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LOST, Winter Flying Tips, Google Maps, Blood Sugar

Happy New Year from cfidarren.com

Issue #12

January 6, 2011

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Pilot's Rules of Thumb

Quote of the month

*"I hope you either take
up parachute jumping
or stay out of single
motored airplanes at
night."*

*Charles A. Lindbergh
to Wiley Post, 1931*

Hit reply and send me
your favorite quote.

Thank you for taking the time to read this safety message. If you're a regular reader you know that I only send this newsletter every 20-40 days.

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Thanks for your continued support,
Darren

Ryanair Gives Passengers The 'LOST' Experience

A group of strangers, left to fend for themselves on a strange island in the middle of nowhere. Sound familiar? Dodging a thunderstorm, Irish carrier Ryanair gave passengers the LOST experience when it delivered them to a different island than their intended destination-and then left them there. Yup, that really happened. After the passengers disembarked and were led into the terminal on the island of Fuerteventura, the plane simply turned around and took off again. The castaways wound up having to take a ferry to complete their journey. Good thing the in-flight movie wasn't Lord of the Flies.

Remember in 2010 that Ryanair was the airline who wanted to charge lavatory fees. Ryanair CEO Michael O'Leary had long dreamed of charging passengers to use the bathroom. It might just be the worst idea an airline has ever had-and given the current climate, that's saying something-but was it all just a publicity stunt? Last year, O'Leary said "yes." He may not have been telling the truth, though. Ryanair has since reportedly gone so far as to actually ask Boeing to install pay-per-pee toilets in its planes. (Boeing, thankfully, declined.)

**Flight Attendant
Vocabulary Translator**

Working the village:

Working in coach.

Reader Response

Hey Darren,

Maurice here. I have bought many things from you. Love your stuff. But when that email just came through about a "hanger" (i.e. misspelled), i was disappointed.

Your work ethic is better than that!!!

Best regards,
Maurice

Reply: Ugh! I have a heavy heart, how could I have missed that glaring spelling error. Thanks for your email.

In Memory Of...

Dr David Nichols, the flying doctor, of White Stone, VA, lost his fight against cancer on December 30, 2010. He was 62.

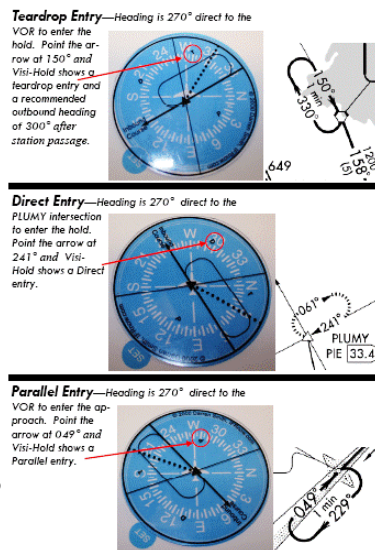
Dr Nichols was a fellow helicopter pilot and medical missionary to Tangier (VA) island. He flew from White Stone (VA53) to the remote island on his day off every week for 31 years to see patients there.

Visi-Hold™ - Know Instantly

Never wonder about holding entries again! Works with standard holds and non-standard holds (left turns). The Visi-Hold™ package comes complete with Visi-Hold™ template, directions, and two articles on holds: All About Holding and Holding Simplified. You'll pay no less than \$14.95 for a complicated sliderule holding pattern calculator made by ASA. That's not even including shipping! Those of you who know what real IFR is like know that you can't fool around with a sliderule while the airplane is bouncing around. Instead, get the original Visi-Hold™, helping pilots know the holding pattern entry since 2000. Price: \$9.95

(Always free shipping to US addresses).
ISBN: 978-0-9823940-6-9

Examples:



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Simple Rules for Winter Flying

One of the best experiences is flying over white, rolling terrain. The pristine views can compare to no other flight save flying over blue Caribbean water. When undertaking a winter flight, a few simple rules will keep you and your passengers safe.

