



LONG BEACH FLYING CLUB & FLIGHT ACADEMY



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everything in between!*

MARCH 2017

Happy St. Patrick's Day!

EDITOR C. ROBINSON



WHAT'S UP? SHOCKING REVELATIONS ABOUT DAYLIGHT SAVINGS TIME

Don't get me wrong – I love Pacific Daylight Time. However, according to the New England Journal of Medicine, it has been suggested that as a society we are chronically sleep-deprived and that small additional losses of sleep may have consequences for public and individual safety. Major disasters, including the nuclear accident at Chernobyl, the Exxon Valdez oil spill, and the destruction of the space shuttle Challenger, have been linked to insufficient sleep, disrupted circadian rhythms, or both on the part of involved supervisors and staff.

So, just a reminder of the "F" in the FAA's "I'M SAFE" CHECKLIST. If the daylight savings time change has affected your rest, sit this flight out.

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Sunday morning, March 12th, we forwarded our clocks one hour, losing one hour of our day. Perhaps that hour was an hour of sleep.

FROM THE CHIEF FLIGHT INSTRUCTOR

March 8, 2017

To: All Students and CFIs
From: Richard Garnett - Chief CFI
Re: Audio Recordings of FAA Check rides

It has come to our attention that a student in the Long Beach FSDO area secretly made an audio recording of his check ride without the knowledge and consent of the FAA examiner. Subsequently this recording has been shared with an unknown number of students from our school. Furthermore, I have been told that other students have made secret audio recordings of their check rides as well.

THE AUDIO OR VIDEO RECORDING OF AN FAA CHECK RIDE IS ILLEGAL AND STRICTLY PROHIBITED. THE RECORDING AND SHARING OF AN FAA CHECK RIDE VIOLATES THE SANCTITY AND PRIVACY OF THIS OFFICIAL PROCESS.

ANYONE WHO IS FOUND RECORDING, SHARING OR LISTENING TO A RECORDED CHECK RIDE MAY BE SUBJECT TO FAA DISCIPLINARY ACTION INCLUDING REVOCATION OF ALL PILOT CERTIFICATES AND IMMEDIATE EXPULSION FROM LONG BEACH FLYING CLUB.

I am extremely disappointed moral character of some of our students who seem to think that this form of cheating in order to pass a check ride is somehow acceptable.

It is obvious that these people knew that was wrong because they have not discussed these actions with any CFIs or LBFC management.

I ask all CFIs to please review and discuss appropriate and inappropriate behavior during an FAA check ride with their students.

If anyone has any questions regarding the above, please discuss with me.

Richard Garnett
Chief CFI - Long Beach Flying Club

CFI MEETING

WEDNESDAY, MARCH 29, 2017

FROM 6:00 PM TO 7:00 PM

THIS IS OUR ANNUAL RECURRENT TSA SECURITY
AWARENESS TRAINING AS REQUIRED BY THE FAA. MANDATORY FOR ALL CFI!



2017 AOPA FLY-IN: CAMARILLO!

The 2017 AOPA Regional Fly-In schedule includes four events and kicks off April 28 and 29 in Camarillo, California, followed by Norman, Oklahoma (Sept. 8 and 9); Groton, Connecticut (Oct. 6 and 7); and Tampa, Florida (Oct. 27 and 28). Each event will feature two full days of activities, including an expanded roster of learning opportunities and workshops that will help make flying more fun, affordable, safe, and accessible.

AOPA launched the regional events in 2014, shifting from a single annual convention to this new approach that was designed to gather members at locations closer to home, and make it possible for more members (and guests, including future pilots) to attend.

A program of various topics and speakers is being developed that will include some that are location specific, taking advantage of the geography of each area -- count on each to "take you to new places in your aviation experience. AOPA also will offer the popular Rusty Pilots seminar that morning for those who have been out of the cockpit for two or more years and want to get back up to speed.

As AOPA looks to the future, growing the general aviation community remains a top priority. The AOPA Regional Fly-Ins will continue to serve that goal by

WHEN: Friday, April 28 and
Saturday, April 29

WHERE: Camarillo, CA

9 a.m. Friday:

Workshops covering a range of topics such as mountain flying or owner-performed maintenance

4 p.m. Friday:

Aircraft display, exhibit and workshops

6 p.m. to 9 p.m. Friday:

Barnstormers Party

7 a.m. Saturday:

pancake breakfast

9 a.m. to 3 p.m. Saturday:

Seminars, ice cream social, Pilot Town Hall meeting, and possible small fly-outs to nearby destinations



CONGRATULATIONS!

SALUTATIONS FOR THESE ACCOMPLISHMENTS!!!

NOAH BRUNK	First Solo	WARRIOR	CFI GREG STEUBS
KAIWEN WU	First Solo	ARCHER	CFI GREG STEUBS
MARK RUSSELL	Instrument	C-172SP	CFI MONTY GROUTAGE

YOUR NAME HERE— ATTENTION PILOTS IN TRAINING: Please send pictures of you and your aircraft after your accomplishment to Sue at: lbfcusan@gmail.com. Include your name, and rating/license and your CFI name. Thank you!

CONGRATS to RICHARD GARNETT , top CLUB CFI for February, logging the most hours of dual given in club aircraft! Runners-up were GREG STEUBS and MINJUN KIM!

TOP GUN AWARD goes to SUKYUNG BAE for logging the most flight hours in club aircraft in February. Runners up were KAIWEN WU and KUN-HUNG TSAI!!!

