



AUX TANK

Newsletter of the San Fernando Valley Chapter
of the NINETY-NINES INTERNATIONAL ORGANIZATION of WOMEN PILOTS

CHAIRMAN:	Helene Krongold	RECORDING SECRETARY:	Kathy Crawley
VICE CHAIRMAN:	Wendy Wiencek	CORRESPONDING SECRETARY:	Marcia Fuller
TREASURER:	Ruth Logan	AUX TANK EDITOR:	Bertie Duffy

	2002
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Chapter Calendar

Have a look at our web site's updated event calendar. Go to <http://www.sfv99s.org/>, then click on "Event Calendar" in first column.

Fundraiser

The SFV99s will soon be part of the "eScrip" program and will earn money based on purchases registered members & friends make at certain merchants.

Some of the merchants include Big 5, Pep Boys, Von's/Pavilions, Chevron, American Airlines, Baja Fresh, Carrows, etc., etc. As soon as I get our subscriber number, I will email it to our list, with instructions on how to register. Get your friends to register, too. It's "FREE" money!

Awards & Installation Banquet

Please join us on Saturday, June 1, 2002 (11:00am) for the annual Awards and Installation Banquet at the 94th Aero Squadron. Enjoy the delicious buffet brunch, meet this year's scholarship winners, and congratulate next year's new board members! The cost is \$16.95 per person. Please RSVP to **Jennifer Miller (818) 559-7561**.

In the summer of 1943, Birmingham, Alabama, businessman Frank G. Brewer established a foundation in honor of his two sons who were serving in World War II -- one as a bombardier, the other as a paratrooper. Originally called the "Junior Collier

Trophy," this award soon became known simply as the Brewer Trophy.

The Frank G. Brewer Trophy is awarded annually to an individual, a group of individuals, or an organization for significant contributions of enduring value to aerospace education in the United States.

The Frank G. Brewer Trophy is presented at an appropriate ceremony as determined by the President of the National Aeronautic Association, usually at the National Congress on Aviation and Space Education.

Well ladies, stand up and take a bow! Because this year the Frank G. Brewer Trophy is being awarded to The Ninety-Nines, Inc. Do you feel like running out there and shaking a few tree trunks and yelling, "I'm proud to be a Ninety-Nine"? You bet!!

Congratulations for our ongoing aerospace education efforts!

Pat Prentiss

Check this out

<http://gps.faa.gov>

Beautifully redesigned site, with lots of useful information on GPS navigation for aircraft.-
Maureen Kenney

Help Wanted

For the hangar party April 26 – Call Lois Rifkin or Jill Brookhart

Fly-Ins

Our April flyin will be on April 14, Fallbrook, Cal. for the Avocado Festival. There are about 5 blocks of craft booths and food booths. We attended this last year and everyone had a great time. ETA whenever you get there.

In May we will be flying to Section, in Yuba City. If you have a seat or need a ride to either of these events call **Ruth at 768-1504 or Jeanne at 893-5806.**

HANGAR FLYING

Ruth and Bill Logan flew the Antelope Valley Poker Run on March 17. I had laryngitis, so Bill had to work the radio on my portion of the flying. We had a great time, even though I was getting writer's cramp from trying to write on pad of paper everything I wanted to say! Spring Break we flew to Laughlin and were quite fortunate - even though we lost our gambling allotment right away, there was a great Professional Rodeo in town to occupy our time. Then from Laughlin we flew to Mesa, AZ to spend Easter with Grandkids.

Ceci Stratford and Chuck flew to Prescott, AZ on Easter weekend to attend Jim Modes' memorial service. Jim was an airshow performer, flying his pristine AT-6 in a beautiful aerobatic routine. In fact, in the last few years he was the oldest airshow performer. Weather for our trip was beautiful--up to 80 degrees! My new engine loved the long flight!

Airshow at Inyokern

If you are still looking for something to do the day after our birthday party, **Sylvia Sanderson** suggests you fly to Inyokern.

"Celebrate America" Air Show & Balloon Fest --- April 27 & 28 Ridgecrest-Inyokern Airport Admission is free; Parking is \$5 per carload; RV parking available

World class air show performers, balloon race, balloon glow, entertainment and rides, western pit bbq, 1000 person illuminated human flag, fireworks, Russian Yak Smoke & Thunder.

