



The Booker Newsletter

More operational details for the club's stay at Thame. See Page 5

Contents <i>From the Chairman</i> <i>From the CFI</i> <i>Dates for your Diary</i> <i>Talgarth Report</i> <i>Cartoon</i> <i>Booker heads for Haddenham</i> <i>Cardiac Coherence</i>	<i>This month we have a special emphasis on airspace from Mike and from Doug Hilton as we gear up for the Olympic restrictions. Denis gives us a fascinating insight into the role of emotion in decision making and Jane sums up a great week at Talgarth. Next weekend sees the Easter Egg competition and Jim's XC lectures will be running for the next four weeks. Many thanks to the contributors and helpers who make the newsletter possible.</i> <i><u>William</u></i>
--	--

From The Chairman

Dear Fellow Booker Members

It looks like our season is off to a pretty good start. Plenty of folk have been getting themselves current and quite a few early cross country flights have been enjoyed. For those of us lucky enough to spend some time on the Talgarth expedition it was an amazing mix of weather and conditions from what seemed like tropical sunshine, and smooth wave, to blizzard and arctic ridge soaring. However no one would be in any doubt that it is a splendid venue, beautifully situated with stunning views, superb gliding, good accommodation and lots to do in the area when there is no gliding.



Congratulations and thanks once again to Mike Collett for conceiving the idea and running yet another successful expedition.

Some of you may have heard that Mike's commercial aviation career looks like 'taking off' with an offer to begin training with a major budget airline. We obviously wish Mike lots of success with this new stage of his career. The committee has been considering carefully the succession plan for the CFI position, when this becomes necessary, as this is a key role in determining the operational ethos of the club. Booker is a unique club where we train pilots to be responsible aviators capable of operating with a minimum of rules. This is something that we cherish and will strive to maintain.

I sense a great anticipation of the season ahead, if the XC forum chatter is anything to go by. We have talked recently about sharpening up a bit at the launch point so that no one has to

wait too long. This needs a bit of thought and effort from us all and comes down to things like helping get the kit out, getting on the grid early, putting our names on the log, and helping out with launching those ahead.

Of course, during the Olympic period we will be escaping the airspace restrictions imposed above Booker and enjoying the use of Thame airfield. This should be a lot of fun and I encourage all to come along and join in what will be another 'Expedition' and a chance to see the country from another perspective.

I wish you all a great season with lots of fun safe gliding.

See you at the launch point.

Geoff

From the CFI

What a barmy spring we are having! I write this looking at the snow out the window at Talgarth, after the having spent the previous week in short sleeves with BBQs in the evenings. That aside, we've been doing plenty of flying at Booker throughout March making use of the good weather in one way or another.



As the good weather drags people out of hibernation the usual currency issues are showing their head, these include poor lookout which usually manifests itself in poor thermal etiquette such as cutting people up or even turning the opposite way to the closest glider. Also, a lack of awareness to airspace boundaries; I remind you all of the importance of adhering to the airspace at all times, but it's even more important this year with the horrendous amount of pressure being applied on the gliding movement with the upcoming Olympic restrictions. Please spend some time to familiarise yourself with the local boundaries again; there are plenty of maps both on the bus and in the clubhouse so you've got no excuses.

Another area that we get rusty and complacent, and have to be cautious about, is daily inspections. We are about to introduce a new daily inspection system consisting of a folder for each glider that will be located on the bus. Please keep an eye on the noticeboard for more details. However, recently we had a report of a K13 battery box clip that had come loose and had fallen into the rear of the glider, luckily this was picked up on. So, please be aware and vigilant when carrying out daily inspections.

We've organised lots of courses and task weeks in the coming months to help you make the most of your gliding this season. If you're interested in attending please let the office know by the usual means so we can compile a list of who's interested.

Safe flying,
Mike

Dates for your diary

- XC performance lectures Saturdays until 28th April
- Get your Bronze course - 23-27 April (at Booker) and 6-10 August (at Thame)
- Silver/soaring course - 23-27 July (at Thame)
- Task weeks - 19-27 May (at Booker) and 28 July-5 August (at Thame)
- Easter Egg Cup aerobatics competition - 14-16 April

Mowing the trailer park

Robert Turner has been doing a fantastic job mowing the main area in the trailer park and between the trailers. Many thanks to Robert for taking this initiative. No doubt he would welcome a hand with this if anyone feels like volunteering.

