

The WFC Flyer – July 2015



**Movie Night Saturday, July 11th, 6:30PM, North Ramp
Annual Picnic and Flour Bombing Contest, Saturday July
18th, High Noon**

Important Dates

General Meeting
July 9, 2015
7:00 PM Clubhouse

Board Meeting
August 6, 2015
7:00 PM Clubhouse

General Meeting
August 13 2015
7:00 PM Clubhouse

Club Officers

President
Randy Christian
president@williamsonflyingclub.com

Vice President
Joe Ebert
vice_president@williamsonflyingclub.com

Treasurer
Bob Herloski
treasurer@williamsonflyingclub.com

Secretary
Steve Murray
secretary@williamsonflyingclub.com

Directors

Tom Henderson
director-2013@williamsonflyingclub.com

Dick Swingly
director-2014@williamsonflyingclub.com

John Clingerman
director-2015@williamsonflyingclub.com

From the Presidents Desk

Hello Fellow flyers!!!!

We find ourselves officially coming in to the summer season!!! We all know how much of a challenge the world of aviation can be and as a club our major challenge is the lack of hours flown.

This year have flying hours are significantly down from previous years. The numbers don't lie and the cold hard truth is club rental hours are about 60% of what we had expected and planned.

With the "Winter Flying Season" the board was not overly concerned with the numbers we were seeing. We all know how horrible the winter was and this reflected directly on hours flown. Spring arrived with hope that better weather and more daylight would restore flying hours to expected norms. The weather did not improved much and neither did the hours. It is easy to just say "the weather must be it" but your board is concerned that other factors may be at play.

As we enter our prime flying season the board will be watching the hours and encouraging the club (renters) to take advantage of this time and maximize their flying; we do not expect to recoup our lost hours.

I would like to put out a challenge to all of the club members, not only the renters. Take a few minutes to think about your flying, your relationship with the club, and what the club means to you. For our students think about your commitment to aviation and the challenges you have in front of you.

We are asking for feedback, "Why are you not flying more; what would it take to get you in the air?" "What are the challenges you face towards logging more time." "What improvements do we need to make?"

Reach out to myself or one of the other board members or CFI's. Provide us your candid feedback, let us know what the major hurdles are that are keeping you out of the air. We want to determine if there might be a common theme or a roadblock that we can address.

Your leadership cannot work to fix an issue if we don't know what the issue is. It's our obligation to do our best not only to keep the airport healthy but insure we keep our membership happy with a quality product.

HAPPY FLYING EVERYONE – and again please take a minute and provide your valuable input to the board.

Headliners

A warm welcome to our newest members

Eric Johnston – Rochester, NY

Mike Haskins – Webster, NY

Gabriel Paton – Sodus Point, NY

Interested in becoming a CAP Pilot – [see PDF](#).

MOVIE NIGHT at the WFC!!!

When: Saturday, July 11th at 6:30pm

Where: WFC North Ramp (clubhouse conference room if bad weather)

What: “HOME” by Dreamworks. Pure fun for all ages!!!

What Else: Food, snacks and treats at 6:45pm-ish, then a kickball game & other stuff

What Else Else: Movie at dusk with fresh hot popcorn

Who: You, your family, nieces/nephews, grandkids, and friends

Menu: Pizza, Chips & Dip, Cookies, Popcorn, & Beverages all supplied by WFC

Price: FREEEEEEEEE !!!

What to do: RSVP by Fri., July 10th is a required to

johnclinger@gmail.com AND
tammyb@rochester.rr.com

Annual Picnic, hosted by Williamson Aeronautical

Happy to announce that the picnic will be held Saturday, July 18th! This will be followed by the 4th Annual Flour Power Flour Bomb/Spot Landing Contest!

Picnic begins: High Noon! Meat and drink provided, please bring a dish to pass.

Contest begins: After we eat!

The Contest:

Drop up to Three Flour Bombs at a target. Each attempt scored as Feet From Center X 10. Closest bomb to target counts. One bomb dropped per pass. No Lower than 500 agl.

Land at or Beyond a Specified Point. Scored as 1 point per foot beyond point or 10 points per foot prior to landing point.

Team (Pilot + Bombardier + Forward Air Controller) with the LOWEST COMBINED SCORE wins!

Cost will be Tach Time (for Club aircraft) + Donation for Top Prize. (Winning Team Takes All!)

