

The WFC Flyer – March 2013



2013 National Safety Stand Down
April 20, 2013
Williamson, NY (16 seats remaining)

Important Dates

General Meeting
March 7, 2013
7:00 PM Clubhouse

Board Meeting
April 4, 2013
7:00 PM Clubhouse

Club Officers

President
Joe Ebert
president@williamsonflyingclub.com

Vice President
Randy Christian
vice-president@williamsonflyingclub.com

Treasurer
Bob Herloski
treasurer@williamsonflyingclub.com

Secretary
Steve Murray
secretary@williamsonflyingclub.com

Directors

Jake DeGroot
director-2011@williamsonflyingclub.com

Mike Shippers
director-2012@williamsonflyingclub.com

Tom Henderson
director-2013@williamsonflyingclub.com

From the Presidents Desk

I ran for President in 2009 because I saw that the club was in a financial and membership decline. I wanted to help reverse that trend. My March 2009 President's Column, my first, started out this way:

"It's no secret we're flying less. Membership has dropped and it affects our bottom line. Our Treasurer projects a small deficit that could be covered with cash-on-hand, but using cash to balance a budget is not a long term strategy. One side of the equation is to examine our costs and seek ways to reduce expenses. The other side of the equation is to find ways to increase income so we don't have to use cash. I have appointed a Finance Committee to examine our operation and make recommendations that will benefit us for the long term."

When I wrote that, Active Membership had dropped into the 130's and flight hours were between 700 and 800 hours. The efforts put into place since then have completely reversed the trend. We are experiencing vitality and growth while other clubs are bemoaning the decline of General Aviation; some even carving the epitaph into a headstone. That's fine for people who are resigned to believing they can't change outcomes.

It's not fine for the good people of the Williamson Flying Club.

Now, membership is up, with nearly 160 Active Members. In 2012, club aircraft had 1407 flying hours. That didn't happen by accident. It's the end result of a lot of hard work.

We've done promotion. We've advertised. We've reached out to other clubs and other flight schools. The point is we know we have a great place but if we don't shout about it from the treetops, no one else will know what a great place this is.

Work done by the Finance Committee over a couple years provided the Board with detailed information about revenue and expenses. That information has been very helpful in making financial decisions.

So let's fast-forward to now.

We ended 2012 with an after-tax surplus, and we have reinvested that surplus into the airport buy installing a new fuel pump system. One important fact is that the aircraft flew so much in 2012, aircraft revenues exceeded expenses.

Wait. What? We made a profit in aviation?

So we're in a very good position now. We've completely reversed course from where we were headed just four years ago. We're not spending time figuring out ways to cover deficits. We're managing revenue so as to ensure our long-term viability.

It has taken no small effort from our members to make this happen. Folks worked the WINGS show every June at KROC. The members of the Finance Committee sacrificed three years of Saturday mornings to provide the Board with financial detail that has guided us. Instructors worked hard to arrange "intro flights" into their schedules. A yellow sign by the road drew future aviators into the club like nobody expected. Your Board of Directors has risen to the challenge. Most things worked. Some things didn't.

We just need to keep doing what works.

It takes effort. It takes people who want to get involved and use their talents to make a difference. There is no auto-pilot for this. It takes one hand on the throttle, and another on the yoke. It requires a chosen destination. It requires making small corrections along the way.

Flight Rx Osteoarthritis by Dr. Pam Tarkington

There are many types of arthritis: rheumatoid, psoriatic, post traumatic, gouty, etc. The most common type is osteoarthritis (also called degenerative joint disease).

This is caused by the erosion of the cartilage of the joints and generally affects the hips, knees, hands and spine. Pain is the most common symptom.

At the beginning, there is no pain. We used to believe that osteo affected older patients. In the Vietnam War, unfortunately, a lot of autopsies were done on young people (20-30 years old) and it was noted that this type of arthritis was developing in young people - you can have osteo and have no symptoms. Only when the disease progresses to a certain degree do symptoms begin to develop. Disease progression is slow and will worsen over time.

There are several symptoms of osteo arthritis:

1. pain: can occur with initial movement or after movement or with inactivity.
2. swelling and redness and tenderness of the joints
3. stiffness - generally worse when the patient first gets out of bed

4. the ability to move the joints can become painful.
5. bone spurs: "bumps" around the joint - can limit mobility

There is no cure for this disease yet there are several things that you can do to help. Keep as active as possible. Water exercises are very helpful. Weight loss is imperative if you are over weight.

There are several over the counter prescriptions that are good: different creams (aspercream, capsaicin, etc). Over the counter medications such as tylenol, aleve, ibuprofen, advil, glucosamine. Also medications such as clinoril, motrin, mobic, celebrex, etc. Sometimes, even so simple as massaging your hand (if affected) in AM under warm water will help.

At times a steroid injection into the affected joint will produce relief. There are also other types of injections available.

As a last resort, there is surgery: hip, knee replacements, etc.

Pancake Breakfast

Bill Bach

Our annual Fly-In Breakfast is just around the corner. The date this year is Sunday May, 19th, 7 AM to 1 PM. There are two other important dates. The first is grill set-up on Wednesday, May 15th, around 5 PM. The second set-up is on Saturday, May 18th starting around 8AM.

We need all the help we can get so please mark your calendars now.

There will be updates as required. If you have any questions please send me an email at bbach@frontiernet.net

A Yank in the Luftwaffe

by Robert V. Ricard

I just learned of the Williamson Flying Club on the Internet. I have written a book which should be of interest to all pilots. It is available on Amazon Kindle and Barnes and Noble Nook Books. If you click on the above, which will take you to Kindle, you can see the front cover, and read the preliminary pages and the first two chapters.

The book is not available in print and I don't know if it ever will be because it is virtually impossible for an elderly, unknown author to get a book published by a traditional publisher. I am 77 years old. [See my email](#) for a plot description and my background.