The world is not coming to an end, but the perfect season to fly is passing us by. As a law enforcement professional, I'm asked questions that relate to aviation that I'll share here. Also, you'll see what I've been doing to keep my aviation skill from dulling.

The most popular question I've been getting is about the "stay at home order" issued by our Governor in reference to the outbreak. I'll incorporate this into the IMSAFE and PAVE checklists that pilots have to abide by before each flight. For those of you who might be a little rusty on what those acronyms mean, here they are:

IMSAFE stands for **I**llness, **M**edication, **S**tress **(job, financial, health, family)**, **A**lcohol, **F**atigue, **E**motion. PAVE stands for **P**ilot, **A**ircraft, en**V**ironment, and **E**xternal Pressures.

Let's look at this and see how it relates to the state of our world right now. Then you can compare it to your mindset. The reservations on aircraft clubs are nearly nonexistent. Many pilots (not picking on anyone) are seeing the state of the world and failing the IMSAFE and PAVE checklist without even knowing it. Moreover, I applaud all of you for doing so.

**Emotions** are changed due to being locked up at home, worried about our friends and loved ones. Some of us might be indulging in a few more **alcoholic** beverages than usual out of boredom. Maybe you're not ill or on **medication,** but the thought of becoming sick and being placed on medication is a real possibility. I hope all of you can maintain financial stability, but we all see what's happening to our economy and jobs, so there's your **stress.** All this sounds like a lot of **stress,** doesn't it?

Let me throw a different kind of **stress** at you. One that some of my students and pilots working toward ratings are feeling right now. When will I fly again? How much longer is it going to take for me to get my certificate or rating? Am I going to lose my edge? I have to fly, or I'm going to forget! That's a **stress** that I can guarantee some of you are feeling right when it comes to flying right now. Should you be **stressing** over flying?

I can say with reasonable certainty that almost every member of our club would fail one or more parts of the IMSAFE checklist right now. A lot of people have asked me if they are going to get pulled over or arrested by the police if they leave their house. It sounds a bit stressful to worry about that as well.

As far as **PAVE** goes, "**P"** ilot speaks for itself. You might lose currency during this time, but luckily, we have a group of great instructors who will likely be as eager as you to get back in an airplane. Getting current again should be quick and easy once this is over.

Looking at **"A"** ircraft and remember that we have a fuel issue now? I heard some airports are only fueling their tenants. However, the NOTAMS don't indicate that. It wouldn't be a good time to fly somewhere and not be able to get fuel and then stuck wherever you are.

External pressures should speak for themselves after you roll everything I just pointed out. The overall risk right now is overwhelmingly high. As pilots, we start eliminating risk before we even get to the airport. You're not able to eliminate risk from things that are out of your control.

Law enforcement and public service has changed drastically since the new **TEMPORARY** way of life has happened. For me to say you won't get pulled over or arrested for violating the order would be a lie. It could happen depending on the circumstances. Currently, public service professionals want to practice social distancing too and don't want to interact with the public unless there's an emergency, and we have to. We are concerned about our well-being and that of our families. If you find yourself having to meet a Police Officer right now, like being pulled over, I would not expect the experience to be pleasant. Also, if you do get pulled over, you will most likely not receive a warning. Everyone is frustrated with those that disregard the stay at home order to conduct non-essential travel. Their actions needlessly place all of us at an increased risk of contracting the virus. The need to leave your house should be a **need** and not a **want**. We all need to leave the house for food, take a walk, or go to the pharmacy, but it should be limited to a need.

My wife is a Physician's Assistant at a local hospital, and they are being flooded with patients. Mostly all of whom are not abiding by the order and just doing whatever they want. The hospital staff is getting burned out, personal protection measures diminish due to **STRESS** and **FATIGUE,** and the situation only gets worse. We all affect the outcome of this, so please look out for yourself and others.

Flight simulators! I am still working, but at night when I'm home after I've done some at-home workouts I've come up with, I usually sit at my computer and fly away. The flight simulators available on a PC now are remarkable. Just last night, I flew an Airbus A321 from Phoenix to Dallas in actual IMC. If you have a PC, you can download XPLANE 11 (google it) for free and fly a Cessna 172SP around while practicing all sorts of instrument work.

The simulator has a G1000 or steam gauges with a Garmin 430w. It also has an autopilot, so even if you don't have a joystick, just get off the ground using your mouse, set the autopilot, and practice the flow of shooting an approach.

Some of the more interesting approaches you can shoot in the sim are the following:

1. VOR/DME Runway 15 into Baltimore / Martin State (KMTN)
2. VOR/DME-A into Watsonville Municipal (KWVI)
3. RNAV RNP Runway 19 into Washington National (KDCA)
4. RNAV (GPS)-A into Anaktuvuk Pass (PAKP)
5. LOC/DME-E into Aspen-Pikin County (KASE)

Just looking at those plates will make you realize that nothing in New Jersey compares. All of them will challenge you and help to increase your skillset. Also, before you know it, you'll probably blow through a few hours on the sim.

The set up I have at home for my simulator is the following:

1. CyberPower PC SLC7000BST
2. Hotas Thrustmaster Joystick
3. Hooked up to a 36-inch flat-screen television
4. XPlane 11

If you've got a few bucks to spend, you can find everything on Amazon. The price ranges are pretty wide, and you can get a bit carried away.

Here is a link of me flying an Airbus A320 on the ILS into LaGuardia.

<https://youtu.be/vf2UBGc_5V4>

I'm sure I did more than a few procedural things were wrong, but it's still fun, keeps me thinking, and keeps me busy at home. I wish you all well and look forward to being a fantastic year of flying.