

A mixed bag of messages this month

Positive reinforcement:

A 3 year old grandson went to visit his rather anxious grandmother for tea. She gave him a drink in a plastic cup saying "be very careful and don't to spill it". He promptly spilled it.

A week later he visited his other grandmother, who was very relaxed and chilled. She too gave him a drink, but the only vessel to hand was a cut glass whisky tumbler. As she gave it to him she said "enjoy". He drank it without spilling a drop or the glass.

The moral - put negative thoughts into your head and the negative result is more likely to occur.

It is the same with flying; a positive mental attitude helps. Visualise success and believe in yourself before take off. But do not be overconfident. There is a fine balance to find the happy and safe place in the middle.

Inquisitiveness:

Have a think after each flight about what went well and what you could have done differently or better. Write this down in your flying log (Yes, you should have one and keep it current). If it is a very important or dramatic occurrence then make a note of it in a separate log and call that your learning log. At the start of each season re-read your learning log so that you do not make the same mistakes again.

Learning:

They say that every day is a school day. There is always something new to learn. Work out how you learn best, be it from books, the internet, magazines, other pilots and so on. Write down what you have learnt as it will reinforce the learning and put it in your learning log.

Spring Caution:

This winter has been long, windy and wet with little opportunity to fly. We will all be "rusty" but eager to get flying. When the day comes, be extra careful with your assessment of the conditions, decision whether to fly, setting up your glider, your preflight checks, and the flying itself as any thermals can be very rough.