

WFC Flyer

Williamson Sodus Airport - September 20, 2015

Important Dates:

General Meeting
December 10, 2015
7:00 pm, Clubhouse

Board Meeting
January 7, 2015
7:00 pm, Clubhouse

General Meeting
Nominations for WFC
leadership
January 14, 2015
7:00 pm, Clubhouse

NOTAMS:

The Centenary Road entrance to the airport (east side of field) is now closed for the season. Please plan accordingly

The LED runway lighting project was completed in November. Now would be a great time to get night-current! Before you do, see the latest [FAA Safety Briefing](#) (back page).

Williamson Flying Club

December 2015

From the President's Desk by Randy Christian

Happy Holidays to my fellow WFC members and families!

I want to start by saying that I hope everyone had a great Thanksgiving.

As I write this, the annual Christmas party will be upon us this coming Saturday at the Brookwoods Country Club in Ontario, NY. I am sure it will be a wonderful event with a few changes this year. I hope everyone will come out and enjoy the party and see what a fine job the Activities Committee has done.

Elections are approaching rapidly and I urge anyone who has an interest to seek out the Nomination

Committee. This team consists of Joe Ebert, Dan Adams, and Dave Lowry. If you are looking to throw your hat in the ring, these are the folks to contact. Even if you are not sure,



but MIGHT be interested, hit up the committee and ask them your questions. As always, I and the Board of Directors are always happy to discuss the task of sitting on the board with you.

Next, as you may or may not know, 2016 will be our 60th anniversary as a flying club. The WFC was established in 1956!

That being said, we are developing a plan to honor this event. More details will be forthcoming so stay tuned. You should all have an opportunity to help out as Joe Ebert and Chris Houston will be leading this effort. This will be a great chance for some storytelling and more as we relive the first 60 years of the club.

In closing, as 2015 comes to an end, I would like to reach out and thank the Board of Directors for all their help and hard work in navigating through another challenging year. In particular, thanks to Joe Ebert and Duane Simms (Vice President), Bob Herloski

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Williamson Flying Club

Williamson-Sodus Airport (KSDC)
5502 State Route 104
Williamson, NY 14589

Find us on the web at:
www.williamsonflyingclub.com

Board of Directors

President: Randy Christian (president@williamsonflyingclub.com)
Vice President: Duane Sims (vice_president@williamsonflyingclub.com)
Treasurer: Bob Herloski (treasurer@williamsonflyingclub.com)
Secretary: Steve Murray (secretary@williamsonflyingclub.com)
Director: Tom Henderson (director-2013@williamsonflyingclub.com)
Director: Dick Swingly (director-2014@williamsonflyingclub.com)
Director: John Clingerman (director-2015@williamsonflyingclub.com)

From the President's Desk by Randy Christian

"Elections are approaching rapidly and I urge anyone who has an interest to seek out the Nomination Committee."

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(Treasurer), Steve Murray (Secretary), Tom Hender-son (3rd year Director), Dick Swingly (2nd year Director), and John Clingerman (1st year Director). There's no way we have been as suc-cessful as we were without your dedication and hard work.

work so hard to help our Club continue to be suc-cessful. In no particular order: Guidance Com-mittee, Activities Com-mittee, Projects Commit-tee, Buildings & Grounds, Cosmetics Committee, and the Breakfast Committee.

CFIIs that develop our future pilots along with keeping our current pilots in the air safely.

Wishing everyone a safe and Merry Christmas!

Best Regards,
Randy Christian
President, WFC

I would also like to thank all of the members of the many committees that

Finally, a special thank you to Mike Bjerga (our Airport Manager and full time flight instructor) and our other CFIs and

"Wait...Who Moved My Cheese?!"

You may be wondering why the newsletter looks so different this month.

The answer is that we're experimenting. We'd like to make the newsletter more interesting and visually appealing.

What do **you** think? What are we doing well? Do you have any changes you would like to see?

Let us know!

Send feedback to: newsletter@williamsonflyingclub.com

Flight Rx by Dr. Pam Tarkington

EXERCISE AS MEDICINE

I realize that it is very hard to begin an exercise pro-gram but the benefits far out weigh the effort it takes.

Worldwide in 2008, 1.5 billion adults were over-weight. Of those, 500 mil-lion were obese. Obesity causes more than 20% of US health care costs. By 2030, in the US it is pro-jected that more than half of our population will be obese. If this is true there will be 8 million more cas-es of diabetes and 7 mil-lion more cases of heart disease and stroke.

The new exercise guide-lines state that 3-4 ses-sions a week of moderate to vigorous exercise

(aerobic) with an average of 40 minutes of exercise can reduce cholesterol and help control blood pressure. Moderate exer-cise is defined as that which increases your heart rate and breaks a sweat. The best form of exercise is walking and it doesn't cost an-anything.

Besides the beneficial effect on cardiovascu-lar function, there are now some stud-ies that show that it can combat dementia. There is research that shows that even a small amount of exercise can reduce the occurrence of periph-eral vascular disease.

Speed is important as each increase of 1 meter per second results in 12% relative reduction in the risk of death.



