

AUX TANK

NEWSLETTER OF THE SAN FERNANDO VALLEY CHAPTER OF

THE NINETY-NINES

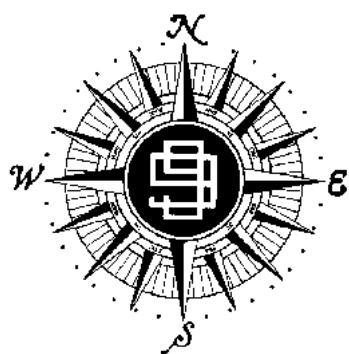
INTERNATIONAL ORGANIZATION OF WOMEN PILOTS

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



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December 2009

CHAIRMAN'S MESSAGE

Happy Holidays! As I write this, we are well into the Holiday Season 2009. Last weekend we celebrated by packing cookies for our friends at the towers and offices in the Southland. We exchanged gifts, bought presents at the boutique and enjoyed a great lunch. Thanks, Anne Marie Radel, for arranging the CTTT! Now we are preparing for our annual holiday party at Lilian's home. More cheer, friends, food – and of course the bowling ball! We are truly blessed to have the opportunities to meet with friends at this time of the year.

This reminds me to ask you to call a friend! We have members and friends who are unable to get around to visit us. Call or send a card to remind them that we care, and include them in our thoughts as we enjoy the season. A few who come to mind are Jan Wood, still healing at home from a hip replacement, Marcia Fuller who is unable to get around as easily as before, Lois Rifkin who is thinking of us and living in Portland, OR. There are others that we have not heard from for awhile.

Before Thanksgiving I had the opportunity to participate in the NIFA competitions – as a volunteer judge. For those of you who are unfamiliar, this is an intercollegiate flying team competition. Region II, here in the southland, draws teams from Arizona, California, and Colorado. There were 6 teams, and about 100 pilot team members. The events included flying (navigation, landings, object drops) and paper/pencil tasks (E6B calculations, flight planning, aircraft identification, etc.) The judges are drawn from NIFA, and from the Ninety-Nines. Without us, the judge pool would be too small to accomplish the tasks. This year the events were held at Gillespie Field in San Diego. Next year they will be hosted by Mt. San Antonio College, and most likely be at Cable Airport or Bracket Airport. No dates have been set yet, but it most likely will be early November. I recommend that you try to block some time – even one day is a help – to participate. It is truly a wonderful experience.

Happy Safe Holidays!
Maureen Kenney



CHAPTER DUES ARE DUE!!!

Fellow San Fernando Valley 99s:

Thanks so much to those who have sent in their membership dues. As of 12/12/2009, dues checks have been received from the following 42 members:

Albiez, Archibald, Crawley, Distaso, Duffy, Fenimore, Ferguson, Forsting, Glassman, Harris, Hernandez, Holt, Hoppe, Kenney, Kirhofer, Krongold, Kurrasch, Logan, Lyon, Mathews, Mayle, Merrick, Miller, Minter, Neuman, Perna, Presson, Radel, Richard, Rifkin, Sanderson, Sandling, Sikora, Smither, Story, Stratford, Theurkauf, Tucker, Vournas, Wood, Worden, Yates.

Membership dues are \$25 and are payable on September 1st of each year. While they may be sent to our Chapter P.O. Box, I can process them in a timelier manner if they are sent to my home address.

**Pam Distaso
10853 McVine Ave
Sunland, CA 91040-2430**

Credit card payments and other options may be viewed at:

<http://www.sfv99s.org>.

Once there, click on "Dues and Donations" at upper left.

Thanks again!

Pam Distaso
SFV 99s Treasurer, Webmaster, & Roster Chairman



December Chapter Birthdays

Barbara Black	12/13
Melinda Lyon	12/27
Ruth Mayle	12/15



December Anniversaries

Ceci Stratford	1976
Lilian Holt	1981
Connie Schurr	1986
Lisa Hineman	1996
Cheryl Aranaga	2001

San Luis Obispo fly-In

On Saturday, November 21st, the San Fernando Valley 99s flew to San Luis Obispo for lunch. There were 5 planes that flew in. Those pilots, co-pilots and friends were Linda Worden, Pam Distaso, Paula and Mike and their granddaughter, Ruth and Bill Logan, Sylvia Sanderson and friend, John Jones, Melinda and John Lyons. They were met by ex-SFV99 Elizabeth Dinan, who is now a member of the San Luis Obispo 99s Chapter. Our group totaled 13, and we sat in the outdoor patio area. The weather was cool, but good for flying and lunch was perfect as usual. It was a successful and fun flying trip.



