

I FLY AMERICA WINGS OVER AMERICA®

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Booking your travel – for fun or business – is fast and easy for IFA members. And even more important, discounts at more than 40,000 hotel and vacation properties, and 60 car rental agencies will help stretch your travel dollar. Add the protection of travel insurance with just one click. Compare the 16 top travel insurance companies and pick the plan that's best for you. It's all available at www.iflyamerica.org. Have a great trip!

Flicker Vertigo - Know It to Avoid It

by Charlie Spence, Aviation Writer and IFA Member

It was my long solo cross-country flight before taking a test for my private pilot's license. The first landing was at an airport with a single runway where the wind meant making an approach directly into the sun. As I rolled out on final, the propeller produced rapid flashes of bright sunlight directly in my face. Instinctively, I added power to change the RPM and the flashing stopped. I didn't know it then, but I had experienced my first approach to flicker vertigo.

Flicker vertigo can be unpleasant and produce dangerous reactions for the pilot. A light flickering at the rate of 4 to 20 cycles per second can produce this illusion. It can result in nausea, vomiting, or on rare occasions - unconsciousness. It affects helicopter pilots more than those in fixed wing, propeller-driven aircraft, but both are susceptible. During the day, flicker vertigo can be caused by the sunlight flickering through the rotor blades or propeller, as I experienced on that landing approach. This can be especially true when flying on instruments. At night, anti-collision lights reflecting off the clouds can produce the effect. Flicker vertigo can develop when viewing rotating beacons, strobe lights, or reflections of these off water or the clouds.

Usually, symptoms are mild and will stop when the source of the flickering goes away. Sometimes the individual is unaware of flicker vertigo. It can, however, cause a pilot to have spatial disorientation causing inaccurate perceptions of altitude, speed or attitude.

Flicker vertigo should not be confused with vertigo, which is a disorder of the inner ear. An individual suffering from vertigo has a sensation of spinning or believing the surroundings are spinning.

The Flight Safety Foundation (FSF) describes flicker vertigo as "an imbalance in brain cell activity caused by exposure to low-frequency flickering (flashing) of a relative bright light."

FSF says the eye and the brain act together to perceive flickering light. The activities of the retina (at the back of the eye where final images are formed) and the brain are

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New Personal Property and Liability Insurance Program for IFA Members

The group auto insurance program from MetLife Auto & Home® is now available to you as an IFA member. This program allows you to apply to purchase quality group auto insurance at special group rates. A variety of policies are available to you through the program, including:

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For the payment of premiums, MetLife Auto & Home offers several hassle-free options. Bank account deduction spreads your premiums over the policy term, which makes budgeting for your insurance easier. (A down payment may be required.) There are no checks to write or dates to remember. Best of all, you won't receive any bills in the mail because everything is taken care of automatically.

To help you discover if participating in the program makes sense for you, you have access to free insurance reviews and no-obligation premium quotes with one call

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ALBUQUERQUE - SPANISH AND INDIAN TOUCH ON MODERN ENJOYMENT

by *Charlie Spence, Aviation Writer and IFA Member*

When you arrive in Albuquerque you might want to head directly for Old Town. Here you will immediately be a part of the color, atmosphere, and excitement of this fascinating city. On April 23, 1706, the Spanish governor of New Mexico, Francisco Cuervo y Valdes, certified the founding of the Villa de Albuquerque.

In those early days, the El Camino Real de Tierra Adentro, which connected Mexico City with New Mexico's capitals, ran right through the Old Town plaza. Today, Old Town looks much as it did 70 years before the American Revolution. As Spanish law of the Indies required at the time, a plaza was established at the center of the villa. These early Spanish were very religious persons and one of the first structures built is still on the north side of the plaza, the San Felipe de Neri Church, the oldest building in Albuquerque, built in 1793.

It is in the ten blocks near that plaza where you will find historic adobe buildings, fine restaurants, art galleries, and shops featuring a wide selection of Southwestern goods. Select some of the fine pottery, jewelry, or weavings from a store or choose a painting from one of the native artists along the portal east of the plaza.

Albuquerque has sunshine about 310 days a year so it is an excellent place to get in your outdoor activities. Of course there are fine golf courses (14). Maybe you prefer to leave the driving and putting to your familiar home courses and don hiking boots for some scenic beauty that cannot be found elsewhere. For this, take a ride on the Sandia Peak Aerial Tramway. The Sandia Mountains form the eastern boundary of Albuquerque and the Tramway slowly takes you up the 10,350-foot peak where you get a panoramic view of the area.

