



High Flight 2.0

The Official Newsletter of
Albuquerque Heights
"Spirit" Composite Squadron
New Mexico Wing, Civil Air Patrol



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FLIGHT LINE is published quarterly, by and for the members of Albuquerque Heights "Spirit" Composite Squadron. Submission deadline is the third Tuesday of the month preceding publication.

Text may be submitted in the body of the e-mail (preferred), or sent as an attachment in Word format.

Photos must be in JPG format, unretouched, uncropped, and at least 1200 by 900 pixels.

Credits: in all cases, please give the grade, full name and duty assignment of the author of the article, the photographer, and anybody mentioned in the article.

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Squadron Leadership at its Best!

*By 2nd Lt. Michael R. Saul, CAP
Public Affairs Officer*

ALBUQUERQUE, N.M. – In the Civil Air Patrol, safety is the number one rule. Lt. Col. Michael Eckert, when asked how he would describe the role of the squadron safety officer, explained, "You can never go overboard on safety. I would rather cancel an event then get anyone hurt or get equipment damaged." According to Eckert, "Captain Karen Barela is the epitome of a safety officer." According to Eckert, she reviews every event for risk management, and she automatically thinks safety prior to even the simplest of things.

On 11 January 2018, Barela presented an operational risk management (ORM) briefing which taught squadron cadets and senior members about the need to assess risk in all activities. For example, during Physical Training (PT), operational risk management includes the dangers of exercise. One danger would be dehydration. Part of ORM suggests that prior to exercise participants must drink water to prevent dehydration. Not only did Barela commit to teaching this ORM lesson, but by doing so, she kept the squadron in fulfillment of regulation expectations. All squadrons are to provide ORM training by 31 March of each year.

In addition to monthly Safety lessons, Captain Barela also commits to monthly Physical Training (PT) for cadets consistently creating fun and

innovative ways to engage the cadets in their own health and overall physical well-being. Barela continually displays outstanding volunteer service by faithful attendance, innovative safety briefings, a commitment to teaching squadron cadets monthly. Barela has earned multiple Wing level Safety Officer of the Year awards, with the most recent being presented at the NM Wing Conference in 2017

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Barela has earned multiple Wing level Safety Officer of the Year awards, with the most recent being presented at the NM Wing Conference in 2017. Kudos to Captain Barela, an outstanding Spirit Squadron member and supporter. Keep up the great job!

Photos by Capt Mary Fox. Left - C/SrA Jasmine Nichols participates in a fun game of balloon tag. Right – Capt. Karen Barela explains the safety use of ladders to the cadets.)

My *Amazing* Experience at the GTM3 Academy!

By Jessamine Wignall, Cadet Airman, CAP

ALBUQUERQUE, N.M. - As soon as I heard about the GTM3 class, I started to assemble my 24 hour pack right away. I got a little too excited and put together a 72 hour pack instead. When I arrived at the class I signed in and sat down at a table near the front. I looked around the room to see a dozen cadets from a variety of different squadrons with small camouflage backpacks staring at my brother and I with our gigantic 72 hour packs that were half our size. When the class started the first thing that Col Eckert talked about was our packs and how we shouldn't put too much weight in them because this is what we will be wearing all weekend. He also went over what to do when we signed in. We had to have our CAP ID card, 101 cards and some other paperwork.

On the second day I took some extra stuff out of my pack and it was much lighter. We arrived at class and there on the table next to the sign in sheet were three boxes full of doughnuts. I grabbed two and sat down at the table to eat them. The first thing we talked about was how to treat hot and cold injuries. It was interesting to learn symptoms and treatments for things like heat exhaustion, hypothermia and frostbite.

Then we did exercises on boxing a compass, we went outside and used our compasses to find the bearing of an object or a place on a map. After about 30 minutes in the sun we went inside to eat lunch. I had a sandwich with pickles and bacon. After lunch a student suggested that we run a lap around the building. Unfortunately the Col took them seriously and we ran four! My feet started to hurt and I quit during the fourth lap. It turned out that my boots were too small. A cadet from Eagle squadron went with me inside to help me to get new ones. I came back outside and there on the ground was a litter. They showed us how to pick it up if an injured person was in it: lift to the knees,

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lift, lift to the hips, lift. Then a student got in and we carried him around the building. We also used an ELT (Emergency Locator Transmitter) to track a PLB (Personal Locator Beacon).



On the last day when we arrived at the classroom we checked over our packs. We needed to have a compass, signal mirror, two quarts of water, a whistle, an MRE and a ground team member handbook. After all the packs were checked we were assigned to jobs. I was asked to be a log keeper for van #21 and another cadet was a log keeper for van #18, and another was assigned to be the medic. We drove out to the field and began the first exercise which was a line search. A line search is when you form a line and walk until you find what you are looking for. We did this again but rotated slowly instead of walking forward. (Photo by Mary Fox, Captain)

Soon we received a call about a missing hiker named Tanya Jones. She wore a blue cap, jeans, a gray T-shirt and tennis shoes. There was also a helper who matched the description perfectly except her name wasn't Tanya Jones and she was not the subject. We did a line search and soon found a paper hidden in a bottle which said that she was OK and ran away with a guy called Todd. We ate our MRE lunch and got another call that said a PLB signal was going off and that there was also a plane crash in the area.

We started another line search when a cadet pointed out a tarp structure in the distance. We (Lieutenant Neal and I) ran over. There on the ground was a plane made out of two tarps, a wagon and a piece of plastic. There was also a PLB under the wing. Nearby was a man with a horrible head injury. He claimed to be dead. We laid him into the litter and carried him back to the van. When we got back to base the "dead guy" said that he really enjoyed the litter ride and that it was very smooth and went well.

My favorite part was when I kept the log. It was fun and I didn't have to help carry the ELTs or litter too much because I was carrying a clipboard the whole time. Overall I loved the whole experience and will definitely go again.

Spirit Squadron Keeps Active!

*By 2nd Lt. Michael R. Saul, CAP
Public Affairs Officer*

The Albuquerque Heights Composite Squadron has been **VERY ACTIVE** lately. Have YOU?

- December 21, 2017 - Squadron Holiday Banquet
- January 6, 2018 - Aerospace Family Extravaganza
- February 24, 2018 - Flagging Session
- March 1, 2018 - Guest Speaker Lieutenant Colonel Ted Spitzmiller
- March 8, 2018 – KAFB Special Ops team
- March 23-24, 2018, Ground Team Academy Training
- March 25, 2018 - Ground Team Academy Field Training Exercise (FTX)
- March 31, 2018 – KAFB Special Ops Open House at Wing HQ