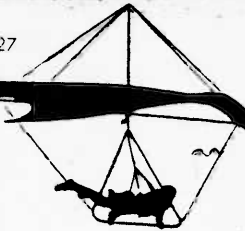


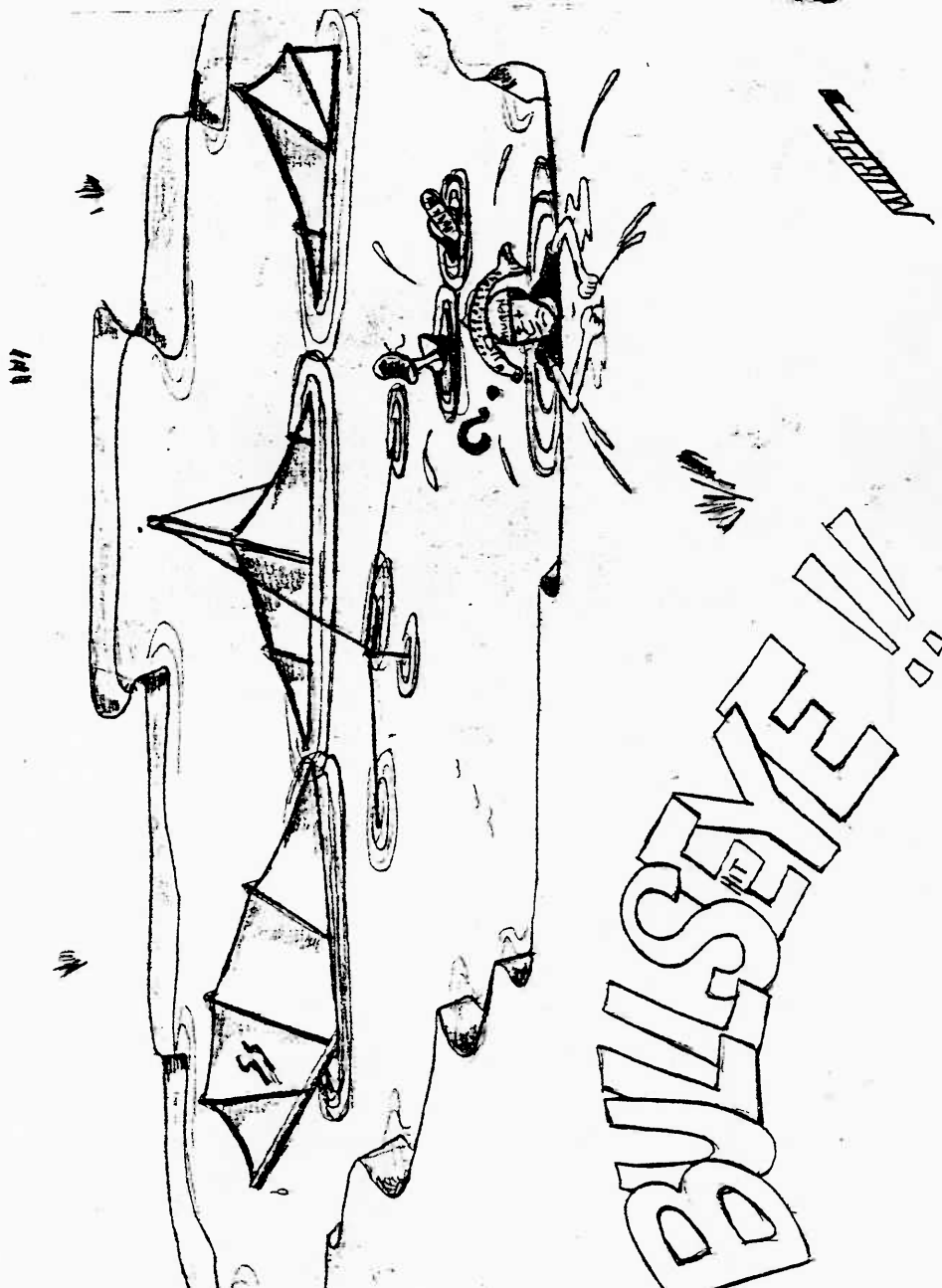
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**Mass
Hang
Gliding
Association**



UPDRAFT

The Newsletter of the Massachusetts Hang Gliding Association
Volume 6 Number 7 July © MHGA Inc. July Editor: Chas LaVersa



EDITOR'S COMMENTS:

Here we are, finally, armchairing along with another action-packed, rock'em, sock'em, roll down your sock'ems, lift producing, mind expanding issue of THE UPDRAFT. If you've seemed to miss a few issues it's not the Postman's fault this time. Actually, the last two months we've had a special limited editions called IMAGINARY UPDRAFT. They were great editions, anyways. Actually it seems that Mark L., who has done a tremendous job of writing and editing for so long that we've begun to treat him like (he belonged in) an institution, has opted for "exit, stage left". I'm glad to say that he was and still is a great help to us as a club and as individual people(!) and I think Mark deserves a round of applause for the great work on the UPDRAFT and all the other projects he's lent his energy to. Now, back to business; I have no intention of writing and/or editing every UPDRAFT, or even the next few, so if you want to have one you better start writing.... The only reason I'm writing this one is because we need it so badly.