In these Sandia Mountains, go hiking among dormant volcanoes, or ride a bike over these rugged but beautiful trails. Albuquerque is an ideal place to fall back into the old west, partner, and swing yourself into the saddle of a trusty steed for some ridin' through the brush. To really get into the spirit, stay at a working guest ranch and live the life of a cowboy for a few days - riding, roping, and cookouts. At some of the guest ranches you can pamper yourself with a spa, play golf, take carriage rides, enjoy tennis, or just loll around a pool. New Mexico is one of the nation's most sparsely populated states giving you plenty of opportunities to explore some of the wide-open spaces.

Albuquerque is considered the balloon capital of the world because of the excellent flying weather and because so many of the permanent residents are balloonists. The Balloon Fiesta is held here annually and it attracts scores of balloonists. Lasting more than a week, this fall event not only provides exciting aerial rides but fills the sky with a colorful array of balloons that you can see nowhere else. Just south of the launch field, be sure to visit the International Balloon Museum. Exhibits at this museum go through the history of ballooning and show how hot air and gas balloons have been used over the centuries since they became the first means of human flight. Many exhibits combine historic facts with multi-media technology giving you the feel for the adventure, scientific experiments, the arts, warfare, espionage, and the exploration of space roles of ballooning.

If sipping various wines starts you thinking of nightlife, you will find it in several places in the city where some are grouped almost in clusters. It is easy walking distance from one to the other to take a sample of all. Visit downtown or Nob Hill for the largest clusters of pubs, live music, dancing, wine bars,



San Felipe de Neri church still stands on the original site in Old Town

Photo courtesy of MarbleStreetStudio.com

Exciting Headset Offer for IFA Members

The new Lightspeed Zulu ANR headset is a fantastic combination of active and passive noise reduction and is the first headset that is Bluetooth® compatible. As an IFA member, when you purchase the headset through Gulf Coast Avionics, you'll receive second day shipping for only \$1.

Bluetooth provides wireless cell phone, and music interface with controls embedded in the battery box. With two independent auxiliary inputs, you can even wire to a music source while using Bluetooth for your cell phone providing music and cell phone service simultaneously! The circuitry gives priority to incoming radio calls, automatically muting the music source.

Zulu is made from a combination of metal and highly durable composite plastics, with magnesium ear cups that are half the thickness of typical plastic cups yet provide a better barrier for attenuation. The ear cups also have heat sensitive foam seals covered in soft leather. The vented head pad is designed for even weight distribution and the thin, flexible formable spring steel band has significantly less side pressure than most headsets. The headset folds neatly away when not in use.

Zulu weighs just 13.9 ounces and the ANR noise cancellation will last 40+ hours on two AA batteries.

Take advantage of your special \$1 shipping offer and order your Lightspeed Zulu ANR headset by calling 800-474-9714 and use promo code **RG080220**. ■

New Insurance Program continued from page 1

to an insurance specialist at the toll-free MetLife® Benefits Line at **800-GET-MET 8 (800-438-6388)**. To make the most accurate comparisons, have your current policies with you when you call.

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ALBUQUERQUE DETAILS

How to Get There

Albuquerque has two excellent airports: Albuquerque International and Double Eagle II. When approaching and departing either, remember that the altitude is more than 5,000 feet.

- Albuquerque International

Runways: 12-30—6,000 x 150; 17-35—10,000 x 150;

3-21—10,000 x 150; 8-26—13,793 x 150

Approaches: ILS, VOR, VOR(TAC), GPS RNAV, NDB, ASR

Fees: overnight parking

FBOs: Cutter Aviation, Seven-Bar

- Double Eagle II

Runways: 4-22—7,398 x 100; 17-35—5,999 x 100

Approaches: ILS for 22

Fees: overnight parking

FBO: Bode Aero Services

Where to Stay

Hotels, resorts, bed and breakfasts, ranches – take your pick of accommodations to fit your desires. There are more than 16,000 rooms available and you will find the rates and taxes are among the lowest in the nation.

You may also book your accommodations and rental car at IFA's Online Travel Booking Service at www.iflyamerica.org/travelservices/travelservices.asp.

Deep discounts may apply.

Where to Dine

Dining establishments are many and varied. A few of the places you might want to try for authentic New Mexican cuisine are:

- Albuquerque Grill at Best Western Rio Grand Inn
- Café Piazuela at Hotel Albuquerque in Old Town
- Bumble Bee's Baja Grill in Old Town
- Café Au Lait in Old Town
- Calico Café in North Valley

ON THE HORIZON

Air Shows

Representative air shows are listed below. We recommend that you contact the show to confirm the information as dates can change without prior notice. For a full air show listing and to link to air show websites, please visit

www.iflyamerica.org

May 9-11

- MCAS New River Air Show, NC

May 10

- American Heroes Air Show, FL

May 10-11

- Wings Over Pittsburgh, PA

- Defenders of Liberty, LA

May 16-18

- Joint Services Open House, MD

- Mid-Atlantic Fly-In, NC

May 17

- Flight of the Phoenix Air Show, TX

May 17-18

- Planes of Fame Air Show, CA

- Lyon County Fly-In, NV

May 23-25

- Watsonville Fly-In & Air Show, CA

- South Wisconsin Airfest, WI

- Salute to the Veterans Celebration, MO

May 24

- Star Spangled Salute, OK

May 24-25

- New York Air Show at Jones Beach, NY

- World's Smallest Air Show, CA

- May Fly Air Show, SC

May 26

- NIA Fly-In, AL

May 31-June 1

- Ramona Air Fair, CA
- Southside Skyfest, VA

Flicker Vertigo...