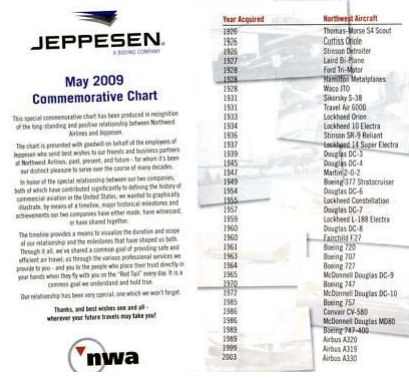
1. Preflight - dress very warmly to avoid winter chill. Peel off those layers and stow in the aircraft. Be sure all frost & ice are removed from the aircraft especially flight control surfaces. Ensure you meet your personal flight minimums using the IM SAFE checklist.
2. Use an engine warmer - to protect your engine during cold starts. Preheat to at least 30-40 degrees F. Use proper weight oil during winter.
3. Use good aeronautical judgment and decision making - from your weather briefing to flying in icing conditions, be sure that you execute a safe plan and always have a way out. Consider filing a flight plan if you plan to leave the immediate airport environment. Be aware of changing weather and get enroute updates.
4. Smoothness in everything you do - apply power changes, control inputs, and flight maneuvers as gently as possible. If you face an emergency, stay calm, don't panic, and don't give up.
5. Keep an eye on carb temp - and use carb heat as necessary. Plan on using it earlier than manufacturers recommendations and often. Test your carb heat during run-up at high and lowest RPM settings.
6. Flight Conditions - Watch for ice buildups and understand how rime and clear ice develops. Remain instrument current, you never know when a white out can prevent a VFR landing.
7. Ensure that cabin heat works - be sure that cabin heat doe not introduce exhaust gases into the cockpit due to a leaking heat exchanger.
8. Survival - keep extra layers of clothing and blankets in the unlikely event of an off airport landing. Basic first aid supplies, VHF handheld, flares, matches, strobe lights, and a signaling mirror are also useful.

Basic shelter can be created using the fuselage and plant material. Never sleep or sit directly on snow to protect your core body temperature.

January Special Offer... Be An Insider

Northwest Airlines Jeppesen Commemorative Chart

This is a limited distribution poster was given only to Northwest Airlines flight operations employees when NWA ceased operations 12/31/2009. The poster was created to commemorate the 75 year history of NWA & Jeppesen's relationship. This poster is printed on ultra white poster stock and measures 17" x 25" - a



professional 4 color process created by Jeppesen. The front side of the poster has a timeline of the last 75 years of NWA & Jeppesen history along with special trivia facts about both NWA & Jeppesen. It features every logo that NWA used since 1926 and photos of the aircraft that changed the game in the industry over the decades. On the back panel (pictured above) is a list of every aircraft type that NWA flew from the Thomas-Morse S4 Scout in 1926 to the Airbus 330 in 2003. (Trivia: NWA was the largest airline of 330's in the world). On the back side of the poster is the signature of all the Jeppesen employees who worked on the charts NWA used. The timeline ends with the entry that NWA & Delta Air Lines merged creating the largest airline in the world. NWA is now only a fond memory.

Price: \$5, free shipping, first 100 orders get a special bonus
Condition: NEW, UNUSED, Packaged flat, in plastic protector sleeve

[...buy now, limited quantities available](#)

Google Maps Sees It All

This little tidbit came to my email box from Frank Merrill. Check out google maps as it catches an airplane in flight in Chicago. Here's the link: [Google Maps](#)

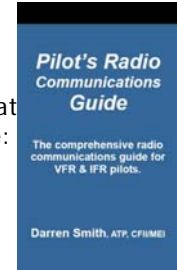


It is an interesting area just south of the Museum of Science and Industry in Chicago, just

west of the old Lake Shore Drive. The specific item of interest is a commercial jet, obviously in motion, captured by the higher-flying imaging camera. Remembering that color photography depends on capturing a combination of red, green and blue light, the image of the fast-moving jet is separated into its component colors with the jet's ghostly outline preceding the color layers.

