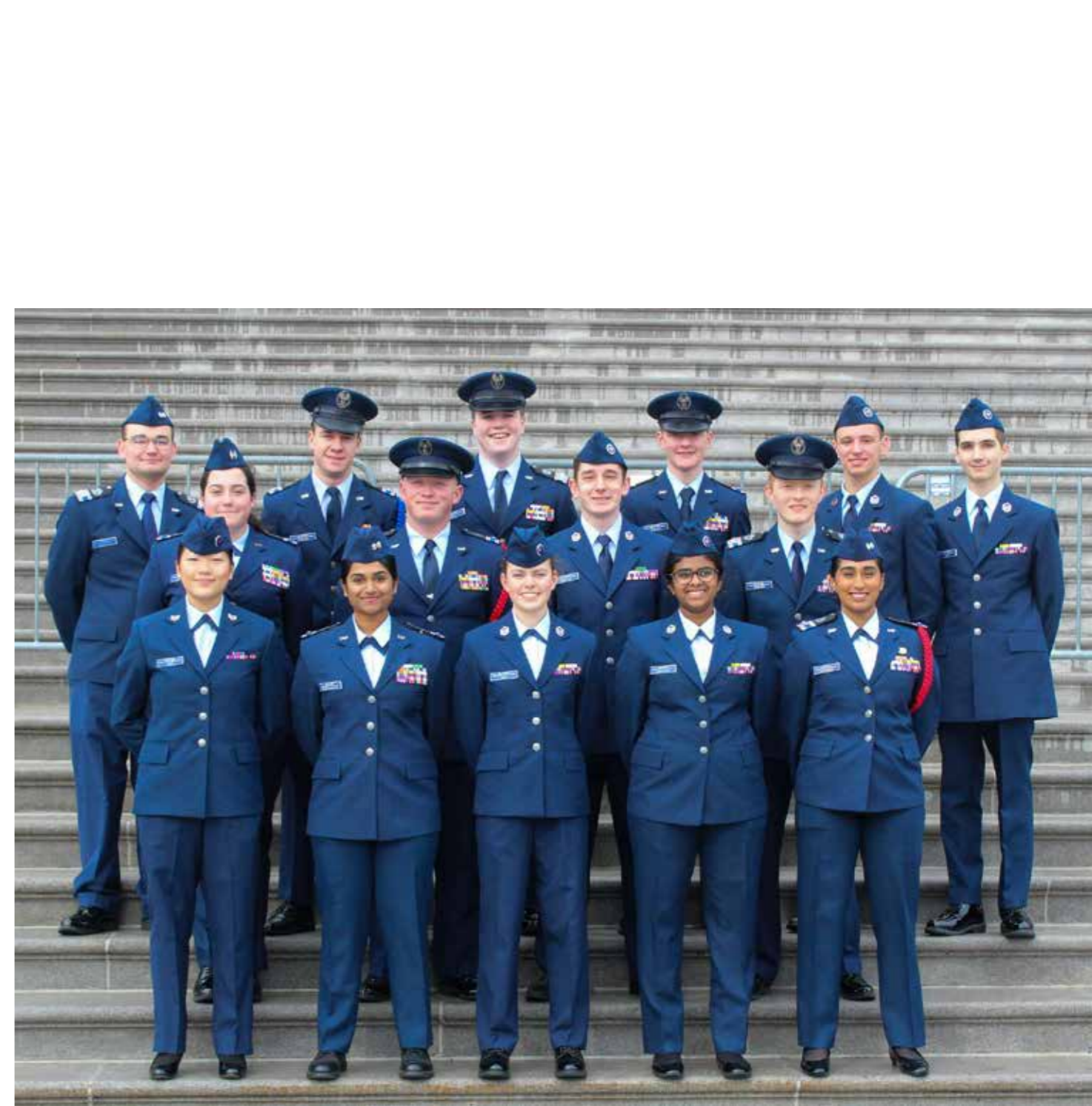
Capitol. There is no such thing as placing a remote vote. Senators and Congressmen have been wheeled in on hospital gurneys to place their vote on an important legislative bill! There is a "clock" on the wall in each legislator's office that warns of the time to be in the House of Representatives or Senate to place a vote. There is no remote option. Staff members, particularly the legislator's Chief of Staff, work long hours.

As for traveling home on the weekends, that is not a possibility for legislators that live on the West Coast or Hawaii. Some of our Representatives and Senators sleep in their offices, as it is very expensive to rent an apartment in Washington, D.C. It is so interesting!