Talgarth Report

Those of us in Week 1 of Booker's spring expedition to Black Mountains GC, Talgarth took a look at the forecast and packed walking boots and sun screen. The high centred firmly over eastern England was producing light south and easterly winds for the first part of the week so it looked as though we would be having a relaxing non-flying holiday rather than battling back and forth along Talgarth's NW facing ridge. How wrong could we be! On the first Saturday we were busy all day with site checks, getting used to taking off downhill in one direction and landing uphill in another, winds light and variable. There appeared to be some thermic activity but nothing very exciting.

We were therefore mystified at the end of the day by the sight of a tiny glider overhead the airfield, one of the locals in wave. The following day we found out for ourselves that a light easterly does indeed produce wave, and climbs to 8000ft were achieved, offering splendid



One week --Easterly wave



...and the next week in snow!

views over the Brecon Beacons. The lift was in narrow bands and required patience and gentle flying to make the best of it, but it was very interesting exploring the unexpected conditions. On Monday there was more of the same, before the high seemed to shut it all off. However, Mike was kept busy with dual flying for another day and then the team went boating. We hired canoes and paddled down the river to Hay-on-Wye where a minibus took us (and the canoes) back to the starting point for afternoon tea at the River Café. No shipwrecks were involved,

though some crews had to get out and push, having grounded in the shallow water.

On Thursday the wind blew in the traditional direction and we joined the glider soup on the ridge. Look out was absolutely essential, with gliders in all directions, but it was possible to thermal away from the crowd and explore further away. Saturday was cold and grey, so one group went to the Big Pit museum in Blaenavon, donning helmets and lamps to go down a coal mine. This is a highly recommended and thought provoking experience. The week ended with a day of light winds and thermals, after which the Week 1 team packed up and headed home after an excellent week's holiday.

Jane Moore



Clearly Fred's escape route to the gliding club had been rumbled

Booker heads for Haddenham (Thame) during the 2012 Olympics

With all the buzz and build-up in the news, there can't be any of you who aren't aware of the 2012 London Olympics. This will be a great event for the country but it is not without its problems for our normal operations at Booker. The air space restrictions being implemented to protect the wellbeing of the event make it impossible for us to continue our normal operations at Booker.

Don't be down hearted by this, the Booker spirit prevails and a little thing like the Olympics won't stop us operating and having the fun and enjoyment we want and deserve. Booker Gliding Club will continue to operate and do all the things we normally do – it is just that we will be doing it from Haddenham (Thame) airfield from the 14th July to the 15th of August.



Those of you who have flown from there when we have had to go there during previous AeroExpo's will know what a friendly and enjoyable experience we have had.

Behind the scenes, the committee have been working hard on our behalf to enable this to occur (although there is still more to do which is where your help may be called on). The Upward Bound Trust who operate at Haddenham are being extremely welcoming and working hard to support us, the local Parish Council are supportive of us being there as is the landlord of the airfield. The Upward Bound Trust (UBT) generally only operate at weekends over the summer

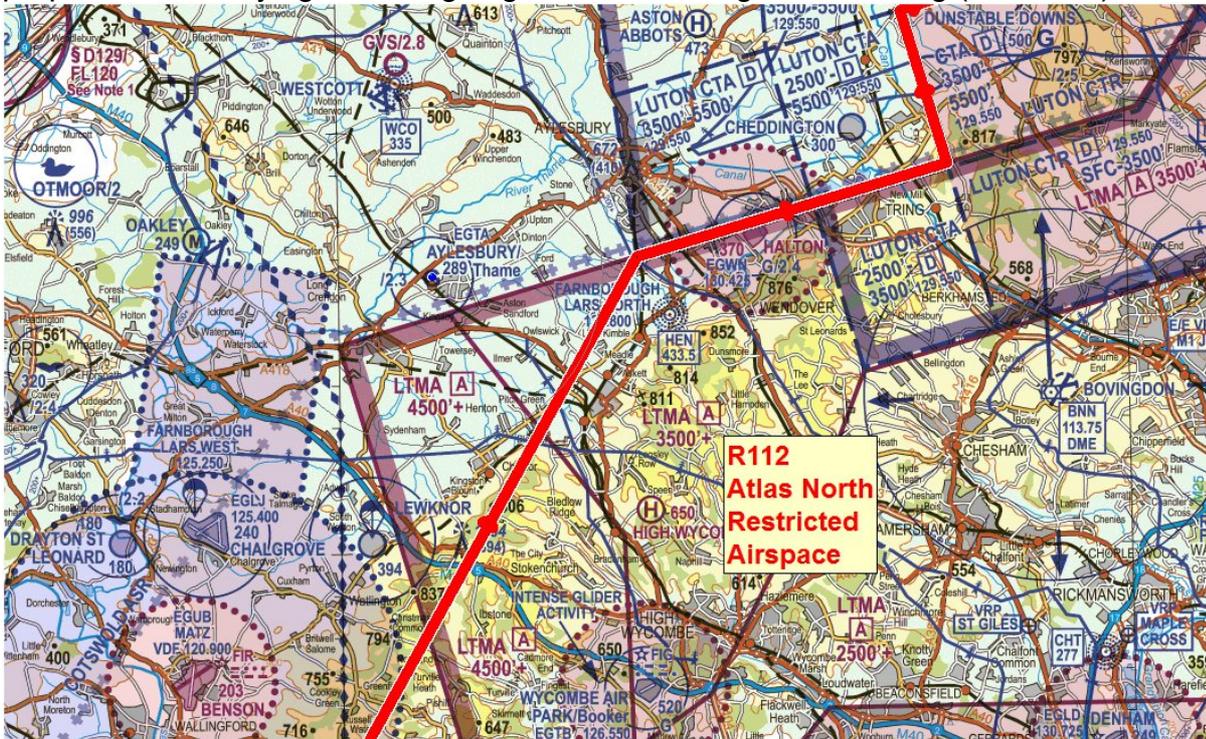
and are a winch only operation but we have already agreed how we will operate 7 days a week and how we want to work together to everyone's benefit. Several UBT members are already planning to take advantage of us being there 7 days a week and will be flying with us whilst we are there.

