



WILLIAMSON
FLYING CLUB

WILLIAMSON-SODUS
AIRPORT
3G7
CTAF 122.8
AWOS 124.2

WWW.WFCPILOTS.ORG

Important Dates:

General Meeting

February 8, 2007
7:30 PM at the Club-
house

Board Meeting

March 1, 2007
7:00 PM at the Club-
house

**Williamson
Flying Club
Notice of
Annual
Meeting**

The Annual Meeting of the Williamson Flying Club will be held on Thursday, February 8th, 2007 at 7:30 pm in the Clubhouse meeting room.

In addition to regular business of the General Meeting, the purpose of the Annual Meeting is to hold Annual Elections.

Joseph Ebert
Secretary
Williamson Flying Club



US Coast Guard HH65C Dolphin
overnights at 3G7

- Photo courtesy Bob Fratangelo

Instrument flying is when your mind gets a grip on the fact that there is vision beyond sight.

— U.S. Navy 'Approach' magazine circa W.W.II.

February, 2007

A Year of Accomplishments, and a Bright Future

There have been several accomplishments in the last twelve to eighteen months that have been very positive steps forward, both for the Williamson Flying Club, and for our airport.

The accomplishments are both for members benefit, and for the Airport in its efforts to move forward with our Master Plan.

Here's a list of all we can fit into this space:

WATER & GAS Grant

This FAA Airport Improvement Grant (up to \$270,000), will allow us to have municipal water run to the buildings, as well as natural gas from RG&E. In addition to water into the clubhouse and elsewhere, there will be fire hydrants at certain locations along the water line. The gas line will remove the need to rely on propane tanks at each building that has a furnace. With these water and gas lines, we will have the utility infrastructure to support tenant buildings in keeping with our Master Plan.

AWOS

The grant that enabled us to put AWOS on Tyrell Field makes it easier for pilots from

home, or from the air, to determine the weather conditions at 3G7. It also makes us a more integral part of the Transportation System. Because we have an AWOS, the Identifier of Williamson-Sodus will change from 3G7 to KSDC on March 15th. Check for NOTAMS.

LSA Aircraft

The LSA Aircraft committee has identified an aircraft to refurbish, as a club project, that will meet the specifications of the new Light Sport Aircraft rule. To meet the requests of as many members as possible, the LSA aircraft is a taildragger. Many members have expressed an interest in working on the rebuild project. If you're interested in the rebuild, check the sign up sheet in the clubhouse.

Security Fence

Fences, coupled with AOPA's Airport Watch program, have proved an unmatched combination for security at GA airports. Our new gates keep out the casual trespasser yet offer freedom of movement to pilots accompanied by friends and families (the people we fly with). We

must be mindful of the downside of fences. A large fence with "No Trespassing" signs tell the general public, "You're not welcome here," and that's exactly the opposite message that we GA pilots want to send to our neighbors. Our neighbors' children are the next generation of pilots...flying Mercy Flight helo's, commercial airliners and even fighter jets. Those future pilots should feel welcome knocking on our door. It's here that they learn to fly.

Computer Testing

Our students and pilots no longer have to go elsewhere for FAA written exams. Those exams can be done right here on computers in our testing center.

Engine Overhauls

Both 4CF and IDT had major overhauls, allowing them to continue to support our mission of turning dreamers into pilots.

Debt Elimination

The General Membership approved a dues increase in order to pay off debt sooner than previously amortized.

Flight **R_x** by Dr. Pam Tarkington

Exercise

The first step in starting a physical fitness program is to get a complete physical exam. Be sure to tell your physician what you are contemplating. To be safe, you should have a more complete examination than the one required for a class II or class III Medical Certificate.

In general, there are two types of exercise:

- 1) Aerobic exercise: targets the cardiovascular system. Designed to raise heart rate and breathing rate for a sustained period of time.
- 2) Anaerobic exercise: targets the musculo-skeletal system. Designed to increase muscular strength and tone.



X-C Skiing is an excellent form of aerobic exercise and we do have snow now!

Examples of aerobic exercise are the Nordic track, walking, swimming, bike riding, running, et cetera. Weight lifting is the only real form of anaerobic exercise. Anaerobic exercise requires proper training and supervi-

sion. It is accomplished via machines and free weights.

When engaged in an exercise program, know your limits—don't try to keep up with anyone else. "No pain, no gain" just isn't true. Pain is a signal from your body telling you that something is wrong—stop, and re-evaluate what you are doing.

Most physiologists recommend a minimum of 4 hours a week of exercise. But this depends on how physically fit you are. You might have to start out much lower. If you feel that you are fatigued the next day it is a good idea to get more rest between exercise periods or to decrease the intensity of your exercise. Never get up early (sacrifice sleep); your body won't fully recover from the stress and fatigue of exercise.

Probably for most pilots a combination of aerobic and anaerobic exercise is the best path. Anaerobic exercise makes you more resistant to G forces. Aerobic exercise makes you less resistant to G forces. This is not important unless you engage in aerobatics.



ELECTIONS

Elections of Officers and Directors will be held at the February Annual Meeting. The Candidates listed below have been nominated for the posts under which they are listed.

President:

Candidate: Dr. Pam Tarkington

Vice President:

Candidates: Gary Crawford, Jack Fuller, Joe Ebert

Treasurer:

Bob Herloski

Secretary:

Candidates: Joe Ebert, Kathy Sanger

Director:

Candidates: Gary Stevens, Floyd Johnson, Glenn Steed

Treasurer's Report by Robert Herloski

In addition to the standard treasurer's report, I will be presenting updated 2007 budget information, based on last month's dues increase vote.

Since there is too much information to effectively cover in a short report, and there are differing interest levels among the membership in this information, I will be available for detailed discussions on budget, and, if desired, aircraft costing, information, after the general membership meeting, in the conference room. We can use the projector, if desired.

If any member has a particular budget item that they would like discussed in detail at that time, please let me know ahead of time so I can bring the appropriate information.

Come to the February General Meeting and participate in a "MYSTERY RAFFLE" to benefit the Williamson Flying Club, courtesy of Winston Powers. \$1 per entry. No, we have no idea what Winston is raffling off! But hey, it's just a buck.

NOTAMS

When opening hangar doors, please stay near the controls until the door is at its upper limit. Don't walk away while it's opening, and make sure the "people doors" are closed during this process. While the door is up, remove the ice that gathers under the door seal. Park your cars in the lot, or in your hangar to keep the taxiways clear for plowing.

In the matter of renewing our insurance, AVEMCO Insurance has requested the names and addresses of all WFC Member pilots. WFC has gotten assurances that member information will not be used for any marketing purposes.