Members of Massachusetts Wing, Civil Air Patrol at the United States Capitol on CAP's Legislative Day, March 2, 2023



Cadets from Coastal Patrol 18, Goddard & Hanscom Squadrons at the start of Legislative Day.

**It will be a long day on Capitol Hill!**



Col Walter "Tim" Nelson and Lt Col Carleton Jones, Massachusetts Wing's Commander and Vice Commander, respectively

Then C/2d Lt Henry O'Brien with his mother, SSgt Pauline O'Brien.

The start of a glorious day!

LEFT TO RIGHT:  
C/2d Lt Jacob Fraser, 2d Lt Marie Carrigg, C/Lt Col Ita Carrigg, C/SMSgt Tom Webster, C/SSgt Emily Chen, C/1st Lt SWETA Chandra Mohan, and 1st Lt Sarakate Lessem

# SKELETAL DEVELOPMENT

Bone begins as bundles of connective tissue. For the majority of the skeleton, the bundles are replaced first by cartilage, then by bone. This process of ossification begins in the embryonic period and continues into the mid-twenties. You can examine that process in this series of human skeletons ranging in age from four fetal months to five years.

S

ometimes it pays to go off the beaten path. The museums and monuments in the National Mall area of Washington, D.C. are popular tourist attractions. Our small but intrepid group decided to visit the National Museum of Health and Medicine in Silver Spring, Maryland. It was small, but amazing! These 2 photos are to lure you there if you travel to the D.C. area. The first image shows the skeletal changes that occur in humans from infancy to the later years of life.



† challenge you to decide which is creepier, the skeletons in the background or the skeletons covered by flesh in the foreground...



Notice the creepy creature that has weasled her way into the final image. Note that she is next to the tiniest skeleton AND is the tiniest human in the row! Come with us next time, and we may be able to place you in a coptic jar for all eternity. BOO!

# GODDARD'S SEMI-ANNUAL TREK TO WESTON, VERMONT

FRIDAY TO SATURDAY, MARCH 10-11, 2023

**HAVE YOU EVER HEARD OF** THE VERMONT COUNTRY STORE? IT IS ONLY HERE THAT YOU CAN PURCHASE THE WORLD-FAMOUS "MINI-MOO MIXER." YOU CAN SIT DOWN AND PLAY CHESS NEXT TO AN ANCIENT REFRIGERATOR AS YOU MUNCH ON CHEESE AND CRACKER SAMPLES. THERE IS A PENNY CANDY SECTION, AND THE MOST DELIGHTFUL ASSORTMENT OF MAPLE SUGAR CANDY... I CAN TASTE IT MELTING IN MY MOUTH AS I TYPE! I EVEN FOUND A BROWNIE CUTTER HERE.



MAJOR DAVID ORIOL, CAP, IN HIS FAMILY RETREAT IN WESTON, VERMONT. HE IS A MOST GRACIOUS HOST, AND FUN IS TO BE HAD BY ALL!

MAJOR DAVE ORIOL, OUR FORMER SQUADRON COMMANDER AND CURRENT UNIT FINANCE OFFICER, HAS A FAMILY HOME RIGHT DOWN THE ROAD FROM THE VERMONT COUNTRY STORE. NESTLED AT THE FOOTHILLS OF A MOUNTAIN RANGE, THIS COZY RETREAT HAS ACRES OF EVERGREENS AND A LOVELY STREAM THAT TRAVERSES THE PROPERTY. AS IN YEARS PAST, DAVE INVITES A SMALL CADRE OF CADET AND SENIOR MEMBERS TO HIS HOME EACH WINTER, PROVIDING HIS GUESTS WITH THE OPPORTUNITY TO SKI, SNOWBOARD, SNOW TUBE, HIKE, AND/OR HORSEBACK RIDE IN THIS BEAUTIFUL STATE. OKEMO MOUNTAIN RESORT IS A FIFTEEN MINUTE DRIVE FROM DAVE'S HOME.

THERE ARE SOME COMPETITIVE SOULS WHO VIE FOR THE PARCHESI CUP EACH YEAR! IT IS A CUTTHROAT GAME, WITH ONLY LT COL MAFFEI SHOWING GRACIOUSNESS AND KINDNESS DURING THE FINAL ROUND. SHE, YOU SEE, IS NEVER A SORE LOSER!