CALENDAR

- | | |
|----------------|---|
| July 12 - 13 | Windward Kite and Gliding Club Meet at Mt. Cranmore, No. Conway, New Hampshire. |
| July 16 | MHGA monthly meeting at the Moose Lodge on Cooke St. in Northampton at 8:00 pm. |
| July 19 - 20 | Regional Inter-club Meet at Ellenville, N.Y. |
| August 9 | MHGA Fly-In and picnic at Skinner. Bring your own. |
| August 16 - 17 | Ellenville Fly-In. |
| August 20 | MHGA monthly meeting. |
| August 23 - 24 | WKGC Mt. Cranmore Meet. |

PRESIDENT'S JOURNAL:

Well, people are finally crawling out of the woodwork and from under rocks and any other semi-habitable place and going flying again! Hip, Hip Hooray!! For a while there I'd look out and know it was soarable, as usual, and not see a soul. Actually, it was tough to find another pilot around for a few months and there was almost no club activity, then, with a little magic, that special kind of magic you feel about other people as you climb past 4,000 feet together, it has come back. Hi, good to see you! That common bond that started MHGA is strong and never ending, the desire to fly. From a short, very slow period, the Butterflies are out again in force and I'm glad to see you in the sky, guys.

Also, I'll be looking for the old spirit at this month's meeting. We have some very important issues to take up. The most pressing of these are the annual election of officers. It is very important to all of us to fill the posts recently vacated as soon as possible to assure that no part of our organization gets irreversibly behind in record keeping and the other work that needs to be done to keep the Club together and running smoothly. Notice, I used the word our, see you Wednesday!

TRIVIA, AND NOT SO TRIVIA

A big "Welcome Home" is in order for Bob Stuart. That's right Bob is back, lookout ladies and make room in the thermals 'cause Corin' Bob Stuart pulled in from Florida and wants some sky! Call him at 253-5852.

A special notice, the most recent pilot to earn his wings, (that legendary award that miraculously appears on your chest when your glider starts feeling like part of your body), MURPH, gained 3,000+ feet at Skinner!! Now he's truly Specked-Out!

Ol' Bob Vicari gained 2,000+ feet at Greylock and flew over to Brook's house in his Lazor (for sale cheap!) and caused quite a stir!

Not to be outdone, Mark L. and Brooks went over to the Big G. one week later and got 4,000+ feet over launch and flew all over, as far as Pownal, VT. and came back to land at Brooks' house! I'm sure we haven't heard the last of that place for the season, yet.

A huge round of appreciatory wing-overs goes out to the Norcross tribe (owners of the LZ at the Mohawk Trail site) for the greatest Fly-in, Eat-in, Swim-in, Jarts-to-your-hearts-delight, Hacky-sacky-in, Blow-your-ears-off, July 4th Rompin' Rampagin' Party ever!!!! After at least a half dozen pilots eeked out mere 20 minute flights in the best cycles of the day, MAT "Sky King" Chapman cornered an elusive "blob" for a 3,000+ foot gain and stayed up for an hour and a half so we ate all the hot dogs on him!

COMING BACK by Jim Burrill

After my recent "mishap" I had reason to have some x-rays taken of my left shoulder. The doctor who was treating me noticed that there was deterioration of the end of the collar bone indicating a previous injury. Earlier this year when I had my physical (us old men go every year) I had complained of feeling weak in the upper arms and shoulders. Since last summer, putting my kite away in the rafters after flying had been difficult and painful. Now, talking to the doctor I was unable to lift my arm above shoulder level. It is not clear when the previous injury had occurred. But, if the muscles of any part of the body are injured, even if just slightly, one tends to avoid using them. This lack of use results in slow deterioration - a vicious cycle.

For me the doctor prescribed physical therapy to reverse the deterioration. It is quite simple and effective if time consuming. I do the exercises before bed every night.

For those of you getting old like me, who sit at a desk every day, or who have felt some pain or weakness carrying your kite, you might want to give the exercises a try. The only thing you'll miss that I have is a chance to flirt with my physical therapist.