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synchronized as part of the visual process. If the flicker frequency is high enough, the system will perceive the light as steady. The critical speed of flickering will vary from person to person.

In flight, the propellers of most fixed wing aircraft rotate at speeds outside the frequencies that could cause

flicker vertigo but this does not eliminate the possibility of experiencing it from beacons or navigation lights. During taxiing, some propeller rotations might fall into the danger range. FAA regulations set the flash frequency range for anti-collision light systems just below the range of susceptibility for flicker vertigo. Although these steps are taken to reduce the potential for flicker vertigo, the ranges are in some cases just above or just below the danger zones. As mentioned above, the critical speed will vary from person to person so it is wise to take precautions.

This is an abridged version of this article. To read the full article visit the IFA Aviation Medical Information section of www.iflyamerica.org.

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PILOT QUIZ

As pilots, we focus on flight time for everything from flight planning and fuel requirements to currency of experience and engine overhauls. Have some fun and see how well you can judge the flight times of these historic events.

1. The Wright Brothers made five flights, alternating as pilots, on December 14, 1903. What was the longest?
 - a. 120 feet in 12 seconds
 - b. 317 feet in 29 seconds
 - c. 852 feet in 59 seconds
2. The first round-trip flight between two large cities was made in 1910. Which cities and how long was flying time?
 - a. New York/Philadelphia/New York; 3 hours 34 minutes
 - b. Cincinnati/Columbus/Cincinnati; 4 hours 19 minutes
 - c. Chicago/St Louis/Chicago; 6 hours 12 minutes
3. How long was Charles Lindbergh's solo flight across the Atlantic in 1927?
 - a. 19 hours 48 minutes
 - b. 26 hours 14 minutes
 - c. 33 hours 30 minutes
4. In 1933 Wiley Post was the first person to fly solo around the world. How long did it take?
 - a. 7 days 19 hours
 - b. 2 days 12 hours
 - c. 4 days 3 hours
5. In 1919, the first non-stop flight across the Atlantic (to Ireland) was made by Captain John Alcock and Lieutenant Arthur Brown. What was the flight time?
 - a. 33 hours 9 minutes
 - b. 16 hours 12 minutes
 - c. 23 hours 19 minutes
6. In 1938, Douglas Corrigan took off from New York in a nine year old Curtiss Robin supposedly to attempt a non-stop flight across the U.S. Instead, he landed in Dublin saying his "compass got stuck." How long was "Wrong Way" Corrigan's flight?
 - a. 21 hours 12 minutes
 - b. 33 hours 10 minutes
 - c. 28 hours 3 minutes
7. The Concord SST made its fastest flight across the Atlantic in 1996. How fast was the crossing?
 - a. 2 hours 53 minutes
 - b. 3 hours 19 minutes
 - c. 1 hour 58 minutes
8. In 1911, Calbraith Rogers made the first cross-country flight trying to win a prize offered by William Randolph Hearst. With all the stops for weather and repairs, how long did it take?
 - a. 34 days
 - b. 49 days
 - c. 26 days
9. The first helicopter flight was made by French pioneer Paul Cornu in 1907. How long did the lift last?
 - a. 8 minutes
 - b. 3 minutes
 - c. a few seconds
10. In 2002, Steve Fossett made the first non-stop flight around the world in a balloon. How long did it take?
 - a. 13 days 3 minutes
 - b. 6 days 5 hours 9 minutes
 - c. 10 days 11 hours 46 minutes

Answers: 1c, 2a, 3c, 4a, 5b, 6c, 7a, 8b, 9c, 10a

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Albuquerque

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breweries, and restaurants. The cuisine is an interesting mixture of Native American, Spanish, and Mexican, providing some of the tastiest dishes found anywhere. When ordering your food, be prepared to answer the question: "Red or green?" This refers to the red or green chili. The chili is featured in every meal from breakfast through dinner. More chilis are grown in New Mexico than in any other state. Perhaps they can symbolize your trip to Albuquerque where you can have a red-hot vacation and have friends green with envy.

This is an abridged version of the article. To read the full article, visit the Flying Destinations section of www.iflyamerica.org. ■

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