



The Flyer

December 2008

Officers: President: Gary Fox; Vice President: vacant; Secretary: Jan Handley; Treasurer: Terrie Jo Fox; **Directors:** Ralph Schmude, Al St. Germain, Frank Taylor, Penrod Turk, Jeanné Willerth and Past Presidents. **Chairpersons:** Wings Program : open; Safety: Chris St. Germain; Membership: open; Meeting Arrangements: Terrie Jo Fox; **Editor:** Al St. Germain

PRESIDENTS MESSAGE - I would like to extend my warmest wishes to all of you and your families for a wonderful and fantastic holiday season. I, for one, am looking forward to a day or two to relax with family and friends and possibly, if the weather will permit, fly to Miami County for a hundred dollar breakfast. As we give blessings and begin planning for next year, I again would like to thank our chapter board members for their support and guidance. **** AOPA will also have a change at the helm in January and AOPA President Elect, Craig Fuller, is already paving the way with contacts in Washington. In a recent letter he reminded President-Elect Obama just how important GA was to his campaign. **** Please continue to check for TFR's as pilot vigilance will be of the upper-most importance during this presidential transition. **** I asked Santa for a Garmin 696 and reminded her that giving is always better than receiving. **** Have a safe and happy holiday - **Gary Fox** (And thanks for your leadership and hard work, Gary!) Editor

COMPASS ROSE CANCELED - It is with regrets that I inform you that the Compass Rose at LXT has been canceled. It seems that the amount of rebar in the concrete can interfere with or actually change the magnetic settings on your compass. The money for the project was set aside in a CD and the board is presently exploring other projects. They would like for the chapter to become active in sponsoring FAA safety seminars and support other aviation related activities in the area and at local airports. If anyone has any suggestions or ideas please contact any member of the board. **Gary Fox**

NOVEMBER SPEAKER SUMMARY - The subject of our November talk was a first to our knowledge, and a most interesting one. For some, it brought back memories, to others it was an enlightening subject. Debbie Bertram, President of the 99s, and owner of Bertram Group Consulting, spoke to us about her experience going through the FAA High Altitude Chamber and Physiology Program. Her instrument instructor and test pilot for Garmin recommended it. She

googled for the phone number, found out pilots and non-pilots may attend with a current physical. The course is free and given in Oklahoma City. The AM classroom instruction included topics of hypoxia, physics of atmosphere, respiration and circulation, trapped gas, rapid decompression and illness, as well as how to avoid and resolve the problem. It was good preparation for the chamber "flight" which is an option. After lunch, a check to make sure the participants were not on conflicting meds, a video was played to ensure there were no surprises in the chamber. This is a cylinder with as many as 20 seats, and the pressure is lowered to simulate high altitude. The individuals faced each other with seat belt and harness in order to observe mutual symptoms due to hypoxia and record them as well as their own. They practiced donning the masks quickly. Breathing 100% oxygen for 30 minutes helps remove nitrogen from the blood to prevent bends. Another video was shown during the period. The first ascent was to 8,000 followed by a rapid decompression checking for sinus or ear problems. Next was an ascent to 25,000 with all regulators set at 100% oxygen. Half of the group then removed their masks for a maximum of four minutes while doing puzzles and games. Blood oxygen was measured with a finger clip, and recorded. Even the simplest tasks became difficult. The flight then descended to 15,000 for a visual acuity test. Colors began to fade into gray due to lack of oxygen in the eyes. This occurs as low as 5,000. So the use of oxygen is encouraged, especially at night. A separate flight simulator proved that headings and altitudes are difficult to manage when your body's sensory perceptions are lying to you. A tour of the physiology lab, where water evacuations from aircraft are practiced and dummy crashes are tested completed the course. Great talk, Debbie! Thanks. (Editor's Note: Debbie's consulting business provides marketing research and strategy planning services to the pharmaceutical/biotech industry. She does fly a lot for business, but her Cherokee is not fast enough to keep pace. As a result, she accumulates a lot of frequent flyer miles on the commercial airlines. Occasionally, she is able to fly herself to meetings within close range, like St. Louis.) *Al St. Germain*

DECEMBER HOLIDAY DINNER - Wednesday, December 17, 2008 at 6:00 PM at the North Kansas City location of the Jumpin' Catfish Restaurant, 4342 NE Antioch Road, KC, MO 64117, (816) 452-3474. (See Map) The cost is \$20 per person includes gratuity. RESERVATIONS ARE A MUST. Please make check payable to MPA and mail to: Terrie Fox, 3724 Stanton, Lee's Summit, MO 64064. Day phone: 816-795-7233. This is Crabby Night, but the regular menu is also available. *Terrie Jo Fox*

DIRECTIONS TO JUMPIN' CATFISH RESTAURANT - As seen in the map, Jumpin' Catfish Restaurant is at 4342 NE Antioch Road, on the north side of I-35. For those of us from the south, proceed north on I-29, bear right to I-35, get off at the first exit which is Antioch Road. Go under the bridge, and watch for the restaurant on your left. If lost, call 452-3474 for directions.

MEETING DATES FOR 2008: Please mark your calendars now so you won't forget any meetings.

Dec 17th - Jumpin' Catfish Restaurant, 4342 NE Antioch Rd, KC, MO 64117 - (816) 452-3474.
Jan 28th - Paula Derks, President, Aircraft Electrical Associates.

MPA CHAPTER BOARD MEETINGS - All chapter members are invited to attend board meetings. They are normally held on the first Tuesday of the month, excluding holidays, at Executive Beechcraft, Downtown Airport, at 7 PM. We always welcome your advice and assistance, and the coffee pot is on!

NEXT KC CHAPTER BOARD MEETING - December 2nd

MPA STATE BOARD MEETINGS - Any MPA members may, and are invited and encouraged to, attend the state board meetings. Check the *MPA News* for meeting dates, times and locations.
Gary Fox

CHAPTER FLYOUT INFORMATION - We will be flying to only 3 or 4 close airports in 2008 due to gas prices, and to increase our flying and members' participation. (Non-flyers welcome!) With a new chairperson, we hope to provide e-mail notification the week before. Please volunteer. Info on flyouts can be obtained at www.MidwesternPilot.com, or the State News Letter at <http://www.mopilots.org/flyouts.htm> . Tell us where you want to go..

DATES TO MARK ON YOUR CALENDAR:

December 7: 99's Annual Dinner, Talk and Great Door Prizes, Sunday evening,
Call Jeanneé Willerth for tickets and info.

SAFETY SEMINAR - See: <http://www.faasafety.gov/SPANS/default.aspx>.

USEFUL WEB SITES -

Missouri Pilots Association Web Site for all chapters: www.mopilots.org

Kansas City FSDO: <http://www.faa.gov/about/office%5Forg/field%5Foffices/fsdo/mci/>

NASA Callback <http://asrs.arc.nasa.gov/>

Missouri 2005-2006 Airport Directory & Travel Guide. This has views of the latest airports & information updates. <http://www.modot.state.mo.us/othertransportation/airportdirectory.htm>

Missouri State Senate Web Site: <http://www.senate.state.mo.us>

This website is a pilot to pilot information exchange: www.flykc.com

Super Cub website is very popular www.supercub.org

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