AH, LET'S GET BACK TO THE ORIOL ESTATE. WHILE DAVE COOKS A FANTASTIC PASTA EXTRAVAGANZA ON FRIDAY EVENING, LT COL MAFFEI IS THE MASTER OF MAKING BLUEBERRY PANCAKES AND/OR FRENCH TOAST. SHE USES A SECRET INGREDIENT THAT WILL GO WITH HER TO THE GRAVE. AS FOR THE PURE VERMONT MAPLE SYRUP CONCOCTION THAT IS MADE STOVE-TOP, LET'S JUST SAY THAT THE AMERICAN HEART ASSOCIATION IS UNLIKELY TO ENDORSE IT!

WE HAD SKIERS THIS YEAR BUT NO SNOWBOARDERS. THE OTHER CHOICE WAS SNOWTUBING AND SNOW-COASTERING. YES, OKEMO HAS A "TIMBER RIPPER" SNOW COASTER THAT IS PHENOMENAL.

ENJOY THE PHOTOS AND THINK ABOUT COMING ALONG NEXT YEAR. YOU MIGHT BE AS FORTUNATE AS THIS WRITER, FINDING A MOUSE FLOATING IN THE TOILET BOWL. THAT WAS AN EYE OPENER, FOR SURE!



*Goddard Squadron Members,  
left to right:  
Keith Reid, Marco Moya, Keith Reid,  
Thomas Niall, Keith Reid, Dave Oriol,  
Paul Farynaz, Lydia Reid, & Pauline  
and Henry O'Brien.*

