

## The WFC Flyer – December 2014



Christmas Party, [Eagle Vale](#), Saturday, December 20, 6pm  
[FAA Safety Briefing, Winter Operations, November/December 2014.](#)

### Important Dates

**General Meeting**  
December 11, 2014  
7:00 PM Clubhouse

**Board Meeting**  
January 5, 2015  
7:00 PM Clubhouse

**General Meeting**  
January 8, 2015  
7:00 PM Clubhouse

### Club Officers

**President**  
[Randy Christian](#)  
[president@williamsonflyingclub.com](mailto:president@williamsonflyingclub.com)

**Vice President**  
[Jack Fuller](#)  
[vice-president@williamsonflyingclub.com](mailto:vice-president@williamsonflyingclub.com)

**Treasurer**  
[Bob Herloski](#)  
[treasurer@williamsonflyingclub.com](mailto:treasurer@williamsonflyingclub.com)

**Secretary**  
[Steve Murray](#)  
[secretary@williamsonflyingclub.com](mailto:secretary@williamsonflyingclub.com)

**Past President**  
[Joe Ebert](#)  
[ebert\\_past\\_president@williamsonflyingclub.com](mailto:ebert_past_president@williamsonflyingclub.com)

### Directors

[Mike Shippers](#)  
[director-2012@williamsonflyingclub.com](mailto:director-2012@williamsonflyingclub.com)

[Tom Henderson](#)  
[director-2013@williamsonflyingclub.com](mailto:director-2013@williamsonflyingclub.com)

[Dick Swingly](#)  
[director-2014@williamsonflyingclub.com](mailto:director-2014@williamsonflyingclub.com)

### From the Presidents Desk Randy Christian

Wow, what a year it has been!! This month's 10,000 foot view is going to touch on the end of 2014, where do I begin? Well let's start with the upcoming Christmas Party. We are just over two weeks away as I write this article. The event will be at Eagle Vale on the 20th and I look forward to seeing all of the usual suspects. It will be wonderful if we start to see more new faces show up at these events as well.

I have to take my hat off to the Activities Committee for hitting a home run this year with all of their collective efforts in getting more members, Friends and family's out to the airport and airport activities.

Next I would like to thank the Long Term Airport Planning committee for all of the hard work you have taken on starting about Mid-year and so far I have to say the I am very impressed with what I have seen. Your efforts should go a long ways in helping the Board plan for the clubs future.

Next I want to thank the Projects committee as well, as they have the task of dealing with our government (Fed. & State) and with all of your hard work we have seen payoffs. With the airport LED lighting last year and we will be seeing new runway and taxiway LED lighting in this coming year to name one major effort along with a new Maintenance building on the horizon as well.

I also know that my new Long Term Aircraft Planning Committee is just now starting to gain some traction and will be presenting their initial plan to the Board of Directors very soon. As we do our best to become a leaner and even more affect Club in the coming years.

I will close by saying a thank you as well to the Guidance Committee for your efforts in starting to look at the By-Laws and well, guide the Board to bring us in to compliance with the ever changing laws of the land.

Finally I want to thank the Maintenance & Cosmetics Committees for your efforts to help keep the fleet in great shape so the WFC can utilize all of our aircraft.

## Headliners

Congratulations to:

- Jacob Wafler – first solo!
- Martin Gray – instrument license

A warm welcome to our newest members:

- Richard Bell – Conesus, NY
- Martin Gray – Webster, NY

The board has modified the Standing Rules, effective immediately, as follows:

“The minimum overnight rental of an aircraft from 01 April through 31 September is 2-hr per day. **01 October through 31 March is 1-hr per day.**”he **minimum overnight rental** of an aircraft from

**Note:** An alternate board meeting date has been set for Monday, January 5, 2015. The membership meeting will be held as normal on the 2<sup>nd</sup> Thursday of the month, January 8<sup>th</sup> 2015

## *Flight Rx Melatonin by Dr. Pam Tarkington*

A member has asked that I write about this. I'm always grateful for and welcome suggestions for articles: any ideas are welcome and will be addressed.

