

## The WFC Flyer – May 2013



**Annual Pancake Breakfast  
May 19, 2013  
Williamson, NY**

### *Important Dates*

#### **General Meeting**

May 9, 2013  
7:00 PM Clubhouse

#### **Board Meeting**

June 6, 2013  
7:00 PM Clubhouse

### *Club Officers*

#### ***President***

**Joe Ebert**  
[president@williamsonflyingclub.com](mailto:president@williamsonflyingclub.com)

#### ***Vice President***

**Randy Christian**  
[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)

### *Directors*

**Jake DeGroot**  
[director-2011@williamsonflyingclub.com](mailto:director-2011@williamsonflyingclub.com)

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

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

### *From the Presidents Desk*

This year, we will complete the process of updating our corporate charter, by-laws and standing rules. Since 1956, state laws have changed and our original charter and by-laws are not in a form that is compliant with current laws. At the end of the process, we will have the following documents:

1. Restated Certificate of Incorporation of the Williamson Flying Club, Inc.
2. By-Laws of the Williamson Flying Club, Inc.
3. Williamson Flying Club, Inc. Membership Policy

The committee to address these revisions includes Bob Herloski, Bob Cournoyer, Tom Henderson and myself. The committee is following the advice and counsel of our law firm so we develop new documents that are fully compliant with state law and are complete and clear.

As we make changes to these documents, the committee is working to assure that there are no substantial material changes in the manner in which our club is governed, structured and managed. Wherever changes may be considered, the club membership will have an opportunity to provide input.

The first document we will update is the Restated Certificate of Incorporation. The old and new documents will be presented to the membership prior to the June 13<sup>th</sup> General Meeting. At that meeting there will be an agenda item to present and make a motion to accept, followed by discussion/debate and then member vote to approve or disapprove.

The same process will be used to approve the By-Laws and the Membership Policy at subsequent meetings in 2013. The goal of the Bylaw Committee is to complete this process prior to December 31, 2013.

## Flight Rx Osteoarthritis by Dr. Pam Tarkington

There are many types of arthritis: rheumatoid, psoriatic, post traumatic, gouty, etc. The most common type is osteoarthritis ( also called degenerative joint disease).

This is caused by the erosion of the cartilage of the joints and generally affects the hips, knees, hands and spine. Pain is the most common symptom.

At the beginning, there is no pain. We used to believe that osteo affected older patients. In the Vietnam War, unfortunately, a lot of autopsies were done on young people (20-30 years old) and it was noted that this type of arthritis was developing in young people - you can have osteo and have no symptoms. Only when the disease progresses to a certain degree do symptoms begin to develop. Disease progression is slow and will worsen over time.

There are several symptoms of osteo arthritis:

1. pain: can occur with initial movement or after movement or with inactivity.
2. swelling and redness and tenderness of the joints
3. stiffness - generally worse when the patient first gets out of bed
4. the ability to move the joints can become painful
5. bone spurs: "bumps" around the joint - can limit mobility

There is no cure for this disease yet there are several things that you can do to help. Keep as active as possible. Water exercises are very helpful. Weight loss is imperative if you are over weight.

There are several over the counter prescriptions that are good: different creams ( aspercream, capsaicin,etc). Over the counter medications such as tylenol,aleve, ibuprofen, advil, glucosamine. Also medications such as clinoril, motrin,mobic, celebrex, etc. Sometimes, even so simple as massaging your hand ( if affected) in AM under warm water will help.

At times a steroid injection into the affected joint will produce relief. There are also other types of injections available. As a last resort, there is surgery: hip, knee replacements, etc.

## Pancake Breakfast Bill Bach

Our annual Fly-In Breakfast is just around the corner. The date this year is Sunday May, 19th, 7 AM to 1 PM. There are two other important dates. The first is grill set-up on Wednesday, May 15th, around 5 PM. The second set-up ia on Saturday, May 18<sup>th</sup> starting around 8AM.

We need all the help we can get so please mark your calendars now.

There will be updates as required. If you have any questions please send me an email at [bbach@frontiernet.net](mailto:bbach@frontiernet.net)

## Headliners

The Nicoletta loan has been paid off.

Jim Tulloch soloed.

Reminder to put the planes away properly and to keep cowl plugs in to prevent bird nests.

Kim Christian reported all preparations on schedule. Tickets were available in lobby, those not picked up will be mailed. There are posters in club house that can be distributed by members/taken on trips to other nearby airports. Advanced advertising is out there, any missing sites please notify Eric Mehserle.

Work crews volunteers are needed to clear picnic area.

The following new members were recommended by the board and unanimously accepted (32/0) by all members

🕒 Tom Carter – Macedon, NY

The media committee consisting of Joe Ebert, Mike Bjerga, Steve Murray, and Eric Msherle met on April 13.

The By-Law committee consisting of Joe Ebert, Bob Herloski, Bob Cournoyer and Tom Henderson met on April 27<sup>th</sup>.

