

# AGC Weekly News

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## Weekend Roster

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### Saturday

Tug Pilot: Not rostered  
 Instructors: Jonathan Cross, Christian Derold  
 Duty Pilot: Ross Taylor

### Sunday

Tug Pilot: Not rostered  
 Winch Driver:  
 Instructors: Norm Duke, John Robertson  
 Duty Pilot: Rob Meili

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## Stressful Flying

*Adam Woolley (courtesy Wings & Wheels)*



© Bozena Michalowski

Psychological problems come rife with early cross countries and competition flights, both real and imagined. The problem with this is that the pilot (you), often takes some time to find appropriate answers to these stressors, and subsequently, the progress is slow, or worse still, it may even become so difficult that one gives up gliding. This is where outside help is so important, speak with your local coach, mentor, or idol. Any of these

will have been in the same position as you once upon a time, they will be able to considerably speed up your progress and should be able to retain otherwise lost people to the sport. If your club hasn't got a mentoring or coaching system, why not try and set one up, not only for yourself but for the greater good of your members, it's amazing what you can learn.

Gliding is mostly a game of the brain. First, we must have the basics of good health down pat, inflight care of yourself (both mind and body), following this, it is then a matter of making good decisions. Hand flying skills are almost equal amongst the board of pilots, so it's the decision-making that is the difference between good pilots and great pilots.

### Chain of Events

Emotions get in the way, whether you like it or not. They get in the way of normal logical processes, the chain of events that cause these problems are:

1. **The environment** – situations are encountered.
2. **Cognition** – every situation is different; thousands of thoughts enter the mind.
3. **Emotions** – From these thoughts, feelings are generated.
4. **Behaviour** – a decision is made, followed by the appropriate action taken.
5. **Outcome** – the result of the decision-making process.

Where is the underlying problem coming from? Two and three above. From earlier experiences, emotional responses come to mind, almost automatically. The biggest concern in this topic, the negative emotions. They are in total opposition to the logical thought process and analysis. Unfortunately, often they are so strong that they can override everything and we make non-logical decisions.

### Emotional Intrusions

The good thing is that these emotional intrusions are internal, which means we can do something about them. We need to identify them first and foremost. Then make a plan to avoid them. With practice they can be guarded against.

Six basic forms of emotional intrusions that affect are as follows.

1. Self-doubt
2. Inadequacy
3. Irrational fear
4. Unwarranted anxiety
5. Guilt
6. Resentment

### Solution

These can happen so subtly that you may not even recognise that these intrusions are there and destroying your performance. What must you do? Educate yourself (starting with this article as the seed) to recognise when they are affecting you, take a step back on the ground to figure out how to counteract these negative emotions, then make a plan to avoid them when they next appear, make it automatic so you don't have to think about them too much in the future. Here's a mnemonic that I use to combat situations, all subconsciously now though.

- P** – Pool the facts: decide that you have a problem (or an opportunity!)
- I** – Identify the problem (or the opportunity)
- L** – Look for solutions, can it be ignored, or must you do something about it?
- O** – Operate, do something if you must!
- T** – Take stock, evaluate.

If needed, run the **PILOT** model above again, be honest with yourself for the best results.

An excellent aid to help with this subject is to film yourself and/or to record your voice feelings in flight as soon as negative emotions come into play. Then play this back at your earliest opportunity, take notes, think about that scenario and figure out the solution, the cure, how to avoid the situation in the future. I have no doubt that one day you'll have a quiet laugh to yourself at how could you have such irrational thoughts!

Happy soaring!

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## Our Duo Heads South

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As you would have read last week, Ross Gaddes has been busy making arrangements to have ZK-GDX available at various venues and events later in the year. So far there are about 11 members

interested in supporting this venture. If you are keen to go but have not put your name forward, please contact Ross now. All members are eligible to participate.

