

# THE 415

## October Newsletter

### *FLEX*



Cadet Gassie demonstrates how to get through an obstacle on the Confidence Course to observant cadets.

The Field Leadership Exercise (FLEX) trip was a huge success mid-October. The abundance of applause at Lead Lab these past two weeks, and the words of praise on the surveys were evidence enough. During FLEX cadets got the opportunity to jump some hurdles on the Confidence course, meander through the woods during Land Navigation, conquer some fear of heights on the rappelling tower, and gain some leadership/followership skills on the Leadership Reaction Course.

### *NEW MENTORSHIP PROGRAM*

After two-months and some quick conversations, the GMC cadets chose their POC cadet mentors this past week. This led to a very eventful end to Lead Lab as mentors and mentees joined together to carve some

spooky pumpkins and get to know each other a little better.



Cadets Medina and Banaszak speed networking, alongside the rest of the cadet wing, to decide who their POC mentor should be.

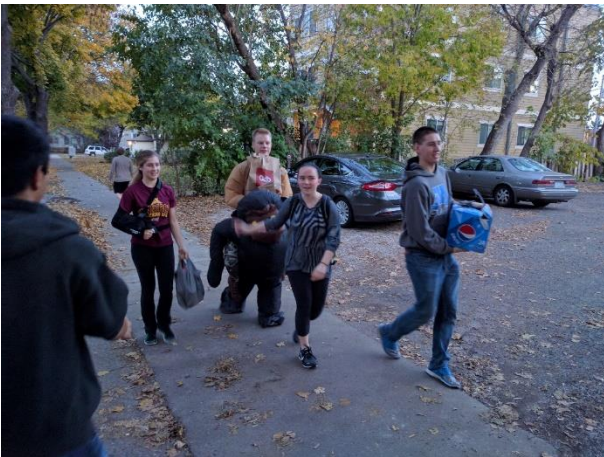
### *HALLOWEEN PHYSICAL TRAINING*



Cadre and Cadets dressed up for a riveting game of Contagion at Halloween PT.

Cadets sprinted across the Field House in the hopes of “killing” all of the zombies in their hilariously scary costumes this past week. This game of Contagion was a much needed, fun-filled break from the taxing Physical Training (PT) sessions that this semester has been packed with. After many miles of running, thousands of push-ups, and a couple mock fitness assessments (FAs) under our belts, we are sure to break some records at our next official FA!

### *AAS CAN DONATIONS*



Arnold Air Society members dress up and go Trick-or-Treating for cans in nearby neighborhoods.

On 28 and 29 November, cadets went Trick or Treating for Cans. Cadets split into small groups to walk from house to house in hopes of collecting cans for those in need and to spread awareness about who we are and what we do in Arnold Air Society. All in all, the cadets collected 75 cans!

The collection process didn't stop there, though. The new pledge class also put on a joint can drive. This was a competition to collect the most amount of non-perishables between the Air Force, Navy and Army. The drive concluded on 04 November and we won the competition by collecting 50 more cans!