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LONG BEACH FLYING CLUB & FLIGHT ACADEMY

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*Teaching the
world
to fly!*

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SEPTEMBER 2014

HAVE A SAFE PATRIOT DAY!

EDITOR C. ROBINSON

HYPOXIA: EXCERPTS FROM SAFETY ALERT ISSUED BY THE AIR SAFETY INSTITUTE

With hypoxia a potential factor in two recent high-profile incidents of unresponsive pilots, the AOPA Air Safety Institute has issued a safety alert reminding pilots of the typical symptoms of hypoxia, outlining strategies for detecting and communicating a hypoxia emergency, and providing further resources.

The two tragic accidents that occurred within a week of each other, one Aug. 30 and the other Sept. 5, involved pilot incapacitation at high altitudes. While it's impossible to say for certain that hypoxia was the primary cause, the flight profiles and reports from the military pilots who intercepted the aircraft point toward this as a possibility. As a quick reminder, here are some of the typical symptoms of hypoxia:

- Cyanosis (blue fingernails and lips)
- Headache
- Hot flashes or a feeling of warmth
- Decreased cognitive abilities
- Impaired judgment
- Euphoria
- Visual impairment, reduced visual acuity
- Tunnel vision
- Drowsiness
- Lightheadedness or dizzy sensation
- Tingling in fingers and toes
- Numbness

Even though these are the most common symptoms of hypoxia, each pilot's physiological responses are unique. With the insidious nature of hypoxia and the resulting loss of cognitive abilities, it quickly becomes difficult to recognize the symptoms in time to take prompt action and mitigate the risks of becoming incapacitated while flying. The good news is that general aviation pilots have a powerful, low-cost tool available to them to help avoid succumbing to the effects of hypoxia. A **pulse oximeter** is the best defense against hypoxia and can be purchased from a variety of aviation vendors or any drug store.

When flying an unpressurized aircraft pilots should check their oxygen saturation levels regularly (about every 10 to 15 minutes). In a pressurized aircraft, the first step should be using supplemental oxygen if hypoxia or cabin pressurization problems are suspected. Once on supplemental oxygen, pilots can use a pulse oximeter to monitor their oxygen saturation levels. In either case, cabin pressurization problems and hypoxia are serious emergencies. Communicating this to ATC and the use of supplemental oxygen, if available, are imperative.

It is also important to remember that each pilot's ability to maintain adequate oxygen levels will be slightly different based on a variety of health and lifestyle factors. In general, if the pulse oximeter shows 90 percent or above blood oxygen saturation, the pilot's brain should be receiving enough oxygen to function normally. Below 90 percent, mental function begins to deteriorate, and the pilot should use supplemental oxygen or descend to a lower altitude until oxygen saturation levels increase back to normal.

Bottom line: If you fly regularly above 10,000 feet msl, a pulse oximeter should be part of your pilot equipment, and you should check your oxygen saturation levels regularly during the flight. If you'd like to read more about hypoxia, here are links that go into greater detail:

- www.aopa.org/Pilot-Resources/Safety-and-Technique/Operations/High-Altitude-Flying.aspx
- www.faa.gov/regulations_policies/handbooks_manuals/aviation/pilot_handbook/media/PHAK%20-%20Chapter%2016.pdf
- blog.aopa.org/leadingedge/?p=2169

AOPA FLY-IN

Where: CHINO AIRPORT

When: Saturday September 20, 2014

Time: 8:30 AM - 04:00 PM

Come enjoy:

- A traditional pancake breakfast
- A town hall discussion with AOPA President Mark Baker ... bring your questions about the aviation industry!
- Meeting and mingling with AOPA staff -- learn more about your association, and tell us what you care most about in aviation.
- Taking part in educational and safety seminars
- Exploring aircraft displays and aviation exhibits
- Participating in various flying activities and clinics

For those who aren't yet pilots, seek out the "learn-to-fly area." There is no charge for admission and lunch is free for all AOPA members. For information, go to: www.aopa.org/fly-in. To RSVP, go to: www.aopa.org/chino/RSVP.

NTSB SAFETY ALERT SA-026 — ALL SECURE, ALL CLEAR

Be vigilant regarding accountability and security of items. The National Transportation Safety Board (NTSB) recently published a safety advisory to remind pilots that forgotten and unsecured items within an aircraft can lead to accidents or incidents as they move during flight. These items can include aviation-related items such as GPS units, clipboards, and antennas; nonaviation-related portable electronic devices (PED) such as personal phones and computers; and personal items such as jackets or carry-on items.

AN INVITATION FROM THE LONG BEACH FLIGHT ACADEMY STAFF OUR FIRST "STUDENT" MEETING SAVE THE DATE: Wednesday September 24th, 6:00 PM

We here at Long Beach Flying Club are always striving to provide the best in pilot flight training. We are always looking for ways to improve and enhance the training experience that we provide to our valuable group of student pilots in all phases of flight training.