There is a small gland in the brain called the pineal. This is where melatonin is produced. It influences our sleep – wake cycle. Most of it is secreted during the early evening and night and as early morning arrives the production goes down. Basically what it does is to help insure a good night's rest. Light also influences the amount of melatonin that is produced.

Insomnia is the inability to fall asleep or to stay asleep. Insomnia can be acute or chronic. Most of us will experience some acute insomnia and this is usually due to stress and will last less than a month. Chronic insomnia can also be caused by stress, certain medical problems (depression, chronic pain, sleep disorder blind sleep disorder), certain medication ( prednisone), poor sleep habits, etc.

Melatonin is considered a supplement and is therefore not regulated by the FAA. This means that the amount of the actual ingredient may vary from product to product. It is often used as a sleep aid. In addition, some people have taken it for everything from hot flashes to different types of cancer. Another popular over the counter medication for sleep is benadryl. All prescription drugs have the ability to produce addiction and should only be taken short term.

Many people have the false impression that all over the counter drugs are safe. If you have the interest you might want to read about the possible side effects of aspirin or tylenol. Let's get back to melatonin. Possible side effects are: drowsiness, dizziness, abdominal discomfort, headache and irritability. It should never be taken with another sleep aid (ambien,xanax, klonopin, valium,etc) as it will cause too much sedation. It, if combined with coumadin,plavix, aspirin and NSAIDS (motrin,mobic,etc) can cause bleeding and bruising.

The usual dose is 1-10mg for sleep. As the amount of the actual ingredient can vary the same brand should always be used.

As with any new medication, you should not fly after taking it until you are sure how it affects your performance in the cockpit. It is best to take it a few times when you are not planning to fly. The FAA, at the very least, recommends that you let 3 half lives pass before you ever contemplate getting in the cockpit. That is, if the half life is 4 hours, don't even think about flying for 12 hours. But, as I said above, it is best to try it out a couple of times when you do not plan to fly.

If insomnia doesn't resolve, consider seeing your physician.

Cool Places to Fly  
by Chris Houton

The main goal of this column is to highlight easily reachable flying destinations. However, for December, let's venture farther beyond the SDC traffic pattern than usual. This is aviation bucket list kind of stuff.

**Destination:** First Flight Airport (KFFA), Kill Devil Hills, NC



**Distance:** 438 nautical miles (direct)

**Why It's Cool:** On December 17, 1903, Orville Wright took the controls of an underpowered wooden craft with muslin-skinned wings and made a 12 second, 120' baby step into the age of modern aeronautics. Justifiably, the windswept location outside of Kitty Hawk, North Carolina is viewed as hallowed ground by most aviators. Just imagine settling an aircraft onto a runway positioned mere dozens of feet from the very spot where those early flights occurred!

The airport is part of the Wright Brothers National Memorial and administered by the National Park Service. A massive, Art Deco granite monument in the shape of a pylon stands atop the dune where the Wrights conducted their manned glider experiments. In the field north of the dune, stone markers show the start and end points of each of the three flights on December 17. Each successive marker is farther away from the launch rail, visually chronicling the Wrights' gradual mastery of their unstable craft. Nearby buildings contain additional artifacts and information about the site.

I have flown to First Flight twice, in 2011 and 2013. As a pilot, both pilgrimages held a lot of meaning for me. Moreover, First Flight is also a great family destination. Like many of the National Parks, this one has a Junior Ranger program (rebranded as a "Junior *Flight* Ranger" program for extra cool factor). Junior Ranger programs at the National Parks give kids a mission focus to capture their

attention while they explore what each park has to offer. At Wright Brothers National Memorial, kids fly makeshift kites, time themselves running the 120' length of the first flight (my daughter averaged about 45% faster than the ground speed of the 1903 Flyer), and scour the site for information in scavenger hunt fashion. My six-year-old daughter had a blast earning her Junior Flight Ranger badge and we had a lot of fun watching her.

