



AUX TANK

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

MAY 2007

Spring Section in Santa Maria

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We had a great weekend in Santa Maria for the Spring Southwest Section Meeting. Section Meetings are always a lot of fun and the information and contacts acquired will stay with you for a long time. You get to meet other 99s from all of the Southwest. Some of these gals become your friends for life. On Friday night, there was a great BBQ at the Aviation Museum, and a fun wine tour of the area



on Saturday. There were seminars on air racing and medical issues, and there were great flying events including flour bombings, spot landings and a poker run. All were worthwhile events.

We had 18 members, and at least 7 airplanes, attend from our Chapter. The ramp outside the hotel was full of airplanes, and the Saturday night banquet was attended by approximately 200 persons. Included was our very newest FWP (Elysee Alexander). Those attending from the SFV99s were Michele Albiez, Elysee Alexander, Stacie Crowther, Pam Distaso, Bertie Duffy, Jeanne Fenimore, Lilian Holt, Maureen Kenney, Jeanne Kirhofer, Melinda Lyon, Ruth Logan, Marion McNiff, Jennifer Miller, Doris Minter, Kathryn Presson, Paula Sandling, Kathy Smither, Susan Theurkauf, and

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(Top Photo: Michele Albiez, Pam Distaso, Kathy Smither, Jeanne Fenimore and Paula Sandling talk with International Treasurer Kristine Irvin-Herron at the Governor's Reception. Bottom Photo: Jennifer Miller, Bertie Duffy, Maureen Kenney and Pam Distaso line up for BBQ Santa Maria style)

The San Fernando Valley Chapter of The Ninety-Nines was founded on February 1, 1952. The mission of The Ninety-Nines is:

- To promote world fellowship through flight.
- To provide networking and scholarship opportunities for women and aviation education in the community.
- To preserve the unique history of women in aviation.

Short Final...May

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Linda Worden.

We proved we really are HUMBLE when we won the Aerospace Education Trophy (congratulations to Kathy Smither and Linda Worden) and the Pilot Proficiency Training Award (congratulations to Kathryn Presson). The activities leading to these awards are in continuous practice in our Chapter. These



three ladies worked very hard to gather information on these activities to present to Section for consideration.

If you have never been to a Section Meeting, you should consider the next meeting in San Francisco on Oct 5-7. It is "Fleet Week" that weekend. There will be a big air show over the San Francisco Bay featuring the Blue Angels, Sean Tucker and many more air show acts. This sounds like a Section Meeting that is not to be missed. The Santa Clara Chapter has a great video to promote the Fall Section Meeting and we will be showing it at our June Meeting.

The San Fernando Valley Chapter is the new publisher of our Section Newsletter "The Southwesterly". We will produce the fall issue! Obviously this is not a small task. We need

Top Photo: Kathryn Presson proudly displays the PPT Award.

Bottom Photo: SFV99s with the Aerospace Education Award after the Saturday Banquet. Back Row (L to R) Lilian Holt, Ruth Logan, Pam Distaso, Jeanne Kirhofer, Jennifer Miller, Stacie Crowther, Jeanne Fenimore, Doris Minter & Maureen Kenney. Seated (L to R) Paula Sandling, Michele Albiez, Linda Worden, Bertie Duffy, Kathy Smither & Melinda Lyon.

help to do this properly and our Chapter has much talent to contribute. We will have a sign up sheet at the June Meeting to form a committee to produce the newsletter. This will be a fun committee to work on. If you would like to participate, please sign up.

I hope you are all planning on attending the Awards/Installation Luncheon on June 9th at the Smoke House Restaurant in Burbank, Ca. There is more information inside the Aux Tank.

Don't forget the International Conference in Boulder, Colorado, September 12-16. Information on the Conference is in the latest 99 News or you can find it on the International Web Site www.ninety-nines.org.

--Jeanne Fenimore

Members of the Month

Marcia Fuller and Ruth Logan received Member of the Month recognition at the May Meeting. Marcia was responsible for inviting Guest Speaker Robin Petgrave and three of his aviation explorers to the April Meeting. Ruth organized a successful pancake breakfast fundraiser held during the B-17 event on April 21.

Get Well Wishes

We wish a speedy recovery to Maria Schwartz who has returned home after surgery.

May Membership Anniversary

Happy Anniversary to our SFV99s!

1946	Irma Story
1983	Bertie Duffy
1986	Marcia Fuller

Aviation Events at VNY

Many great events sprung from the EAA's B-17 visit to Van Nuys Airport in April.

The SFV99s helped at Syncro's Aviation Career Day on April 20, displayed the Chapter's booth and talked to numerous high school students.



Linda Worden, Elysee Alexander, Ceci Stratford, Mary Glassman, Jeanne Fenimore & Lilian Holt



Early morning, the B-17 awaits passengers at VNY



The next day SFV99s and Aviation Explorers cooked up a delicious pancake breakfast for those coming to see the B-17 or take Young Eagle flights.

SFV99s not cooking and serving breakfast were busy flying Young Eagles or helping in the EAA booth.



