

AGC Weekly News

Upcoming Events

NZ Airwomen's Rally Hawera - Gliding at Stratford

Sat 22nd Oct 2022 - Mon 24th Oct 2022

MSC X Country Training/Coaching course

Sat 22nd Oct 2022 - Wed 26th Oct 2022

Labour day

Mon 24th Oct 2022

MSC comp

Sat 5th Nov 2022 - Sat 12th Nov 2022

Canterbury Anniversary

Fri 11th Nov 2022

X-Country and Mountain Flying Course

Sat 12th Nov 2022 - Fri 18th Nov 2022

Springfield comp

Sat 19th Nov 2022 - Sat 26th Nov 2022

Contest Entries are now OPEN. All PILOTS, SECOND PILOTS, HELPERS and TOW PILOTS must complete an entry form on the GNZ website <https://gliding.net.nz/events/springfield-comp-nov-2022> and SUBMIT that they will comply with the GNZ terms and conditions.

After the success of the 2020 and 2021 events the Canterbury Gliding Club is once again organising an Enterprise Competition designed as Competitive Fun for all levels especially first-timers. Convener: Derek Kraak. Registration of interest and information contact (Temporary) Organiser Mike Marra jmmarra@hotmail.com. This year we have a new Contest Director Richard Johnson from Timaru. Richard has been flying and doing Contest Directing in the UK before coming to NZ a few years ago. (Mike and Joan Marra will be on holiday and seeing family in Australia during the Competition time.)

Entry forms this year will be on the GNZ Events website. Normal entry is \$TBA with a daily airfield fee of \$15 plus tow charges/minute. Daily entry is \$30/day. Email which days you want to be entered. Youth Glide members are 1/2 price on entry, hire and airfield fees. Other details will soon be available on the Canterbury Club's website: <https://canterburyglidingclub.nz/contest/>

2022/2023 Northern Regionals

Sat 19th Nov 2022 - Sat 26th Nov 2022
Centennial Park, Taupo

NI Regionals in November

Taupo Gliding club would like to emphasize that the club is able to be very flexible on contest dates. We have a core of experienced contest organisers and volunteers who are not committed to particular time windows throughout the season. This enables us to run a contest at pretty much any time. In general soaring conditions at Taupo are best in January - February.

Pre-Worlds

Sun 27th Nov 2022 - Sat 10th Dec 2022
Narromine

Mountain Flying Course

Mon 28th Nov 2022 - Fri 2nd Dec 2022

Uni holidays

Sat 3rd Dec 2022 - Fri 9th Dec 2022

SI Regionals

Sat 3rd Dec 2022 - Sat 10th Dec 2022
Practice day Saturday December 3rd
Last comp day Saturday December 10th

ATC National Camp ???

Mon 5th Dec 2022 - Fri 9th Dec 2022

School Holidays

Sat 10th Dec 2022 - Sun 29th Jan 2023

YGNZ Matamata Camp

Mon 12th Dec 2022 - Fri 16th Dec 2022

YGNZ Omarama Camp

Mon 12th Dec 2022 - Fri 16th Dec 2022

Christmas Day

Sun 25th Dec 2022

AGC Drury Comp

Sun 1st Jan 2023 - Sat 7th Jan 2023
Now 1st to 7th January 2023. (prior to 01/06/2022 was Sat 7th Jan to Sat 14th Jan 2023)

Flying with Strength, Energy and Enthusiasm

By Adam Woolley, courtesy Wings & Wheels



Our emotional state is largely dependent on our assessment of how we're feeling for the day. Some days we can wake up, feel super good and everything seems just goes to plan. Sadly, there are other days when we wake up, fight through the day, and by the end of it, we figured it was probably better to just stay in bed, we just had a bad day.

How You Feel

Many of us feel that it's very difficult or even impossible to change our mood that we've somehow got ourselves in. This mood will control us from the beginning of the day, through to the end, perhaps even through the whole working week if we let it go unchecked, affecting our mental state and performance in general. The big-ticket item out of all this, there is a link between how we feel and how we perform, we just need to learn how to harness it or manipulate it. Naturally, if we're able to do this, then we can bring out some great performance changes. If we feel down and sluggish, then this is how we fly, if

we feel good and positive, then this too is how we fly, I know which one I'd prefer to perform under!

Self-awareness

Self-awareness is key here, we need to know what general mood types there are first, in order to make a positive mental change to turn our day around, or keep it on the track we've created for ourselves already. It's pretty safe to say that we all know that the following attributes are going to be detrimental to our flying mental state:

- Fatigue
- Tension
- Anger
- Depression
- Confusion

I much prefer to fly with strength, energy, or enthusiasm. Also known as vigour! Personal energising techniques can be used effectively here, backed up with matching goals to pull you forward in a natural manner, which in turn keeps you motivated and focused. Self-talk is a well-

known positive trait to lift one's spirit and attitude. It can re-establish the right amount of vigour and bring us back into the optimum performance range, where we become energised by positive thoughts, more focus, and naturally motivated, which in turn brings self-enjoyment and the results we are chasing!

Recover from Stress

If we go in the other direction, there becomes a lack of incentive to perform at your best, your mind can wander and become unmotivated. Stress or too much of it is not a good thing either, it's possible to have too much of it and your mind simply shuts down, which doesn't allow any more information in. You can imagine where this leads, a poor performance, poor circuit, or off-field landing. How do we recover from the last bit to reduce our stress levels? Rest and Relaxation, a

rest from competitions, or even, just a rest from gliding if you must go there – after all, gliding should be fun!

