



THE DAY WING NEWSLETTER

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LLAB 1



By: C/Stamp and C/Walker

On Thursday, January 26th, the cadets and cadre of Day Wing assembled for the first time this spring semester in order to take part in Leadership Laboratory One (LLAB 1). The event started off with Cadet Chambers, the Wing Commander for the semester, outlining his plans. This focused on the idea of change and preparing cadets of all years for what is to come, whether that be Field Training, graduation, or simply moving up a year within the AFROTC program. Cadre then took the cadets through a review of all the safety and information lectures that mark the start of every semester, providing a welcome refresher on valuable information.

After a brief intermission, Col. Gilson resumed the LLAB with a "Gateway to POC Refresher," where he asked the AS300s and AS400s questions about their time as POC, lessons they've learned, and how they could improve moving forward. The POC were very vocal in pointing out ways they could improve, showing their deep commitment to the AFROTC program. They expressed their desire to see Day Wing grow and to continue producing skilled, successful Airmen and Guardians into the Air Force and Space Force.

After this, the second half of LLAB 1 went in a new direction, which involved the AS400s taking part in a series of Group Leadership Projects (GLPs) while the rest of the wing watched on in amusement. The

AS400s had to undertake several challenges, including most notably solving a series of riddles which in turn revealed the upcoming base assignments for each AS400 following their graduation from Liberty University. After that, LLAB 1 ended and the cadets were dismissed, ending the first day of AFROTC this spring. It thoroughly explained the intricacies of safety, and effectiveness, and prepared the cadets and candidates for an efficient and effective semester in Day Wing.



STARS ALIGN



By: C/Gye-jacquot

Over 150 AFROTC cadets attended the Space Training and Readiness Squadron (STARS) Align event at Virginia Tech that took place from January 20th to January 22nd, 2023. The event aimed to build connections between future Guardians and Airmen and promote a greater understanding of the U.S. Space Force mission and its role within the U.S. Armed Forces.

The event featured a speech by the first Vice Chief of Space Operations, General David D. Thompson, who emphasized the evolution and future of the Space Force, as well as the importance of adapting technology and strategies. U.S. Space Force Colonel Corey Ramsby also discussed the future of training for cadets aiming to commission into the Space or Air Force. The cadets were also able to speak to newly commissioned Space Force Officers.

C/Moree, who attended the event, told us about his experience: "My favorite part was talking to a 2nd Lieutenant in Intelligence who was one of four Virginia Tech alumni who came to speak about their recent transition to the Space Force. I am also pursuing Intelligence in the Space Force, so I benefitted greatly from hearing about what I might be able to expect from my future job. I also enjoyed connecting with cadets from different detachments and seeing some similarities and differences between our ROTC programs. Being able to network before field training might help me recognize someone in my future FT (Field Training) flight."

C/McGee also attended the event and accepted to answer a few questions:

Why did you decide to attend the event?

"I decided to join the event for one of two reasons. Firstly, it was a SPACE event. This is the first time in my ROTC career that we have had a cadet-run Space related conference, and that to me was just awesome. Secondly, it was advertised via our detachment's new i5 program (YAY i5!) and I believed it offered some great learning opportunities for i5 and our cadets wanting to go for the Space Force board."

Overall, how would you rate the event?

"I give the event a solid 10/10. They had some powerful keynote speakers/leaders (General Thompson (Vice Chief of Space Ops), and Colonel Ramsby (AFROTC/CC)). Virginia Tech put us in a nice hotel for two nights and all meals were provided. The entire event was sponsored and paid for by HQ AFROTC and Space related partner companies. It was a great networking opportunity for cadets."

What was one of your major takeaways from the event?

"Major takeaways I had from the event was that 'Space is hard.' It is no cake walk. There are many challenges that the Space Force has, but solves via collaborating with private companies such as SpaceX, Slingshot, or Blue Origin to stay ahead in competition. It humbled me knowing that incoming 2nd Lieutenants do have an impact on the branch. We are constantly evolving and growing, and it takes the best and brightest for us to stay relevant."

Is there anything else about your experience that you'd like to share?

"I was honored to sit down and talk with Gen Thompson about i5, and how important the space domain was even at the detachment level. With the increasing awareness of the Space Force's mission and fight, it was very interesting and motivating to see our newest military branch 'in action' at the event."



1 - C/McGee and General David D. Thompson



2 - Colonel Corey Ramsby

Valor Farms





By: C/Tran

On January 21st, about 20 cadets traveled to Valor Farms in Altavista, Virginia to help maintain the grounds of the center. The goal of the center is to house veterans in a safe environment so they can get back on their feet and live a quality life. They worked with other volunteers and veterans to paint homes, fix animal shelters, transport materials, and help with construction. It was a rewarding time for many cadets as they had the opportunity to learn about the lives of the veterans and receive advice regarding their experiences. While there were many cadets from Day Wing of Detachment 890 volunteering at Valor Farms, they were not alone. These cadets worked with other organizations like Habitat for Humanity to continue maintain and develop Valor Farms.

PT Weightlifting



By: C/Brendle

There has been a new change to PT for this semester. Recently information has been put out regarding adding weightlifting to our PT schedule throughout the week. Once it is implemented, cadets will be assigned a day for them to participate in a weightlifting workout. Something that is important to note is the new weightlifting PT will count for PT attendance. It will be formatted much like the standard PT, but after the dynamic stretches you will break out to begin the workout, and later, return to form up. Weightlifting brings something new to the table when it comes to health benefits. Regular weightlifting can increase heart health, bone health, flexibility, mobility, and other health benefits. With weightlifting, regular cardio, and calisthenic workouts, we will be prepared for future PFAs. Most importantly, these workouts will prepare us for a healthy lifestyle.

The Air Force Today



By: C/Walker

Frank Kendall gave an address at the Aviation Week Defense Conference at Joint Base Andrews in Maryland this last month. He expects for the Air Force to increase its technology before reducing its size; "We have a lot of commitments around the world, [and] we need a certain-sized force to meet them," said Kendall. "We are doing some divestitures, [...] We'll do more of those to free up resources as we transition and modernize." Kendall shows that he doesn't expect the AF to shrink in size in coming years but rather to maintain its current size and increase its diversity of aircraft.