We plan to do everything we do at Booker by way of instructing, dual and solo flying and cross country soaring. We will have our normal quota of tugs based at Haddenham along with the K21's, DuoDiscus, Juniors and Pegasus'. We won't be taking the K13's or the K18 as there isn't any suitable hangerage available but the Upward Bound Trust have generously offered us the use of their K13's and K8 whilst we are there. Private owners will be able (and encouraged) to take their gliders over and leave them parked at Haddenham and operate as normal from there.

There isn't a clubhouse at Haddenham so we are organising for a suitable portacabin to act as one and for briefings for the courses and task weeks being organised for the period. We will be setting facilities up for Met and NOTAM info (and maybe even a TV to watch key Olympic events!).

The airfield has a roughly east west aligned runway 1,000 metres long and 100 wide which will be fine for our operation but will require support and common sense from everyone to get the best from it. We are also planning to have barbeques and open invitations to the local residents to join us in a 'gliding only' environment without the noise and disturbances normally associated with WAP.

We will be operating outside the restricted airspace implemented for the Olympics but it is still very close and so exemplary airmanship will be required. The agencies responsible for the control of the airspace will be taking a zero tolerance stance and the implications for anyone busting the airspace will be severe (as well as having potential adverse implications on GA overall). We are putting a programme together to ensure that everyone is fully prepared before flying and not going to find a Eurofighter escorting (or worse!) them down.



Several club members have already made offers to assist with the preparation and move and we will be coming back to you nearer the time when we have specific tasks and activities that need assistance. Please let the office know if you are able to help – we want this to be a ‘club event’ and involve as many people as possible. Keep watching the newsletter, blog and clubhouse notice boards for progress updates. It’s going to be a lot of fun with lots of flying for us all. Booker GC is looking forward to seeing you all there.

Doug Hilton

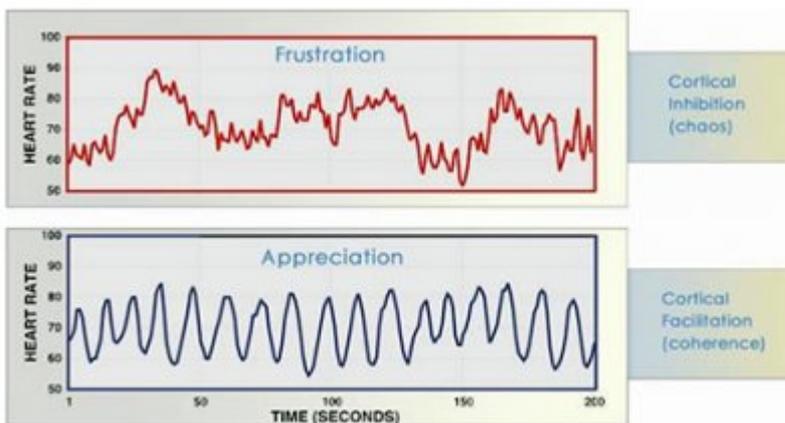
Cardiac Coherence

It is a sunny morning and as you cross the road your thoughts are turned to pleasant things. Suddenly a car speeds round the corner, tyres screeching. At this point do you contemplate: “Aha a black BMW, I calculate from the observed relative velocities and his present trajectory I will be run over shortly before reaching the pavement”? No, the reaction you likely experience is one of flinging yourself out of the way without thought. It is only after the danger has passed that with heart thumping you demand “did anyone see who was driving? Did you get the number?”

