



NEWSLETTER

SPECIALIZED AERO WORKS, LLC

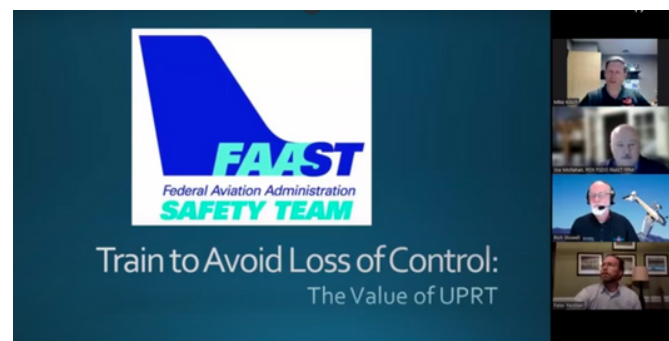


SUN 'N FUN



Mike attended Sun 'n' Fun in Lakeland, FL representing S.A.F.E. while presenting on UPRT. He presented on Wed, Fri and Saturday. Additionally, Mike participated as a panel member on the S.A.F.E. CFI Roundtable. Although Sun 'n' Fun is a long way from Bend Oregon, it's a nice escape to warm weather and an awesome week of aviation. Spreading the word about aviation safety issues is a passion because the GA mishap rate needs serious improvement!

NATIONAL WEBINAR



SAW hosted an FAA Wings national webinar with guests Pete Reddan and Rich Stowell on April 3rd.. The webinar was well received, and the replay can be watched on the SAW website under the NEWS page.

SAW plans to do another webinar on UPRT, tentatively on May 8th.. Look for announcements on that coming soon.

S.A.F.E.

SAFE is a great organization for flight instructors and pilots alike. All SAFE sells is safety. Membership provides access to a lot of great information and experienced instructors who want to be excellent instructors (like we do at SAW). Membership also gets you 1/3rd off of your ForeFlight subscriptions, so membership pays for itself!

<https://safepilots.org/>

DO YOU FEAR MOTION SICKNESS?

Here is some generic information on how to prevent airsickness:

To prevent airsickness, avoid heavy meals before flying and opt for light, non-greasy foods. Stay hydrated and avoid alcohol and caffeine. If you start feeling airsick, focus on a fixed point outside the window, breathe deeply, and consider using a motion band or possibly eating ginger prior to flying to ease symptoms. Ginger is known for its natural anti-nausea properties and can be consumed in various forms, such as ginger tea, ginger candies, or ginger capsules. Motion sickness bands work by applying pressure to specific points on the wrist, which may help alleviate symptoms of motion sickness for some individuals. Non-pilots can use a medication like Dramamine. Pilots who are flying cannot use this. While these methods may not work for everyone, they are non-invasive and worth trying if you're prone to airsickness.

If you are about to vomit:


Let your instructor pilot know so we can knock off whatever maneuver we are in. Prior to flying ensure you know where your airsickness bag is and how to deploy it.

(con't.)

Common reasons that people become air sick:

1. Inner ear disturbance: Conflicting signals from the inner ear and eyes can confuse the brain and lead to motion sickness.
2. Visual cues: Focusing on objects inside the plane that are not stable, such as reading approach plates or focusing on your navigation system, can contribute to motion sickness.
3. Cabin pressure changes can affect some individuals, especially if they have sinus or ear problems.
4. Turbulence: Sudden movements or turbulence during flight can trigger motion sickness in susceptible individuals.

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5. Anxiety: Nervousness or anxiety about flying can exacerbate symptoms of motion sickness. Controlling this is very helpful. Ask your instructor for help.

These factors can vary in intensity and affect individuals differently, leading to varying degrees of air sickness.

The good news is that flying often will help build tolerance. Most people adapt to frequent motion and airsickness subsides.

What are the risks of taking Dramamine?

Dramamine, like any medication, carries potential risks and side effects. Some common side effects of Dramamine (dimenhydrinate) include drowsiness, dizziness, blurred vision, dry mouth, and constipation. Additionally, some people may experience allergic reactions or more severe side effects such as rapid heartbeat, difficulty urinating, or confusion. It can also interact with other medications, so it's important to consult a healthcare professional before taking it, especially if you have any pre-existing medical conditions or are taking other medications.

By Dan O'Brien