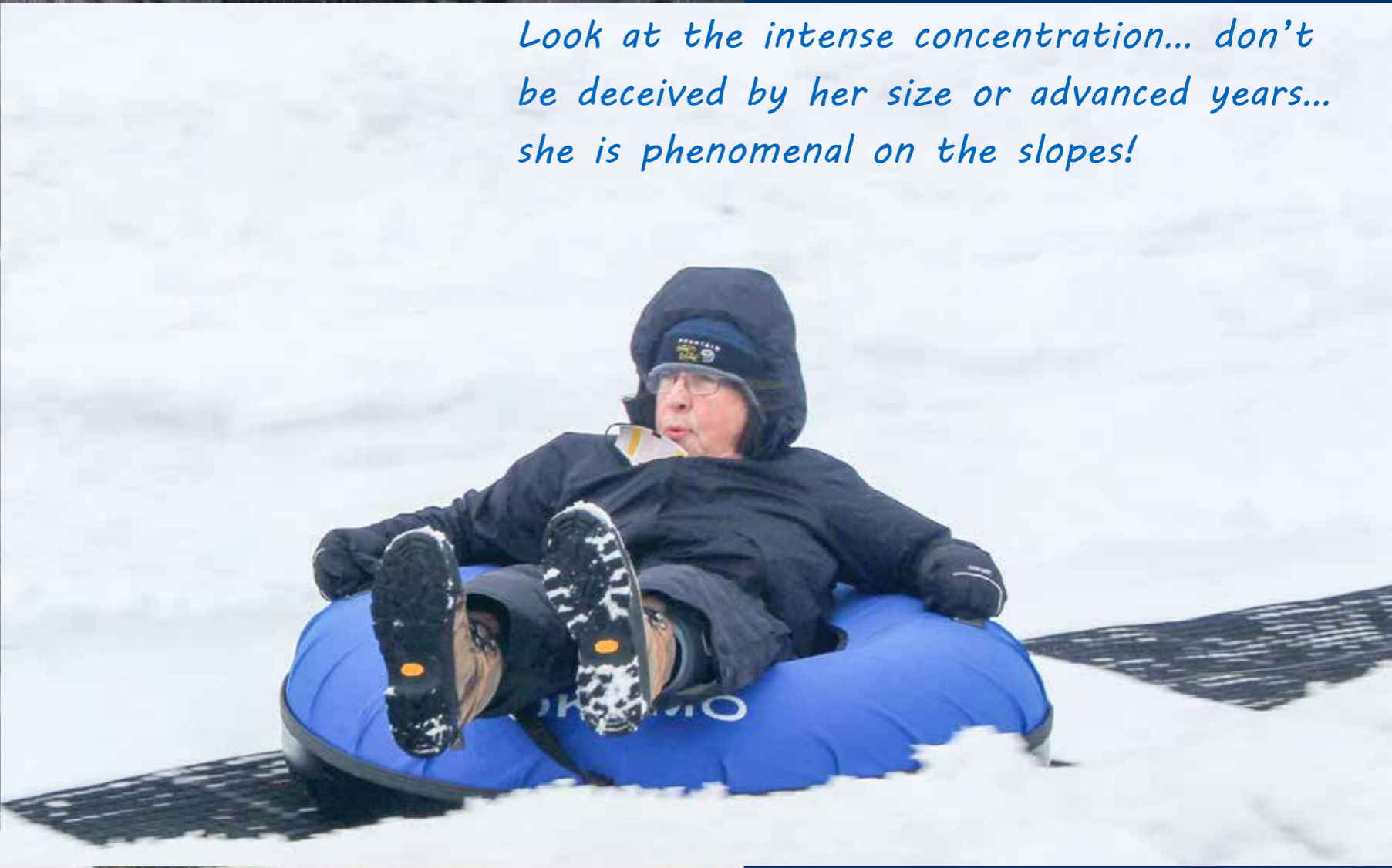


SNOWTUBING AT

OXEMO MOUNTAIN RESORT



*Look at the intense concentration... don't be deceived by her size or advanced years... she is phenomenal on the slopes!*





*Thomas Niall & Marco Moya are about to compete with a Snow Tubing Champion*



*Marco is trying to be stealthy, trying to gain an edge on the first round of our snow tube competition.*



*Thomas, on the other hand, has developed a new style of tubing, adjusting his center of gravity to maximize speed.*