You have just been saved by a mental response that dates back to the days of Sabre Tooth Tigers when our brains were still developing. Fight, Flight or Freeze were crucial to our survival and were hard wired into our Limbic system which evolved from our reptilian brain. It developed Emotions that are fast, almost instantaneous. They are quicker than conscious thought overriding our Frontal Lobes in a live or die response.

The problem is we have little control over these responses so in a critical situation our actions may not be the most suitable. You may have read about or witnessed pilots turning finals and descending into the boundary hedge with the airbrakes fully open, or pilots flying the length of the airfield with the wheel going up and down and airbrakes closed before ground looping into the far hedge, both as a result of the emotional flooding due to overload. Experience and recency help prevent situations like this, hence the advisability of a flight or two with an instructor at the start of the season to get you up to speed, but is there anything else we can do?

Research indicates that there is a correlation between Heart rate variability (HRV) and mental performance. HRV is a measure of the subtle beat-to-beat changes in your heart rate. Whilst the number of heartbeats per minute remains constant the time interval between heart beats varies. The graphs below show the difference between a Frustration or fight, flight, freeze situation and a state of Appreciation or in control.



Top athletes use this to get into the Zone before their race. They are all of similar strength and fitness yet on the day one will excel, for them mental control is crucial. You also may have experienced this when flying, on a day when everything seems to slot into place. You know where the lift is and the glider almost seems to fly itself. Or perhaps a day when things didn't work out as you hoped and you are not sure why you did what you did.

So how do we get to this state of appreciation or more important how do we avoid the state of frustration or emotional flooding leading to an embarrassing or disastrous situation?

Your HRV can be controlled by simple breathing techniques; it is as simple as that! We can practice these using a Cardiac Coherence monitor. It shows your present state and how it changes with your thoughts. These simple breathing exercises can alter your mental state. It is not rocket engineering.

If you would like to try this out I will run a series of sessions at the Clubhouse with the monitor equipment.

I will notify dates on the Forum for those interested.

Denis Campbell

Club Communications

We use Yahoo email groups, which we encourage all members to subscribe to, in order to provide a quick way to communicate with the membership. Details are below.

Booker GC Forum – Open to all members to participate. The Forum provides the opportunity to share ideas about the Club. Send an email to: bookergc-forum-subscribe@yahoogroups.com and *include your membership number when applying.*

Booker GC Expeditions – Open to all members to participate. Send an email to: bookergc-Expeditions-subscribe@yahoogroups.com and *include your membership number when applying.*

Booker GC X-C – Targeted towards those pilots who fly cross-country or who aspire to develop their cross-country skills. Send an email to: bookergc_xc-subscribe@yahoogroups.com and *include your membership number when applying.*

Booker GC Instructors – This is for Booker instructors only to easily email each other. Mainly used for swapping duty days. Send an email to: BookerGC_Instructors-subscribe@yahoogroups.com and *include your membership number when applying.*

The **Booker GC website** at www.bookergliding.co.uk has a Members Page. This contains the latest Club news snippets and links to previous newsletters, meeting minutes and several useful and informative Club documents. The Members page is accessible to everybody (not just members) but certain documents, such as committee minutes need a user i/d and password. To obtain these, go to the members page and click on the 'email Administrator' link. Don't forget to *include your membership number.*

For the latest news about what's happening check out <http://bookergc.blogspot.com/>.

*** All view expressed within the newsletter are those of the contributor and do not necessarily represent the view of the Club or committee ***

Contributions to the newsletter are welcome. If you'd like to submit an article for a future edition please send it to William Parker by email at (william.parker5@btinternet.com).

Published by Booker Gliding Club
WYCOMBE AIR PARK, MARLOW, BUCKS SL7 3DP
Office Tel: 01494 442501/529263
Booker Gliding Club Ltd, t/a Booker Gliding Centre
is a company registered in England with company number 1492733
Registered office address: Wycombe Air Park, Booker, Marlow, Bucks, SL7 3DP
VAT number: 350 4182 83

©Booker Gliding Club 2012