



Important Dates

General Meeting

February 9, 2012 7:00 PM Clubhouse

Board Meeting

March 1, 2012 7:00 PM Clubhouse

Club Officers

President

Duane Sims dsims2025@aol.com

Vice President

Chris Karpenko <u>christopher.j.karpenko@usps.g</u> <u>ov</u>

Treasurer

Bob Herloski herloski@rochester.rr.com

Secretary

Bob Cournoyer rcourno999@aol.com

Directors

Bill Bach bbach@frontiernet.net

Tom Henderson thenderson@nye-tech.com

Jake DeGroote degrootewill@aol.com

Flight Rx by Dr. Pam Tarkington

Syracuse Stand Down For Safety 2012

Multiple Safety Briefings

Don't miss the annual Safety Stand Down in Syracuse. 5 Credits in Wings Program

From the President

The Rollback prices remain in effect at this time and the weather continues to cooperate for exceptional winter flying. Take advantage of the situation. The positions for all 4 officers and a director's position are up for election. Come out and cast your vote at the General Membership meeting Thursday, evening February 9th, 2012.

I would like to take a moment to share a couple short thoughts:

It has been a privilege for me to serve you in the capacity of club president this past year. I thank you the membership for your continued support. There were some challenges that we faced, but through your perseverance we were able to take what appeared to be a setback and turned it into an opportunity to excel. In which you the membership made those opportunities happen. Through your continued contributions and efforts the WFC can continue to achieve.

Treasurer's Corner

WFC provides a variety of ways for members to pay their bills - (a) checks mailed to the club, or put into the treasurer's box, (b) credit card reader (both debit and credit cards accepted), and (c) a relatively new method - payment by the Intuit payment network, directly from your checking account.

Of course, cash and checks cost the club nothing. Credit card payments are for the convenience of our members, but they come at a cost to the club - anywhere from 2.2% to 6% of the purchased amount, depending upon the type of card one uses. Note that so-called "rewards cards", and Discover cards, have the higher costs to the club - essentially, the club is paying for your rewards, not the credit card company. Also, the 2.2% to 6% charges are for credit cards, not debit cards. If instead you use your debit card (with PIN), the cost to the club is on order of only 20 cents or so.

WFC typically pays \$300 to \$400 PER MONTH to cover credit card payments by members, so it would be financially beneficial to the club if club members could consider using checks, or the Intuit network, to pay club bills, rather than using credit cards.

The Intuit network is a relatively new way to pay your club bill - your invoice contains a unique secure weblink that you can use to pay your bill - please contact me (<u>herloski@rochester.rr.com</u>) if you have any questions about how to use this feature. It only costs the club 50 cents to use this payment method, so it is much more cost effective to the club than using a credit card.

Again - for members using credit cards - please consider using debit cards, or the Intuit payment network, or the tried and true check method, to pay your bills, and help the club save money.

SENSE OF TOUCH

The main source of your sense of touch is the skin tha allows us to perceive objects in contrast with our bodies.

Touch sensitivity varies throughout the body and this depends on the number of nerve endings that are present. Some of the most sensitive areas include the fingertips, lips and tongue. The back, arms and legs are the least sensitive. Closely allied to the sense of touch are the sensations that the skin detects: pain, heat, cold and pressure.

Actually, the sense of touch resides in the lower layer of our skin (the dermis). Now, besides the skin there is another layer of "touch" called propioceptors and we'll get into this at the end - this, essentially, helps to explain "flying by the seat of your pants".

From the dermis, the nerve endings transmit a signal to the spinal cord and from there it travels to the brain. There are many different types of receptors and basically, these send 4 different types of feelings to the brain: heat, cold, pressure and pain. It is most important that we sense pain and the pain receptors vastly outnumber any other type of receptors. As said before, there are different parts of our body: it hurts a lot to bite your tongue but you can burn your mouth and not feel the same intensity - your mouth is much more sensitive to pain than heat.

Let's talk about our sense of touch as pertaining to aviation above, I alluded to "seat of the pants" flying. This centers around something called propioceptors. Propioception means "a sense of self" - that is, knowing where you are in relation to your environment. These "sensors" are located in muscles, joints and tendons, and they tell our body (with the help, at times, of different organs) - where it is. Before the advent of IFR instruments, pilots used there bodily sensation to orient themselves as to the position of their bodies in space (up, down, turning, etc). All of these impulses are transmitted to a part of our brain called the cerebellum; once these impulses are sent to different parts our body instructing it as to how to maintain equilibrium (an upright posture). This is why a blind person is able to walk without falling over. Planning for the 2012 WFC Fly In Breakfast has begun! The date for this year is Sunday, May 20th. The first meeting of the

committee will be Thursday, February 9th, 6:30 pm at the club house. Stay tuned for more details here and in the Breakfast Forum

If you are interested in participating on the Breakfast committee please contact <u>Bill Bach</u>.

on the club website.

Board of Director's Election – February 9, 2012, 7PM Club House

Article IV Meetings

Section 1 The annual meeting of the club shall be held during the month of February at a time and place determined by the Board of Directors. At such annual meeting the annual elections shall be held. Notice of such meeting, signed by the secretary, shall be sent, by method(s) approved by the Board of Directors, to each member before the time appointed for the meeting. All notices shall set forth the place, date, time, and the purpose of the meeting.

Article IV Officers

Section 1 The officers of this club shall be president, vice-president, secretary and treasurer. Section 2 The officers shall be elected at the annual meeting of the club, to serve for one year. Section 3 Every active member of this club for the past calendar year who has attended at least fifty percent of the previous twelve meetings shall be eligible to hold office. No member shall hold the office of president for more than two consecutive terms. All other officers are eligible for re-election. A list of eligible members shall be provided to each member in January. Rev. 2/4/2011 8 Section 4 Method of election. At a regular meeting one month prior to the annual meeting, the nominating committee shall make a report on nominations for officers and directors. Following the recommendation of the nominating committee, additional nominations from the floor must be made at this time. A majority of the votes cast at the annual meeting shall be necessary for election. In addition, anyone defeated for one office at the annual meeting may be re-nominated at the annual meeting for another office.

Article VI Directors

Section 1 The affairs, business and concerns of the corporation shall be vested in a Board of Directors consisting of the four elected officers, the immediate past-president and three directors. One director shall be elected annually to serve for a term of three years. The immediate past-president's term shall be for one year, non-transferable. All directors shall hold office until their successors are duty elected and qualified.

Nominated by committee were :

President – Joe Ebert Vice-President – Randy Christan Treasurer – Bob Herloski Secretary – Bob Cournoyer Director – Mike Shippers

Nominated from the floor were:

President – Bob Cournoyer Vice-President – Chris Karpenko Secretary – Steve Murray Director – Bill Bach