

# UTAH ROTOR NEWS

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## TO FLY? OR NOT TO FLY?

To fly? or not to fly? You may as well ask a pilot-to breathe? or not to breathe?



Falls Ice Cream Social held by Farr's Kevin Call where a world record was broken.



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Or a child, to play? or not to play? Those who fly cannot fathom how the rest of the world can stay land-bound! Deeply ingrained in the soul of every helicopter pilot is the desire for others to fly, to breathe and to play in a helicopter. Utah Helicopter is well on its way to *spreading the good news of flight* to the world---one event at a time.

Summer began a marathon of community events for Utah Helicopter pilots and friends. As we wrapped up the marathon month of June--our busiest month ever--we reflected on...well, we reflected on aviation! It has been incredible to participate and share our passion for flight with each community during June! Thankfully, there has been longer summer days and warmer summer nights giving *every opportunity* for those who want to taste one of the greatest experiences (and jobs) on earth.

We kicked off June giving helicopter rides at two events in Utah --Pony Express Days and Fort Herriman Days. Pyrotechnicians,



firemen, grandparents, dads, moms, kids and grandchildren lined up to experience helicopters with our professional pilots. Unforgettably amazing family memories were made riding in helicopters at these city celebrations and Utah Helicopter got to experience it with them.

Next, we partnered with Utah Parks and Recreation where pilots talked with kids about their future career ideas involving aviation. We can tell you from firsthand experience, the future of aviation is in great hands! The very next day, we attended Idaho's *Legacy Fly-In*. Hundreds of aviation enthusiasts got to fly with Utah Helicopter at this Rexburg, Idaho Airport event. Flight + Food = Fabulous when we participated in the Idaho

After ice cream...how about some baseball with your helicopter? Utah Helicopter made a guest appearance at the Chukars baseball opening night! Everyone had a ball and the mascot Chukar thanked us for the ride---(at least we think that is what he clucked???)

Tired yet? We're not! We finished the month with a bang at our largest event, the Pocatello Airport Appreciation where we had four helicopters flying all day giving rides to all who felt the need...the need for speed! The need for air...the need for flight...the need for the world to be just right!

To fly? or not to fly? Utah Helicopter pilots, students and friends will help answer this age-old (slightly revised) question-- **without a doubt...TO FLY!!** A special thanks to all who attended these summer events! If you missed the chance to fly with us, watch our community calendar for future events!



## YOUR HEALTH IN THE SUMMERTIME

*Jen, Office Administrator in Idaho Falls, keeping fit this summer with The Army National Guard*



By: Scott Banning, *Base Manager U77 and U42*

Summer's here!!

We've waited months for the nice, long, warm summer days to arrive and now that they are here we can't wait to enjoy them! I'm not trying to dampen the enthusiasm, but would just like to remind everyone that in order to fly our best AND retain all of the knowledge instructors are teaching means taking care of YOU during the heated summer months. Proper nutrition, hydration and adequate sleep are essential.

Hot summer sun and long hours outside can deplete our body of these essentials. Eating healthy, drinking enough water, and getting enough sleep have many benefits, not just related to aviation. Some of these are:

### **An Apple a Day:**

**Energy** - Fruits and vegetables are great sources of energy for a quick boost while you are studying or in class. The old saying 'you are what you eat' applies. Much like the helicopter, our bodies run on fuel. If we put the wrong fuel in our bodies the results can be disastrous! We are in an on-the-go industry. Just as the rotorcraft we fly require proper maintenance (oil, fuel, etc.)—



so do the pilots who fly them and fueling our bodies correctly takes planning and preparation. Luckily, this lifestyle also gives long-lasting benefits. Next time you are dragging, grab fruit instead of a candy bar and you will find you're running with better efficiency and energy in no time. **Health** - Vitamins and certain foods promote learning and concentration. Every advantage you as a student can take to make this information 'stick' is worth time. Time = \$\$\$. I don't know anyone who doesn't want to save \$\$\$.

### **H2O to Go:**

**Energy** - Being dehydrated can lessen your energy and make you feel tired -- even mild dehydration of as little as 1 or 2 percent of your body weight can affect your performance. If you're thirsty, you're already dehydrated -- and this can lead to fatigue, muscle weakness, dizziness and other symptoms. Also, being dehydrated can severely hamper your athletic

activities, slowing you down and making it harder to exercise.

**Headaches** - Another symptom of dehydration is headaches. In fact, often when we have headaches it's simply a matter of not drinking enough water. There are lots of other causes of headaches of course, but dehydration is

a common one.

### **Catching enough ZZZZs:**

**Mood**- Feeling rested and ready for the day is essential, poor or inadequate sleep can cause irritability and stress, while healthy sleep can enhance well-being. Choose to be aware of sleep and how important it is for your career as a pilot.

