



WILLIAMSON
FLYING CLUB

WILLIAMSON-SODUS
AIRPORT
KSDC)
CTAF 122.8
AWOS 124.2

WWW.WFCPILOTS.ORG

Important Dates:

General Meeting

September 13, 2007
7:30 PM at the Club-
house

Board Meeting

October 4, 2007
7:00 PM at the Club-
house

Wings & Stars Dance

October 20th, 6pm
At the airport!
See story below. & p3

Wings & Stars Dance

Reserve October 20th
for an evening of
entertainment and
enchantment!

After years of absence,
an on-airport social
event never to be
forgotten! Music by
The Paulson, Baker &
Garvey Band. Steak
dinner by

See Page 3 for details. If
you don't get the
electronic version of the
newsletter, check out
the "Wings & Stars" link
on www.wfcpilots.org
and watch your US Mail!



A little place we call "home".

"Rule books are paper - they will not cushion a sudden meeting of stone and metal."

— Ernest K. Gann, *Fate is the Hunter*

September, 2007

From The President by Pam Tarkington

This has not been a good month for the Williamson Flying Club.

A student landed a plane with bald tires and one blew out upon landing.



A strut was over-inflated and when the plane was pulled out of the hangar, a beacon was broken.

A frayed cable was found in a plane by a student (good pickup) that should have been found before.

As you are all probably aware by now, 4CF was involved in

an accident. We are all thankful that no one was hurt.

Because of all of this, our entire fleet has been gone over by the maintenance committee. Until that could be done, I asked Mike to pre-flight the planes with the students.



We really cannot stress safety too much. To that end, there will be a mandatory safety seminar soon (you will receive details as soon as possible). You must attend the seminar if you wish to rent club planes after the initial presentation.

We hope to have a video of the presentation so that, if you cannot attend, you can fulfill the requirement by watching a video.



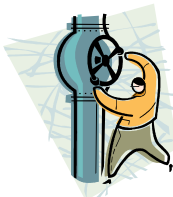
On a lighter note, the BOD has decided to have Aviation Day again this year, so, if there are any topics you wish covered, please let me know.



In the Spring, we will also repeat Scout Day. As before, we will be asking for volunteers.

Grant Projects

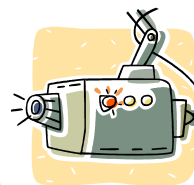
The Water Line project is underway, and should be completed by the end of September. The Town of Sodus has created a new water district in cooperation with the Williamson Flying Club. The water line that's being installed will provide



water services to the Williamson Flying Club as well as our neighbors along the length of the new line. After the water line is installed, RG&E will be installing a gas line along nearly the same route as the water line.

The surveillance cameras are in and operational. A bonus of

the surveillance cameras is that a camera is available for viewing on our website www.wfcpilots.com.



Click on the "Web Cam" link and you will get a live view of the runway as seen from the clubhouse.

Flight **R_x** by Dr. Pam Tarkington

PILOTS (and people) WHO "TIP THE SCALE"

As you are all aware, being overweight/obese has become a BIG problem. This is in the news on almost a daily basis.

In the '70's, 1 in 20 were overweight; now 1 in 5 are obese. Overweight and obesity are a question of magnitude (literally). Obesity and overweight persons affect 66% of the general population in this country: 33% make up each part of this equation. This country spent about \$117 billion on these problems in 2000 (it is much more today) - and caused over 300,000 deaths in that year. By the way, Mississippi has the distinction of being the state with the greatest number of obese residents.

One would think that the pilots would not fall into this group. However, most pilots are overweight. There was a study that showed, from FAA records, in 2003, 47.15% were overweight (297,636) and 21.11% were obese (133,231). Female pilots were less overweight/obese than their male colleagues.

Doctors use something called the BMI (body mass index) to calculate what your situation is as regards to you height and weight. It is not fool proof but an easy way to calculate if you are overweight. The calculation in pounds is weight/height in inches X 703 for adults. Basically if your BMI is < 18.5 you are underweight; 18.5-24.9 is normal; 25-29.9 overweight and >30 is obese. Obviously there are some exceptions - a fully conditioned athlete may have a high BMI due to his increased

muscularity.

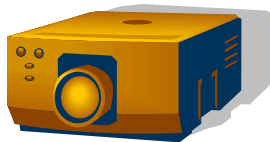
What can happen to you if you are in the overweight/obese group? Nothing good. There is a multitude of data that attest to the fact that your medical certificate - (not to mention, your health) - is in jeopardy if you do "tip the scales". Too much fat tissue can cause problems with just about any of our body's systems:

1. cardiovascular system: elevated blood pressure, coronary artery disease, stroke, varicose veins, pulmonary edema.
2. musculoskeletal: arthritis, chronic low back pain
3. gastro intestinal: gallstones, GERD, hernias, colon cancer
4. respiratory: sleep apnea, fatigue
5. genitourinary: prostate cancer, decreased libido
6. psychological: depression
7. dermatological: skin infection, poor hygiene
8. endocrine: diabetes

A word to the wise:
Look to diet and exercise!



Treasurer's Report by Robert Herloski



The projector has been repaired, and a surge protector added. So, I will be presenting the first half 2007 financial results at the September membership meeting. If anyone has any club financial questions ahead of time, please call or email me, and I'll have the answers at the meeting.

We received a new load of fuel in on Sept. 1. The price we paid was similar to what we paid previously.

As of 8/27, the net profit from the chicken BBQ is about \$640, which will be applied entirely to the club debt.



Club Currency Requirements

Our Bylaws require club members who rent club aircraft to have an annual club "flight review" in order to be allowed to fly club aircraft. If you rent club aircraft, check your logbooks to verify that you've had a club "annual" within the last year, in addition to a current BFR and medical. If you haven't had a "Club Review", contact a flight instructor and schedule a review prior to your next use of WFC aircraft. The "Club Review" must be in the make and model you wish to fly.

Williamson Flying Club

Wings & Stars Party

October 20th - 6:00pm until midnight



- Featuring -

*Uncle Ralph's Steak roast
The Paulsen, Baker & Garvey Band*

*Please make your reservations by October 1st
585-671-8074 or ecourno999@aol.com*