With that in mind, we will be conducting a meeting for all students of Long Beach Flying Club. The purpose of the meeting is provide for the first time, a forum in which our students and LBFC management can discuss ideas, concerns, rules and procedures regarding flight training. While the emphasis will be on our Part 141 Flight Training Programs, much of the discussion will apply to our Part 61 students as well.

Also we hope to have one of our local Designated Pilot Examiners attend the meeting to discuss common errors and how to achieve a good performance on flight tests.

This meeting is mandatory for our international students, however it is open and we welcome all students to attend. Cookies and soft drinks will be provided.

CONGRATULATIONS!

ACCOMPLISHMENTS			
RAMADHAN WIJAYA	First Solo	C-172	CFIs MARTINEZ/VASANDANI
SHAWN GILL	Private	C-172	CFI MONTY GROUTAGE
KUWAT RIBOWO	Private	C-152	CFIs GARNETT/BOLOGNESI
AKBAR ENDRADI	Private	C-172	CFIs MARTINEZ/VASANDANI
HYEJEONG PARK	Private	C-152	CFI RICHARD GARNETT
DMYTRO BOROVKOV	Private	C-152	CFI CHRIS ROTH
KELVIN PARK	Private	C-152	CFI RYAN DAVIS
ANTHONY LUU	Instrument	C-172	CFI RYAN DAVIS
DININDU CHANDRASIRI	Instrument	Warrior	CFI RYAN DAVIS
KAMRAN BHATTI	Instrument	C-152	CFI BRANDON ABREGO
MINJUN KIM	CFI	ARROW	CFIs ROCK/SULLIVAN

CONGRATS to TOMAS MARTINEZ, top CLUB CFI for August 2014, logging the most hours of dual given in club aircraft! Runners-up were SUMESH VASANDANI and RYAN DAVIS!

TOP GUN AWARD goes to RAGY ELFAHAM for logging the most flight hours in club aircraft in August. Runners up were DININ CHANDRASIRI and BRAM PAMBUDIANTO!!! Apologies to last month's Top Gun, SANG KWON CHOI, for the misprint!

MORE ABOUT TRIP REPORT: MONUMENT VALLEY

Additional information (all the way from Belgium!) has come in in response to the "Trip Report: Monument Valley," an article in last month's newsletter. The airport at Valle, Arizona was said to have "... a branch of the Commemorative Air Force ..." However, the historical aircraft found at Valle's airport are part of Chino's Planes of Fame Museum. From the planesoffame.org website, we learned even more about the Valle Museum:

"As more and more aircraft were restored and the Planes of Fame collection grew, an additional display facility was opened in Valle, Arizona in 1995. Located halfway between Williams, Arizona and the south rim of the Grand Canyon, this facility houses over 40 of the Museum's aircraft, many of which are also flyable. Our mission is to preserve aviation history, inspire interest in aviation, educate the public, and honor aviation pioneers and veterans. The Museum is dedicated to the preservation, perpetuation and exhibition of historical aircraft, and to the men and women, both famous and unknown, who devoted their lives to flight."

Many thanks to Henri in Braine-le-Château, Belgium for the enlightenment!

SEPTEMBER 11 IS PATRIOT DAY!

Patriot Day observed as the National Day of Service and Remembrance, occurs on September 11 of each year in memory of the 2,977 killed in the 2001 September 11 attacks. The flag of the United States is flown at half-staff at the White House and on all U.S. government buildings and establishments throughout the world; flags are also encouraged to be displayed on individual American homes. Additionally, a moment of silence is observed to correspond with the attacks, beginning at 8:46 AM (Eastern Daylight Time), the time the first plane, American Airlines Flight 11, struck the North Tower of the World Trade Center on September 11, 2001.

Patriot Day is not a federal holiday; schools and businesses remain open in observance of the occasion, although memorial ceremonies for the victims are often held.

NOTAM: Club pilots wishing to submit articles for our monthly newsletter are greatly appreciated!

NOTAM: The Redbird TD2 BATD is certified and ready to log instrument currency!!!

NOTAM: The club is transitioning to an online scheduling system. Keep in touch for more information!

FLIGHT TRAINING SCHOLARSHIPS AVAILABLE

The air racing team known as the Racing Aces has created a \$5,000 scholarship for women seeking flight training or other kinds of aviation training or education. The Racing Aces—Dianna Stanger, Joyce Wilson, and Erin Cude—took the top prize in the 2014 Air Race Classic women's air race. The team said it is funding the new scholarship with winnings and sponsorships to underwrite aviation education for women. Qualified applicants should be planning a career in any area of aviation, and must be accepted and enrolled full-time in an accredited U.S. college or university, or enrolled in a flight school. The deadline to apply is Nov. 30. Complete information and requirements may be found on the website. theracingaces.com/aviation-scholarship/.