**Concentration** – Flying helicopters and even learning all the FAA materials takes absolute concentration. Getting the proper amount of sleep daily will improve your concentration and information retention.

To fly commercially, you will need to obtain and maintain a Class 2 Medical certificate. In this industry, health and safety are life! When you chose to become a pilot—you chose to keep yourself healthy and fit. Start today! Start this summer keeping yourself in top condition with the proper fuel, hydration and sleep.

## CFI to CFI

By: Blaine Jemmett, CFI  
It has been said that your *attitude* will determine your *altitude*. Nowhere is that more true than as a pilot, especially as a flight instructor. We instructors have what is probably the hardest job in aviation, teaching others. On a daily basis we risk life and limb trying to impart knowledge in a machine that will chew you up and spit you out in a second. However, our job is also one of deep satisfaction and enjoyment, especially when the light goes on for a student about a certain concept or you see the joy they get on their first solo flight. Even when our students master the ever daunting autorotation. These times are when we can be certain that we have done a good job and can be proud of giving someone the ability to become an accomplished helicopter pilot not just another NTSB accident report. We are like parents, our students look to us for indications about how they are progressing. It is our responsibility to show them not only where they could improve, but also where they shine. Keeping a positive attitude is crucial (even



when just a moment earlier you came very close to damaging a quarter million dollar aircraft.) You should not think that you came very close to disaster, but rather “we successfully reacted in a way that saved the day.” We shouldn’t hide the truth from our students, but explain what happened and teach how to not let it happen again. Potential students will be either impressed or discouraged by our attitude. When we talk to someone that is interested in this chosen field it is important that we show our enthusiasm for what we do. We have the best job in the world and need to choose to come to work

every day with the thought of what we get to do... FLY! When it comes time for us to move on into the industry, our attitude will set us apart from others. If we allow ourselves to remain positive and focused on being the best pilots we can be, our future employers and co-workers will see our commitment to this profession. Remember, nobody wants to hire someone who shows no joy in his or her work! Attitude is altitude!

I recently had the opportunity to give helicopter rides to many people at an event. The number one question I was asked was, do I think I have the best job in the world? My answer was a resounding, YES! It doesn’t get any better than a desk that goes where you want it to go. If you ever get discouraged with the work or how much you are sacrificing to be a pilot, just look into the eyes of a kid when you tell them you are a helicopter pilot and see the wonder and excitement they have for flight. Always remember, you *do* have the coolest job that anyone could ever want!

*“If you ever get discouraged with the work or how much you are sacrificing to be a pilot just look into the eyes of a kid and tell them you are a helicopter pilot and see the wonder and excitement they have for flight!”*

## Student Spotlight: Justin Asker

Justin Asker is one of our fearless and dedicated students in Pocatello, Idaho. He is currently working on his Instrument rating with Base Manager, Rick Manning. Justin lives daily by his personal quote, “Do what makes you happy!” He has a great sense of humor-which is part of why he can’t stop laughing when watching his favorite TV show, *South Park*. When it comes to movies some of his favorites are *Tombstone*, *Braveheart* and *The Bourne Trilogy*.

In his earlier years, his first vehicle was a Dodge Shadow with turbo. If he could drive anything it would be a Toyota Tacoma or Dodge Viper. Justin enjoys hiking, camping, fishing and rock climbing. He loves rock music, more specifically *Led Zeppelin!* He loves a variety of foods including; spicy Thai, Mexican, steak and seafood. He dislikes onions and sauerkraut... and the smell of anything that has been dead

for awhile. Justin loves the smell of a good woman. His hero is Aung San Suu Kyi because she will never sacrifice her beliefs. His computer screen saver has pictures of when he lived at Glacier National Park. The one person Justin would like to meet is Leonardo Da Vinci to figure out what inspired him.



## AS WE CELEBRATE OUR FREEDOM...

“Liberty is the breath of life to nations.”  
~George Bernard Shaw

“You have to love a nation that celebrates its independence every July 4, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness. You may think you have overeaten, but it is patriotism.”  
~Erma Bombeck

Thank you to our troops and all who have fought to keep our freedom intact!

**WATCH FOR US  
AT THE  
4TH OF JULY  
FLYOVER  
IN IDAHO  
FALLS!!!**

**ALSO, AIRPORT  
APPRECIATION  
DAY IN  
SPANISH FORK  
JULY 30TH!!**

### HAPPY BIRTHDAY!!!

CORY MANNING GABE HENRIE BRADY ANDERSON  
BLAINE JEMMETT JUSTIN WOLLAM NATE CHRISTENSEN  
ARIC BERGENDORF ALEX MARTINEZ

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