Finally, we must understand the different moods and how they affect us personally, or if you're an instructor, how they are affecting your student so that you can guide them into a positive and safe learning environment. So, if one of your identified moods that affect you is fatigue in general, research this mood, think about how you can reduce it for your own personal body and mind 'makeup', action the plan & reap the rewards.

Flying with strength, energy and enthusiasm is a wonderful way to our sport – it really opens your eyes to the beauty of it, and puts us into a peak performance state!

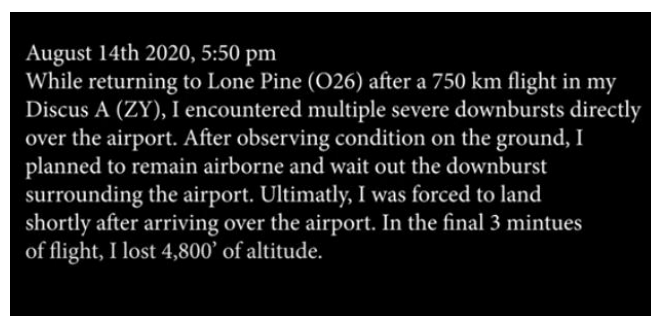
New videos from Gerard

A webinar on flight computers



<https://www.youtube.com/watch?v=Ejvug14IE78>

Flying through a microburst



<https://www.youtube.com/watch?v=EzZOF3nqnUk>

Winter lectures and exams drawing to a close

Winter Lecture series and presenters continues in the Drury Clubrooms on Saturdays at 9am sharp, on the dates shown further on. Lectures will be complete by midday.

All club pilots who do not hold GNZ exam credits should attend these lectures. All pre-solo pilots should attend these lectures.

Written reference material is primarily available online at the GNZ website training.glnz.co.nz under the sub menu "Getting to Cross Country Pilot".

Additional material is available in the GNZ Study Notes book which will be available on Saturdays for reference.

Subject presenters and dates are as follows:

Meteorology - Anton Lawrence 23 July

Radio Theory– Russell Thorne 30 July

Examinations - Met/Radio Theory Russell or Paul 6 August

Radio Practical Examination- Russell 13 August

Regards,
Russell Thorne CFI Auckland Gliding Club

Club Flying at Matamata over Winter

The following shall be the procedures for the deployment of club gliders during the period when Drury airfield is unusable. These procedures do not apply to private owners operating their own gliders with logbook approvals to operate independently. The procedures, including any amendments, will be incorporated in the club flying rules (HWDT) at the next revision, following agreement of the undersigned.

Intent

Upon the identification of suitable weather to deploy, the club members, as a group or as individuals, shall make their bookings under the club website, before Friday to allow time for co-ordination of arrangements. Upon a minimum number to support ground operations, including rigging, a representative shall contact the duty instructor or CFI for approval. If cancellation is deemed necessary by the instructor, then a representative shall advise all booking participants.

Travel

Under the supervision of an instructor, the group shall gather at Drury at 9am to minimise travel costs. The group shall ensure the glider(s) are fit for travel including trailers, batteries and chargers, tiedowns, covers, and parachutes. Club members shall also ensure that the trailer(s) is fit for travel including Registration, Warrant of Fitness and the gliders, a current Release for Service. The gliders shall be securely placed in the trailer. It may be that gliders are already at

Matamata, then the batteries shall be on charge in the MSC Radio room.

Launch

The Piako Gliding club requires that a prior booking for an aerotow be made on their website. All towing charges shall be paid to Piako Gliding Club before leaving the Matamata airfield.

Flying at Matamata

The club gliders shall, at all times, remain under supervision of a club instructor while complying with all local flying rules and those of the Auckland Gliding Club where applicable.

Flight Records

The club members are responsible for keeping flying records and ensuring their receipt by the club treasurer, charges for gliders shall be as per Auckland Gliding Club rates.

Return to Drury or extended deployment

The gliders will return to Drury or derigged and remain at Matamata in their trailers at the discretion of the club committee. The batteries shall be placed on charge in the MSC radio room. The gliders shall be rigged upon return at first opportunity and placed back in the club hangars. If a club member wishes to remain overnight at Matamata, then a booking may be made via gore.family@xtra.co.nz

*Regards,
Russell Thorne
CFI Auckland Gliding Club*

For Sale



PW5 KF. Current Annual until Dec 2022. Ready to fly. Approx 800 hours flying. Radio, altimeter, airspeed indicator, electric and mechanical variors. Includes open trailer. Also Includes free use of hangar space at Drury until 31 Oct, 2022, if required. Priced to sell at \$8,000. Ideal for single ownership or cheap syndicate. Reason for sale is that glider is surplus to requirements. Phone Murray on 0275 875 438



(file photo only)

One share for sale in Grob G109 (ZK-GOC). Touring type motor glider in excellent condition. Upgraded with Limbach L 2400, so has much better take off performance than the standard G109. Contact Russell Jones on 021 180 5544 or email russell.jones@orcon.net.nz

Wanted

Drury hangar space wanted. Contact Peter Himmel on 0210768805 or himp@xtra.co.nz

Auckland Gliding Club

Mid-Winter Evening

30th July 2022

All members, partners, and friends are invited to attend our regular Mid-Winter Evening at our clubhouse on Saturday July 30th at approximately 6pm.



We absolutely need numbers to ensure this a successful event!

Please send a confirmation email to Ross - rsgaddes@gmail.com with your name and the number of you attending.