More information available by calling 760-375-UPUP (8787) or 866-263-8015 or at www.ridgecrestairshow.com

Aviation Explorers

The group is having a fundraiser on Wed., April 17, at Shakey's Pizza, 1300 San Fernando Road, Burbank. Twenty-five percent of all food purchased between 6:00 - 9:00 P.M. will go to the Explorers.

The kids in the Explorers want to raise money for pilot supplies and flight instruction time. Please come by and meet some of these great young adults. If you are busy, take-out orders count also. Any questions, please call **Ruth Logan** or **Lois Peck.**

Fundraising meeting

Meet May 11 at Kathy Crawley's house about 2pm for some brainstorming about how we can raise some \$\$\$\$\$\$\$\$\$\$.

Cockpit Stress

Have you ever been flying along, maybe trying to wedge yourself into a crowded landing pattern, or looking for that unfamiliar airport you KNOW has gotta be there, or perhaps encountering unforecast weather, or hearing your engine cough a couple of times? Maybe you're on a checkride and the Examiner creates an "emergency" or maybe even TWO, and your brain suddenly goes on "overload" and you just can't think?

Now what!?! Throwing your arms in the air like Charlie Brown and yelling "AAAUUUUGHHH!!!" is probably not going to help much, and it certainly won't inspire your passengers or ATC!

If the experts are right, a little stress is good for us, but you and I know that too much can really mess things up if we're in a tight situation. Let me remind you of a few of the things that happen to pilots who are stressed so you can recognize the symptoms if they happen to you. I'll also mention a few things you might be able to do to help if you find yourself all tied up in knots and ready to push the proverbial panic button.

A pilot's resistance to cockpit stress depends on the amount of

- training,
- capability,
- confidence,
- stress level before flight, (the lower, the better!)
- physical and psychological wellness, etc. (Remember the I'M SAFE acronym?)

I'll bet you will recognize some of the classic symptoms of stress (do you get these at the office when your boss walks in or when you argue with your kids?). They are:

- Increased muscle tension, especially in the shoulders,
- Making internal/external "negative self-talk" (e.g. "You dummy -- what did you do that for?")
- Drop in temperature of the extremities (e.g. clammy hands, cold feet),
- Fast, shallow breathing,
- A feeling of loss of control.

If you're starting to get yourself into a tight situation while you're flying, check yourself for these warning signs early on so you can combat them before stress/panic robs you of your ability to think straight. Once panic really gets a hard grip, it's unlikely you'll have the time needed to calm down and recover.

There's an easy acronym to help you remember what to do when you get stressed. It's BART:

- B Breathe! You can interrupt the panic cycle by altering your breathing rate - SLOW DOWN! Breathing control is something that gets better with practice.
- A Attitude – reconcile yourself to the problem. You can also begin some "positive self-talk". Saying something positive and definite leading to control of the situation can not only have a calming effect, but it can help to refocus the mind on the task at hand. (Am I advocating that you talk to yourself here??? Weeeeell, if it helps....☺)
- R Relax! Consciously relax your muscles a few at a time - start with relaxing your frown!, then your neck and shoulders, your back, arms, legs, etc. Once your body begins to calm down, you will begin to feel more normal and in control.
- T Training – remember what you've learned and put it to good use. Sometimes the worst thing you can do is act immediately. Slow down, act deliberately with what you were taught, and you'll do it right the first time. (This also presumes you'll make a good effort to go out and train periodically with a good CFI.)

As I said at the start, training, capability and confidence are good stress reducers. If you prepare for the unexpected, you'll have more of a feeling of control if things start to get ugly up there. Learn the warning signs of stress so you can combat them effectively before the stress leads to panic. You can also help yourself by practicing stress reducing techniques before ever entering the cockpit.

Have a safe and stress-free flight!

Claudia Ferguson
Safety Chairman

TRIXIE ANN SCHUBERT MEMORIAL SERVICE AWARD

ELIGIBILITY: Must be a member of International 99s and the San Fernando Valley Chapter since May 1, 2000.
List activities from May 1, 2001 through April 30, 2002

