

# The WFC Flyer

**June 2011**



## May Quiz Questions (PA-28-180)

1. What is maximum useful load?  
938 lbs – Payload (full tanks) - 650 lbs
2. What is the stall speed (flaps down).  
61 MPH (53 kts)
3. What is the best glide speed  
85 MPH (74 kts)

## Important Dates

### General Meeting

June 9, 2011  
7:00 PM Clubhouse



## THANK YOU

The club is grateful for the donation of the replacement U.S. Flag by Frances England.

### Board Meeting

July 7, 2011  
7:00 PM Clubhouse

## Club Officers

### President

**Duane Sims**  
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### Vice President

**Chris Karpenko**  
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### Treasurer

**Bob Herloski**  
[herloski@rochester.rr.com](mailto:herloski@rochester.rr.com)

### Secretary

**Bob Cournoyer**  
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## Directors

**Bill Bach**  
[bbach@frontiernet.net](mailto:bbach@frontiernet.net)

**Tom Henderson**  
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**Jake DeGroot**  
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## From the President

First of all, I would like to commend all of you for your participation in making this year's breakfast happen. It was not an easy day, but despite the rain, cool temps, and wind blown fog, the people of the surrounding communities did not let us down, they still came to partake in what is viewed by many as an annual rite.

Just over 1100 breakfasts were served. Many people while moving through the serving line were overheard by numerous members stating the number of years that they and members of their families have attended our annual event. This would not have happened without membership participation such as what we have here in this club to keep this tradition alive. Patrons passed along many compliments; not only about the breakfast itself, but of the people of the club that they met during their time here at the airport.

Breakfast Chairperson Bill Bach will give an overview of the breakfast at the general membership meeting.

The WFC Finance Committee has spent a lot of time going over the financial details of club operations. The committee will be making a presentation to the Board of Directors in the near future. Overall, the club is in good shape. The committee has been looking for ways to align operational details to give a sharper image of expenditures.

## Secretary's Note

For some hanger lessees there has been ongoing confusion regarding insurance requirements - specifically with "the naming of WFC as an additional insured" and the "waiver of subrogation". These are two separate items. Both generally are easy to obtain via a phone call to your aircraft insurer. In most cases there is no charge for these requests. Naming WFC as an additional insured is a condition of the lease. Lessees without the waiver of subrogation are billed an additional \$5 per month.

Having your aircraft appropriately insured is a condition of all hangar leases.

## Annual Breakfast by Bill Bach

I would like to thank everyone that participated in this year's Breakfast whether it was grill setup, Saturday setup or the event itself. Although mother nature did not give us good weather the turnout was far better than expected.

Initial indication is that we did well in spite of the weather. It will be a while before all the numbers are in and when they are I will share the final result with you.

## Flight Rx by Dr. Pam Tarkington

### OSTEOPOROSIS

This is the most common metabolic bone disease in the country. The consequences are thousands of fractures per year. What happens is that there is a thinning of the bones. Most often the rate of bone formation remains normal but the rate of bone re-absorption is increased.

Symptoms: loss of height due to spontaneous fractures and collapse of the spine. These fractures can be totally asymptomatic and only discovered with an x-ray. At other times it causes debilitating pain, fracture of the ribs, hips and other bones with very little (or no) trauma

The areas of the body most commonly affected are the spine and pelvis. There are several causes of osteoporosis

1. Hormones: loss of estrogen in females and androgen in males

- Cushing's syndrome
- taking steroids
- hyperparathyroidism
- too much vitamin D
- hyperactive thyroid

2. Malignancy - especially multiple myeloma

3. Certain genetic disorders: Marfan's syndrome, Ehlers-Danlos syndrome, etc.

4. Other diseases: diabetes, malnutrition, alcohol related liver disease, rheumatoid arthritis

5. Prolonged immobilization

Diagnosis: plain x-ray, bone/dexa scans

Treatment drugs: vitamin D and calcium, calcitonin, diphosphonate (fosamax, boniva, actonel)

FAA: obviously with an acute fracture you may not fly. Also, if you require narcotics for pain relief, you are also grounded

Note: the AME has a grace period to send in your medical of 14 days. However with the student pilot medical, this is now only 7 days.

## Rochester Wings June 10 & 11 2011

Rochester WINGS 2011, in its 10th year represents an ideal opportunity to celebrate flight and pass it on to others. No matter whether you are in aviation as a career, use General Aviation to further your career, or use it as a getaway we all cherish the privilege of flight.

This year we need YOU - to volunteer to man our booth to tell the WFC story to all of the attendees that stop by during the two day event.

As in the past, we plan to have the "Killer" booth - with TV video, large poster-board displays, lots of SDC literature for handouts and all of the great spokespersons on hand to tell of the great flying experience that awaits anyone who will make the drive out Route 104!

This year we need all of you to consider volunteering for manning our booth. We have had loyal booth people for many years, but they are not enough. We need NEW volunteers to represent our club. PLEASE consider volunteering. If you have not done the WINGS event in the past YOU are who we are asking to step up!

Please check your schedules to see if you can make yourself available. [Contact Eric Mehserle](#). We need 20 - 30 volunteers - which means we need YOU!

We urge you to show your support for the future of General Aviation by going to Rochester WINGS!

**Flying In?  
Register Your Aircraft**

Your Pilot certificate will allow you to attend [FAA Safety Seminars](#), receive [WINGS Program Flight Instruction](#), visit a multitude of [industry exhibitors](#) and visit a wide range of [static displays](#).

**PILOTS - Register  
to Get a WINGS Flight Review (BFR)**

Your presence signals your interest in being there for the next generation of aviators just as someone was there for you. For friends and loved ones there will be [Discovery Flights](#) to get people into the air for the first time. Revisit old friends and make some new ones by staying with us for the [Friday evening "Top-Off" BBQ](#) and driving in or flying in for [Civil Air Patrol's Saturday morning Pancake breakfast](#).