

Skyraider Sentinel

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Skyraider Aviation Welcomes New Club Member!

- David Sanborn

This Month in Aviation History



February 19, 1937 – On this date Howard Hughes established a new transcontinental speed record of 7 hours 28 minutes 25 seconds. He flew a modified H-1 Racer from Los Angeles to Newark, New Jersey at an average speed of 322 mph. The key to beating the previous record (set by Hughes a year earlier) was to fly at high altitude. The flight almost ended in tragedy when Hughes' oxygen mask failed, causing him to almost black out.



H-1 Racer; 1935

"More than anything else the sensation is one of perfect peace mingled with an excitement that strains every nerve to the utmost, if you can conceive of such a combination."

— Wilbur Wright

Club Meeting

Skyraider Aviation held its first members' meeting on Tuesday evening February 6th at Damon's Sports Bar & Grill. Despite the frustratingly slow service at the bar, those attending were able to enjoy some food, drinks and some good aviation talk.

The club get-together was held in conjunction with

the Air Safety Foundation (ASF) "Say it Right! Radio Comm in Today's Airspace" seminar. We learned some valuable tips at the seminar, including the popular phrase the 2007 AIM says should NOT be used under any circumstances. According to the ASF, that phrase, "Traffic in the area, please advise" is

redundant (we're all supposed to be listening and self announcing anyway), and it contributes to frequency congestion.

Stay posted for news on our next meeting. We hope to have more fun and informative gatherings in the near future.

Fit to Fly

Not Having a Fit While Flying

The Mind-Body Disconnect

By Doug Collman, CMT

In a Snoopy cartoon many years ago, the star dog of the same name sat on his dog house or in a tree while different parts of his body argued with each other. The feet claimed the body couldn't get anywhere without them; the heart said the feet would drop dead if he didn't do his job; the brain said they would all be useless without it to guide them, etc. etc. The net result was Snoopy never moved.

Unfortunately, most of us just wish in our brain we were in better shape – without being able to see our own shoelaces. We act as if the extra pounds showed up there by themselves, an external enemy that magically attacked us when we weren't looking, like in-laws showing up for an extended Christmas.

The FAA has been engaged in a war on the affordability of flying for 50

years. One of the ways it does this is to apply a bureaucracy's zero-risk tolerance, since falling out of the sky can have unfortunate consequences for unsuspecting life below. One of its methods is to try to make airplanes so safe that almost a monkey can fly one – until...

Until what? Until there is an emergency of some kind and split-second thinking and reaction time

are the difference between survival and death. If it were just the pilot, no one would care but the life insurance companies. But there are passengers and unfortunates on the ground.

The "Fit to Fly" initiative is not something Chris dreamed up because he didn't have anything else to do during the Christmas blizzard. Forget the responsibility to ourselves; those of us in marginal/awful physical shape have a duty to others around us, to be in

the best possible physical shape when flying. Intelligent exercise and eating/drinking habits allow the smooth flow of information between brain and body. Out of shape and your body is communicating internally at dial-up speeds. (Any of you oldsters remember 30cps in 1979?) In shape and you have a broadband connection between mind and body. Exercise also helps the mind process more quickly, just like upgrading the CPU on your new computer.

If the prospect of flying is enough motivation for us newly enfranchised to get into better physical shape, then Skyraider Aviation may have done more for us than it intended. Better raise those rates, Chris!

Doug Collman works on accelerating recovery from sports/accident injuries using alternative healing techniques at [PhysioMatrix Recovery – www.physiomatrix.com](http://www.physiomatrix.com).