University Health Services
Physical Therapy Department

SHOULDER STRENGTHENING

Hold each exercise 5 sec. -- Repeat each 10 times and increase to 15 times. When able to do 15 comfortably, start doing same exercises with weights - starting with about 1 lb. and increasing as able. (Some exercises you may be able to start weights sooner than others.)

sitting:



1. Bring arm forward to horizontal (90°) with elbow straight, palm down. Hold. Relax.



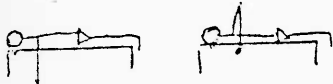
2. Bring arm out sideways to shoulder level (90°) with elbow straight. Hold.

standing:

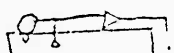


3. Facing corner with hands on wall and elbows same height as shoulders, gently lean into wall (stretching muscles in front of shoulders and chest.) Hold.

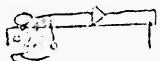
lying on stomach:



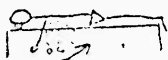
4. With arm hanging over edge of bed or table, lift arm, pointing elbow toward ceiling, keeping elbow out even with shoulder (90° angle). Hold. Let arm down.



5. Lie with arm hanging over edge (from elbow), upper arm on table and at right angle to trunk.



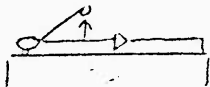
- A. In this position, bring hand forward to horizontal. Hold. Let hand down.



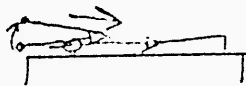
- B. Bring hand back toward horizontal, keeping elbow bent and even with shoulder. Hold. Relax.



6. With arms in this position, lift both arms up, raising hands and arms (from shoulder) in one motion. (Pinch shoulder blades together.) Keep elbows straight across from shoulders (90° angle). Hold. Relax.



7. With arms down by sides, lift arm up toward ceiling (keeping it in by side). Hold. Relax.



8. With arm straight over head (close to ear) lift off floor slightly and shrug shoulder blade down. Keep elbow straight and arm close to ear. Hold. Relax.



9. Place hand behind small of back. Pointing elbow toward ceiling, lift hand toward ceiling without moving it from midline. Hold. Relax.

lie on back:

10. With arms straight out to sides (at shoulder level), lift arms slowly, meeting hands at midline. Lower slowly.

University Health Services
Physical Therapy Department

Shoulder and Neck Relaxation Exercises

Before doing exercises, sit in comfortable chair with back supported and feet up on a stool. Relax completely, taking a few long, slow, deep breaths.

Shoulder Relaxation Exercises:

Hold each position 5 seconds, then relax slowly and completely 5 seconds, letting shoulders drop back into normal position.

1. Shrug shoulders up toward ears. Hold. Relax. Push shoulders down toward floor. Hold. Relax. Repeat 10 times.
2. Push shoulders forward as far as possible. Hold. Relax. Pull shoulders back, "pinching" shoulder blades together. Hold. Relax. Repeat 10 times.
3. Do "shoulder circles" bringing shoulders up, forward, down, and back slowly going through greatest possible range. Do 10 times, then reverse direction and repeat 10 times.

You may feel some tightness in shoulders, but exercises should not be painful. If you experience pain, try doing exercises less vigorously.

Neck Stretching Exercises:

Do these exercises slowly, allowing weight of head to stretch muscles, rather than "pulling" head in the different directions. Hold and relax in each position 5 seconds returning each time to normal position.

1. Bring head forward (chin to chest) as far as possible. Hold. Tip head back. Hold. Repeat 10 times.
2. Tip head to side (ear to shoulder). Do not shrug shoulder. Hold. Relax. Repeat to opposite side. Repeat 10 times.
3. Turn chin to shoulder. (You must actively move head in this direction.) Hold. Return. Repeat 10 times. Repeat to opposite side and do 10 times.
4. Do "head circles" tipping head forward, to side, back, to other side, going through greatest possible range. Repeat 10 times then reverse direction and repeat 10 times.

Well, back to today, there will be no Secretaries Report, Treasurers Report, Flight Statistics or any other info in this rag, but we'll have time for them at the meeting.

Bye!

Pres. Chas

Temporary Editor

Late Flash:

August 16 -- The CHGA Gliding Clinic
Brooksvale Park
Hamden, Conn.

Thermals, meteorology, sectionals, First Aid, aerodynamics, X-C, tree rescues, launch, techniques, practice 'chute development, safety, and more! 9:00 am - 2:00 pm and flying afterwards.

For details call: Tom Ives (203) 589-3041.

Classifieds:

OSPREY II , never flown! 175 sq. ft. (125 - 170 lb. pilot).
Rainbow sail: purple (keel), dk. blue, lt. blue, yellow, gold and orange (tips). Both control tubes (prone/seated), plus some other spare parts. This bird lists for \$1200, so it's a fantastic deal at my price of \$800. Also:
INSTRUMENT KIT. Colver vario, Hall wind meter, mountins brackets for both. Excellent conditon, \$100. Call Kent, 527-7526 eves. & weekends.