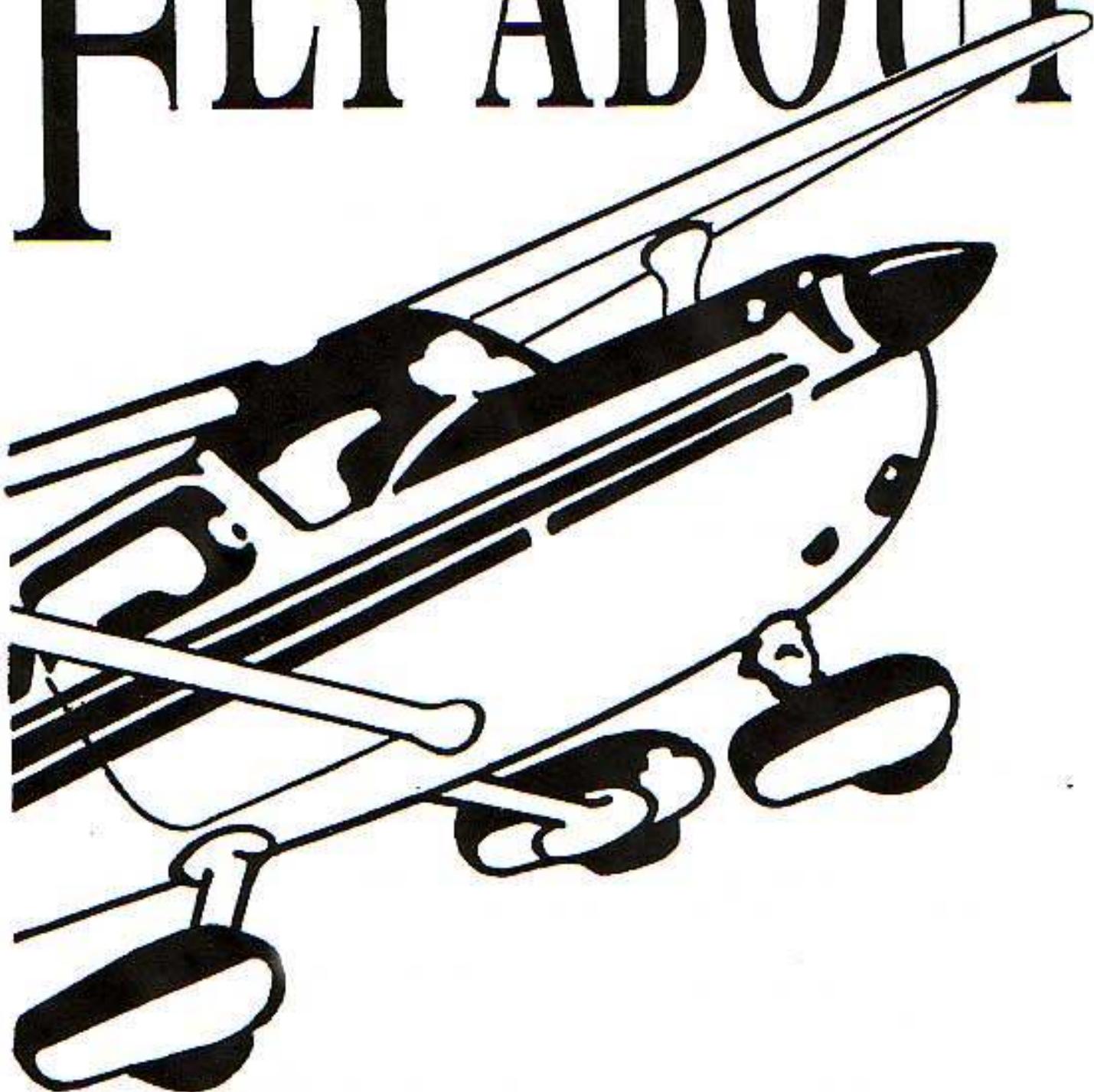


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OFFICIAL ORGAN OF THE NORTHAM AERO CLUB (INC)
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From the President November 2010

Committee Meeting – the concept of an ‘Open Day’ was discussed at length at the last meeting, with Errol and Ashley working on the detail. Possible participants to include FESA, RACWA, Shire of Northam and RAAF, Juinor Hawks etc.