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## Return of Club Trophies

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*Russell Thorne*

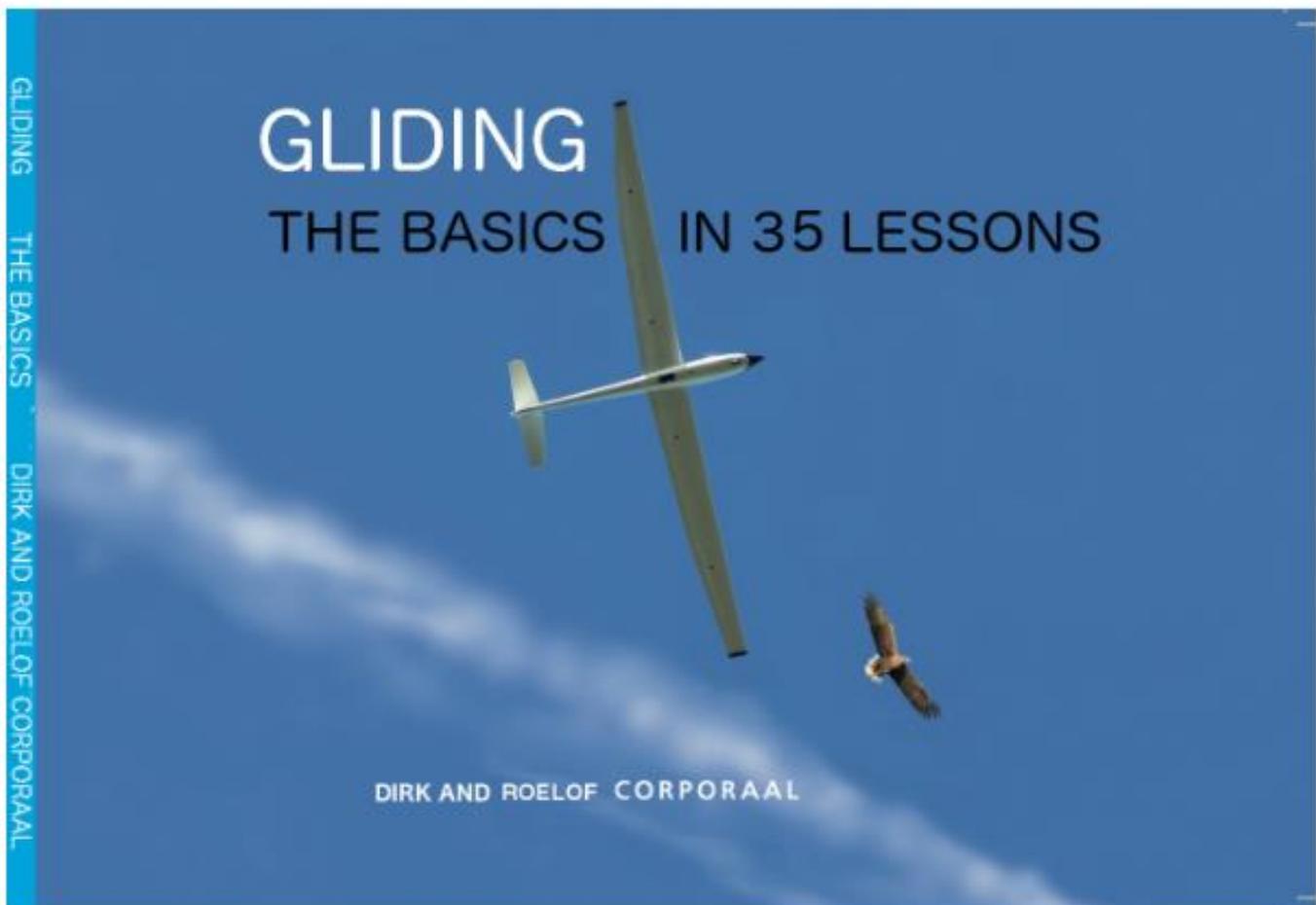
Will any member who is in possession of a club trophy which is still at home. Please will they

ENSURE that it is returned to the club trophy cabinet by Saturday night at 6pm at the latest.

This Dutch website may interest to members - <https://www.gliding.world/index.php/gliding-the-basics/welcome-to-the-world-of-gliding>

### WELCOME TO THE WORLD OF GLIDING

To fly as free as a bird, high above the surface of the earth - that is a beautiful experience. Everyday all around the world new glider pilots become mesmerized by the game of slowly gliding down and then gaining height again by circling upwards in rising air. Often it is hard work finding this rising air and making the correct circles to get the best climb. Not having an engine demands that you keep looking for solar energy to stay in the air. On other days, when it is exceptionally fine gliding weather, you'll easily find lots of rising air, indicated by cumulus clouds. Racing from one cloud to the next you are able to cover great distances. On those days you know that flying gliders is the best hobby there is.



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### **DX Out of Action!**

Ross Gaddes

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News Flash!

While doing the annuals we found the front canopy hinge almost broken off – good save but DX is out of action until fixed.

## Weekend Weather

Gerrard Robertson

Hunua

22 July 2021

<b>Friday</b> 23 JUL		Partly cloudy. One or two showers possible until evening, most likely in the afternoon. Southwesterlies.	▲ 17°C ▼ 4°C
<b>Saturday</b> 24 JUL		Partly cloudy, with the chance of a shower. Northeasterlies developing.	▲ 16°C ▼ 8°C
<b>Sunday</b> 25 JUL		Cloudy periods increasing. Isolated showers, then rain at night. Northeasterlies becoming strong in exposed places.	▲ 16°C ▼ 11°C

## Flying at the Black Mountains Gliding Club

Submitted by Gerard Robertson



As seen on ITV news, flying experiences at the Black Mountains Gliding Club in Talgarth, South Wales, UK. Some explanations and different perspectives on why people enjoy gliding. Nice to see those wonderful ASK13's still flying!

Go to this link:

<https://www.youtube.com/watch?v=fSGldmeh3SM>

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## ***For Sale***

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**Discus B** C/N 120 ZK-GPV. This glider has been sold.

**Mini Nimbus B** ZK-GKR. Based at the Auckland Gliding Club in Drury. Cambridge 'L' Nav and basic instrumentation. National Back style Parachute, Mode 'C' transponder. The Mini B has a later type horizontal stabilizer with elevator and quick connect type rigging features as in the Discus/Ventus and current SH models. The glider was painted in PU paint many years ago and is reasonable condition for its age. Approx 1900 hours total time. Nose and CoG tow releases. NZ-made trailer in good condition with galvanized chassis, ply sides and floor and aluminium hoop supports. Wing wheel, tail dolly and tow out bar. Selling o.b.o the owner. Photos to come, inspections welcome. Price \$35 000.00.

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