



# WARHAWK CHRONICLE



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## September Events

As September comes to an end, we look back on the great opportunities our motivated cadets have taken so far! This month, some cadets have attended a special extra training day called Rising Warhawk Weekend at Lewis University, our Cadet Wing Commander started a running challenge to see who can out run the total distance he has ran this month, and a few of our cadets had the opportunity to go to Dayton, Ohio for the Air Force Marathon and more! In the September 2019 Issue of the Warhawk Chronicle, cadets Hannah Rausch, Nicholas Franchi, and Samantha DeLuna share with us their experiences.

## Rising Warhawk Weekend

By Hannah Rausch



Attending Rising Warhawks Weekend was truly an amazing experience. As a first-year cadet, it was an excellent chance to get a glimpse at some future training I will receive. Our itinerary was packed full of interesting activities, so there was never a dull moment. After the morning report, we moved right into training starting with weapons safety briefing. Even though fake weapons were used, C/1st Lt Siegele stressed the importance of safety now in order to lay a strong foundation of safe habits for the future. Once we finished the safety briefing, C/Capt Senese taught us tactical skills that included 4-man teams and land navigation.



These skills proved to be important later in the day during the AEF scenario. During the scenario, we had to navigate our 4-man team safely through the newly hostile area

to the nearby friendly base within a specified time. Along the way to our friendly base, however,

we encountered many obstacles to our mission such as a harmless civilian, a stranger asking for our weapons, and an angry farmer demanding that we leave her home. Once time ran out on our scenario, we went through a debrief to discuss what went right, what went wrong, and possible solutions to any issues we encountered. Even during the following lunch, we continued our discussions about the scenario. One of the most important takeaways from this discussion was going over the proper way to deal with individuals approaching our 4-man teams: the 5 S's. C/Maj Jakubowski explained each of the 5 S's (Shout, Shove, Show, Shoot, Shoot) in detail before offering a demonstration with C/Col Franchi.

We then moved onto practicing and learning drill movements. IMT and FTP worked together to practice column movements as well as learn flanking movements. Once the instructional drill time was over, the FTP got to practice commanding an FDE, flight drill evaluation. Once the FTP had completed their FDE and received feedback from the POC, we concluded with an informal



closing ceremony to talk about the day overall. By the time we finished, we had learned so much and walked away with a truly beneficial experience.

## Racing the Cadet Wing Commander

By Nicholas Franchi

For this Fall semester, cadets in detachment 195 have the unique opportunity to participate and challenge C/Col Franchi in a race for the most miles during the month of September.

C/Col Franchi initiated the challenge for cadets of the detachment to see who could run the most miles. The challenge started September 1<sup>st</sup> and lasts through September 30<sup>th</sup>. He did establish rules for this challenge, cadets must run at least an eleven-minute mile pace, all runs need to be tracked on everyone's favorite app, Endomondo, and miles from the physical training sessions do not count towards the cadet's totals.



This challenge was optional; however, it did come with incentives. Cadets that run more miles than Cadet Wing Commander will receive recognition at the September awards ceremony and a free

water bottle. One additional reward for all of the cadets who participated is achieving a higher level of personal fitness to help provide for an improved Fitness Assessment score!

As a cadet that is participating in this challenge, I find it quite exciting to run for more than just the reward of getting in shape. I loved going to Leadership Lab and hearing C/Col Franchi announce his miles for the month and either knowing I was ahead or knowing I had to



push myself even more. I hope this challenge turns into a tradition where future Cadet Wing Commanders continue to challenge all of detachment 195's cadets to promote and foster a spirit of healthy competition while improving the overall fitness of detachment 195.

## Air Force Marathon Trip 2019

By Samantha DeLuna



When I heard there was a chance to go to the Air Force Marathon this semester, I jumped at the opportunity to join my fellow cadets in Ohio. I didn't know what to expect, having it only be my first year, but was pleasantly surprised with the experience overall.

A large chunk of our trip was driving to Ohio as well as navigating around the area when we got there. During the van rides, SSgt Crenshaw would ask us prevalent questions. This was not only to try to get to know us, but to help connect what we are doing now to our future careers. He'd ask us what fields we are interested in and was quick to give us a description of what the job entails, not sugar coating anything. If he wanted us to take one thing away by the end of the trip, it was that if we successfully complete the AFROTC program, we will be officers in the Air Force. Officers who are in a position of leadership must make important decisions.

Even though it sounds distant, it will be a reality for some in just a matter of a few years or months.

On our first night there, we visited the Vice Commander of the Wright-Patterson AFB, Colonel Phillips. Him and his wife welcomed us all with open arms and good food. We learned about the base itself and even



went ahead and shared stories through the night. He gave us numerous tips and even offered us guidance. It was comforting to know that people in these positions are humans too and are so willing to help us on our journey.

Apart from the marathon itself, we visited the National Air Force Museum, as well as the site where the Wright Brothers conducted their experiments and trials on their race to create the first “flying machine”. The Air Force Museum was filled with various exhibits and in fact, many,



many different planes as one may assume. The layout was set from the early years where planes were just a thing of the imagination to the

astronaut suits that are used today. It was incredible to see the development over the years and what's even more crazy is to think of what may be next. SSgt Crenshaw was able to keep us intrigued on everything and even showed the same amount of excitement as us when we would

see something cool. He'd explain to us in detail what was what and how it worked on the spot.

As for the marathon, we had three cadets run in the 5k. They all did a great job and I was very proud to see each one of them cross the finish line. Cadet Petrik and I, along with SSgt Crenshaw participated in the 10k. It's not a secret that I am not the best of runners but running in the 10k was one of the most awesome things I've done. Even when the rain started pouring, and my hair was frizzing up. Jogging across Wright-Patterson AFB and



being able to cross that finish line with all the other cadets cheering me on, is a feeling that is indescribable. This was my first time participating in something of this sort. It's a great feeling



knowing I was able to finish when in fact, I wouldn't have been able to just a few months ago. By completing the 10k, which may be easy for some, has marked an improvement in myself.

Overall, the trip was an enjoyable time filled with camaraderie and sore faces from laughing so hard by the end of the day. I can't wait for next year to try and beat my time, and hopefully for more cadets to join along in this fun learning experience.