A sub-committee has been formed to consider how our Club might best pursue possible funding opportunities for the future. As some may be aware, Wyalkatchem has recently been the recipient of some fairly major upgrades to their Aerodrome facility. I can see no logical reason why we should not try for our fair share as well. Northam is an important regional hub and its Aerodrome facilities should reflect this. The members of the sub-committee are Errol Croft, myself, Les Ballantyne and Denis Beresford.

Club Competition – consisted of a flight out to Irishtown church, rate one orbit and straight-in approach. Thanks once again to Harold who donated his time as judge, and kept us all honest. Somehow I managed to win, a feat made all the more amazing considering my antics of the night before.

The annual Christmas function is a lunch affair following the flying competition on 12/12. Hope to see you all there!

Cheers,

Simon Cooper
Northam Aero Club

Thanks,

Simon Cooper
Northam Aero Club
0429 202 597

Club Captains Report

November's Monthly Comp conducted on 14th was well represented with 5 pilots showing up.

The Comp was a straight in approach with a timed orbit before the approach. The orbit was a rate one turn (120sec). The closest to 120 sec was awarded top marks. Our very much appreciated Judge in Harold was the timer and overall Judge.

The winner was our very hard working President, Simon, myself 2nd & Ashley Smith 3rd. Once again thanks to Les for the chef side of the comp & of course chief sausage sampler, Deb who was not quite herself due to the wine tasting the night before.

Don't forget the Christmas comp is our last for the year. You will need a friend for flour bombing and if they win will be presented with a bottle of red wine.

We are also trying to organise a Fly-In/Open day around March 2011 so your input is always welcome.



Cheers,

Errol

THROMBOSIS CAN STRIKE GA PILOTS, TOO

By Dr. Bob Achtel*

The Mooney Acclaim's ground speed was just over 300 knots due to a tailwind. The smile on John's face would have been greater if not for the throbbing pain he had developed in his left calf muscle.

John had been in the air a total of eight hours as he neared his home airport. As if the calf pain wasn't enough, he now began to cough as well as becoming short of breath. John became alarmed when he coughed up some bright red blood. "I'm just 10 minutes from home," he thought, "I am not going to declare an emergency."

John landed safely and taxied up to his hangar. The last thing he remembered was stepping off the wing of his aircraft. When he regained consciousness, he was in the local hospital's intensive care unit.

Prolonged sitting and the associated lack of leg movement had caused a clot to form in the veins in John's calf – deep vein thrombosis (DVT). A portion of the clot had broken loose and lodged in John's lung – pulmonary embolus.

DVT occurs in one in a thousand persons each year. Of these, between one and five per cent will die from a pulmonary embolism. The return of venous blood from the legs to the heart is in great part dependant upon the "milking" action of the muscles in the legs as they contract and relax. Prolonged sitting in a confined space, and the associated lack of leg muscle movement, can favour the formation of blood clots in the leg veins.

Add to this an element of disease in the leg veins which occurs in older individuals and the likelihood of clot formation

increases. The risk of DVT is increased if the individual is taking birth control pills (John was not on the pill!).

SYMPTOMS OF DVT: The most frequent symptoms include pain, swelling, and redness of the affected leg associated with enlarged surface veins. Frequently there are no symptoms until a pulmonary embolism develops.

DIAGNOSIS: A high index of suspicion exists from the symptoms already described. Ultrasound can be used to image the blood vessels as well as measure the velocity of the blood flow within the bore of the vessel itself. When a blood clot has formed, the body attempts to dissolve it. As the clot dissolves, products are released that can be measured.

SYMPTOMS OF PULMONARY EMBOLISM: The symptoms of a pulmonary embolism reflect a marked alteration in the distribution of blood flow to the lungs and the transfer of a fresh supply of oxygen from the air sacs (alveoli) to the blood stream. There is frequently an abrupt onset of shortness of breath, rapid breathing, chest pain, cough with or without bloody sputum, blueness (cyanosis), and in severe cases collapse and death. About 15 percent of all cases of sudden death are due to a pulmonary embolus.

DIAGNOSIS: The diagnosis of a pulmonary embolism can be confirmed by a computerised X-Ray test in which a dye (fluid which lights up on X-Ray) has been injected into a vein. The test is called computerised tomography pulmonary angiography (the longer the name the more we can charge for the test). If the

patient cannot tolerate the injection of dye, an older test, know as a ventilation perfusion scan, which compares the flow of blood in the lungs to the amount of lung being aerated can be used.

