



The WFC Flyer



A Publication of the Williamson Flying Club, Inc.

JANUARY, 2008

WILLIAMSON-SODUS AIRPORT | KSDC | CTAF 122.8 | AWOS 124.2 | WWW.WFCPILOTS.ORG

General Meeting

January 10, 2008
7:30 PM, Clubhouse

Board Meeting

February 7, 2008
7:00 PM, Clubhouse

Movie Day/Night

January

Aviation Day

February

Lunch Served

Saturdays at noon-ish

From The President by Pam Tarkington

With this column we begin a new year for the club. Let's hope that this one will be free of any accidents, incidents or near misses.

By now all of you know about the incident with 55W. Mike did a super job landing the plane and he is to be commended for the professional skills that he displayed. As has been said before, we are fortunate to have a pilot/instructor of his caliber.

While Mike was being superb in the air, Lance was coordinating not-to-be-

needed rescue efforts at the airport. Thank God, they were not needed.

I cannot commend these two professionals enough. Our club/airport keeps getting stronger.

Elections are next month: please "voice your choice" to the nominations committee: Fred, Doc and Jake.

As you know, Aviation Day will be in February. We are still hoping for some suggestions for topics.

There will be two activities in January which Mike is organizing: movie day/night and an opportunity to match your flying skills via computer. A word to the wise, Mike has his own joy stick! As your president, on movie day, I have authorized popcorn and soda in the conference room: the wrath of God and Dave Cansdale are upon anyone who spills.

On a personal note, I wish to thank all of you for supporting the activities at the club of this past year: I am most grateful.

Engine Preheaters

When preflighting club aircraft with engine heaters, follow the steps below:

Unplug extension cord from wall outlet.

Unplug engine heater from extension cord.



When putting aircraft away, reverse the order. This prevents any sparks from occurring in the engine compartment.

Treasurer's Report by Bob Herloski

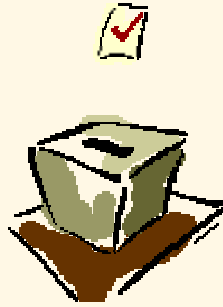
We've had our first full month of interest earned with our online ING savings account: \$273.46!

I am planning to give a preliminary look at the 2007 year end P&L, as well as the initial 2008 budget, for the membership at the January general meeting. If anyone has any particular questions that they would like addressed at the meeting, please let me know beforehand, if at all possible.

Note that rental increases are effective 1/1/08, so tenants will first see the increase in their January 31st invoice, which will be sent out beginning of February.

Elections at February General Meeting

Elections, held at our February General Meeting, require candidates for office. The Nominating Committee will provide a collection of candidates for the offices that are open for election.



Club members are allowed to nominate qualified Active or Permanent Members for any office. Additional

qualifications require that a person nominated must have attended at least 6 General Meetings in the previous Year (February through January). Nominations for office will come from the floor at the January Meeting.

The following Active and Permanent Members qualify as of the printing of this newsletter: Denny Ankrom, Bill Bach, Glenn Barlis, Mike Bebernitz, Gary Crawford, Jake DeGroot, Joe Ebert, Frances Englund, Ron Foti, Jack Fuller, Dave Guild,

Jim Guild, Fred Haas, Bob Herloski, Floyd Johnson, Chris Karpenko, Doc Malchoff, Rick McCutchan, Mick McKee, Eric Mehserle, Lance Merritt, Jim O'Donnell, Bob Robideau, Mark Rynearson, Scott Sawdey, Corky Schoeneman, Mike Shippers, Duane Sims, Wes Somerville, Gary Stevens, Marv Stewart, Jim Swan, Pam Tarkington, Jim Wilkins, Ed Wilkonski, Archie Woodworth. The following members have attended 5 meetings: Jim Markovitz, Kathy Sanger.

Flight Rx by Dr. Pam Tarkington

VACCINATIONS

NOT JUST FOR KIDS

When most of us think of vaccinations, we think of kids. However, as adults, we should also be vaccinated against certain diseases. I am not about to tell you that kids should not be vaccinated (although certain groups will) - they are very important.

Let's look at adults:

A. Herpes Zooster (shingles): this can be a very painful disease that can last a long time. It is caused by the reactivation of the chickenpox virus in the dorsal root ganglion. Most of us, in the club, had chickenpox as a child. After we have it, the virus sort of "goes to sleep" and as an adult it wakes up cells and causes a lot of pain. Usually the rash is confined to one side of the body and hence, stops at the midline. The major complaint is something called post-herpetic neuralgia - pain caused by damaged nerve tissue. This can be very severe pain and can last several months or longer. This happens more than in 50% of the

cases.

Why use the vaccine? There are more than one million cases each year. The risk of shingles goes up with increasing age. Only 1% of the population will get this more than once.

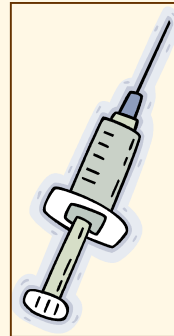
If you're so unfortunate as to have this, strong pain meds may or may not help. Anti-viral medications shortens the rash but does not preclude the development of pain. The disease is more severe in the elderly.

This is a relatively new vaccine so all the downsides are not yet known - nor is how long it can help you.

B. Pneumococcal Vaccine: there are more than one million cases per year in elderly folks. It is not effective in community acquired pneumonia. It may not prevent pneumonia but may prevent bacteremia (the bacteria getting all thru your body).

There are some questions about the effectiveness of this vaccine, but, at the

present time if you are over 65, it is recommended.



C. Flu Shot: every year more than 36,000 in the U.S. die from the flu. Each year there are more than 200,000 hospitalized. At the present time it is recommended for all persons over age 50 as well as those with underlying illnesses (diabetes, nursing home residents, chronic lung, heart and kidney disease as well as those with any sort of immune deficiency). It is also recommended for health care workers, travelers and those who

wish to protect the health of those around them. This year, it is also recommended for anyone who wishes to be immunized.

D. Tetanus/Diphtheria: each year there are over half a million cases of pertussis each year. The cough can be debilitating and causes such complications as a slipped disc, angina and fracture. It is very contagious.

It is recommended that you have a tetanus vaccine every 10 years and a booster 5 years after a significant exposure.