The board held an emergency meeting on 29 April to approve the purchase of a new engine for 85X.

## Employing Technology Outside of the Cockpit

By: Carl Facer

As a fledgling recently kicked out of the nest (so to speak), newly minted private pilots are always



*Nephew or future pilot? You decide. (Photo by: RuthAnne Facer)*

looking for another way to utilize that shiny, green and white piece of plastic burning a hole in their pockets.

While taking family members up for their first time in a small plane is fun to begin with, we start to look for the missions that will take us further beyond the visible horizon. We rationalize it as a way to further advance our skills in the quest for proficiency (and hours), but for many others it is the thirst for social interaction. Let's face it: Nobody likes talking about flying nearly as much as other pilots and birds of a feather always flock together.

Taking a look at today's technology that is blamed for everything from "corrupting today's youth" to making humans inept at "normal social behavior", it's easy to place blame for the overall decline of the pilot population. With social media making our population "always on" and "always connected", younger generations fail to avert their eyes from their smartphones and simply gaze

up to admire their surroundings. Thinking back to your own youth, how much time was spent looking out the car window for planes, contrails, helos, and anything else that happened to be “flying by”? Personally, I think it was a bit too much as I still find myself dividing my attention between driving and identifying nearby aircraft (and subsequently driving my wife crazy at the same time ... Multitasking at its finest).

So instead of griping about technology hurting general aviation, we need to collectively find a better way to utilize it in such a manner that it promotes our airports nationwide. Marketing companies have been pillaging social media outlets for years, and it’s about time we got on the bandwagon to recruit the next generation of aviators. Here are a few sites and ideas we can use to further community involvement and awareness of not only general aviation, but about our airport as well.



*Introducing the Aunt and Uncle to General Aviation (Photo by: Mary Facer)*

**SocialFlight** ([www.socialflight.com](http://www.socialflight.com))-While still a fledgling site, this group of aviators has realized the gap in providing a “one stop shop” for aviation related events in and around you. The site requires you to sign up for a free account, but allows you to browse for everything from airshows to WINGS seminars, to the occasional hangar flying event. In addition to aggregating event information from the FAA Safety Website, it is also considered a “crowd-sourced website” meaning that it relies on the pilot population to submit events. Even if you don’t have any events

to add, maybe your fellow aviators do, so pass it on!



*Take your co-workers flying from KTOA to KVNY! (Photo: Carl Facer)*

**AOPA AV8RS** (<http://www.aopa.org/av8rs/>) – Another AOPA initiative specifically designed for the youth pilots between the ages of 13 and 18. The program offers free membership to promote not only the private pilot community, but also our future airline captains. We don’t need to point to the higher time requirements and aging ATP (Airline Transport Pilot) population for everyone to understand the need for these programs, but let’s face it: We do need them.

**Facebook** ([www.facebook.com](http://www.facebook.com)) –It goes without saying, but social media is an amazing outlet to promote the world of General Aviation. While simply posting that you are “going flying” will spark the imagination of some, nothing beats posting pictures of Niagara Falls in the winter or the Adirondacks in the fall. Couple that with online logbooks such as ([www.myflightbook.com](http://www.myflightbook.com), which I’ll cover in a future article) and your Facebook friends start to realize just how committed to GA you really are. Every flight I take is posted to Facebook to not only show family and friends how I spend my ‘free’ time, but also as a way to instill confidence in them as to how often I fly. With the exception of a single sibling, my entire family realizes how committed we are as whole community and gladly offers to provide me with company during my voyages. Couple this



with the random “Anyone want to go flying with me today?” posts and you’ve gotten yourself into a General Aviation Ambassador role!

As I approach the 130 hour mark in my logbook since starting in September of 2011, I look forward to the future with a sense of enthusiasm. I am excited to expose more friends and family to general aviation in order to demonstrate just how important it is to not only me, but the surrounding communities as well. From Mercy Flight at D38 to Seneca Foods at KPEO, general aviation isn’t just a “rich man’s hobby” but rather a way of serving the community and doing something we truly love. Take a quick trip around our parking lot and I guarantee you won’t find a Maserati or Bentley anywhere near SDC, and it’s glaringly obvious how much we care about our little 3,801 feet of pavement just off of 104. From the volunteer grounds crew to member-sourced preventative maintenance, this is a club that thrives on self-sufficiency.

So far the approach of “First ride is on me, and then you can tag along on my missions if you



*The first of many passengers to come. My wife, RuthAnne (Photo: Carl Facer)*

chip-in on fuel” has worked very well to get people in the air (as long as I don’t accept more than their pro-rata share, that is). Just remember, it’s always “your mission” as Pilot in Command, but swinging by a point of interest en route is always encouraged. So approach a friend, a nephew, a co-worker or anyone that seems interested and just ask them “Hey! Do you want to go flying today?”