Izzy Wizzy?

By now, you're probably pretty aware that the Nominating Committee has been employing a magic theme, but "izzy wizzy?" Well, a bit of research into things magical have given us plenty of new terms and ideas. Our words may not be able to move the mountains of self-doubt, y but they just may encourage you to fly over them and run for Southwest Section office. So here goes: "*Alakazam!*" You're now inspired to help at the Section level. Will you devote a bit of time to finding candidates for the next election? Become a member of the Nominating Committee and find the next wonderful group of women to guide our Section into the future.

One last spell, a modern but published one: "*Izzy wizzy, let's get busy!*" We'll be looking for your Intent to Seek Election form.

This message is submitted by Your SWS Nominating Committee Memk
Julieann Sikora, Chair
Mercedes Eulitt
Rose Hollstrom
Marion Nauman
Sharon Raney

With appreciation to Marion Nauman, author of our October, November & December messages.



Southwest Section Winter Workshop Van Nuys, Ca January 30, 2010

The Southwest Section Winter Workshop will be held on January 30, 2010. Join us at Van Nuys Airport and stay at the Airtel Plaza Hotel.

DATE: Saturday, January 30, 2010

TIME: 8:30am

Hotel: Contact the Airtel Plaza (818) 997-7676 for hotel reservations. Room rates are \$89.00 single or more per room. Be sure to tell them that you are with the 99s .

[Airtel Plaza Hotel](http://www.airtelplaza.com) 7277 Valjean Avenue Van Nuys, CA 91406 Phone: (818) 997-7676
www.airtelplaza.com

AIRPORT: KVNy

COST: \$36 (includes lunch)

BUFFET LUNCH: served at 12:30 pm at Van Nuys Airtel Plaza Hotel

Automobile Parking: Daily Parking Fees apply.

o Register please send your check for \$36.00 made out to the SFV 99s to:

SFV 99s WBM

P.O Box 7142

Van Nuys, Ca. 91409]

Or, you can register on line at:

http://sfv99s.org/swswm/sws_wbm.asp

Questions Call (818) 599-6139

AVIATION EXPLORER POST 747

AVIATION EXPLORER POST 747 will be hosting a "Pancake Breakfast" fundraiser on Saturday, January 23, 2010. The event will be held on the grassy area in front of the airport office at Whiteman Airport from 8:30 to 11:30 a.m. For the incredible low price of \$5 you will receive pancakes, sausage, fruit, orange juice AND Rick & Nick's world famous coffee. You can meet our brand new CFI - Explorer Robert Mota and congratulate Explorer and FWP Kelsey Lomen on her recent solo short cross-country. The event coincides with EAA Chapter 40's Young Eagles Day (what a coincidence!) Tell your friends, tell your neighbors that free airplane rides for kids between 8 and 17 will begin at 10:30 a.m. If you have any questions or wish to donate anything to this event please contact Ruth Logan at 818-364-1224.



Got Air? (Good Air, That Is...)

Now that winter is upon us and we're probably all flying with cabin heaters on for much (if not all) of the flight, I thought I'd re-visit the issue of carbon monoxide and give you a few facts about what it is and why we as pilots need to be especially concerned about avoiding it. Please put your "science hat" on, and read further. ☺

Carbon Monoxide (also known as "CO") is a somewhat "unstable" chemical compound made up of one atom of Carbon and one of Oxygen. These atoms are very ready and willing to make another, stronger chemical bond with something else that will make them more stable. Usually, that's another Oxygen atom, and the molecule becomes Carbon Dioxide or CO₂, which is part of every breath we exhale. Anyway, back to "CO". Once the CO molecules make that additional bond, they'll become stable and quite content to "stick like glue" to each other, so to speak.

Like most of the rest of the "air" around us, CO is tasteless, odorless, and colorless, so you get no initial clue as to whether you're breathing it or not. Mostly, CO is a by-product of combustion. It's one of the things that make up smoke and smog - so well known to all of us here in L.A. Internal combustion engines, including aircraft engines, are major producers of CO.