*Despite his best efforts, notice who is ahead... of course!*

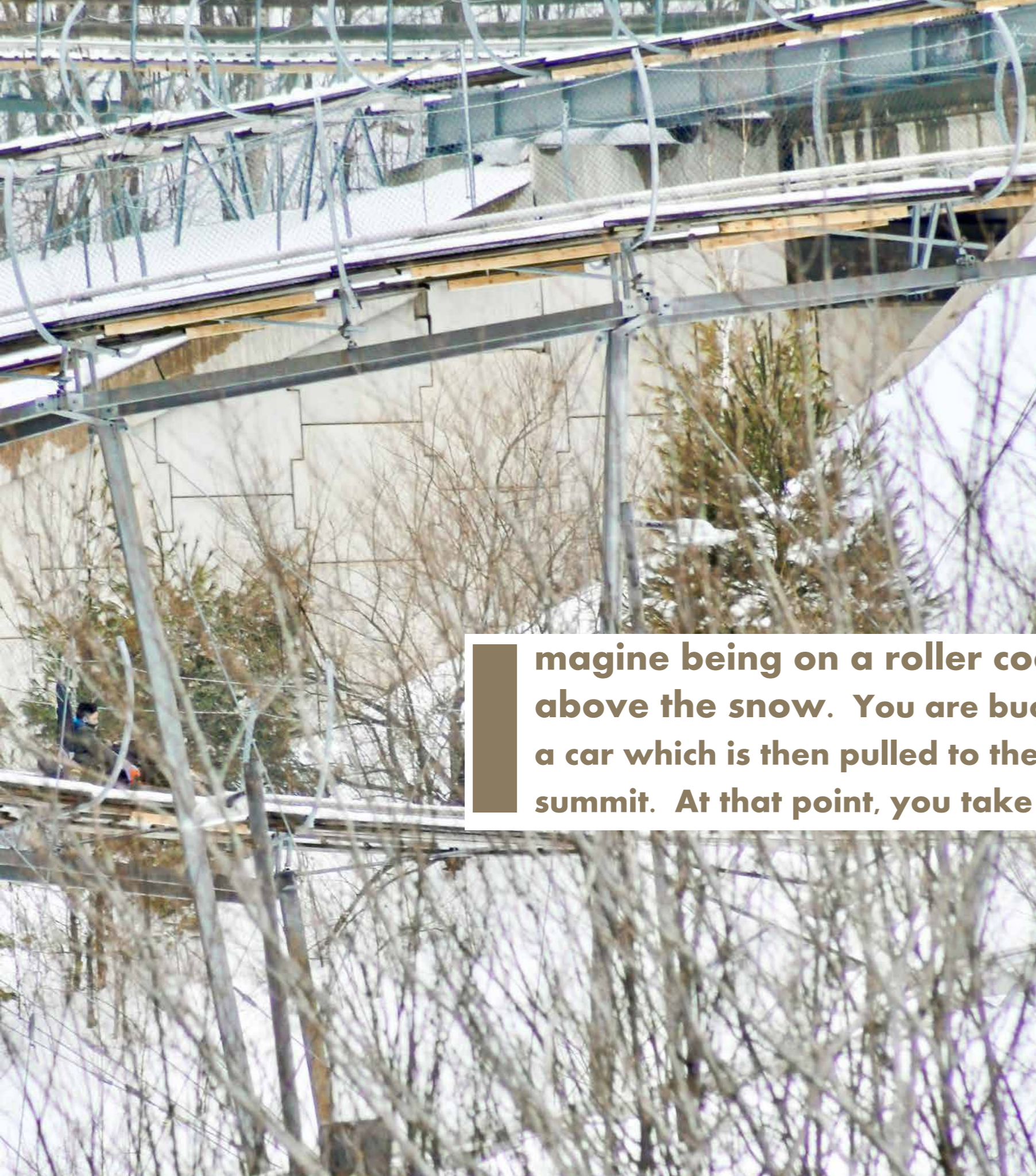


*In this last ditch effort, Thomas is plowing through the snow full throttle!*

*Here is a photo of the runner ups, Thomas and Marco, with their world-famous coach, John Reid.*



*Notice the Snow Tube Champion, exhausted after her Round Robin wizardry. Onto our next challenge, the Timber Ripper Coaster ...*



