



# Important Dates

### **General Meeting**

March 8, 2012 7:00 PM Clubhouse

## **Board Meeting**

April 5, 2012 7:00 PM Clubhouse

# **Club Officers**

#### President

Joe Ebert joe\_ebert@rochester.rr.com

### Vice President

Randy Christian <u>rchristian@paychex.com</u>

### Treasurer

Bob Herloski herloski@rochester.rr.com

## Secretary

Bob Cournoyer rcourno999@aol.com

## **Directors**

Tom Henderson thenderson@nye-tech.com

Jake DeGroote degrootewill@aol.com

Mike Shippers buick55@dreamscape.com

#### 2012 National Safety Stand Down

**Loss of Control** – LOC was the dominate cause of fatal general aviation accidents over the last decade. Free course April  $14^{th} 8:30$  AM at <u>Ithaca, NY</u>.

# From the President by Joe Ebert

I am honored once again to serve as President of the Williamson Flying Club. I extend my sincere appreciation and thank-you to members Chris Karpenko and Bill Bach for their years of service on the Board of Directors. I also welcome two new members, Randy Christian (VP) and Mike Shippers (Director). Thank you and welcome! Duane Sims will remain on the board for a year as Past President and I look forward to his continued dedication as well as that of Bob Herloski, Bob Cournoyer, Tom Henderson and Jake DeGroote.

We have some challenges ahead of us, mostly due to external forces like the economy and the continuing decline of the overall pilot population. We're going to find creative ways to keep the Club lively and get the airplanes in the air. The great thing about our organization is that it's like flying – small corrections to stay on the planned route are mostly all that's needed.

The delivery of our New Holland loader didn't come a minute too soon! After a winter with little snowfall, the weekend immediately after the loader was delivered we got about a foot of snow. Denny Shaw, our building and grounds committee chair, along with others on the plow crew cleared the airport in just a few short hours.

As winter comes to a close, and spring becomes at least a calendar reality in a couple weeks, aviation activity will start to pick up. Planning for the Pancake Breakfast is in full swing and I heard that we will have sunny skies and light breezes on the day of!\*

Again, it's an honor to once again be the President of the Williamson Flying Club. Should any club member ever want to contact me, please feel free to do so either via my mobile phone or email (585-314-2685 or joe\_ebert@rochester.rr.com).

\* High winds, snow, rain, fog, and/or an invasion of locusts is also possible. But the pancakes will be delicious no matter what!

#### Flight Rx by Dr. Pam Tarkington

#### SENSE OF TASTE

For many years the sense of taste was thought to involve only the tongue with the lateral aspect being responsible for sour taste, the anterior aspect responsible for salt and sweet and the posterior aspect responsible for bitter taste. We now know that all parts of the tongue can perceive these tastes but thay are concentrated on the above areas. In addition there are taste receptors located on the sides and roof of our mouths as well as on the epiglottis, larynx and pharynx. The sense of taste is intimately linked to that of smell. On average, we have about 10,000 receptors for taste located in our mouths. Our taste buds have a lifespan of about 10 days and are continuously being regenerated.

As we all know, everyone has a different sense of what is a pleasant taste (food preferences or dislikes) and this changes as we get older. A baby is more sensitive to taste than an adult. This means that some foods that you hated as a baby, may become a favorite when you are an adult. Females have a better sense of taste than do males.

The tongue has projectrives called papillae and in these are receptor cells that causes us to taste different substances. These taste buds send this sensation to our brain mainly via the lingual and hipoglossal nerves.

Besides aging, what else can cause a loss of the sense of taste? Anything that affects smell (colds, etc). In addition, the list goes on to include certain medications, smoking, lack of zinc or B12, decreased number of taste buds, hypothyroidism, diabetes, Parkinson's, Alzheimer's, cirrhosis, dialysis, head trauma, certain brain surgery, etc. A complete lack of the sensation of taste is called ageusia.

As of October 1, 2012 all pilots must use the <u>FAA MedXPress</u> to complete the electronic application for an Airman Certificate.

#### **Recognition to Lance Merritt**

President Duane Sims (right) presents plaque to Lance Merritt in recognition of his many years of service to the Club.

