



The Old Fliers' Group
Attached to the Royal Aero Club of WA (Inc).

Coordinator: Brian John, Ph 9883 8001

Bulletin No 60, August 2009

July Meeting

It is pleasing to note that we had a record number of new members and visitors at our last meeting. Our speakers, Barry Markham and Rob Liddell, delivered two interesting talks that dove-tailed together very well.

Speaker of the Day

Barry Markham told us for the solo flight to England in his Tiger Moth. Many of the audience have a soft spot for the Tiger and they listened intently as Barry described the pleasure and the pain associated with his epic journey. He spoke of the joy of flying over landscapes like jungles, oceans and deserts, as well as the historic and iconic features such as the Mediterranean Islands, the Pyramids, Mount Vesuvius, the Eiffel Tower, and finally, the White Cliffs of Dover near journey's end – all of which is covered in detail in his book *Solo to England*.



Barry chatting with the Governor prior to departure.

Members were particularly interested in the passages where Barry covered the incidents that extended him to the limit of physical and mental endurance – not to mention the limit of his flying abilities. It is rare that a person accepts such a mammoth challenge and Barry must be pleased to see his name on the same page as some of the great adventurers in aviation.

Mini Speaker

Dr Rob Liddell delivered a very informative talk on the pitfalls in modern-day travel and in long distance flying. Rob has held a number of high level positions in aviation medicine, both overseas and in Australia.

We learned that bacteria and viruses come from two main sources, food and drinking water – even the ice that you use to cool your drinks.

Rob spoke of the effects of stress that can come from: long days in a cramped cockpit, unfamiliar airspace and terrain, language difficulties, unusual weather, bureaucratic delays and obstructions. These problems may be eased to some degree by having a good support team, thorough planning, realistic sector lengths, exercise – where possible, and adequate rest days. Colds, flu and other illnesses have a higher incidence when suffering from both stress and fatigue.

For extended trips it is advisable to take a medical kit that should include medication for gastro problems, analgesics for moderate pain control, personal medication and don't forget sun protection and insect repellent.

Rob's information was not only useful for the long-distance flyer, but also for the international traveller on commercial aircraft. Thank you Rob – we all came away a little wiser.

Volunteers

Volunteers are required from the membership to assist in the transport of folk from remote car parks. You would need to provide yourself and your vehicle for a period of about half to three quarters on an hour before the meeting. If you can help then see George Howie or Dennis Gorton at a future meeting.

Next Meeting

The next meeting will be held on this Friday, August 28th. The Speaker of the Day will be Roger Underwood who will tell us about the Western Australian development of controlled forest fire burns. The Mini Speaker, Harry O'Neil, will relate his experiences while flying a Britain Norman Islander on fire bombing missions in the early days of controlled burning in the south-west of the state.

Hope you can make the next meeting at the Royal Aero Club at noon on this Friday for a nice lunch and to hear our two speakers.

Brian Hernan