# **THE TIMBER RIPPER MOUNTAIN COASTER, JACKSON GORE, OKEMO MOUNTAIN RESORT**

**Imagine being on a roller coaster above the snow. You are buckled into a car which is then pulled to the coaster's summit. At that point, you take over the**

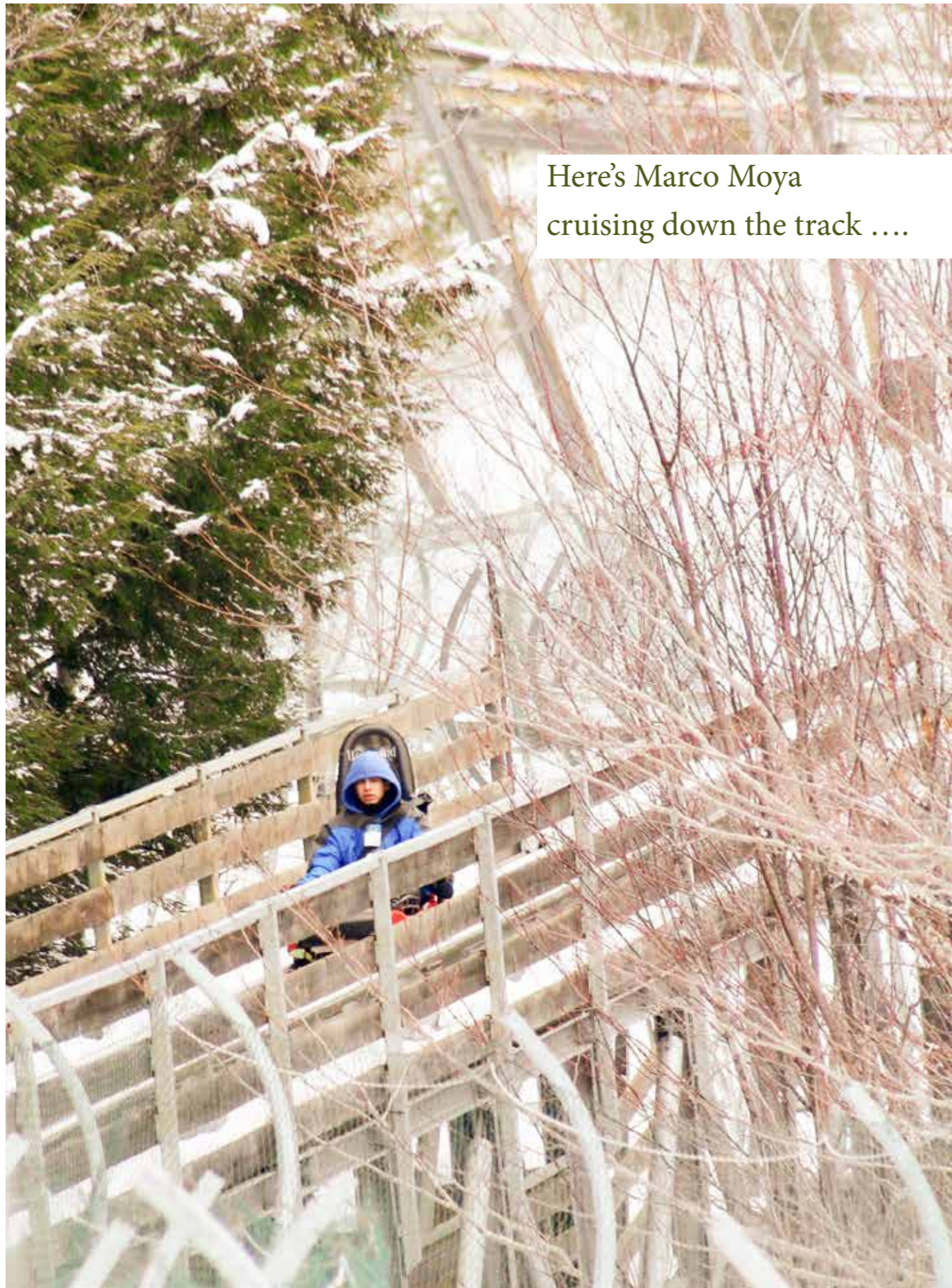
**speed of descent. Factor in cold weather, wind chill, and monitoring the speed of others on the track, and it can be quite an adventure.**