That said, I now take a trip to the world of human physiology long enough to talk about our red blood cells and the fact that they circulate into our lungs just looking to bond up with some oxygen molecules. They take this oxygen back out of the lungs and off to our brains or whichever other of our body parts need a little oxygen. The more of these oxygen molecules (usually coming in "chemically stable" pairs in the form of O₂) that are available, the better, which is why we carry supplemental oxygen at high altitudes where air molecules in general are scarcer, or we pressurize the cabin to pack them in tighter and make sure there are as many oxygen molecules available as we need.

Because of its somewhat "unstable" nature, CO will adhere to blood cells in a chemical bond 200 times stronger than O₂. There's no contest. CO wins every time. If it's in your lungs, it'll be in your bloodstream as quick as your next breath. It's also completely useless to your body - it can't be processed like O₂ can. CO kills by attaching itself to so many blood cells that there are not enough cells left to carry the O₂ the body needs. Pretty soon, all your red cells are gummed up with CO, and your brain doesn't have enough oxygen to be able to think straight any more. If you're lucky, before it's too late, it'll make you feel sick or hypoxic in time to realize what might be happening to you. Otherwise, you just lose consciousness and "bye-bye". NOT a good option!

The only way for the body to get rid of CO is for the affected blood cells to die (or in an emergency, you could get help from a blood transfusion). What that means is that CO poisoning is just that - poisoning - and it isn't something you can "fix" while you're flying. It takes a human body about 72 hours to recover. Unlike altitude hypoxia, you can't just go to a lower altitude or use your oxygen system and be "all better". It takes 3 DAYS to replace those contaminated blood cells, and that's why it's so important to prevent CO poisoning.

How can you protect yourself? Well, cracks in the exhaust system are usually the ways CO can get into airplane cabins. Most of our single-engine airplane heaters warm the air to heat the cabin by passing it over the outside of the muffler. This method works really well, but it is vital to check on a regular basis that there are no cracks in that muffler. Given the age of most of our planes, the metal can be fatigued and crack more easily than when it was new. In flight, shut the heater off if you suspect it is causing trouble. Don't count on being able to smell exhaust fumes.

Probably the best thing you can do to protect yourself, after good maintenance, is to put a warning device in your cockpit. There are several different devices that can be bought to warn of CO presence in the cockpit. They range from very simple to rather high-tech. You can buy an inexpensive little card that has a specially treated disc mounted on it, and if CO is present, it turns black. These cards work well as long as you remember to give them a look every little while during your flight, and replace them at their expiration date. They are also small and you can stick them just about anywhere. There are other much more sophisticated devices that act rather like the smoke detectors in your house. They will measure the CO and set off an alarm if too much is present. These are a bit more convenient in that they don't necessarily require you to scan them. There are also some very scientific detectors that will tell you the ratio of CO to air molecules in PPM (parts per million).

As a last emergency option, an oxygen system with a mask (vs. the nasal cannula tube) can help if CO presence is suspected. Sealing yourself off from the CO and breathing pure O₂ will help your body get as much oxygen as it is still capable of absorbing. It won't cure you, but it may keep things from getting worse.

So, there's my little aviation science message. It's not a "Chicken Little" story, but just a bit of information that might help you have a safer flight. And that's what it's all about!

Have a safe flight!

Claudia Ferguson, Safety Chairman
San Fernando Valley 99s
Aviation Safety Counselor
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Calendar of Events

Date	Event
December 5	Cookies to the Tower 9:30-1:30-Rocky's
December 7	Chapter Meeting 7:00 pm- Van Nuys FlyAway Bus
December 17 th	Gault Street School Holiday Celebration
December 19	Chapter Holiday Party- Lilian Holts-lilian_darling@yahoo.com
December 28	Chapter Board Meeting

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January 4	Chapter Meeting-Van Nuys FlyAway Bus
January 10?	Fly-in to Bakersfield Muni
January 16	Girl Scout Cookie Kickoff
January 23	Aviation Explorer Pancake Breakfast Fundraiser
January 25	Chapter Board Meeting
January 30	Southwest Section Winter Workshop-Airtel Plaza, Van Nuys
March 21	Antelope Valley Chapter Poker Flight

www.sfv99s.org (San Fernando Valley 99s)
www.ninety-nines.org (International)
www.sws99s.org (Southwest Section)



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