The American Association of Airport Executives (AAAE) has announced that it will award more than \$156,000 in scholarships to 114 students during the 2014-2015 academic year. AAAE will offer four scholarships through the AAAE Foundation to full-time undergraduate or graduate students who are attending accredited colleges or universities. A list of the specific scholarships and eligibility requirements is available online at www.aaae.org/about_aaa/aaae_foundationscholarship_program/. The deadline to apply is March 31, 2015.

Scholarships are available from Women in Aviation, International in 2015 with a total value of \$517,150. Scholarships will be awarded for type ratings, initial training, dispatcher training, maintenance training and to finance a mid-life career change to aviation. Applications are due Nov. 17. Contact: wai.org/education/scholarships.cfm

NEW & REJOINED CLUB PILOTS! WELCOME!



JILL BROWN

ROBERT DRUECKHAMMER

HARITHA GUNATHUNGA

KYLE JEPSON

SZE NI (CLARA) LAM

MENUWARAGE RAJIV

TOMI AMINUDDIN

MARCELO VINE

JAMES WILLIAMS

HAPPY SEPTEMBER BIRTHDAYS



GARY BENSON

GERARD BOLTRON

RICHARD BURKE

JASON BUTLER

MIKAL ENGLISH

SHAWN GILL

GIOVANNI GOMEZ

MONTY GROUTAGE

JASON HAYN

CHIN YIU (JOHN) HO

LILY IGE

GONGJU KIM

CLAY LEYTON

MICHAEL MASTERSON

KEVIN MCGREW

ABHISHEK MUDGAL

OLIVER MUELLER

JOSE ROMO

KEVIN SANCHEZ

SANTIAGO SARABIA

HANK SURFACE

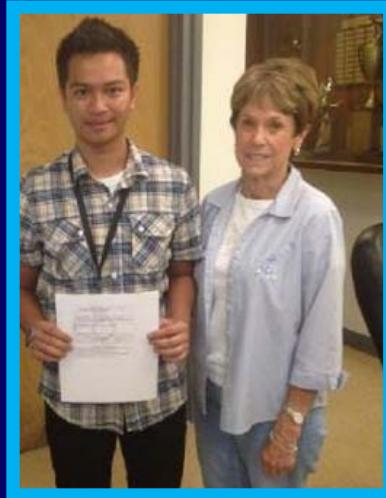
RICK VANDERHOVEN

SUMESH VASANDANI

FRANCISCO ZAVALA



KUWAT RIBOWO
Private Pilot



AKBAR ENDRADI
Private Pilot



DMYTRO BOROVKOV
Private Pilot



DININDU CHANDRASIRI
Instrument Pilot

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ORDER TODAY! Long Beach Flying Club Polo Shirts in Navy, Black or Gray. Sizes small, medium, large, or X-large. We also have hooded sweatshirts in black or gray. We'll need your choice of color and size when you call us at 562.290.0321 with your credit card number. Download from www.LBFlying.com or Email shirts@Lbflying.com an order form of our complete line of pilot shirts. Shipping and handling \$4.95 per order, CA residents add 8.25% sales tax.

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We stock a host of aviation books, shirts, charts, and other pilot supplies, along with aviation-themed Christmas tree ornaments, mugs, clocks, . you name it!

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GIVE THE GIFT OF FLIGHT!

A Long Beach Flying Club gift certificate for any denomination you wish, be it for the first flight, pilot supplies, or aircraft rental, makes a great gift for any occasion!

There are three ways to obtain the gift of flight:

1. Stop by and pick up a gift certificate during our office hours (8:30 am to 4:30 pm daily). You can purchase accessories to go with the gift certificate such as a visor, aviation mug or LBFC logo shirt.
2. We can send you a preprinted gift certificate for any denomination you wish -- just give us a call! We'll charge your credit card and get the gift certificate in the next out-going mail.
3. We can email you a gift certificate. Send us or call us with a credit card number to activate it for any denomination you wish. You will be given a Gift Certificate number to fill in at the bottom of your printout.

It's just that easy to give a unique and treasured gift. Keep it in mind for upcoming birthdays or anniversaries!

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DISCOVERY FLIGHT

\$89 for one, two or three in a C172 or Warrior
Fly with an FAA Certified Flight Instructor - you fly the aircraft!

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AERIAL TOUR OF LA'S FAMOUS LANDMARKS

\$195 for a 60 minute tour for 1, 2 or 3 people

HOLLYWOOD TOUR:

Dodger Stadium * Hollywood Sign * Beverly Hills * Getty Center * Palos Verdes * Queen Mary

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