Events to look forward to:
- Career Day
- Notre Dame Basketball Tournament
- Dining Out Formal
- Joint Army ROTC LLAB
- Physical Training Competition
- Shadow Day

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An Exciting Semester Ahead
C/Casey Slaggert, Operations GP/CC

Operations Group has a lot of exciting activities planned for the upcoming classes and workouts this semester. We will have a joint career day on February 20th with the cadets of Detachment 390, held at the University of Michigan. There will be a Leadership Lab held at Western Michigan University which will help build cohesion between the two universities where Michigan State University is the host school to WMU cadets that make up almost half of Det.380’s cadets. The annual Flyin’ Irish Basketball Tournament takes place in Notre Dame, February 28th. There will be one male and female team attending representing Detachment 380, facing cadets from across the nation. We hope to bring back some trophies! April 11th is Dining Out, which will be held in Lansing. Operations group is currently trying to schedule a day where Cadets will be able to use Army ROTC equipment and learn from their Cadre. This will be a unique and exciting change to the normal classes. Along with the class held with Army ROTC we are also planning a weekend Physical Training competition at MSU and WMU. The competitions will consist of games, calisthenics and other high intensity workouts. We will be hosting a Shadow Day LLAB on April 23rd, where we will have interested high school students come learn about the opportunities the Air Force has to offer.

Physical Training
C/Ryan Declerck, Physical Training SQ/CC

Over at Physical Training Squadron, we are dedicated to providing cadets with workouts that will challenge them. To prepare for this semester’s PFA, we focused on total body workouts with an emphasis on cardio. We’ve incorporated a new dynamic stretch routine for warm ups as well as some form of burn out activity at the conclusion. This usually involves burpees, running an extra mile, or push-ups/sit ups to failure. We are providing each cadet with the necessary training to perform to the best of their abilities physically, as well as the knowledge to lead a healthy and active lifestyle.

Cadets motivate each other in a warrior knowledge competition at LLAB

Cadet Joseph Schulte performs a fireman’s carry during a buddy theme PT session called “Howdy Partner”
Operation Identity
C/Samuel Hiltner, CW/CV

Over the course of the semester, cadets have time to bond and build with their fellow cadets in each of their respective flights they’re placed in. One way cohesion and morale is built is the representation each flight has through their flight shields. This semester’s theme for naming flights has been pegged as “Operation Identity”. Each of the five flights were assigned to a conflict from WWI to the Gulf War, and tasked to choose an active units name to honor as their own flight name. Each flight name carries significance to its members and what they want to accomplish together this semester.

Flight Fellowship
C/Michael Drew, Bravo FL/CC

Having a high sense of group and team spirit within our flight is one of the best parts of getting to work together. It’s rewarding to see everyone getting along, and being proud of the flight they’re in together. Throughout the semester I try to give our flight organized opportunities to interact collectively. Recently we held a Super Bowl party, where cadets brought in different dishes to pass around while we watched the game. We reserved the kitchen common area in Holden Hall where Cadets Jesse Forraht and Jacob Goldwax prepared some awesome fried veal and chicken to pass around. We all had a great time, despite the Patriots win.
Past MSU Detachment 380 cadet, and current active duty officer of four years, Captain Jeffrey J. Livingston returns to his alma mater as Recruiting Flight Commander and instructor of freshmen and junior cadets. Holding his promotion ceremony to captain in front of the cadet wing last month was coming full circle from commissioning as a 2nd lieutenant here just in 2011. I sat down with Captain Livingston to ask him some questions about how it feels to be back.

**What is your favorite part about being back on this assignment?**

“It’s really, really cool to see how much, but also how little things have changed. I get to be a part of helping younger people accomplish their goals. Being able to mentor, teach, and give advice—That in itself is very cool. Plus, who wouldn’t want to come home for three years and still be on active duty!”

**What advice could you give to newer, younger cadets to be the best cadets they can?**

“You just have to be dedicated, that’s really the big thing. You have to know what you want - now I realize some cadets are feeling it out, not really sure what they want to do, but you always have to set yourself up for success. You have to be in 100% in how you act and participate. You always have to be setting yourself up for success - whether you’re a freshman in college, or a captain or major on active duty.”

**What advice could you give to POC cadets about to enter active duty to be the best officers they can?**

“Treat your junior/senior years as if they’re your 100/200 years. Same mindset. Same determination to get things done. All the way through. Yeah, you have more experience in ROTC, but you still have a lot to learn about the Air Force and life as an officer. Don’t use ROTC as a ticket to commissioning after field training. this is your continuation of training, and what you get out is determined by the effort you put in.”
Established in 1946, Detachment 380 is an AFROTC training program based out of Michigan State University in East Lansing, MI. Det. 380 also supports cadets from five nearby universities: Western Michigan University, Central Michigan University, Olivet College, Hope College, and Lansing Community College. The Cadet Corps averages around one hundred and fifty cadets from these six institutions of higher education.

AFROTC (Air Force Reserve Officer Training Corps) is a training program that prepares college students to become officers in the United States Air Force. Students work with Det. 380 to qualify for a commission in the Air Force while simultaneously completing their university undergraduate degree requirements.

Det. 380’s educational training program emphasizes student involvement and the development of leadership skills. Classes are conducted as seminars and call for active student discussion. In addition, cadets become involved in the management of their own cadet wing through a mandatory weekly two-hour "leadership laboratory." Cadets are assigned corps positions, with increasing responsibility over the four years. Students also participate in physical training, leadership projects, visits to Air Force bases, orientation flights, and normal college extracurricular activities.