**Welcome to  
Okemo's  
Timber Ripper Mountain Coaster!**

**Here is Thomas Niall approaching the final descent.**



**Note Thomas' amazing technique!**



Here's Marco Moya  
cruising down the track ....



Focusing on the curve ahead ...



**John Reid was at first hesitant to take on this challenge, but soon became an ace.**



**This individual is an old hand at navigating the Timber Ripper course!**





*Little did we know that we would come across 2 skiers that we know.*

*Front row: Skier Henry O'Brien*

*Back row, left to right: Marco, Thomas, LouAnn Maffei, Skier Lydia Reid, & John Reid*



*Ski Champion & Snow Tube Champion in the Foreground ... Of Course!*



*Just the sheer joy of being alive, outdoors, and in lovely*

***Vermont!***



*So multi-talented, it is astounding!*

**THANK YOU MAJOR ORIOL!**

*The weather was gorgeous, crisp and calm, and the company was grand. We could not have asked for a better winter's day.*

*Rear Row, left to right:  
Dave Oriol, Paul Farynaz, a stranger, Karl Farynaz, Keith Reid, Pauline O'Brien,  
& John Reid*

*Front Row, left to right:  
Marco Moya, Thomas Niall, Lydia Reid,  
& Henry O'Brien*



# STEM:

BUILDING A BRIDGE THAT IS FLEXIBLE  
YET STRONG

Lily Gladkowski & William Estlick



Liam Hickey



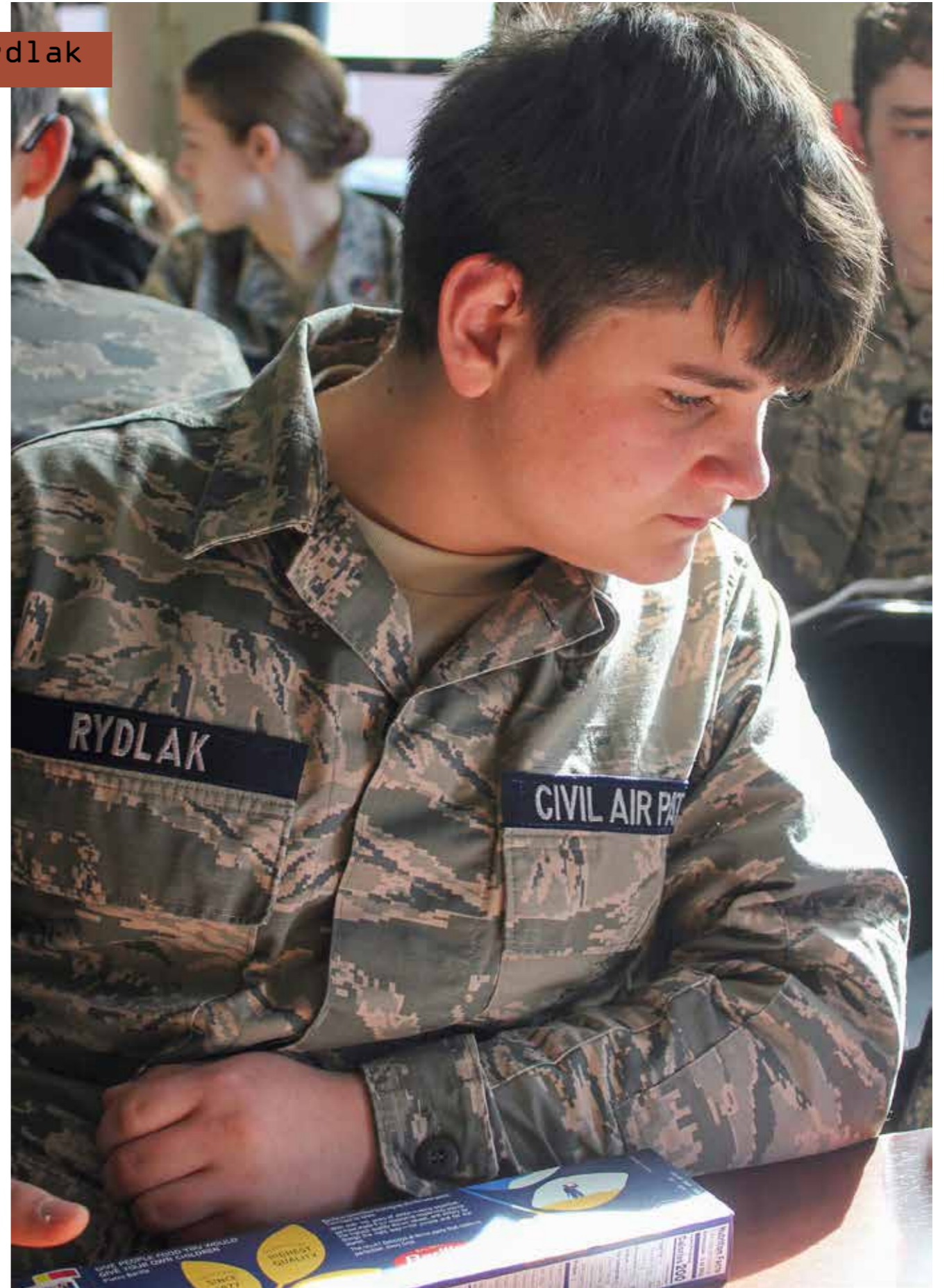
Alex Belliveau  
&  
Sofie De Coste



Hari Koornala



Adam Rydlak





Isabella Niemann & Shriya Jonnalagadda



Lillian Rydlak & Rebecca Singley



Saikapish Kaza



Tom Webster & George McPherson



Joshua Sallett



Will Callaghan





AJ Gladkowski

Adam Rosado



Sweta Chandra Mohan is mentoring  
Ariana Ward



Senior Member Jasmine Randhawa looking on as AJ  
helps to build a spaghetti bridge!

TFO Dimitri McPherson, Goddard's lead Aerospace Education Officer, is offering advice to this team. 1st Lt Ryan McAuliffe is the team leader.



Adam Rydlak, Hari Koornala, Alex Belliveau, Sofie De Coste and Joel Bischoff



Joshua Sallet is in the background.  
From left to right:  
Lillian Rydlak, Rebecca Singley, Tom Webster,  
and George McPherson



Tyler Nolan, Isabella Niemann, Shriya Jonnalagadda, and Marco Moya. Lts Keith Reid and Bob Aubrey are in the background.



Back row, left to right:  
Ryan McAuliffe and Kamalei Hill.

Front row, left to right:  
Kapish Kaza and Will Callaghan  
Background: 2d Lt Reid and TFO McPherson



Bhavya Jonnalagadda, Riley Manchester, AJ Gladkowski,  
and Joshua Sallet



Liam Hickey is standing. Ariana Ward and Max Achkinazi are seated.



From left to right: William Estlick, Lily Gladkowski, and Adam Rosado.

## A Leadership Presentation by USAF Lt Col "Vapor" Bott

USAF Lt Col "Vapor" Bott. His expression is so telling. He really enjoyed spending time with the cadet corps!



On Sunday, March 12, 2023, Lt Col Bott traveled to the Lincoln W. Stoddard U.S. Army Reserve Center in Worcester, Massachusetts to address the cadet corps from Coastal Patrol 18 and Goddard Cadet Squadrons. Using his own life story as the backdrop, he focused on several essential leadership attributes:

1. The need to have a vision and a future goal
2. Understanding that obstacles will come one's way and failures will occur. Each individual needs to learn from his/her failures and navigate a new pathway in life.
3. Innovation is the key to leading a successful mission.

It was evident from the start of this presentation that Lt Col "Vapor" Bott truly enjoyed speaking with the cadets. The cadets, in turn, were engaged. They had so many questions! It was like having a guest in your home that you want to stay forever!