Dues	Point Value	Points Earned
1) Paid international dues during month due	1	_____
2) Paid SFV chapter dues by Dec. 1, 2001	1	_____
Attendance		
3) Chapter meetings (11 possible from our chapter, you may include other 99s chapter meetings)	1	_____
4) Chapter committee meetings (includes Board Meetings) Limit 5 per committee (LIST DATES)	¼ per meeting	_____
5) Section meeting—specify which meetings	1 per section	_____
6) International Meeting	2	_____
7) Participation in Chapter Fly-ins (LIST DATES)	1 per event	_____
8) Official chapter Social Events (Potluck, Holiday Party Awards Banquet, etc. Note: dinner before meetings is not eligible.)	1 per event	_____
Offices Held		
9) Chapter elected office	2	_____
10) Appointed Chairman of a Chapter Committee (see roster for listings)	1	_____
11) Committee Membership	¼ per committee	_____
Publicity		
12) Points will be evaluated by Awards committee for any publicity which mentions your name and promotes the 99s. (NO 99s affiliated publications allowed.) Promotion of 99s. ie: Radio, TV, newspapers, magazine, speeches at civic organizations or schools etc. on aviation or 99s. Note: Total publicity points may not be more than 25% of total points submitted.		
Additional		
13) Introduction and sponsor of new member	2	_____
14) Arranging a special event/speaker for 99s meeting (LIST)	1	_____
15) Using home for regular meeting or special function, also using home for committee meeting	1	_____
16) Representation of SFV 99s at community aviation meetings, AOPA, EAA, VNY Airport Assn., FAA Citizens Advisory Council, etc.	¼ per meeting	_____
17) Turning in a completed APT form	½	_____
18) Chairing a Chapter event not listed under #10 (List)	1	_____
19) Hours contributed to SFV Chapter sponsored events. Include preparation for activity, as well as hours spent working the activity. (LIST activity, dates and hours)	1 pt. Per 3 hrs.	_____
20) Turn in this application	1	_____
20) Miscellaneous activities not covered above. List for Committee consideration.		

Completed form must be postmarked or handed in no later than May 15, 2002.
RETURN TO: Ruth Logan, 9733 La Tuna Canyon Road, Sun Valley, CA 91352

Applicant name _____ As you wish it to appear on award

Address _____ Telephone # _____

**SAN FERNANDO VALLEY NINETY NINES
WOMAN PILOT/ROOKIE OF THE YEAR AWARD
APPLICATION 2002**

NAME: _____ **DATE JOINED 99S** _____
ADDRESS _____
PHONE: _____
APPLYING FOR: **Woman Pilot** _____ **Rookie Pilot** _____
LOGGED HOURS ON **4/30/01** _____ **4/30/02** _____

General Information and Eligibility Requirements:

- An applicant for Woman Pilot of the Year must have been a member of the SFV 99s prior to May 1, 2000 (2 years).
- An applicant for Rookie Pilot of the Year must have been a member or future woman pilot of the SFV99s prior to May 1, 2001
- An applicant must have attended at least 10 meetings/functions to be eligible.
- It is the responsibility of each applicant to substantiate all items used for point credit, i.e.
 1. Cross Country and other flight time documented in logbook.
 2. Attendance at functions to be confirmed if necessary.
 3. Publicity listed by date and place, **CLIPPINGS ATTACHED**
 4. Copies of logbook entries for prior May 1, 2000 thru April 30, 2001 must be included.
- The time in your logbook may fit into several categories at once, i.e. x/c, night and dual. Since time can only count in ONE category for this award, you will want to put it where it gets the most point credit, i.e. donated time, dual, etc. These may require several attempts in the calculations before you decide you have the most optimal solution.
- Fraction/partial points count
- Each 50NM of cross-country time counts as 1 point. You will need to know enroute cruise speeds or race handicaps for each different model of aircraft you have flown cross-country. Remember that each hour entered here may not be included in "Remainder PIC" hours on the other hours logged. Cross-Country is 50NM or more from home airport.
- Please also list any "unclassified activities" that you think should be considered by the Award committee. The judges decision will be final
- Winner will be ineligible to compete for 3 YEARS following the award and will serve on Woman Pilot of the Year Committee
- Please send completed forms, separate listing, logbook copies and publicity clippings to:

- **RUTH LOGAN**
- **9733 LA TUNA CANYON RD**
- **SUN VALLEY, CA. 91352**

FLIGHT TIME: Note! Time can count ONLY ONCE- Hours counted toward X/C, donated flight, night, CFI, Charter, etc., count in one place only.

