

The WFC Flyer – December 2012



WFC Holiday Party
Saturday, December 15th, 7PM
Carey Lake Banquet Center

Important Dates

General Meeting
December 13, 2012
7:00 PM Clubhouse

Board Meeting
January 3, 2012
7:00 PM Clubhouse

Club Officers

President

Joe Ebert

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Vice President

Randy Christian

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Treasurer

Bob Herloski

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Secretary

Bob Cournoyer

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Directors

Tom Henderson

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Jake DeGroot

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Mike Shippers

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From the Presidents Desk

December brings a close to a good year for the Williamson Flying Club. When other airports and clubs are struggling and general aviation activity is down across the US, the steps we have taken to maintain vitality have been successful.

While other clubs and FBO's are struggling to keep aircraft in the air, it appears we are on pace to have our busiest flying year in over a decade. Membership continues to rise and our instructors are giving all the instruction they can handle. On one hand, that's a good problem to have. On the other, it limits instructor availability for our student pilots and therefore limits the rate at which student pilots can take lessons. That's a challenge that's been brought to the Board's attention.

Just as important as maintaining high membership and student pilot levels, we are apparently still the "Friendliest Airport in the World™". Well, not officially, but at least in reputation! In the last month, I had two visitors tell me that they are amazed at how friendly everyone here is...from the minute they landed to the time they left. In a third case, a visitor was overheard telling his wife in a phone call, "Honey, I'm at Williamson Airport and I'm having the time of my life! People are so nice here!" I extend my thanks and appreciation to the folks who greeted those visitors!

That we are doing well is no reason to sit on our laurels. We must always examine what we're doing and continue to do what works. We must also examine what we're not doing, ask ourselves "why not?" and explore whether we should.

There are currently three opportunities on the table for us. One is adding another flight instructor to the club's list of available flight instructors in order to give our students more opportunity to fly; another is adding a sixth aircraft to the flight line, and finally, adding the opportunity for members to fly under LSA rules and/or get their tail wheel endorsement.

While we have tried the LSA route before, we have been stymied by restrictions that prevented us from being successful. We have been approached by the Joe Whitford Flying Club (JWFC) with a request to place their Taylorcraft at our airport.

Vitamin D

Vitamin D has been the subject of many articles in the press lately. The most common blood test in the United States is 25 (OH)-Vitamin D level. A deficiency of this vitamin can cause or contribute to rickets, multiple sclerosis, diabetes, rheumatoid arthritis, certain infectious diseases, heart disease and hypertension.

Vitamin D is made by the exposure of our skin to sunlight (UV-B) which cause the production of vitamin D. Excessive exposure to the sun cannot cause vitamin D toxicity. If you live in a latitude north of Atlanta Georgia, your skin cannot absorb enough sunlight to make sufficient amounts of vitamin D in the winter months. Skin color does not affect the production of vitamin D. It is interesting to note that vitamin D produced by the sun lasts about twice as long as that obtained by oral supplements. Currently it is recommended that you have 10-15 minutes of sun exposure per day 3 times a week.

When you have your vitamin D levels tested, it should be

25 (OH)D: the normal range is 30-60. More than 1/2 of children and adults are deficient.

Vitamin D deficiency has been associated with muscle aches/ pain, cardiovascular disease, osteoarthritis, hypertension, metabolic syndrome and certain cancers.

How much Vitamin D should you take?

Multiple studies suggest children should take 1000 IU/day and adults 2000 IU/day. Note: you will not get this from a once a day multi-vitamin. Six glasses of milk will only give you 600IU/Day. If you are deficient in vitamin D, you should consult your physician.

They would then offer membership in their club to members of the Williamson Flying Club. We have promised the folks in the JWFC that we would reach out to our members to determine the level of interest in flying their aircraft.

With regards to adding a sixth aircraft to the fleet, we are seeing that the increased level of flying, primarily by student pilots and overall increased Active pilot membership levels has made it difficult to reserve an aircraft, especially for weekend trips. The board is considering an additional cross-country aircraft for our fleet. Again, we're looking at members' interest in this opportunity.

To gauge the interest in both of those opportunities as well as gather additional information, club members will soon receive a link via email to an online survey from SurveyMonkey.com. I encourage all members to complete the survey. There are about 20 questions and it will only take a few minutes of your time. Based on the results of the survey we will be able to make determinations with regards to the opportunities before us.

As we roll into the new year, we will continue to examine what we do and how we do it with the single goal being "To keep the Williamson Flying Club flying for many years to come." I wish all our members Happy Holidays and I look forward to seeing you all at the Holiday Party on December 15th!

Holiday Party

If you have not signed up yet on the bulletin board sheet at the club house or sent an e-mail and wish to attend, please send an e-mail with your name and number of guests to gabarlis@rochester.rr.com.

Location:

[Carey Lake Banquet Facility](#)

959 Walworth-Penfield Rd. (RT 441)

Macedon, NY

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 (24)		5 Meetings Attended (4)
Fuller, Jack	Henderson, Thomas	Ankrom, Dennis
Herloski, Robert	Malchoff, Doc	Schoeneman, Carl
McCutchan, Rick	Murray, Steven	Sims, Duane
Allen, Rick	Shippers, Michael	Zeck, Jesse
Christian, Randy	Stevens, Gary	4 Meetings Attended (10)
Cournoyer, Robert	Swingley, Dick	Arserio, Greg
Foti, Ron	Caldwell, Gary	Bach, Bill
Shaw, Dennis	Englund, Frances	Bebernitz, Michael
Barlis, Glenn	Kendall, Ralph	Dhurjaty, Sreeram
Bjerga, Mike	Malec, Michael	Lauster, John
DeGroot, Jake	Pierce, Michael	Marcheonda, Dick
Ebert, Joe	Verbridge, Alan	O'Donnel, Jim
		Robideau, Bob
		Stewart, Marvin
		Tarkington, Pam