TREATMENT: Considering the seriousness of the disease it is not surprising that hospitalisation is frequently required. A blood thinner such as low-molecular-weight heparin is administered intravenously. In extensive cases medications may be given which help to dissolve the clots. In extreme cases the clots may be removed. As a temporary measure, where clots continue to be released into the circulation from the leg or pelvic veins, a filter can be inserted in the major vein, draining the lower part of the body as a stopgap measure.

PREVENTION: Before beginning a long cross-country, take steps to prevent DVT. I wear support hose, which come up to my knees. In a study of several hundred fliers, half the group wore support hose and half did not. None of those in the group that wore support hose developed DVT. Ten percent of the group without support hose developed some degree of asymptomatic DVT. I take one adult aspirin, which reduces the "stickiness" of your platelets and decreases the chance of clot formation. I always make sure I have a supply of water to prevent dehydration. Finally, I do isometric exercises with my legs to promote venous return. With the seat all the way aft, I easily accomplish this in my Mooney cockpit.

Deep vein thrombosis is not to be taken lightly. A few simple preventative measures in the cockpit on a long cross-country could be life saving.

**Dr Achtel writes for the American Mooney Aircraft Pilots' Association magazine, Mapalog. Fly About gratefully acknowledges this edited contribution.*

Yes it's that time of the year again!

CHRISTMAS

December 12

BBQ Lunch

All members & friends are invited to join us at the nac club house for the annual Christmas luncheon.

The day will start at 9am with the monthly comp (should be a bomb), bring a friend.

This should finish up around the same time the bar opens at 11am, coincidence!!

Lunch will be a BBQ & salad which should commence around 12-12.30, cost is \$15 per head. See you there.

**RSVP by 5th Dec to Ryan. bristow82@bigpond.com
0404081786, or email Matt at big.matty@hotmail.com**

MERRY CHRISTMAS TO EVERYBODY & A HAPPY NEW YEAR. MATT.

Northam Aero Club

HIRE RATES FOR C172 AIRCRAFT

As from the 1/12/2009

- Dual Hire ----- \$240 hour
- Private Hire ----- \$190 hour
- TIFs ----- \$100 each
- Instructor only
 - *Pilot provides own aircraft ---- \$80 hour
- Landing Fees & Air Services Charges:
 - *Where applicable -These are to be paid by the Pilot or Student Pilot
- Hire of Life Jackets ---- \$10 per jacket



AERO CLUB PILOTS CHALLENGE 2010/2011
(Coming soon)

Errol's Club Calendar 2010

	Dec.	Jan	Feb	Mar
1		Bar-ASHLEY		
2		Bar-ASHLEY		
3				
4	Bar-LESLIE			
5	Bar-LESLIE			
6				
7				
8		Bar-CROFT		
9		NAC COMP 9am Bar-CROFT	NAC COMP 9am	
10		NAC Meeting 7pm	NAC Meeting 7pm	
11	Bar - MATT			
12	NAC COMP 9am Bar - MATT			
13	NAC Meeting 7pm			NAC COMP 9am
14				NAC Meeting 7pm
15		Bar-RYAN		
16		Bar-RYAN		
17				
18	Bar-STEVE			
19	Bar-STEVE			
20				
21				
22		Bar-LESLIE		
23		Bar-LESLIE		
24				
25	Bar-SIMON			
26	Bar-SIMON			
27				
28				
29		Bar-MATT		
30		Bar-MATT		
31				

NEXT CLUB COMPETITION

12 th December at 9am

NEXT CLUB MEETING

13th December at 7pm

BAR ROSTER

Opening hours
Saturday 5pm – 7pm
Sunday 5pm – 7pm

December		
4th - 5 th	-	Les
11th -12th	-	Matt
18th-19th	-	Steve
25th-26th	-	Simon

Well! Sometimes one just has to do it!!

**Please make arrangements to swap
with someone if you are not available
on your rostered day(s)**

FOR MORE INFORMATION
THE AERO CLUB CONTACTS ARE;

08 9622 3248
0429 202 597

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NORTHAM WA 6401

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