

The WFC Flyer – April 2013



**2013 National Safety Stand Down
April 20, 2013
Williamson, NY**

Important Dates

General Meeting

April 11, 2013
7:00 PM Clubhouse

Board Meeting

May 2, 2013
7:00 PM Clubhouse

Club Officers

President

Joe Ebert
president@williamsonflyingclub.com

Vice President

Randy Christian
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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 Vice-Presidents Desk

It's spring time (flying season is here) Time for the club to come out of hibernation and with that in mind here is a question I think all pilots have ask themselves from time to time... "Why do I fly"?

I look in the mirror and ask myself that question. It's a great expense, it's a wonderful hobby, and a major accomplishment in ones life. But why?

For me it's twofold. First I get great pleasure and relaxation out of my flying. I love to take new aviators up for their first flight. This is probably one the greatest satisfactions I get out of my flying. Let's face it newbies of any age are the future of General Aviation!!!!

We all know that General Aviation is not an easy or inexpensive group to be part of. The membership is shrinking across the country and it's more difficult to fight the fight to keep this wonderful hobby alive for us all. So any time I can introduce someone new to GA I do it gladly and with great excitement.

The other reason I fly ... My family and I love to travel and honestly GA is truly a time machine for us. We have seen places and done things that we never could have without GA. For example we took a flight to Danbury,CT late fall in 2011. Why? Because we found out there was a mall with-in walking distance from the airport and it was a fairly short flight. It was breathtaking seeing the NYC skyline from about 60 miles away. Something we never could have experienced without GA.

One last item here, is the practical use of GA. Back in the spring of 2011 I lost a close relative of mine. She lived about 5 hours (by car) from us and I was able to grab 55W. Kim, Megan and I were able to fly up home in less than 2 hours. We were able to get a rental car, hotel room and spend almost 2 full days catching up with family&friends. Attending the memorial service and getting home without being exhausted is just one simple practical use of GA in our everyday life. It is just one more tool in our back pocket when needed.

So I challenge all members of the Williamson Flying Club...go look in the mirror and ask yourself "WHY DO I FLY"?

Give it some thought, take inventory of your answers, and become more engaged in General Aviation and our club. Don't stop sharing your aviation story in conversations with friends, family, and acquaintances. Be willing to take up a someone new to GA. Introducing new members of all ages to this wonderful hobby is our club's mission.

Last of all it's spring time, it's the start of the flying season, go out, get current, launch into the sky's with this wonderful gift you have earned.

Find someone this year who has said "HECK NO, or NEVER THOUGHT ABOUT FLYING IN A LITTLE PLANE" and offer up that flight, see where it might take that person.

Above all, get out there, enjoy a new season of flying.

Flight Rx Cataracts by Dr. Pam Tarkington

This is something that, if you are over the age of 60, you probably have - and, in some cases, at a much earlier age.

Simply put, a cataract is an opacification (clouding) of the lens of our eye. Usually they begin forming before you are even aware that they are present. Eventually cataracts will cause your vision to be compromised. Worldwide it is the most common cause of blindness in older adults. In our country, most people over the age of 80 will have a cataract or will have had surgery.

Most people do not know they have cataracts until they have had a significant reduction in their vision acuity or unless they see their eye MD on a regular basis. When there is opacification of the lens, the vision becomes blurred. A cataract can originate in one or both eyes but does not spread to the opposite eye.

Symptoms of cataracts: again, at the beginning there may be no symptoms but later you may notice the following:

- cloudy vision
- halos around lights when driving at night
- diminished vision
- frequent changes in eye prescriptions
- glare

- double vision

Cataracts are defined as to locate and origin. Hence, only origin will be discussed.

1. age related: most common type. Usually do not impair vision until late 60's or 70's
2. trauma related: generally caused by trauma but also from exposure. Can occur immediately after injury or years later.
3. congenital: can lead to lazy eye or cross-eyed
4. secondary cataracts: can be the result of certain types of eye surgery or those with diabetes. Can also occur with certain medications (long term steroids).

Treatment: surgery- there are several types of surgery that are done: all involve removing the cloudy lens and replacing it with an artificial lens. The types of surgery and the types of lens are best discussed with your ophthalmologist.

When to have surgery? you will know as you will no longer have the quality of vision that you need.

Outcome of surgery: 96% are so successful that you may no longer need glasses. The vast majority are surprised at the improvement in their vision.

There are some things that you can do to help prevent/delay cataracts: if you are a diabetic- control your sugar, if you smoke-stop.

FAA and cataracts: Form 8500-7 needs to be filled out by your ophthalmologist (your AME will have this form).

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