The cadets had so many questions ... Cadet Riley Manchester alone could have asked 1,000 questions if time allowed!

Cadet Isabella Niemann is reading Lt Col Bott's biography to the audience.





This was a night filled with inspiration and awe. Thank you Sir!



# Members of WPI's AFROTC Detachment 340 Visit Goddard Cadet Squadron

by Major Roland Houle

**M**aj Roland Houle is our squadron's Leadership Officer.. Over the years, he has developed innovative ways to teach the cadets about leadership, incorporating hands-on activities and challenging their assumptions.. He tasks upper-level cadet NCOs and officers with providing leadership presentations to the cadet corps. Continuously working to enhance our cadet leadership program, Maj Houle invites guest speakers from outside organizations to speak with our cadets, introducing new perspectives on leadership and expanding their horizons in regard to career opportunities.

**A**ir Force Reserve Officer Training Corps (AFROTC) detachments are located on some college/university campuses throughout our nation. On Sunday, March 12, 2023, thanks in large part to Maj Houle's initiative, we had the good fortune to have three members of Worcester Polytechnic Institute's (WPI) Air Force ROTC Detachment 340 visit our Army National Guard meeting site.

**E**ach of the three guest speakers began their presentation by telling how they came to join an Air Force ROTC detachment. This was followed by individually chosen leadership topics as follows: topics.

- Cadet Chae: Why she believes compassion, capability, and confidence are key leadership traits.
- Cadet Megan List: The Importance of Communication skills
- Cadet Trevor Shrady: Delegation: why it is vital to reach mission goals.

**C**adet Major Carissa Chae is a junior at Brown University in Providence, Rhode Island. She is studying Statistics. Carissa was born into an Air Force family and has moved to eight bases across the US, UK, and Japan. In AFROTC, she has served as Public Affairs Officer, as flight commander, and she now serves as the Director of Operations for Detachment 340.

**C**adet Major Megan List is a junior studying biochemistry on the pre-med track at Brown University. From Fayetteville, Pennsylvania, Megan often misses seeing farm fields while she's up at school in Rhode Island. She's a part of the women's club soccer team and enjoys participating in triathalons in during the summer.

**C**adet Captain Trevor Shrady is a currently a senior at WPI. He is getting a bachelor's in aerospace engineering and a master's in mechanical engineering. He will be commissioned as a CSO in May 2023. Trevor is from Groton Massachusetts. In his free time he enjoys hiking and camping. When the outdoors aren't accessible, he enjoys playing the piano, building models, and playing video games with his friends.



**M**ajor Roland Houle, our squadron's Leadership Officer, is elaborating on a leadership topic presented by C/Maj Carissa Chae. Carissa is majoring in statistics at Brown University in Providence, RI. She is the Director of Operation at WPI's AFROTC detachment.



**C**/Capt Trevor Shradly is currently in the Masters Program at WPI, majoring in Aerospace Engineering. To his left is C/Maj Megan List. Like C/Maj Chae, she is also a student at Brown University. She is majoring in Biochemistry and is in the Pre-Medicine track. She serves as the Director of Staff within WPI's AFROTC



# THE BASICS OF ASSESSING A VICTIM

**G**oddard Squadron's 2d Lt Paul Farynaz has had years of experience in the medical field, serving as an EMT and working on ski patrol every winter at a New Hampshire ski resort. His son and Goddard's Cadet Commander, C/Lt Col Karl Farynaz, also has an aptitude for emergency medical care. Every summer since the age of twelve years, he has spent a week at CAP's Hawk Mountain Ranger School

honing his skills in regard to search and rescue skills. Over the past two years, he has also served on staff at Hawk's Winter Survival School.

**O**n Sunday, March 26th, Karl dedicated an hour teaching cadets and senior members how to assess a victim and provide basic care.

C/Lt Karl Farynaz begins his presentation. He is reviewing the basic steps taken to assess a victim.





Assessing the patient.



Explaining how to check the carotid pulse



Now it is time for the cadets to pair up and practice, under the watchful eye of Karl.





Checking for capillary refill.

This is a working session. Cadets are eating as they learn.



Thomas Niall



**PUBLISHED  
BY  
GODDARD CADET SQUADRON**

**PHOTOGRAPHERS**

2d Lt John Reid  
Ghost



*Photo taken at Mount Rainier National Park*

**VK DESIGN**

