

WFC Flyer



Williamson-Sodus Airport, July 1971 (Courtesy of Wes Somerville)

Important Dates:

General Meeting
August 11, 2016
7:00 pm, Clubhouse

Board Meeting
September 1, 2016
7:00 pm, Clubhouse

General Meeting
September 8, 2016
7:00 pm, Clubhouse

Welcome to the Club!

In July, we welcomed our newest members:

- Ed Ciolkowski
- James Finn
- Patrick Monahan
- Steven Shelton
- John Thompkins
- Owen Thompkins

Williamson Flying Club

August 2016

Cool Places To Fly by Steve Murray

Destination:
Martha's Vineyard Airport,
Vineyard Haven, MA (KMYV)

Distance: 309nm Direct

Why It's Cool:

The Vineyard is an island. There are only two ways to get there; by boat or by aircraft. You have at your disposal one of those modes of transportation, now how cool is that? Let's face it, to drive to the Vineyard means a 7 hr drive, an hour wait for the ferry, and an hour for the ferry crossing.

Take one of our aircraft and you are there in 2:30min, no fuss.

MVY is an inexpensive place to park your plane, \$10/night plus first night waived with fuel. They have a friendly FBO and, for those of you

not renting, the fuel is "affordable" at \$5.30/gal. In contrast that with ROC at \$5.33/gal.

Getting to MVY is not that bad; as you cross Buzzard Bay you are never more than 3nm from land; you can get radar services from Cape Approach. For those of you going IFR (or VFR) the routing is best done by picking up T300 at ALB and it will take you all the way to MVY.

Once you get to the Airport, my recommendation is to buy a 3 or 7-day bus pass. There are three busses that service the airport, two take you to Oak Bluffs and one to Edgartown. If you are unfamiliar with the Vineyard there are three major towns, Vineyard Haven, Oak Bluffs, and Edgartown. Vineyard Haven is the "commercial"



port where the Steamship and Fast ferries depart. Oak Bluffs is the original vacation spot on the island and famous for its Ginger Bread houses and carousel. It is also served by the fast ferry. Edgartown was the setting for New England summer resort town (Amity island) in Jaws.

Of the three cities, Edgartown is the most plush and as such most expensive place to stay. Oak Bluffs is the oldest and the most affordable place to stay. Vine-

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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

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Director: Randy Christian (director-2016@williamsonflyingclub.com)

Medical Advisor: Dr. Pam Tarkington (pamela1@choiceonemail.com)

Cool Places To Fly by Steve Murray

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yard Haven has some nice places to stay as well.

There is also a camp ground on the island with cottages or bring a tent. My first airplane trip to the island was with a tent and bikes that we stuffed into my old Musketeer.

There is lots to see on the island, it is very picturesque. The Vineyard Transit (VTA) is very good and reasonable in cost. This is why iMVY is one of our favorite flying destinations, once you get there, you don't need a car, no need to get a taxi or Uber, just use their public transportation. The island is also very bike-able, I highly recommend it. You can rent moped and jeeps but nothing beats a good bike ride on scenic bike trails. All of the busses have bike racks so our favorite activity is to bike about and then hop a bus back to our room when we get tired.

There are many places and things to do on the island. South of Edgartown, there is a small grass strip, Katama Airpark (1B2), sort of an old fashioned aerodrome. You can also land there, the strip is well groomed, reasonable in length, but narrow. I confess that I have not tried to land there, but I have seen twins get in and out, there is fuel. They have a restaurant and you can get biplane rides. Just north of the airport is the best public beach on the island. Edgartown is quite scenic and you can take a pontoon

ferry across to Chappaquiddick, famous for the Kennedy family. It's a bit of a bike hike, ok for moped or jeep, and you can go out and see the infamous bridge. At the foot of the bridge you can rent a jeep tour that takes you out to the Cape Poge lighthouse, it's a fun ride over the dunes.

On the opposite side (west) of the island is Gay Head Lighthouse. It is a beautiful scenic spot and they give tours so you can climb up into the light. We have gone enough times now to have seen it in its old location, in transit, and now in its new location; they moved it so it would not fall off the cliff. In between, you can visit Menemsha and old fishing harbor, Chilmark a quaint village. Take a sail out of any of the ports. The bike path between Oak Bluffs and Edgartown is very flat so, if you are looking for an easy ride, give that one a try. A bike ride out to Chilmark, Menemsha, or Aquinnah (Gay Head Lighthouse) is quite hilly, but doable. The best time of the year to go is before the 4th of July or after Memorial day, I say this because, unless you're rich or famous, the plane ride out and back will be the cheapest part of your trip. The rates are much more reasonable in the Spring or Fall.

I have only gotten caught once with fog; fog is way more common for Nantucket than Martha's Vineyard.

