

# The WFC Flyer



The Christmas part is this Sunday, December 11, at the Carey Lake Banquet Center. Cocktails are at 6 PM, Dinner at 7PM.

## Important Dates

### General Meeting

December 8, 2011  
7:00 PM Clubhouse

### Board Meeting

January 5, 2012  
7:00 PM Clubhouse

## Club Officers

### President

Duane Sims  
[dsims2025@aol.com](mailto:dsims2025@aol.com)

### Vice President

Chris Karpenko  
[christopher.j.karpenko@usps.gov](mailto:christopher.j.karpenko@usps.gov)

### Treasurer

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

### Secretary

Bob Cournoyer  
[rcourno999@aol.com](mailto:rcourno999@aol.com)

## Directors

### Bill Bach

[bbach@frontiernet.net](mailto:bbach@frontiernet.net)

### Tom Henderson

[thenderson@nye-tech.com](mailto:thenderson@nye-tech.com)

### Jake DeGroot

[degrootewill@aol.com](mailto:degrootewill@aol.com)

## From the President

### 'Tis The Season:

The weather for the month of November was very fair to us in the endeavor of the pursuit of flight. As we are all aware, that will probably change soon. As I've stated previously and looking back on the year 2011, our airport and our club are very unique when compared to other airports and clubs in this region. We continue to enjoy on a pretty regular basis new members joining the club. Pilots from around the region, and beyond are coming to our airport to partake in what this airport has to offer and telling others about it! The driving force/asset of what this airport has to offer is through the continued efforts of the wonderful and talented members of this club.

### Ready and Waiting:

On November 19<sup>th</sup>, the Airport Manager and the Buildings and Grounds Coordinator held a snow removal team meeting to familiarize members dubbed the "Frozen Chosen" of the snow removal strategy, the snow removal equipment, and its usage. The snow removal schedule has been developed and implemented. The team is ready to put the plan to use. The meeting had a very good turnout of members. With many hands and minds working together towards a goal, it can be achieved.

### Rollback:

This year the Finance Committee with the assistance and guidance of the Treasurer worked hard in developing a finance tool that enables the team to examine the financial details and history of the club's operation. Basically, without going into extensive detail, our operation was broken down into four categories, those were Membership, Aircraft, Flight Instruction, and Airport

At the December meeting of the Board of Directors, the Finance Committee proposed a recommendation to the Board to consider reducing aircraft rates in order to follow them over a period of time to see how it effects aircraft usage when compared to price and usage currently. After review of the recommendation, it was decided by the Board to "Rollback" (thank you Wal-Mart and Bob Cournoyer) the aircraft rates to the rates used in December 2010.

### Note of Thanks:

In case you were wondering where the flat screen television came from in the lounge area, Ron Teed donated it. Thank you very much Ron. It is a beauty!!!

As I had mentioned previously, we have some wonderful and talented members in this club. It is through the continued contributions and efforts of the membership that we can achieve and meet challenges in these trying times. I wish you all Happy Holidays and a Very Merry Christmas.

## Flight Rx by Dr. Pam Tarkington

### Exercise

Surely, at some point, all of us have been encouraged by our physician to exercise. Keep in mind that exercise can actually be harmful for some patients and this will be briefly addressed later.

It has been shown that as the amount that you exercise increases, cardiovascular health increases in a linear progression. If a patient loses as little as 10 lbs and exercises regularly, his blood pressure can drop about 20 points. This benefit also occurs in people who are taking medication for their blood pressure.

The Joint National Committee on the Prevention, Detection, Evaluation and treatment of blood pressure recommends regular aerobic exercise of 30 minutes a day. Multiple studies have shown the adverse effects of a sedentary lifestyle. Those who do have a sedentary lifestyle should begin any sort of an exercise program slowly (start with a 10 minute walk twice a week and gradually build up to 30 minutes a day).