FLIGHT TIME

- | | | |
|--------------------------------------|---|-------|
| (A) Multi-Engine | 5 hours=1 point | _____ |
| (B) Night PIC | 5 hours =1 point | _____ |
| (C) Dual Instruction W/CFI | 2 hours= 1 point | _____ |
| (D) Instrument Time | 2 hours= 1 point | _____ |
| | <i>Actual must be logged-Hooded or Simulated must have Instructor or safety pilot sign log.</i> | |
| (E) Cross Country points | 1 pt each 50NM | _____ |
| (F) Remainder PIC time | 10 hours+ 1 point | _____ |
| (G) Check Flight in different models | | |
| | 1 Check Flight=1 point | _____ |
| (H) Ground School | 50 hours=1 point | _____ |
| | <i>organized classes only</i> | |
| (I) Instruction Given as CFI | 50 hours= 1 point | _____ |
| (J) Charter or for Hire time | 50 hours= 1 point | _____ |
| (k) Night | 5 hours= 1 point | _____ |
| (L) donated flight time | 2 hours= 1 point | _____ |
| | <i>Young eagles, Angel Flight etc.</i> | |
| (M) IFR Safety pilot | 2 hours=1 point | _____ |
| (N) FAA "Wings" program | 1 point | _____ |

POINTS AND RATINGS

- 1 Written passed 3 points _____
2. Flight Check for Additional Ratings 2 points each _____
list each rating & date passed
- _____
- _____
- _____
- 3 Licenses & Rating currently held _____ 1 each _____

POINTS FOR OFFICES HELD & MEMBERSHIPS

1. ELECTED OFFICE

- A. Chapter office 2 points _____
- B. Section 4 points _____
- C. International 6 points _____

2. APPOINTED OFFICE

- A Chairman chapter Committee 1 point _____
- B. Chairman Section Committee 2 points _____
- C. Chairman Int'l Committee 3 points _____
- D. Member Chapter Committee .5 points _____
- E. Member Section/Int'l Comm. .5 points _____

3. Member of Government committee on aviation 2 points _____
4. Member of CAP, AF reserve, Coast Guard Aux. Etc. 2 point _____
5. Squadron leader of group listed in (4) 1 point _____
6. Officer in other aviation org. 2 points _____
7. Member of civic or service club aviation committee 1 point _____

POINTS FOR COMPETITIVE FLIGHTS

1. Contestant in 99 or other open competition race

A. Pilot (list events) _____ 3ea _____

B. Co-Pilot _____ 3ea _____

2. Placement in race (First=3 points, Second=2points, third=1 point)

List race and placement _____ 1ea _____

3. Contestant in spot landing or other similar flying-skills local event (List)=2 ea.

OTHER POINTS

1 ATTENDANCE

- | | | |
|--|---------------|-------|
| 1 Chapter/board meetings, potluck
Xmas Party, other | 2 points each | _____ |
| 2. Socials, flyins,
Committee meetings) | 1 point each | _____ |
| 2 Spring/Fall Section Meeting | 4 pts each | _____ |
| 3 International Conference | 6 pts | _____ |

2. RATINGS

- | | | |
|-------------------------|----------|-------|
| FAA written exam passed | 3 points | _____ |
| FAA flight test passed | 5 points | _____ |
| BFR | 2 points | _____ |

3 POINTS FOR PUBLICITY

- | | | |
|---|---------------|-------|
| 1 Sponsor new member. | 2 points each | _____ |
| 2. Any Aviation achievement awards | 5 points each | _____ |
| 3. Aircraft building and restoration work
give details and points will be determined | | |

WPOY committee _____

5. Please list any additional activity that you would like us to consider.

TOTAL POINTS =====

WEB SITES of INTEREST - www.ninety-nines.org (International)

www.sws99s.org (Southwest Section)

www.sfv99s.org (SFV99s OWN site)

<http://www.lawa.org/vny/welcome.htm> (this is a very useful site for SFV pilots!)

Each of these sites has links to other aviation sites and other 99s chapters!

Our meeting is the first Monday of the month at 7:30 pm.

Meeting place is the Airtel Plaza Hotel, corner of Valjean and Sherman Way next to VNY.

Thursday NOON after the monthly meeting is the DEADLINE for the AUXTANK, each month!

Email (bduffy@lausd.k12.ca.us) contributions to Bertie Duffy

Calendar of Events and Coming Attractions

Sun Apr 14	Fly In to Fallbrook Avocado Festival
Sat Apr 27 2002	Our 50 th Anniversary Birthday Bash
Sat May 11	Fundraiser meeting 2pm
May 17 – 19	Spring Section Yuba City CA
Sat June 1	Installation Brunch – 94 th Aerosquadron
July 16 – 21	International Convention – Atchison KS
Sept 13 – 15	Fall Section – Tucson AZ
April 2003	Aviation World Fair – Kitty Hawk, N.C.

AUX TANK

P.O. Box 7142

Van Nuys, CA 91409

