



# The WFC Flyer



A Publication of the Williamson Flying Club, Inc.

MARCH, 2008

## General Meeting

March 13, 2008  
7:30 PM, Clubhouse

## Board Meeting

April 3, 2008  
7:00 PM, Clubhouse

## Aviation Day

March 15th

## Lunch Served

Saturdays at noon-ish



*No matter how long the winter, spring is sure to follow. - Proverb*

## From The President by Pam Tarkington

### ELECTION RESULTS

#### 2008 BOARD OF DIRECTORS

**PRESIDENT:** Pam Tarkington

**VICE PRESIDENT:** Lance Merritt

**TREASURER:** Bob Herloski

**SECRETARY:** Bob Robideau

**DIRECTOR:** Chris Karpenko

**DIRECTOR:** Tom Litteer

**DIRECTOR:** Gary Stevens

Thanks to all who sent in their pilot information. We are still working on the insurance question and will keep you updated on our progress.

The Second Annual Aviation Day will be March 15th. We had a great turn out last year and I hope that it will be even better this year. Lunch will be provided. Corky has agreed to do the grilling but it will be burgers, sausage, and salads so that he can also participate.

Our Saturday lunches draw a good crowd. If you have not been to one - please join us. We need more people to volunteer to bring lunch - this can be as simple as hot and chips to a "gourmet" meal. Generally, the donations will cover your cost. There will be a sign up sheet on the club bulletin board. So far, it has been a great

success. But, in order for this - or any other activity - to go forward, we need all of you to help out.

Glen Steed has shown me a proposal for the new proposed park-like entrance on the north east side. There will be a sign up sheet in the Spring. He will show his proposal in the spring.

June 14th will be the RAMS (radio- controlled planes) activity at our airport. Last year was a trial demo. This year, they expect a greater participation from other clubs as well as a audience that could be 200 to 500 spectators.

This will be a great opportunity for our club to take part in an activity with other "partners in the sky" - we will see another form of aviation.

In addition, club members will have an opportunity to fly these planes with an instructor via a "buddy box". It will cost one dollar per turn and all monies will go to charity. We have been talking about Toys For Tots but your input could change our decision. We will need volunteers to man the information booth as well as to help with crowd control. The airport will be closed for this event from 9-4. This may seem like a lot but it is only once per year.

Also, if any of you have any tents/shields that could be used, we'd appreciate it.

More activities are planned - as the dates are firmed up, I'll let you know.

Thanks,  
Pam

## Aviation Day *by Mike Bjerga*

**AVIATION TRAINING DAY**  
**MARCH 15TH, 9AM - 2PM**  
 LUNCH PROVIDED

YOU CAN RECEIVE FAA "WINGS"  
 CREDIT IF YOU SIGN-UP AT  
[WWW.FAASAFETY.GOV](http://WWW.FAASAFETY.GOV)

**SPEAKERS:**  
 DR. PAM TARKINGTON  
 JOHN CREATURA  
 JOHN LAUSTER  
 MIKE BJERGA

ME AND MY MEDICAL CERTIFICATE  
 PLAYING TEXAS HOLD'EM WITH MOTHER NATURE  
 USING THE FORCE & LANDING: A LOT LIKE BOWLING AND YET NOT AT ALL...  
 TAMING THE TAILWHEEL

This event qualifies for Wings credit. You can sign up at [www.FAASAFETY.gov](http://www.FAASAFETY.gov)

### Tentative Schedule (Subject to Change)

0900-0920	<b>Introduction and FAA Wings Review.</b>
0920-1000	Mike Bjerga: <b>Using the Force</b>
1000-1010	Break
1010-1050	Mike Bjerga: <b>Landings: A lot like bowling and yet not...</b>
1050-1100	Break
1100-1140	John Lauster: <b>Playing Texas Hold-em with Mother Nature and knowing when to go "All-In"</b>
1140-1240	Lunch
1240-1320	John Creatura: <b>Taming the Tailwheel</b>
1320-1330	Break
1330-1400	Pam Tarkington: <b>Me and My Medical Certificate</b>

## Flight Rx *by Dr. Pam Tarkington*

### Should Everyone Take A Daily Aspirin?

About 10 years ago, the FDA issued a recommendation for aspirin use for patients who have had a heart attack or who might be at risk for a heart attack.

Aspirin is the drug with the widest use in the entire world. In the US alone, we consume well over 20 billion tablets per year.

Each year over 250,000 people in

the US are hospitalized with bleeding complications due to the use of aspirin. Most of this bleeding occurs in the GI tract.

The question has been how much aspirin to use. Initially, for an adult sometimes 2 aspirins were recommended: dosage 325mg. Now, studies are saying that 75-81mg, also known as a baby aspirin, will confer the same amount of protection to prevent clots leading to heart attacks and strokes - and with much less bleeding complications.

The best thing to do is to check with your physician.

While aspirin is generally given in the setting of an acute heart attack, it should not be given in the setting of an acute stroke. There is something called a hemorrhagic (bleeding) stroke which can generally only be differentiated from a non-hemorrhagic stroke by CT scan or MRI. An aspirin in this setting may make the stroke worse.

- Pam

## Treasurer's Report *by Bob Herloski*

Thanks to all of the club members who have provided pilot information forms. I know a lot of effort went into gathering the requested data, but the insurance companies

require this type of information on all insured pilots. We have received approximately 70 forms, and will now begin the process of applying for insurance with the identified

carriers. The process could not begin until we had the pilot information forms.