Those with a very high blood pressure, with known cardiovascular disease or increased risk factors for cardiovascular disease should probably have a stress test before engaging in any vigorous form of a physical exercise program. Also certain conditions will dictate the types of exercise – a person with arthritis in his knees would be better off swimming than jogging.

Progressive resistant exercise (ex: weight lifting) has also been shown to be beneficial.

Monitoring your heart rate: this can be done by using a heart monitor (many small devices can be strapped on your wrist) or you can check the pulse at your wrist or neck. If you want to calculate your heart rate for moderate aerobic activity you subtract your age from 220 and multiple by 50% and 70% for the lower and upper ranges. (For example a 50 year old would aim for a heart rate between 85 and 120).

Many people have the false idea that they get enough exercise at work. When we talk about exercise, it should be independent of what you do at work.

There is something called METS (metabolic equivalents): light activity < 3 METS; moderate 3-6 METS; vigorous > 6 METS. As an example, mopping the floor is about 2 METS and riding a bull is about 5.

Exercise has been shown not only to be good for your physical health but for your mental health as well: it can actually help depression. In addition, it increases your sense of well being.

## Holiday Party

The annual holiday party with cocktail hour, buffet dinner, and games.

**When:** Sunday, December 11, 2011

- Cocktail hour starts at 6 PM and includes hors d'oeuvres and a cash bar.
- Dinner will start at 7 PM.

**Where:** [Carey Lake Banquet Facility](#)

959 Walworth-Penfield Rd. (RT 441)

Macedon, NY

**Cost:** \$24 per person

In keeping with tradition, we are asking everyone who would like to bring a dessert to do so for sharing. It will also be appreciated, if interested please bring along a "present" for the door prizes to be awarded during the proceedings.

## Secretary's Note

Hangar and tie down leases for 2012 have been distributed this month. Hard copy version of the lessees are available in the club house for those who prefer pen and ink.

Guidelines for lessees are available and the rates will remain at 2011 level. The leases are to be returned to [Bob Cournoyer](#) (signed PDF's), the "secretary's box" in the club house, or mailed to WFC.

WFC, POB 148, Williamson NY, 14589

## New Rental Rates

62U: \$58

55W: \$67

1DT: \$67

6ES: \$79

85X: \$79

In addition to the rollback rate, it was decided by the Board to make the effective date of the rollback effective as of December 1<sup>st</sup>, 2011. So, if you have already flown in month of December, the billing rate for the aircraft will be priced at the rollback rate!

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It's getting to be that time again – WFC officer and director nominations are upon us. General Membership meeting attendance of 6 or more meetings is required to be eligible for nomination. Below is the current tally for this year – there are still two more opportunities for attendance, the December and January meetings.

Six or More Meetings Attended (35)		5 Meetings Attended (6)
Ankrom, Dennis	Henderson, Thomas	DeCracker, Ron
Allen, Rick	Herloski, Robert	Lauster, John
Alesci, Anthony	Karpenko, Chris	Markovitz, James
Bach, Bill	Malchoff, Doc	O'Donnell, Jim
Barlis, Glenn	Malec, Michael	Robideau, Bob
Bebernitz, Michael	McCutchan, Rick	Tarkington, Pam
Bjerga, Mike	Mehserle, Eric	
Brean, Doug	Merritt, Lance	
Caldwell, Gary	Murray, Steven	4 Meetings Attended (5)
Christian, Randy	Pierce, Michael	Guild, Dave
Cournoyer, Robert	Schoeneman, Carl	Kendall, Ralph
DeGroot, Jake	Shaw, Dennis	Ludwig, Terry
Ebert, Joe	Shippers, Michael	Marcheonda, Dick
Englund, Francis	Sims, Duane	Arserio, Greg
Foti, Ron	Stevens, Gary	
Fuller, Jack	Swingley, Dick	
Gates, Steve	Wilkonski, Ed	
	Zeck, Jesse	