

Civil Air Patrol offers many types of training

Continued from Page 76

outdoor run if the weather cooperates. His average time is about seven minutes.

Physical training also includes exercises such as indoor shuttle runs, push-ups, sit-ups and a “sit and reach” stretch.

The second Wednesday involves classes such as aerospace education and leadership training and testing that can help cadets advance in grade and rank.

Cadets can opt to take orientation flights in aircraft. They first learn about aircraft systems and features, inspect a plane, prepare for flight, fly it and then clean it. The brothers both have completed “O-flights” (orientation flights).

On the third Wednesday, cadets participate in outside drills, marching and learning movements and commands. The fourth Wednesday is devoted to training in search and rescue.

Squads that are certified to participate in missions have the ability to respond to disasters or whatever mission the Air Force might need them to do. Squadron 306, of which the Malfara brothers are members, is not yet certified to participate in missions, but members

do crowd control work at various activities, such as Armed Forces Day at City Island in Harrisburg and re-enactments such as the Battle of the Bulge at Fort Indiantown Gap.

Leo says, “Our presence brings down crime” at events such as the Battle of the Bulge re-enactment, which was held Jan. 25-28.

In addition to the weekly meetings, Civil Air Patrol members can take part in a variety of activities, including Hawk Mountain Ranger School and winter school.

“Every month we have a safety class and learn something different,” Leo says. Once it was about lightning and another time, firefighting. “We used a fire extinguisher simulator. It was pretty tough.”

Civil Air Patrol also is open to adult participants who have experience in a host of careers. Squadrons may be called upon to help find lost hikers, hunters or anyone who becomes disoriented and to offer assistance during natural disasters such as the flooding that stuck central Pennsylvania last fall.

“CAP has been around for 70 years,” Lichlyter says, “and it has the same missions now that it did then.”



“It’s taught me not to wait around (but to) go forth and do things, to make sure a task gets done.”

— Leo Malfara



Submitted photos

Leo takes his orientation flight in an aircraft, above. Cadets learn about aircraft systems and features, inspect a plane, prepare for flight, fly it and then clean it, below. The Malfara brothers both have completed ‘O-flights’ (orientation flights).



Sentinel photo by BECKY LOCK

Damien Malfara, 12, holds his National Command badge. On his shoulder is the 31st Wing badge.

Where Dreams Come True

Ages 4 and Up

Margaret McCann School of Dance
436-9806
114 Bridge St., Mifflintown
email: mmsd@embarqmail.com

Ralph Aitkin
“Little Job Guy”

Cell: 717-348-0385
Home: 717-543-6088

PERRY R. KINT
FIRE & WATER RESTORATION
PA030399

13260 Route 75 South
Honey Grove, Pa. 17035
717-734-3016
Cell: 717-994-6384
prkint@embarqmail.com

Perry Kint
Owner

LEPLEY CONSTRUCTION, INC.

- Commercial & Residential Modular Sales
- Modular Erectors

242-6400
2233 U.S. Hwy. 522 N. Lewistown

PA031169

PEACHEY'S POURED WALLS, INC.

Specializing in Foundations
Retaining Walls • Floors

Driveways • Sidewalks • Concrete Repair
Agricultural, Commercial and Residential Work,
Light Excavating

Glen Peachey - Cell 717-363-0606
www.peacheyspouredwalls.com
100 Plane View Drive, Belleville, PA 17004
Office: 717-483-6254 Fax: 717-483-6058