



The WFC Flyer



A Publication of the Williamson Flying Club, Inc.

AUG, 2008

General Meeting

Aug 14, 2008
7:30 PM, Clubhouse

Board Meeting

Sep 4, 2008
7:00 PM, Clubhouse



(Photo: Karen McDowell)

Remembering Kathy Sanger



Club Member Kathy Sanger passed away on Saturday July 26, 2008 after a long illness.

Kathy earned her private pilot's certificate in 2003, and

was a familiar face around the club. She served as Secretary of the organization for three years, from 2003 through

2005. Kathy was also involved with the Rochester chapter of the "99's" and through her efforts, several events sponsored by the 99's were held at the Williamson-Sodus airport.

After earning her private pilot certificate, Kathy began working toward her instrument rating. She attended just about every club event, and was a fixture at the club information table at the annual Fly-In Breakfast.

Kathy is remembered by many club members as having enthusiasm and dedication to both her flying and the Williamson Flying Club.

From The President by Pam Tarkington

As you are all aware, Kathy Sanger passed away about two weeks ago. A donation has been made in her memory from the Williamson Flying Club. She will be missed.

Your BOD has decided that Mike can give BFRs to member owners in their own planes. The reasoning behind this is that a BFR is not training towards a new rating.

Bob Herloski has spent a great deal of time discussing our insurance mandates with the two insurance agents as well as our attorney. He will fill us in on all of this at our meeting on August 14th.

Our next safety seminar will be September 20th. As was stated before, the program will consist of all outside speakers. Lunch will be provided. More details later.

There is a special activity planned for September-October: a GPS scavenger hunt (which Mike will tell us more about at the meeting). It will culminate in a clam bake at the club where the winners will be announced.

We have lost our designation as an FAA testing center as we did not do enough exams. The required number is 25, we did 13. We will try to appeal this.

Flight RX by Dr. Pam Tarkington

MIGRAINE HEADACHES

The classic migraine headache is described as intense pain located on one side of the head. It is usually accompanied by nausea, vomiting, phono and photophobia. Most feel more comfortable lying down in a darkened room. It can last hours to days. At times the actual headache is preceded by an aura (flashing light, certain smells, etc) The pain is usually described as throbbing.

Approximately 30 million Americans suffer from migraines. It is more prevalent in females and most have a family history.

There are several variants of migraines: common migraine (there is no aura), menstrual migraine (before or during a women's menstrual cycle) etc.

What causes a migraine? Doctors don't really know the whole answer to this. It is believed that certain chemicals, like serotonin, are released that cause the brain's blood vessels to constrict and decrease the amount of oxygen available to the brain. By a counter-regulatory mechanism, the blood vessels dilate to bring more oxygen to the brain. It is believed that this dilatation of blood vessels is the cause of the pain.

There are several things that can trigger a migraine: stress, certain odors, weather changes, light, as well as alcohol, certain cheeses, caffeine, etc. and certain medications (estrogen,

tagamet, anti-inflammatory medications, pain medications, etc.).

Treatments: these vary from acupuncture, biofeedback, ice, dietary restrictions and avoiding those activities that trigger a migraine. There are several types of drug therapy: triptans (zomig, immitrex, maxalt, etc) can be used to abort an acute attack. Narcotics are used as a last resort. Certain drugs can be used to prevent migraines as well as antidepressants which are also used.

The most serious complication of a migraine is a stroke. This, however, is pretty rare.

You are probably wondering why this is important for pilots. The headaches and their associated symptoms can be disqualifying. In addition, a migraine is one of the 19 disqualifying conditions for a medical certificate. You can, however, be granted a Special Issuance. What this means is that the FAA can grant you - if you meet certain requirements, - a "waiver" and hence your medical certificate.

Any question? Please let me know.



Club Bylaws - Membership

WFC has six classes of membership: active, associate, family, instructor, military and permanent. Of these, Active, Associate and Family are the most common.

Active Member

Active members can fly club aircraft, vote and hold office. They receive discounts on hangar and tie down rent. Active and permanent members are also part owners of the flying club. Dues are \$30.00 per month.

Associate Member

Associate members may not pilot club aircraft, vote, or hold office. An active member may change to Associate Membership by notifying the Board. His/her active status may be reinstated by payment of a \$100 fee. Dues are \$7.00 per month.

Members, who know that they will not be flying club aircraft for at least five months, can save money by becoming an associate member and re-activating their membership when they resume flying.

Active: $5 \times \$30.00 = \150.00

Associate: $5 \times \$7.00 + \$100.00 = \$135.00$.

Family Member

Spouses and dependant children (under 21) of active members can apply for family membership. Dues are \$5.00 per month. Family members may not vote or hold office, but they can fly club aircraft. Since the flying club has minimum insurance coverage for family members who fly club aircraft, family member pilots should consider purchasing renters insurance. This is the only membership group for whom renter's insurance makes sense.

For more information, refer to the WFC info packet in the *Join The Club* area of our website, <http://www.wfcpilots.org> or talk to a board member.