



The WFC Flyer



A Publication of the Williamson Flying Club, Inc.

JAN. 2009

Board Meeting

Feb. 5, 2009
7:00 PM, Clubhouse

General Meeting

Feb. 12, 2009
7:00 PM, Clubhouse



(Photo: Kim Christian)

From The President by Pam Tarkington

Hi to all and Happy New Year.

I hope that your Holidays were wonderful. We have some very important business coming up in the Club: the elections! Many of you have expressed approval - or opposition - to what the Board is doing. This is your opportunity to become more involved. I believe that I have encouraged all of you to do so - the elections are your opportunity to become influential in the club business. All 4 officer positions are up for election as well as a director's seat. Offer to run for office or nominate another who you think would do a good job - talk to Fred or Doc.

There is a chance that we will no longer be able to sell sectionals and in order to do so, the proposal is that we have to do \$5000/year business in this. Your BOD is looking into partnering with other flight schools in able to do so. AOPA is strongly opposing this proposal.

It is my sincere hope that our Safety Seminar that I originated with Mike will continue. At the present time, our insurance company requires that we have 4/year. Thanks to the efforts of both Mike and Bob Frantangelo, you are eligible for Wings credit if you participate. In any case, these seminars have been appropriate and very informative. As always, we'd like your suggestions for topics. Also, as you know, outside

speakers are also available.

I'd also like to thank you for your favorable comments about the medical articles in "The Flyer". Again, any suggestions you might have about any medical topics are more than welcome and will be addressed.

Ray Chapin has signed his lease - the terms are in effect for the next 6 years. Mr. Chapin works mostly on helicopters (and also gives lessons and does aerial photography) and turbine engines. He also is qualified and does work on piston aircraft. This opens up our maintenance capabilities to new areas - a great addition.

The County has written a great proposal for us to obtain a truck for jet A fuel and as well more snow removal equipment. As you know, sending in a proposal and actually getting the money are a long way apart. Let's cross our fingers.

We now have back our FAA designation as a testing center - if you know anyone who needs a written test, please encourage them to use us.

The Christmas party was a success. Kudos to Bob Cournoyer.

Treasurer's Report by Bob Herloski

At this month's general meeting I will review the full year 2008 budget and present a preliminary 2009 budget.

I will also be reviewing some documents that we have received from our attorney. She has provided drafts of a new

certificate of incorporation and new bylaws. The proposed certificate of incorporation includes wording that will enable us to apply for tax-exempt status at a later date, if that is desired by the club members. **(continued on page 2)**

Elections at the February General Meeting

Elections, held at our February General Meeting, require candidates for office. The Nominating Committee will provide a collection of candidates for the offices that are open for election.

This year's nominating committee members are Doc Malchoff and Fred Haas. If you are interesting in running for a club office, contact either Doc or Fred.

Club members are allowed to nominate qualified Active or Permanent Members for any office. Additional qualifications require that a person nominated must have attended at least 6 General Meetings in the previous Year (February through January). Nominations for office will come from the floor at the January Meeting.



The following Active and Permanent Members qualify as of the printing of this newsletter: Dennis Ankrom, Bill Bach, Michael Bebernitz, Doug Brean, John Creatura, Randy Cristian, Ron Foti, Jack Fuller, Dave Guild, James Guild, Thomas Henderson, Robert Herloski, Chris Karpenko, Doc Malchoff, James Markovitz, Rick McCutchan, Eric Mehserle, Lance Merritt, Jim O'Donnell, Michael Pierce, Bob Robideau, Corky Schoeneman, Dennis Shaw, Michael Shippers, Glen Steed, Gary Stevens, James Swan, Pam Tarkington, Ed Wilkonski, Archie Woodworth, Jesse Zeck, Joe Ebert, Fred Haas, and Mark Rynearson

The following members have attended 5 general meetings:
Jake DeGroote, Frances England, Mark Mitchell, Scott Sawdey and Brit Wood.

Flight Rx by Dr. Pam Tarkington

OSTEOPOROSIS

Basically, this is a thinning/weakening of our bones. The most important factor that contributes to this is age.

This thinning of our bones can cause fractures (even with minimal or no perceived trauma), loss of height and kyphoscoliosis (a band or twisting of our spines - which can lead not only to pain but also to breathing problems). There are over 1.5 million fractures in this country alone due to osteoporosis. The most common are fracture of the spine. Following this are those of the hip, arm, pelvis and ribs. More women are affected than men (for the hip 33% female vs 17% of men). However the mortality is higher in males than females. This might surprise you but 50% of people with a hip fracture require placement in a

Nursing Home at a cost per year of more than 15 billion!!

As said before, age is the most important risk factor. Other risks include family history, early menopause, dementia, alcohol abuse, decreased vision, use of steroids, family history of fracture, low body weight, low intake of calcium and vitamin D, tobacco abuse and decreased physical activity.

What can be done about this? Well, there are simple things to start with: stop smoking, drink less alcohol, exercise (walking is good). In adults, there should be an adequate amount of calcium (1000-1500mg day) as well as vitamin D (800-2000 mg a day). If your physician tells you that you have a problem, bisphosphonates (fosamax, boniva) might be useful. If you fail on these, there are other options that your physician might suggest.

Treasurer's Report (continued from page 1)

The pros and cons of becoming a tax-exempt not-for-profit corporation can be discussed. Even if tax-exempt status is not desired, the attorney does recommend some changes to the certificate and bylaws to bring the club into compliance with current NYS statutes.

Changes to our corporate certificate, bylaws, and a future change to a tax-exempt not-for-profit corporation must be approved by the full membership, at a special meeting of the club, with all members notified by mail. The Board will not and cannot make these changes unilaterally. In addition, the Board has no formal position as to whether we should or should not become a tax-exempt entity; that is purely a membership decision.