Here is now to get started: set out a specific day and time. Walking with a friend or group will help.

Walking will re-duce the chanc-es of an MI (heart attack) or, if you do have one, the outcome will likely be more favora-ble.

Cool Places To Fly by Chris Houston

Destination:

Alton Bay Ice Runway (B18),
Alton Bay, NH

Distance:

258 nautical miles, direct

Why It's Cool:

Located on the southernmost tip of New Hampshire's Lake Winnepesaukee, the Ice Runway at Alton Bay is unique in that it is the only FAA-approved ice runway in the continental United States. The "field" is charted as a seaplane base, though it is evidently much less active in that capacity than it once was. However, when the winter ice on Alton Bay thickens sufficiently (12" is the minimum), it becomes an active airport and a popular destination for pilots seeking a unique experience in the Northeast.

Paul LaRoche is the volunteer manager of Alton Bay. Airport status is updated in the NOTAM system and pilots can call (603) 875-3498 for a detailed recorded status update (consider it Alton Bay's version of ATIS). By its very nature,

the airport lives a transient existence. It typically opens in January once the ice is thick enough and the government mandates that runway operations cease by March 15 regardless of runway condition.

The west shoreline of the bay is a quick walk from the aircraft parking area. There are a couple of restaurants nearby. On my visit, I ate at *Shibley's at the Pier*. It was quite good and afforded a fantastic view of aircraft coming and going from the ice runway. I met a lot of folks in town who were very enthusiastic about this unusual seasonal airport in their midst; everyone was curious about where I flew in from and how long it took.

If you've seen club pilots wearing their "B18 Alton Bay Ice Runway" baseball caps, these can be found

for sale at *Facet Jewelers*. Stop in, say hello to Paul's wife Donna, sign the pilot register, receive a certificate commemorating the experience you just had, and purchase your cap.

Unless your airplane is already equipped with



Aerial view of Alton Bay Ice Runway (B18) looking northwest

skis such that this is old hat for you, a visit to Alton Bay is highly recommended as a unique winter flying experience.

Tips:

- The facility is oriented with a 1-19 runway, typically plowed to 3,000' by 100' and outlined by cones. The threshold for runway 1 is abeam a floating bandstand in the middle of the bay. Aircraft parking is immediately south of the runway. A parallel taxiway is also maintained as time and resources allow; all but one segment of it was snowed-in the day I visited.
- There is no fuel available at Alton Bay. Inexpensive fuel is available at Laconia Municipal Airport (KLCL, 10 nautical miles northwest). Emerson Aviation has competitively priced self-service fuel available at the far north end of Laconia. As of this writing, it is \$4.60/gal (compared to SDC's

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Chris' Warrior parked on the ice at Alton Bay



Congratulations!

Jacob Wafler joined the ranks of certificated private pilots on November 29, 2015!

“American St. Nick” Documentary Submitted by Frances Englund

On Monday, December 7th and again on Thursday, December 17th at 9:00PM, WXXI will be airing a new documentary entitled "American St. Nick".

The "American St. Nick" documentary tells the true story about a handful of World War II soldiers who, during the chaos of war, brought Christmas back to the children of a small Luxembourg town - and helped preserve a holiday tradition that continues to this day. It is also the story of WWII veteran Richard Brookins, the real American St. Nick (who lives in Pittsford, NY) and was an encryptionist in the US Army's 28th Infantry Division. Discover this uplifting story through photos, archival footage and the words of those who lived it.

For those interested in reading more about Brookins, the Democrat and Chronicle has also posted an article about on their website ([link](#)).

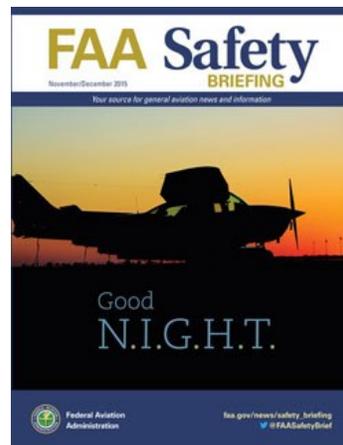
Cool Places To Fly by Chris Houston

(Continued from page 3) published price of \$4.99/gal).

- For club members desiring to fly club aircraft to Alton Bay, you are required to have at least **150 hours** and a **grass checkout** with a club instructor.
- Do not expect your brakes to be effective during a runup.
- If you do not already have experience landing on asphalt runways covered with ice, you should consider getting that experience before tackling Alton Bay.

Finally, a few comments on safety. An ice runway is just as slippery as it sounds!

- Do not expect brakes to be effective at any speed above walking.
- If you have Yaktrax or other footwear for gripping ice, they will be useful if you need to reposition your parked aircraft.



Recommended Reading

The latest issue of *FAA Safety Briefing* (Nov/Dec 2015) focuses on night flight.

www.faa.gov/news/safety_briefing/

Welcome to the Club!

The Williamson Flying Club extends a warm welcome to our newest members:

- Richard Buzzell — Rochester, NY
- Kyle Rugg — Lyons, NY
- Tyler Hopkins — Rochester, NY