

# WARM AIR 5 July 2025

## Aviation Sports Club Gliding Newsletter

### THIS WEEKEND:

[www.ascgliding.org](http://www.ascgliding.org)

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Bank Acct: RNZAF BASE AUCKLAND AVIATION SPORTS CLUB 38-9014-0625483-000

### Weekend Roster

Saturday	Instructing:	A Fletcher
5 July	Towing:	R Heynike
	Duty Pilot	
Sunday	Instructing:	I Woodfield
6 July	Towing:	R Carswell
	Duty Pilot	M Weyna

### MEMBERS NEWS

#### *In this edition of Warm Air*

*Club News*

*Upcoming Events*

*Weekend Reports*

*Roster & New Roster*

*Thank you for the pictures, stories and contributions from members!*

### News / Events

### Weekend Reports

#### Saturday – Ivor Reports

From the forecast, Saturday was not looking like a day with great gliding potential. We had some 5Sqn Air Cadets scheduled in, so were looking to get an early start and perhaps get some flights in ahead of any rain arriving.

However, early on we decided it was not going to be any better than the forecast had suggested, and they made the decision to reschedule for another day.

Opening up at the usual time, I was soon joined by Tow Pilot Peter and Duty Pilot Cassian, and shortly after by Kazik, by which time the rain had arrived and we all sat in the caravan discussing the demise of shellfish around our shores, as well as more aviation related issues. Over the next couple of hours the rain showers came and went and in between we got blue sky and nice sunshine, along with some rainbows. However, apart from one young pilot who called to enquire we had no one keen to try flying. Then Tony arrived, and for a while the rain became quite heavy, so having discussed things a little further, we agreed we would not be doing any flying and made the decision to leave.

#### Sunday – Lionel Reports

I headed out to the field not expecting to fly as the forecast and conditions were atrocious. Liam, a new student arrived early and we decided flying was unlikely. Then Anton and Lev arrived and wanted to fly, so we extracted the twin and did a DI.

Gus took a friend for a flight in RDW while we got things ready.

First up with an air experience was a new student Liam (RC model glider pilot) who handled things very well. Then Anton with a couple of circuits with me pushing the boundaries to ensure that he could assess and take appropriate action with changes in conditions. Last was Martin with a lot of turning. The conditions were as advertised - rough!

All done about 1pm and we had home to a warmer climate.

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Kishan passed on this article from Wings & Wheels regarding Dehydration. Although not hot and summery out there, think about the next Coast run or flying along the Kaimai's ridge running for 3 or more hours. Keeping up the fluid keeps you alert.

Certainly no dehydration issues with our weather.

## Dehydration

Tends to be a contributing factor to a lot of stupid things that happen at contests.

### Preventative Maintenance

My first contest was in Phoenix, AZ, early in the season before it got hot. At least that is what they claimed, it seemed pretty hot to my crew, and I. All of the pilots walked around with water. I remember Tony Smolder with his huge Big Gulp cup full of ice water and a wet towel draped over his neck. He would drink a few of them before setting foot into the glider. The goal was to go pee a few times an hour. The FAA recommends between 2-4 quarts of water every 24 hours. When it is in the triple digits before 9 am, more might be required.

You might find that going pee a few times an hour to be excessive, or just the sign of old age. The idea is that you are making sure you are staying hydrated. It is not an easy task to get hydrated once you become dehydrated. If you have become more than mildly dehydrated, you will not be able to drink a few glasses of water and become hydrated.

### Fatigue

Fatigue will probably be the first and most noticeable sign of dehydration. You are probably already fatigued from flying, and this will add to it. Fatigue will make it much more unlikely that you are making the best decision, and you are operating at your peak performance. I remember one wingtip first landing (not me) at Hobbs, NM, during a contest where the pilot was clearly not performing at his peak performance.

### Body Deficiency

You cannot rely on your body to tell you when it is thirsty. That feature within all of us does not default to a low enough setting. You will get that feeling when you have roughly a 1.5-liter deficit. Only a little bit of water is required to remove that feeling of thirst. Your body will still have approximately a 2% deficiency in total body weight. Weighing yourself before and after

you fly is a good idea for determining if you are drinking enough water. Dark urine is not good.

## Here are some helpful suggestions from the FAA:

- Drink cool (40° F) water (forget the old "sports day" theory that lukewarm water is absorbed faster into the system).
- Carry a container so you can measure daily water intake.
- Don't rely on the thirst sensation as an alarm...stay ahead. If plain water is offensive, add some sports drink flavoring to make it more acceptable.
- Limit your daily intake of caffeine and alcohol (both are diuretics and stimulate increased production of urine)
- Exercise can cause a large amount of body fluid loss that is difficult to replace quickly.
- Acclimation to a change in weather takes one to two weeks.
- Monitor personal effects of aging, recent illness, fever, diarrhea, or vomiting.
- Monitor your work and recreational activity; if you feel light-headed or dizzy, call it a day.
- In extreme heat and exercise conditions, salt and electrolyte loss is a factor, but not for the average person with a moderate exercise program. The American diet takes care of the loss.

### Dehydration

Not part of this list? Join here: <https://wingsandwheels.com/newsletter>

## Duty Roster For Jul, Aug, Sep

Month	Date	Duty Pilot	Instructor	Tow Pilot	G109
Jul	5	M KUYS	A FLETCHER	R HEYNIKE	
	6	M WEYNA	I WOODFIELD	R CARSWELL	
	12	D MCGOWAN	S WALLACE	R BURNS	
	13	K BHASHYAM	I BURR	P THORPE	
	19	I O'KEEFE	L PAGE	R HEYNIKE	
	20	T PRENTICE	A FLETCHER	R CARSWELL	
	26	R SEMMENS	I WOODFIELD	T STRUGNELL	6SQN (RB)
	27	P SCARBOROUGH	L PAGE	R BURNS	
Aug	2	E YEOMAN	D TODD	R HEYNIKE	
	3	A SHIPOV	P THORPE	R CARSWELL	

	9	B SLY	R BURNS	G CABRE	
	10	C BEST	I BURR	T STRUGNELL	
	16	S CHAND	S WALLACE	P THORPE	
	17	A MICHAEL	A FLETCHER	R HEYNIKE	6SQN (LP)
	23	G STANFIELD	I WOODFIELD	R BURNS	
	24	K JASICA	L PAGE	R CARSWELL	
	30	C HAYWARD- SLATTERY	D TODD	G CABRE	
	31	A NEJATI	R BURNS	T STRUGNELL	
Sep	6	M KUYS	P THORPE	R HEYNIKE	
	7	M WEYNA	S WALLACE	R BURNS	
	13	D MCGOWAN	A FLETCHER	P THORPE	
	14	K BHASHYAM	I BURR	R CARSWELL	
	20	I O'KEEFE	I WOODFIELD	G CABRE	6SQN (IB)
	21	T PRENTICE	L PAGE	T STRUGNELL	
	27	R SEMMENS	D TODD	R HEYNIKE	
	28	P SCARBOROUGH	R BURNS	P THORPE	