

The WFC Flyer – October 2015



Join us for a fly-out lunch to Lake Placid (Oct 10) and our family-friendly Halloween party (Oct 24)! Details inside.

Important Dates

General Meeting

October 8, 2015
7:00 PM Clubhouse

Board Meeting

November 5, 2015
7:00 PM Clubhouse

General Meeting

November 12, 2015
7:00 PM Clubhouse

Club Officers

President

Randy Christian
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Vice President

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Treasurer

Bob Herloski
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Secretary

Steve Murray
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Directors

Tom Henderson

director-2013@williamsonflyingclub.com

Dick Swingly

director-2014@williamsonflyingclub.com

John Clingerman

director-2015@williamsonflyingclub.com

From the President's Desk *by Randy Christian*

As I write this column to the membership, I have to say that I am saddened by the loss that struck the WFC family here in September. As you may or may not know, we lost Marv Stewart on 9/25.

Marv was a true friend of the WFC and a wonderful human being. The reason my column this month is along this subject line is that I had a request from a club member to post a picture of Marv flying with Chris Houston just a few weeks before his passing.



Marv Stewart, Lee Shippers, Claire and Chris Houston preparing for a flight to Puddle Jumpers at the Oswego County Airport on August 16, 2015

I could not agree fast enough that the picture should be shared as it really highlights several very positive elements of Marv, but also the camaraderie that exists, not only in general aviation, but the WFC as well.

From that one picture, I could see the Joy in Marv's eyes along with the infectious smile on his face. Anyone knowing Marv knows how much he loved flying, and equally as

From the President's Desk (continued)

important, he loved being part of the WFC. Also, in that same picture, you will see SMILES all around Chris's airplane as again, when you were around Marv, you just HAD to smile. You could see Marv in a room, not even talk with him, yet you felt better about things by just seeing him there.

Along with that, I can only add that anyone who has had contact with Chris Houston knows what a kind caring guy he is. When I found out that he offered up the right seat so that Marv could fly again and set out on an adventure with fellow club members, I was not surprised. I don't want to make this column any longer than it is, yet I felt I had to point out a positive, not only for Chris and flight crew that day, but for all WFC members to share.

I've had some naysayers exclaim "we're not a club anymore", that "we don't act like a club". Well I will beg to differ here in that these little 'club activities' do take place and sadly many times I feel they go unnoticed. This is one time I wanted to make a point to highlight a wonderful gesture that was offered and how everyone can be rewarded by the success of that flight.

In closing, I will add..... Marv, you were a fine man and will surely be missed. Godspeed and BLUE SKIES!

[Ed. Note: Chris wrote about this flight on his blog, available at this [link](#). Thanks to Lee Shippers for connecting Chris and Marv on that beautiful summer morning.]

Headliners

A warm welcome to our newest members!

Robert Burns – Rochester, NY

Joel Cousineau – Ontario, NY

Timothy Francisco – Hilton, NY

Nancy Langenbahn – Rochester, NY

WFC Activities Committee Coming Events:

Fly-out to Lake Placid, NY (KLKP)

- Saturday, October 10, 2015

- Plan arrival at KLKP for 11:00 am

- Lunch at Lisa G's

- RSVP to Chris Houston by noon, October 9 so that we can provide a headcount to the restaurant

Family-friendly Halloween party

- Saturday, October 24, 2015

- Begins 6:00 pm

- Wear your favorite costume! Enjoy pizza and cookies, pinatas, hay ride around the airport, and a scavenger hunt!

- Watch your email for further updates

Cool Places to Fly by Chris Houston

Destination: Lake Placid (KLKP)

