



**The Col. James H. Kasler Senior Squadron
Monthly Safety Publishing
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Featuring
THE SENTINEL



OFFICIAL SAFETY NEWSLETTER OF CIVIL AIR PATROL



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Safety Pledge

As a Civil Air Patrol Member I pledge to promote an uncompromising safety environment for myself and others, and to prevent the loss of, or damage to Civil Air Patrol assets entrusted to me. I will perform all my activities in a professional manner, and will hold myself accountable for my actions in all of our Missions for America.

A new INWG Supplement 1, CAPR 62-2 (Mishap Reporting and Investigation), dated 18 February 2006 has been issued. Copies have been passed out at this meeting. A copy of this has been posted in the hangar.

A new INWG Supplement 1, CAPR 77-1 (Civil Air Patrol Transportation Regulation), dated 11 March 2006 has been issued. Added: Use of cell phones in CAP Vehicles in Indiana Wing will require the use of hands-free devices by the operator of the vehicles. Passengers may use cell phone without a hand-free device. Drivers will be alert to other distractions while driving and will take whatever action required to avoid distraction. A copy of has been posted in the hangar.

A new Safety Policy for the Indiana Wing has been issued, dated 18 February 2006. A copy of this has been posted in the Hangar.

Safety Humor

New Recommendations for Indiana BMV Drivers Manual:

1. Turn signals will give away your next move. A confident Indiana driver avoids using them.
2. Under no circumstance should you maintain a safe distance between you and the car in front of you, because the space will be filled in by somebody else, putting you in an even more dangerous situation.
3. The faster you drive through a red light, the less chance you have of getting hit.
4. WARNING! Never come to a complete stop at a stop sign. No one expects it and it will result in your being rear-ended. This is especially handy at who goes first 4 way stops this way there will be no confusion that it's your turn.
5. Never get in the way of an older car that needs extensive bodywork, especially with MI, IL, or OH plates. With no insurance, the other operator probably has nothing to lose. (Note: If you have the older car and/or have no insurance...aim for the Mercedes, BMW or Hummer)
6. Braking is to be done as hard and late as possible to ensure that your ABS kicks in, giving a vigorous, foot massage as the brake pedal violently pulsates. For those of you without ABS, it's a chance to strengthen your leg muscles.
7. Never pass on the left when you can pass on the right. It's a good practice to prepare other drivers entering the highway.
8. Speed limits are arbitrary figures; given only as a suggestion and re not enforceable in Indiana during rush hour.
9. Just because you're in the left lane and have no room to speed up or move over doesn't mean that you can't slam on your brakes because a driver flashing his high beams behind you thinks he can go faster in your spot.
10. Always brake and rubberneck when you see an accident or someone pulled over. This is seen as a sign of respect or the victim.
11. Learn to swerve abruptly without signaling. Indiana is the home of high-speed slalom-driving thanks to the Department of Public Works, which puts potholes in key locations to test drivers' reflexes and keep them alert.
12. It is tradition in Indiana to honk your horn at cars in front of you that do not move three milliseconds after the light turns green, or turns taking longer than three milliseconds.
13. When behind a police officer, travel the same speed as he, and ignore those attention seeking lights on his roof and turn your stereo louder to drown out his crazy horn sounding techno music. (They should receive a noise ordinance ticket for that!)
14. Remember that the goal of every Indiana driver is to get ahead of the pack by whatever means necessary, late or not, it doesn't hurt to be a half our early.
15. In Indiana, 'flipping the bird' is considered a polite salute. This gesture should always be returned. If, by chance, they are trying to show-off their new pistol or bat, hold your AK out the sunroof and yell that yours is cooler!
16. When merging from a two lane into a one lane, ponder what the other drivers eulogy will say if he hit's you. (Time Management Exercise)

They will pressure you into doings things that may be unsafe, use your good judgment, and remember, "I would rather be laughed at, then cried for." George MacDonald 2



Indiana Wing 60-Second Safety Advisor

Are We Safe in 2006?

The 60-Second Safety Advisors are provided to maintain a high level of safety awareness throughout the Indiana Wing. Please forward this to your squadrons and post them on your safety bulletin boards.

In 2005, the Civil Air Patrol aircraft accident rate was 2.85 per 100,000 hours of operation. So far, in 2006 (since 1 October) the accident/incident rate had ballooned to 6.5 per 100,000 hours of flight operations (may be higher pending the outcome of a recent aircraft incident). General Aviation is operating somewhere between 6.5 and 8.5 per 100,000 hours of flight operation, during the same time.

That is not that bad, **HOWEVER**, we still have six months to go. The worst part is that the busiest session for flying is yet to come (practice mission, counter drug, proficiency flying...). Since 1996, our worst accident rate was in 1996 and was 7.79 per 100,000 hours of flight operation.

Most of the incidents/accidents have been in three areas that include; poor landings, taxiing into obstructions, and human powered collisions (pushing/pulling the aircraft into hangars, buildings, vehicles, or other aircraft). Of the three, taxiing into obstructions is the largest problem. This can only be contributed to the aircrews/pilot not watching out for what is out side their aircraft. My dad (9,000 hrs+ helicopter pilot) always told me "Don't watch inside the aircraft, it is what is outside that will kill you." That can for your vehicles also.

A reported by the Great Lakes Region CAP-USAF Liaison Office, the Air Force has a policy that if you are involved in a "taxiing into an obstruction" incident/accident the pilot could loose their wings. That is how seriously the Air Force takes it.

The Civil Air Patrol is self-insured on our aircraft. If one gets totaled out or severely damaged, there may not be a new one for sometime.

Remember, that the mission does not stop until the chocks are in place and the prop has stopped.

Health Page

Five Common Headache Triggers

A **Headache** is a condition of mild to severe pain in the head. Sometimes neck or upper back pain may also be interpreted as a headache. Headache is the second-most common form of local pain after toothache.

Headache sufferers spend more than \$4 billion a year on over-the-counter pain relievers. But, prevention costs you nothing. Here are the five leading headache culprits to watch out for:

Stress: Frayed nerves are a frequent cause of “tension” headaches and may also trigger migraines. *Ideas:* Take 30 minutes a day just to daydream, meditate or otherwise relax.

Diet: Certain foods contain substances that can trigger headache pain. *Examples:* caffeine, red wine, processed meats, chocolate, cheese, citrus fruits, lentils, snow peas and monosodium glutamate (MSG). It also has been shown that dehydration causes headaches.

Eyestrain: Concentrating on one object for a long time (such as a computer screen) can cause temporary head pain. *Suggestions:* Take occasional “eye breaks” by looking out a window. Consider having an eye exam to see if a vision problem may be a factor.

Sitting: Staying seated for long periods, especially if you’re constantly on the phone or hunched over, can tighten muscles and lead to tension headaches. *Self-defense:* Shift position...stretch once an hour... Stand during phone conversations... Take a lunchtime walk.

Sleep: Too little or, surprisingly, even too much sleep can bring on headaches. *Best:* Control your brains “clock” by going to bed and getting up at the same time each day- even on weekends.

For more information on headaches and headache prevention check out the following:

About Headaches/Migraine (<http://headaches.about.com/>)

American Council for Headache Education (<http://www.achenet.org/>)

Help for Headaches and Migraine (<http://helpforheadaches.com>)

National Headache Foundation (<http://www.headaches.org>)

Code word: “TAB - Think Safety, Act Safely, Be Safe”

For monthly attendance credit email me your name, rank, ID, answers, and codeword of the month by : **29 April 2006**

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