Pilot's Radio Communications Guide

This 70-page review guide is designed as a quick reference guide or radio communications training self study guide. This covers VFR & IFR radio communications. Build your confidence by knowing what to say and when. Designed to fit in your flight bag, size: 3.6" x 8.5" Price: \$14.95 (Free Shipping to US addresses). ISBN: 978-0-9823940-7-6



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The FAA Medical & Blood Sugar

There has long been an airline pilot 'trick' which will help provide normal blood sugar results for the FAA medical. In a word: cinnamon. Here is some information I picked up about this pre-meal blood sugar trick that I thought I would share with the readers of this newsletter.

You may have heard different websites or anecdotes in the past about cinnamon and its possible effects on reducing the blood sugar response of a meal (taken either before or during a meal), which can, essentially help to keep insulin levels lower post-meal and keep the body from depositing extra body fat. Maintaining lower and more stable blood sugar levels also helps to prevent cravings.

In the book *4 Hour Body* by Tim Ferriss, he discusses lemon juice and cinnamon effectiveness. It's no secret that cinnamon can be powerful in terms of helping to blunt blood sugar response to a meal. In fact, I regularly take a cinnamon capsule (approx 1/2 gram) if I know I'm going to eat a meal that contains moderate or high levels of carbohydrates. Some studies show that cinnamon can reduce the glycemic response of a meal up to 29%!

In his book, Tim tested 3 types of cinnamon in how they affected his blood sugar response to meals.

Saigon cinnamon (aka Vietnamese cinnamon) was found in Tim's tests to be the most effective at controlling blood sugar.

Cassia cinnamon came in 2nd place in effectiveness

Ceylon cinnamon came in 3rd place in Tim's tests in effectiveness in controlling blood sugar response to a meal.

Tim did note however that all 3 types of cinnamon helped control blood sugar to some extent. I personally like to use cinnamon in smoothies and in oatmeal, or in capsule form before any meals that are going to have more than 35 grams of carbohydrates.

Keep in mind that if you take medications, you need to consult with your doctor to make sure that cinnamon use does not interfere with the medications (especially with blood thinners). Tim also warns that **4 grams per day** (about 1.5 teaspoons) is probably the max amount of cinnamon that anyone should take.

Disclaimer: This is not medical advice. Consult your Physician before taking any substance to determine if it is appropriate for you.

The Ultimate Checklist: Pilot's Rules of Thumb

The ultimate checklist that every pilot needs. Ten years in development, this is a product that pilots of all levels of experience can immediately use. This tool covers 30 normal and non-normal situations and has 9 special tools that you'll use on every flight. This high-quality plastic ruler/checklist measures approximately 3.75" x 9". Click the picture to see a larger picture of this tool or click the link for [more information](#). Price: \$3.99(Free Shipping to US addresses). [... more information & free support](#)



One Copy \$3.99

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Finally... Bangladeshi airport shows porn for 5 minutes

December 21, 2010 - In a country where somebody committing adultery can be punished by death under Sharia laws, and a kissing couple can be lashed or subjected to other penalties, this airport shows porn.

Travelers at Bangladesh's main airport were taken in by shock when a huge display screen meant to air videos about the country showed a porn video. Bangladesh Civil Aviation Authority has launched an investigation into a scandal at the Hazrat Shahjalal Airport where the huge display screen aired a pornographic movie for five minutes, officials said.

"An investigation is under way while the people responsible for the scandal were already taken to task," a Civil Aviation Authority reported. Another official said the operator of the video service was punished with two months of jail term instantly after a summary trial by an on duty magistrate at the airport.

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Darren Smith, CFII/MEI | Box 17307 | Mpls | MN | 55417