In addition to the appeal of the Wright Brothers National Memorial itself, the scenery of the Outer Banks is beautiful and makes for a unique flying destination. It is worth a flight south along the barrier islands, past Cape Hatteras, to Ocracoke Island (W95). The island can only be reached by boat or airplane. At seventeen miles from the mainland, Ocracoke is considered the most remote island in the Outer Banks. However, from FFA, the entire flight can be made over land. The runway is situated within feet of the beach for a quick dip in the Atlantic. Howard's Pub will pick up airport arrivals for meals. The pub is owned and operated by the Howard family that traces its roots in the Outer Banks back to William Howard, quartermaster for notorious pirate Blackbeard.

If you have not done so already, add First Flight and the Outer Banks to your aeronautical bucket list. If you already have added it and have not gone, consider this another nudge to make the journey! I know of several WFC members who have already made the pilgrimage and I have heard nothing but enthusiasm about the experience from all of them.

**Tips:** Note that runway 20 at KFFA is right traffic. The airport itself is well maintained, but a bare-bones facility. There are no services (e.g., fuel), no instrument procedures, and night operations are not permitted. Continuous parking is limited to 24 hours. There is an AOPA-sponsored building adjacent to the airport parking area with nice flight planning facilities and restrooms. However, Dare County Regional (MQI) in Manteo is only six miles away and can provide most amenities you might need, including courtesy or rental cars. Currituck County Airport (KONX, 28 miles north) consistently has low prices on 100LL.

There is a lot of walking to do in the park and it can get hot depending on the time of year. There is also no food available in the park. Plan accordingly on both counts. On our family trip, we brought water (not enough) and snacks, then ate a late lunch at Howard's Pub on Ocracoke Island. On an earlier solo trip, I took a courtesy car from Dare County Regional (MQI) into Manteo for food.

Take note of the airspace over the Outer Banks, particularly if you plan to explore southward toward Ocracoke. Much of the area is designated a national wildlife refuge and flight below 2000' AGL is prohibited. MOAs overlay the area with floors of 8000' MSL. Beyond the lateral boundaries of the barrier islands, special use airspace starts as low as the surface. It is all completely manageable, but requires attention.

## Member Profile by Tony Alesci

Meet Mike Shippers,

Mike joined the WFC and started lessons in 2001, and earned his private in 2004. He has since logged about 270 hours in various Pipers and Cessna's and about a year ago added a tail wheel endorsement

to his log book. Mike is checked out in all WFC aircraft but now a days prefers to fly this champ he helped restore. Mike is a familiar sight around KSDC participating often in work details, mowing, and he's currently one of our Directors. I want a ride in the champ Mike. ( please ) .



Elections

This years election committee consists of Chris Houston and Mike Bebernitz.

All WFC officer's (President, Vice-President, Secretary, Treasurer) and one director (Mike Shipper) position is up for election. Nomination season is right around the corner! General Membership meeting attendance of 6 or more meetings plus one full year as an active member in good standing are 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.

<b>6 or More Meetings Attended (25)</b>		<b>5 Meetings Attended (10)</b>
Adams, Dan	Houston, Christopher	Alesci, Anthony
Allen, Richard	Malchoff, Doc	Arserio, Gregory
Ankrom, Dennis	Malec, Michael	Bach, William H
Bebernitz, Michael	Marchionda, Dick	Carter, Thomas
Caldwell, Gary	McCutchan, Rick	Habkirk, Brian
Christian, Randy	Mehserle, Eric	Isbell, Timothy
Clingerman, John	Murray, Steven	Perricone, David

Ebert, Joseph Englund, Frances Foti, Ron Fuller, Jack Henderson, Tom Herloski, Bob	Schoeneman, Carl A. Shaw, Dennis Shippers, Michael Sims, Duane Swingly, Richard	Pierce, Michael Tarkington, Pam <hr/> <b>4 Meetings Attended (3)</b> <hr/> Neracker, Michel Wieting, Roger
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If you believe the list is in-accurate please contact the Secretary, Steven Murray.