



The WFC Flyer



A Publication of the Williamson Flying Club, Inc.

SEP, 2008

General Meeting

Sep 11, 2008
7:30 PM, Clubhouse

Board Meeting

Oct 2, 2008
7:00 PM, Clubhouse

Disaster Drill

Sep 14, 2008
8 AM

Safety Seminar

Sep 20, 2008
10-12 Clubhouse
Lunch will be served

Insurance Meeting

Oct. 4, 2008
10AM



(Photo: Karen McDowell)

From The President by Pam Tarkington

I cannot believe that the Summer has gone by so rapidly: take advantage of the rest of the good weather and get out and fly.

Sept. 20th will be the next Safety Seminar. Remember that these are mandatory and that Wings credit is available. You can always substitute another Wings program. Some of you have asked why the speakers are non-club members. There is no doubt that we have great talent here in the Club, but I thought that it would be a good idea to get an "outside" perspective. Also, Mike deserves a "vacation". Lunch will be provided.

On Sept. 14th, we will have a disaster drill at the airport. We may never have a real disaster, but, it is important that we are prepared for one if we really do have an emergency situation. We need volunteers if any of you are interested. Coffee and donuts will be available.

I hope that as many as possible are participating in the GPS scavenger hunt. I would like to culminate in a club clam bake where the winners will be announced and prizes will be awarded. Bob tells me that the club cannot afford to pay for all of it so we would be asking for a \$20 donation from those who would be interested. Let me know what you think. We can discuss this more at the General Meeting. We are looking into making the club decals available again. In addition, I believe that it would be a great idea to have club pins available - they could be worn on a lapel/shirt or hat. It would be a way of showing off the fact that

we are a fantastic club. We will get prices before we go ahead with this.

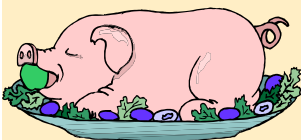
The next - and I hope - the last insurance meeting will be Oct. 4th at 10 AM. Present renters will soon receive a copy (either hard copy or via e-mail) of the proposed hanger lease agreement for next year. This will also be discussed at the General Meeting. Please read it and bring any questions/suggestions to the meeting.

I am so much aware that the insurance issue has been a cause of great consternation for many members. Please be aware of the fact that the BOD has had many a discussion regarding this topic and are only trying to do what is best for all concerned. Remember, that we were only days away from losing all insurance coverage - which would, in all probability, meant the end of the club. There were wide gaps in our former insurance policy that we did not even realize existed. Granted, we have had to agree to certain policies that are not popular but hopefully these can be obviated at a later date.

Unfortunately, the days are getting shorter. I propose that the time of the General Meeting be the same as that of the BOD's meeting - 7PM. This would get all of you home earlier - or to those you go to Rascal's a half an hour earlier to dig into your steaks. My biggest concern is that it would get everyone home earlier - and, perhaps safer, especially in the Winter months.

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On Sunday, September 14 the airport will be closed from 8-9AM during the disaster drill.



5th Almost Annual Pig Roast

Sep 13, 2008
12 - till ??

Bring a dish to pass.

Please RSVP

Denny & Carol Ankrom
(315) 483-4784

Flight Rx by Dr. Pam Tarkington

COLONOSCOPY: WHY & WHEN

Why: Colorectal Cancer is a preventable disease and it is the second leading cause of cancer death in the US. Pre-cancerous lesions can be removed and it will also detect early cancer. Last year, approximately 154,000 patients were diagnosed with colorectal cancer and about 52,000 patients died from this cancer. With the appropriate screening most of these deaths could have been prevented.

When: if you have no risk factors, screening should start at age 50 and then be repeated every 10 years with a flexible sigmoidoscopy every 5 years. You should also have your stool checked every year for blood.

There are certain people who have a higher risk for colorectal cancer.

1. African-Americans should start screening (ie colonoscopy) at age 45. The reason for this is:
 - A. they have a higher risk and that risk starts earlier (most before age 50)
 - B. there are lower survival rates and they generally present with a much more advanced disease.
2. People with a family history of colorectal cancer and other cancers: these people should start screening at age 40 or 10 years before their relative was diagnosed with cancer.
3. Patients with ulcerative colitis or Chron's: these patients should be followed by a gastroenterologist.

4. Hereditary nonpolyposis colorectal cancer: these patients have an 80% chance of developing colorectal cancer: screening should start at age 21.

They should also be referred for genetic counseling, If any family member had cancer - they should start screening 10 years before that relative developed cancer.

5. Familial adenomaxous polyposis: all of the patients will develop, at some point, colorectal cancer unless the colon is surgically resected. Screening colonoscopies should start at age 10.

Polyps: the usual types of polyps are called adenomas and hyperplastic polyps.

Adenomas are pre-cancerous. These types of polyps increase with the aging process. If a polyp is found in a person of 65-75 years of age, 35-50% will be adenomas.

In general, hyperplastic polyps (with certain exceptions) are not pre-cancerous.

I realize that this is just a general over-view. Do have a colonoscopy when your physician recommends such. The worst part is the preparation - you will, more than likely, be asleep for the test. As stated before, colorectal cancer is, in general, a preventable disease



Karen McDowell

Ever wonder about the photo on the front page of our newsletter?

Some of you might remember Karen McDowell, an award-winning writer and cartoonist, from the brief time in 2000 she spent around our airport. One warm summer evening, while driving by the end of the runway, she asked to take a photo of the beautiful sunset. As a trained artist, she quickly composed the photo and knew it needed one additional element to make it complete ... a plane ... and then, as if on queue, one approached. She waited until the plane was over the runway threshold and then she tripped the shutter...capturing the image that has been the center-image of the web home page as well as the newsletter masthead.

There is more however, to the story ... Soon afterwards, Karen moved to Martha's Vineyard where she was the web administrator for the Martha's Vineyard Times. She was much loved by her colleagues and friends and at only 39 years young, after two years suffering with breast cancer, Karen passed away on August 13, 2005.

Fly far and high friend.
Archie Woodworth