CONGRATULATIONS to club pilot Abhishek Mudgal for being hired by Envoy in the 50-passenger Embraer ERJ 145! Envoy Air, the regional jet subsidiary of American Airlines flying as American Eagle, operates the majority of the ERJs built, including the first to be delivered.

CONGRATULATIONS to club pilot ALI MOGHNIEH for his new job at SkyWest! Ali is based in Detroit in the CRJ 200/700/900. As of December 31, 2012, SkyWest Airlines operated 21 CRJ900s, 13 CRJ700s, and 52 CRJ200s for Delta Connection. As of December 31, 2012, SkyWest Airlines was operating approximately 519 Delta Connection flights per day (en.wikipedia.org/wiki/SkyWest_Airlines).

Congratulations to club alumni ERIK DEGERNES on his new job at Advanced Aircraft Charters, based at HHR!

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

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

RULES AND REGULATIONS CHANGE: Effective March 1st the form "CFI HOURS LOG" will no longer be available. Also, due to lack of interest, the provision for \$50 annual Deductible Share goes away.

Continued from page 1: More than 25 countries shift to daylight savings time each spring and return to standard time in the fall. The spring shift results in the loss of one hour of sleep time (the equivalent in terms of jet lag of traveling one time zone to the east), whereas the fall shift permits an additional hour of sleep (the equivalent of traveling one time zone to the west). Although one hour's change may seem like a minor disruption in the cycle of sleep and wakefulness, measurable changes in sleep pattern persist for up to five days after each time shift. This leads to the prediction that the spring shift, involving a loss of an hour's sleep, might lead to an increased number of "microsleeps," or lapses of attention, during daily activities and thus might cause an increase in the probability of accidents..

Flight Fitness The "I'm Safe" Checklist

- I** Illness Do I have an illness or any symptoms of an illness?
- M** Medication Have I been taking prescription or over-the-counter drugs?
- S** Stress Am I under psychological pressure from the job? Worried about financial matters, health problems or family discord?
- A** Alcohol Have I been drinking within eight hours? Within 24 hours?
- F** Fatigue Am I tired and not adequately rested?
- E** Eating Am I adequately nourished?

METROPLEX UPDATE

The FAA has announced that ATC delays are expected during the southern California Metroplex Phase Two implementation starting March 2, 2017.

Significant changes to airspace procedures associated with the Phase Two implementation will likely cause delays for operators. The delays may be attributed to air traffic control traffic management initiatives for one to two weeks, as the local controllers adjust to the procedural airspace changes. There will be a total of 64 new procedures with the bulk of them being RNAV SIDs and STARS for 19 Southern California airports.

For more information about southern California Metroplex Phase Two, see: www.nbaa.org/ops/airspace/regional/western/20170126_Industry_Update_DRAFT_V3.pdf

NEW & REJOINED CLUB PILOTS! WELCOME!



BRETT BARRETT

BRANDON BAUTISTA

TING WEI HUNG

JOSEPH LEACH

SCOTT MOFFAH

CORY MOLINA

MALIK NASEEM

STEVEN OTAL

ALLEGRA PATTERSON

LUKE PETERSON

RYAN TUMALAD

MARK WILSON

JACKSON YENCH

CRISTHAM YESCAS-TIFFER

BINGXIN ZHAO

Happy St. Patrick's Day



HAPPY MARCH BIRTHDAYS

MATTHEW BALDWIN

ORLONDO BARLAAN

JOHN BERG

NOAH BRUNK

GRAHAM COFFEY

CHARLES CROCKETT

JAVIER DIAZ

NEIL ESPINOZA

LEONEL FLORES

TIM FRIEDLANDER

DEVIN GARCIA

YARON GILINSKY

ALLAN GILLMAN

MALI HERRADA CORTES

JUSTINE HO

ANDREW LIONG

DONALD MIKAMI

JAN MILLER

JOSEPH MISHURDA

KRISTEN NAEEM

LAURA OTERO

ROHAN PATEL

SHERWIN RICHARDSON

MARK RUSSELL

GREG STEUBS

DANIEL QUENTIN STEWART

MICHAEL STONE

EDUARDAS URBONAS

MELINDA WASMUND

JACKSON YENCH

BINGXIN ZHAO



CHECKPOINTS



Mar 14:	SCAUWG (Airspace Users Working Group) (second Tuesday) meets at AirFlite at 10:00 AM.
Mar 16:	Long Beach AIRPORT ADVISORY COMMISSION Meeting at Skylinks Golf Course at 4:00 PM. 4800 East Wardlow Road, Long Beach, CA 90808
Mar 16:	LBFC's MONTHLY TOWER TOUR (third Thursday) !!! Begins at 1:00 PM. Contact the club, 562-290-0321 to sign up.
Mar 29:	Long Beach Flying Club CFI meeting from 6:00 pm to 7:00 pm. This is our annual recurrent TSA Security Awareness training as required by the FAA. Don't miss this one!

ABHISHEK MUDGAL

**Co-Pilot/First Officer
at
Envoy Air/
American Airlines**



**ALI MOGHNIEH
First Officer SkyWest!**

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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. Shipping and handling \$4.95 per order, CA residents add 9% 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 and more!

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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 or email.
3. Download a gift certificate from our website:

www.lbflying.com/files/giftcert.pdf

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

\$99 for one, two or three in a C172 or Warrior

Fly with an FAA Certificated 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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