Ruth Logan, Kathy Smither, Jeanne Fenimore, Jennifer Miller, Linda Hernandez, Mary Glassman and Linda Worden grab a photo with the B-17 Raffle winner, Brian Cunneen.



Kathryn Presson gets the thumbs up from her Young Eagle



Ceci Stratford flies a plane load of Young Eagles

Guests

Guests at the May Meeting were Sallye Stotsbery, Meiko Powers and Kristina Sunness. Thank you for joining us at our meeting. We hope to see you again!

Happy Birthday!

May 3	Helene Brown
May 5	Vicki Rose
May 21	Lois Peck
May 25	Anne Marie Radel
May 28	Claudia Ferguson
May 29	Marcia Fuller
May 29	Pat Yendes

Turning Base...June

2007 Awards & Installation Luncheon

Ninety-nines, friends and family: Please join us at the San Fernando Valley 99s' 2007 Awards & Installation Luncheon on June 9, 2007 (11:30 AM) at the Smoke House Restaurant, 4420 West Lakeside Drive, Burbank (across Barham Blvd. from Warner Bros. Studios). There is limited parking on the street and the restaurant has valet parking (\$3.50).

If you would like to attend, please RSVP to Michele Albiez with your name, phone number, the number in your party, and your choice of entrée: #1 Sirloin of Beef, #2 Caesar Salad with Blackened Salmon, or #3 Vegetarian plate. Each lunch includes salad, ice tea or coffee, and dessert. The price is \$23.00 per person; please make checks payable to the SFV99s and send to:
Michele Albiez
2233 Manning Street, Burbank, CA 91505. 818-846-4664

We look forward to seeing you there!

**Next Meeting:
Monday, June 4**

Summer Pot Luck

The SFV99s Annual Potluck will be held on Saturday, August 4 at Ceci Stratford's home. Please contact Stacie Crowther with questions, RSVPs, number of guests and the category of dish you will be bringing (main course, salad appetizer or dessert). There will be flyers with directions and a sign up sheet at the next meeting. Stacie's number is (818) 848-9718.

Traveling Space Museum

The Traveling Space Museum will be visiting: Millikan Middle School, Sherman Oaks on June 4; Wilson Elementary School, San Bernardino on June 7; and Manhattan Beach Middle School, Manhattan Beach on June 12. If you can volunteer at one of these Space Days, let Ivor Dawson know directly at (310) 279-2624.

A Generous Gift and Warm Note from a Past Career Scholarship Winner

It has been a while in the works that I would return the generosity the 99s showed me with the SFV 99s' career scholarship. Your organization provides a very important opportunity for individuals aspiring to careers in aviation. Remember the answer to that famous question of what makes an airplane fly: money, and lots of it! Seriously though, the 99s add an essential element of prestige to the career scholarship award, and it should continue to be available to students well into the future. I only hope to set an example for other recipients, that we all might band together in common cause with the 99s as our personal situations allow. After all, "*An individual who has found a measure of success in life and then gives back when the time is opportune has also found perspective, and achieved true success.*"

Again, you have been instrumental in my career progression and I will never forget that. I pledge long-term support, and am confident you will continue to reward hard work, dedication and diligence. If there is one suggestion I would offer in closing, it is to continue to help emphasize CRM and safety in the emerging generations of professional aviators.

Thank you for believing in me,
Keep believing in others!
Your friend,
Brandon Esten



View recent scholarship winners at http://sfv99s.org/career_scholarships.html.

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 trying to land with a strong and gusty crosswind? Maybe on a check ride the Examiner creates an “emergency” or maybe even TWO, and your brain suddenly goes on “overload” and you just can’t think?

Now what!?! Suddenly telling the more experienced pilot just to the right of you “it’s YOUR airplane” and relinquishing the controls isn’t going to help your confidence and ability to handle your aircraft – and there may not even be a more experienced pilot with you. Yelling “AAUGH!!!!” like Charlie Brown probably won’t do much for you either.

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 include:

- 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 also 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
 SFV 99’s Safety Chairman
 FAA Aviation Safety Counselor
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SFV99s steal a photo with Jane Russell (seated third from left) in the hotel during Spring Section.

Calendar of Events

Date	Event	Reference
June 4	Chapter Meeting Dinner in the Main Dining Room	Airtel Hotel -- 7:00 pm as early as 5:30
June 9	Installation & Awards Luncheon – 11:30 Smoke House Restaurant, Burbank	Michele Albiez
July 20-26	AE Hike – Yosemite	Lynn Meadows, Reno High Sierra Chapter
August 4	Summer Pot Luck Ceci Stratford's home	Stacie Crowther
August 6	Chapter Meeting Dinner in the Main Dining Room	Airtel Hotel -- 7:00 pm as early as 5:30
August 27	Chapter Meeting – September Annual Business Meeting Dinner in the Main Dining Room	Airtel Hotel -- 7:00 pm as early as 5:30
September 12-16	International Conference – Boulder, CO	www.ninety-nines.org
October 4-7	Fall Southwest Section – San Francisco	www.sws99s.org

www.sfv99s.org (San Fernando Valley 99s)
www.sws99s.org (Southwest Section)

www.ninety-nines.org (International)

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