Mike has reserved 701DT & 9855W. You may use your own airplane or other available club aircraft. (contest scored per category of aircraft)

NEW THIS YEAR: RADIO FOR FORWARD AIR CONTROLLER (Your Ground Spotter!)

Cool Places to Fly
Schenectady County Airport
by Chris Houston

Destination: Schenectady County Airport, Schenectady, NY (KSCH)

Distance: 142 nautical miles

Why It's Cool: Schenectady County Airport is home to the Empire State Aerosciences Museum (ESAM, <http://www.esam.org/>) housed in the former General Electric Air Research Laboratory. See <http://www.air-and-space.com/19460622%20GEARL.htm> for some interesting historical photographs of when the facility was still operated by GE.

In addition to a modest indoor facility, the museum features a large outdoor air park populated with jet fighters (including a few of the century series fighters) in good condition. Many of these aircraft were designed around GE turbojet engines, making Schenectady an appropriate home for them. Some of the aircraft on display are a bit rare, such as the RA-5C Vigilante designed as a carrier-based, supersonic, nuclear strike bomber with only 130 built.

To my mind, one of the more novel exhibits at ESAM isn't an airplane at all. It is a thirty-two foot long scale model of the Japanese aircraft carrier *Akagi* used in the filming of *Tora! Tora! Tora!* (if only my paycheck had as many zeros on it as the deck of this model aircraft carrier).

In the summer, the museum is open Tuesday to Sunday from (10:00 am to 4:00 pm). The museum is only open on Saturday and Sunday during the "winter" months (late September – early June). Admission is \$8 for adults, \$6 for seniors/military, \$5 for children aged 6-16, and children under 6 years old are free. Guided tours (60 – 90 minutes) are available for \$10/person. More details are available on the website.

Tips:

- When I visited, the museum was not set up to routinely accommodate fly-in visitors, but an advance call to the museum to check on this is recommended. Regardless, fly-in arrivals can park at Richmor Aviation and get a ride to the museum from there. I called ahead to ensure availability of a ride. The folks at Richmor were very friendly and accommodating.
- Although there is a landing fee noted for the airport, it only applies to itinerant, multiengine aircraft.
- The museum hosts monthly fly-in pancake breakfasts on the third Saturday of every month (except August and December).
- Although there is no food available on airport, there is a strip mall across Saratoga Rd from the museum with Manhattan Bagel, Ruggiero's Pizza and Deli, and Golden Bird Chinese Restaurant.

Flight Rx
Hypertension (High Blood Pressure)
by Dr. Pam Tarkington

The National Institute of Health defines hypertension "...as an elevation of the force against the walls of your arteries as your heart pumps blood thru your body".

There are two types of hypertension (HTN).

- A. Primary or Essential: this accounts for 90-95% of cases. The cause is usually unknown.
- B. Secondary: it is the result of certain diseases, drugs or medical condition. It accounts for 5-

10% of cases.

HTN may be the result of certain conditions: renal artery stenosis, chronic renal disease, sleep apnea, primary aldosteronism, pheochromocytoma, thyroid or parathyroid disease, congenital heart disease, drugs (steroids and NSAIDS, example Motrin), etc.

Risk factors include age (65% of those > 60 in this country have HTN), family history, renal disease, sleep apnea, high stress, elevated salt or alcohol intake, obesity, poor diet, sedentary lifestyle, etc.

HTN is an important risk factor for cardiovascular disease as is diabetes, elevated lipids (cholesterol) or a family history of cardiovascular disease.

As we get older, there is increased stiffness of the blood vessel walls. HTN can augment the risk of heart and vascular disease as there is an increased risk of plaque rupture as the heart must pump more forcefully to circulate the blood.

In the treatment of HTN, lifestyle changes are important. There are several drugs used: diuretics (water pills such as HCTZ), Beta Blockers (bystolic, metoprolol), ARBS (diovan, etc), Ace inhibitors (lisinopril, etc), Calcium channel blockers (cardizem, procardia, etc), blockers, etc. Effective lifestyle changes include weight loss (if obese/overweight), exercise, better nutrition habits, etc.

It is important to control HTN as it can lead to stroke, heart disease, renal disease (may eventually lead to the need for dialysis) etc.

For all three classes of an aviation medical certificate the FAA will accept a Blood Pressure as high as 155/95. By the current standards this is too elevated. The DOT is a little better as they will accept a Blood Pressure lower or equal to 140/90 for commercial drivers.