



Important Dates:

General Meeting
Nominations for WFC
leadership
January 14, 2016
7:00 pm, Clubhouse

Board Meeting
February 4, 2016
7:00 pm, Clubhouse

General Meeting
Elections
February 11, 2016

NOTAMS:

Squit Extended!
The WFC's Skyhawk, N736ES, has been equipped with a new transponder for ADS-B Out compliance.

January Events!
See Page 4

Do you have a great flying photo or story to share in the newsletter? Write us at: newsletter@williamsonflyingclub.com

Williamson Flying Club

January 2016

From the President's Desk by Randy Christian

Happy New Year to my fellow club members! I wanted to take this time to express my hope that the new year is filled with prosperity and happiness for you all.

2016 will prove to be a challenging year for the Williamson Flying Club. It will also be an exciting time for the club in so many ways. I hope that each member can find a way to not only help support the club, but also to add to that excitement.

Possibly take time to fly with someone who has never flown in GA. Possibly be a mentor, take a trip that you have

dreamed about (no matter how long or short). That is the true beauty of general aviation and the real joy in flying, the ability to share with others your love for the sky.



With the upcoming elections, this can be a challenging time, but an exciting one as well. As we go through the process each year, I see excitement and nervousness as the change in leadership evolves. The one thing for everyone to

remember is that, at the end of the day, the Board is always trying to position the WFC/SDC for the future.

In closing, I just want to say that the last 4 years on the board have really been a joy for me. I have been able to work with so many talented people along the way. The one thing I have taken away from all of this is that the Williamson Flying Club is in good hands.

Blue Skies and hoping for another wonderful year.

Randy

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)

The Activities Committee Seeks New Members!

Over the last two years, the Activities Committee has worked to foster camaraderie, fun, and opportunities for new flying experiences; everything from tower tours at ROC, to group fly-outs (Lake Placid was spectacular!), to the Christmas party.

Though the committee already has many ideas for 2016, why not add yours? The committee is looking to add two additional members.

Contact Randy Christian if interested.

Flight Rx by Dr. Pam Tarkington

GERD: Gastro Esophageal Reflux Disease

Also known as “reflux”, which is a condition causing damage to the esophagus (the tube that carries food or liquid from the mouth into the stomach). This is something that is very common - about 1/3 of adults have this at some time. The most common symptom is heartburn, which usually happens if the patient lies down 1/2 to 1 hour after eating.

The symptoms are generally made better by antacids or over the counter meds like Zantac, Rolaids, Nexium, etc. It should be noted at the severity of the heartburn does not correlate with how severe the damage to the esophagus can be.

GERD has other common symptoms such as chronic cough, laryngitis, sore throat and chest pain (at times, it is so severe that patients think that they are having a heart attack).

If the symptoms are typical, they can usually be treated, without further studies, with the above mentioned medications.

However, if it does not get better — or gets worse — further investigation is warranted.

There are serious complications if not treated appropriately: esophageal stricture, erosive esophagitis or Barrett's esophagus (a pre cancerous condition). Cancer develops in about 10% of patients with Barrett's esophagus.

There are several lifestyle modifications that you can do to relieve heartburn: avoid carbonated beverages, alcohol, caffeine (coffee, tea and chocolate), citrus juices, tomatoes, excessive eating. If one is overweight, they should lose weight. Do not lie down until after 3 hours from their last

meal. Also, elevating the head of the bed on 6" block will help.

Patients who do not respond to the above treatments should see a gastroenterologist for EGB (a gastroscopy where a tube is inserted into the esophagus and stomach — don't worry, you are "out" when this is done).

Fortunately, today, if you are diagnosed with Barrett's esophagus, there are treatments that can prevent this from progressing to esophageal cancer.

Take home message: if your heartburn does not respond to the above or is long standing, see your physician.



Recommended Reading

The latest issue of *FAA Safety Briefing* (Jan / Feb 2016) focuses on the FAA's new compliance philosophy

www.faa.gov/news/safety_briefing/

Cool Places To Fly by Chris Houston

Destination:

Williamsport Regional (KIPT)
Williamsport, PA

Distance:

120 nautical miles, direct

Why It's Cool:



Private aviators are masters of the contrived mission to justify flight. After all, how many acts of aviation have been committed in the name of hamburgers and pancakes? We all have our favorite \$100 Hamburger destinations. Without a doubt, mine is [Cloud 9](#) at the Williamsport Regional Airport. Reachable after an easy hour-ish flight south from KSDC, Williamsport is a sleepy towered field existing amongst the ridges of central

Pennsylvania in Lycoming County (yup, **THAT** Lycoming).