On one occasion, I had to wait until 1 pm before the fog/haze lifted enough to get out. This is far more common in the spring than in the fall. As always check the weather.

Do you have a great destination or trip to share? Let us know about it by sending an email to:

Newsletter@williamsonflyingclub.com



Annual Family Picnic and Flour Bombing / Spot Landing Contest

On July 23, 2016, the Williamson Flying Club hosted its annual member family picnic with highly anticipated entertainment: the flour bombing competition and spot landing contest.

Thanks to Mike Bjerga for organizing the flour bombing and spot landing contest and Kim Christian for the photographs!

Overall Winners :

1st Place Overall:
Mike Bebernitz / Jamie Oliver

2nd Place Overall:
John Rubio / Dave

3rd Place Overall:
Mike Bjerga / Kalen

Individual results:

Carrier Qualified (closest to the line):
John Rubio / Dave

Bull's Eye (closest to target):
Mike Bebernitz / Jamie Oliver

Sharpshooter (best shot group):
Mike Bebernitz / Jamie Oliver

Looks like no one found that Norden bombsight rigged up in the Bebernitz / Oliver aircraft...

Congratulations to all!



Flight Rx by Dr. Pam Tarkington

HYPERTENSION (High Blood Pressure)

This is an elevation of your blood pressure. When we talk about blood pressure, there are two numbers - the one on the top is called the systolic blood pressure (this is the pressure that is in the arteries as the heart pumps the blood thru the body). The bottom number is called diastolic (when the heart is not pumping or relaxing).

At the present time, the FAA recognizes hypertension (HTN) as a blood pressure above 155/95 - this is too high.

Most often, hypertension produces no

symptoms, so most people don't even know that they have it. At present, 80 million people in this country have a diagnosis of HTN.

There has been much controversy about if the high or low number is more important. At the present time, studies favor the systolic as being more important.

So, what is hypertension? The American Heart Association classifies HTN as shown in the table at right.

It is important to control hypertension
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American Heart Association Classification of Hypertension

	Systolic	Diastolic
Normal	< 120	< 180
Pre HTN	120-139	80-89
Stage 1 HTN	140-159	90-99
Stage 2 HTN	> 160	> 100

Congratulations!



Congratulations to Tim Yandow, who soloed in N9855W on July 21, 2016!

Flight Rx by Dr. Pam Tarkington

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for several reasons: it can lead to cardiac disease (MI, angina), cerebral vascular disease (mini strokes), as well as kidney failure. It can also damage blood vessels (in the brain it can also cause cognitive impairment). It can also lead to aneurysms.

There are several risk factors for hypertension:

1. Race: It is more prevalent in African Americans and generally manifests at an earlier age.
2. Age: Risk increases with age. At age 45, it is more common in males, in females generally age 65.
3. Family history: If family members have this, there is a good possibility that you will, too.
4. Weight: The more overweight you are, the greater your risk.
5. Lifestyle: Stress, alcohol, tobacco.

As to treatment (unless your blood pressure is high), it generally begins with lifestyle modification. I will not comment on prescription medications as this is a discussion you should have with your physician.

Upcoming Regional Events

20 August (Sat)	Pancake breakfast, Cooperstown-Westville Airport (K23), 7:00 am–11:00 am
21 August (Sun)	Pancake breakfast, Ledgesdale Airport (7G0), 8:00 am–noon Fly-in breakfast, Whitford Airport (B16), 7:30 am–noon
27 August (Sat)	Fly-in breakfast, Piseco Airport (K09), 8:00 am–11:00 am 1st Annual RV Fly-In, Chautauqua Co. Airport (KJHW) 11:00 am–3:00 pm
27–28 August (Sat-Sun)	Annual Long Acre Farms Fly-In (RUFF: Rochester Ultrasport Fun Flyers) (website)
04 September (Sun)	Fly-in breakfast, Dansville Airport (DSV), 8:00 am–noon EAA 533 Fly-in breakfast, Elmira-Corning Regional (KELM), 8:00 am Fly-in breakfast, Whitford Airport (B16), 7:30 am–noon
11 September (Sun)	EAA 486 Fly-in breakfast, Oswego Co. Airport (KFZY), 7:30–11:00 am Fly-in breakfast, Olean Airport (KOLE), 8:00 am–noon
17 September (Sat)	Seaplane Homecoming, Keuka Lake, 10:00 am–5:30 pm (website) Pancake breakfast, Cooperstown-Westville Airport (K23), 7:00 am–11:00 am

In Memoriam

Edgar “Luke” Whitcomb

A former president of the Williamson Flying Club, Luke Whitcomb passed away on April 30, 2016 at the age of 85. He is survived by his wife of 43 years, Marlys Whitcomb, six children, seven grandchildren, and five great grandchildren.