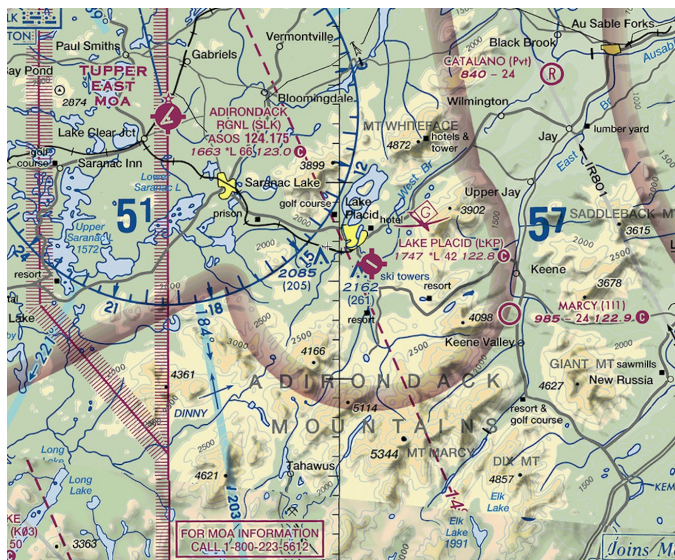
Distance: 150 nautical miles, direct

Why It's Cool:

The Williamson Flying Club Activities Committee is planning an autumn fly-out (weather permitting) on October 10 to Lake Placid, one of my favorite Upstate New York flying destinations. In a mere 1.5 hours, we can fly from the comparative flatlands of the Lake Ontario shore to a charming mountain town nestled among the Adirondack High Peaks. Upon entering the pattern at Lake Placid, one of the town's claims to fame is immediately apparent: the Olympic ski jump towers are adjacent to the airport and the downwind to runway 32 must be flown around them.



Lake Placid is surrounded by the High Peaks, which reach as high as 5344' MSL (Mt. Marcy). Alternatively, the field may be approached over low terrain from the northwest in the direction of Saranac Lake. The airport elevation is 1747' and features a paved runway 14-32 that is 4196' long. Note that runway 32 has a significant displaced threshold. Gliders often operate off the grass to the right of runway 32.



In addition to the fantastic sightseeing opportunities offered by a flight to Lake Placid, it is also a superb \$100 hamburger destination. There are many excellent eateries available, including The Cottage, commonly recommended by the FBO; Lake Placid Pub and Brewery, last fall's WFC lunch destination; and Lisa G's, a favorite of some club members and our destination on October 10. A free bus ("Trolley") that runs on a continuous loop around town provides easy ground transportation. Although the airport is not included on the route, the Trolley runs right past the airport and the FBO (Adirondack Flying Service) can summon it by radio. More than once, I have been asked

if I needed the Trolley on UNICOM while taxiing in after landing.

Whether you are most interested in sightseeing over the Adirondacks, visiting the site of the 1980 Miracle

on Ice, or enjoying a wonderful meal in a charming mountain town, Lake Placid provides a wonderful change from the usual Upstate New York destinations!

Tips:

- MOAs to the west and significant terrain to the south make for more involved route planning than flights around Rochester. Consider your route; going GPS-direct may not be the best choice. The MOAs are generally inactive on weekends, but it is good practice to verify that with the controlling agency (Boston Center on 135.25).

Correction:

In the August newsletter, I described my experience flying into Burke Lakefront Airport on the Cleveland waterfront. I recently received a bill for parking at the airport. The city has raised prices to \$7 from the \$5 that I noted in my article.

Flight Rx: Flu Vaccine
by Dr. Pam Tarkington

Flu season can begin as early as October and it can last thru March.

Unless you have a medical reason not to do so, you should have a flu shot each year. It is a common misconception that the flu vaccine can give you the flu; it cannot as the virus in the injection is dead. The nasal spray contains a weakened version of the influenza virus and neither can it give you the flu. Another false idea is that there are toxic levels of mercury in the shot.

The CDC recommends that everyone over 6 months (unless contraindicated) get the vaccine every year. Each year experts decide what strains to include in that year's vaccine so the vaccine strain may change from year to year. Even if the experts are incorrect in their prediction, the vaccine will still protect you against 3-4 different strains.

After you get vaccinated, it takes about 2 weeks for it to become effective. There are several different versions of the vaccine: the common "flu shot", an intradermal version, a four strain shot recommended for the elderly. There is also a nasal spray for those in good health and between the ages of 2-49.

Each year about 4000 people in this country die from complications of influenza so it is important to protect yourself.

While we are on the subject of shots. As an adult you should also consider getting a tetanus vaccine every 10 years (you need a booster after 5 years if you get a contaminated injury), the pneumococcal vaccine as well as a shingle vaccine (there are some contraindications: chemotherapy, radiation treatment, lymphoma, active TB, etc). The shingles vaccine is usually given if you are 60 years old or older (in some cases at age 50).