The restaurant affords a beautiful view of a high ridgeline south of the field. While dining, you may see a commercial flight arrive. Passengers disembark directly below the restaurant windows. On one occasion, we watched two bored ground handlers on the ramp, one with outstretched arms pretending to be an airplane and the other wielding batons to marshal her colleague to parking. Around Christmas, we even spotted Santa Claus in the restaurant (true story!).

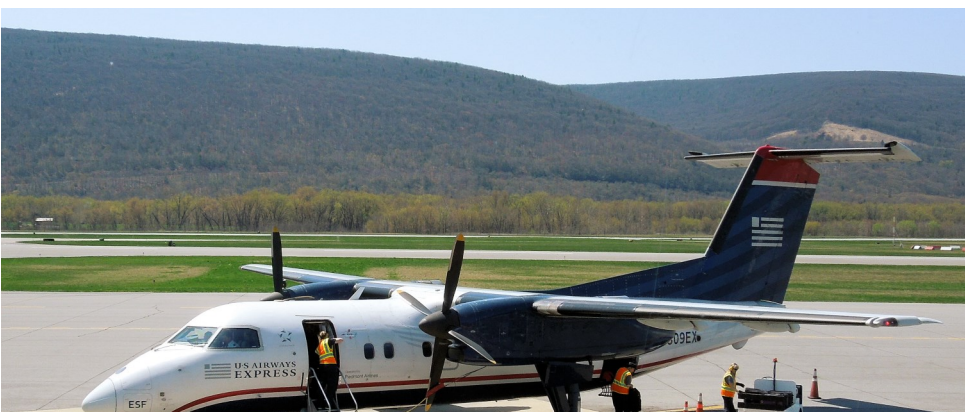
The cuisine is a cut above the fare found at most airport diners. For example, on my last visit, I chose the Chesapeake Frittata made from three eggs scrambled with sautéed asparagus, tomatoes, onions, and potatoes. It was cooked to perfection and the whole thing was topped by one of the best crab cakes I have eaten in recent memory. *Cloud 9* does not have a children's menu and portions are generous, so my wife and daughter split an order of blueberry waffles with a side of sausage sourced from a local farm. In a word, it was fantastic; **all of it**. Because of its food quality and unique ambiance,

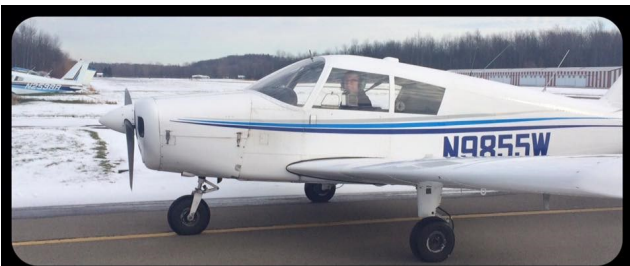


the restaurant thrives as a destination for locals rather than being a place dependent on the fickle nature of private aviation for support.

Tips:

- Aircraft parking for *Cloud 9* is on the "East Ramp" in front of a large blue hangar located east of the tower. If unsure of where to go, Tower is always happy to provide progressive taxi directions.
- *Cloud 9* is located on the second floor of the commercial terminal. You will need to exit the ramp to the street-side parking lot through a gate located at the corner of the large blue hangar. **Take note of the code required to return to the ramp!**
- *Cloud 9* can get busy. Reservations are recommended.





Congratulations!

2016 is off to a fantastic start! Trevor Crandall and Joel Cousineau both slipped the surly bonds entirely solo! Well done, gentlemen!

January 2016 Events

- **Group checkout on the WFC basic aeronautical training device (BATD, otherwise known as the "simulator")**
 - ⇒ Saturday, Jan 23, 2016
 - ⇒ 9:00 am—noon
 - ⇒ A free session with Mike Bjerga. Learn how to remain club current this winter!
 - ⇒ Stick around afterward for lunch at Williamson Aeronautical Services (Jake's). A dish to pass is optional.
 - ⇒ RSVP Tony Alesci
- **Private Pilot Ground School / Refresher**
 - ⇒ 6 pm to 8 pm, Tuesday nights, Jan 26 through the end of March
 - ⇒ Cost:
 - ◇ Pre-Private=\$120 + Supplies
 - ◇ Private Pilots or students that have taken their written Exam=\$5/night
 - ⇒ Supplies:
 - ◇ Pilots Handbook of Aeronautical Knowledge (available in PDF form online)
 - ◇ Flight Computer
 - ◇ Plotter
 - ◇ ASA Test Prep (Text or App)
 - ⇒ RSVP Mike Bjerga. Tell a Friend! You do not need to be a Club Member to attend!
 - ⇒ Mike will sending out Weekly Topic Notices for those interested in a review.