

# PHOENIX MODEL AIRPLANE CLUB

HAVING FUN WITH MODEL AIRPLANES SINCE 1937

VOLUME 14 NUMBER 7

JULY 2009

<http://www.freeflight.org/PMAC/>



## NEXT MEETING

Tuesday September 8th

07:00 PM

Room 09

Granite Reef Senior Center

1700 N. Granite Reef Rd.

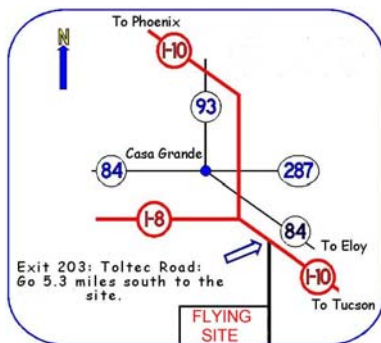
## NEXT CONTEST

FALL KICK OFF

SUNDAY SEPTEMBER 20th

WEBSTER FIELD

ELOY



## CLUB OFFICERS

*President:*

Elmer Nelson

*Vice President:*

Peter Brocks (480) 614 6183

*Secretary:*

Bill Sewel (623)-551-8678

[bsewanthem@qwest.net](mailto:bsewanthem@qwest.net)

*Treasurer:*

Elmer Nelson

*Newsletter Editor:*

Steve Riley (505) 615 8112

[steveriley@cableone.net](mailto:steveriley@cableone.net)

*Webmaster*

Alan Petersen

[alan@apetersenpaintings.com](mailto:alan@apetersenpaintings.com)



## PREZ SPEAKS

July 2009

Summer is here, so it is Dawn Patrol events until the fall restart of contests in September. Dick Nelson indicated the September contest will start at 7:00 AM.

Remaining Dawn Patrol dates are as follows: 7/12, 7/25, 8/9, 8/22 and 9/5.

July and August meetings have been cancelled – too many of us are planning summer trips. At our last meeting, it was moved, seconded and passed that we suspend the day meetings and have night meetings only for the balance of the year. As such our meetings will resume on the second Tuesday night in September (9/8/09) at the Scottsdale Senior Center.

Mike Keller has developed a series of Hand Launched Glider and Cat Glider kits. I built one of the small models. The fit and finish of the parts is outstanding. It took less than 30 minutes of assembly to produce a great flying cat glider. If you need a cat or HL glider, give one of these a try. You won't be disappointed.

In memory of Archie Harlan and Quentin Webster, I wrote two checks for \$75 each payable to the Hospice of the Valley (for Archie) and The Beatitudes (for Quentin). Quentin was the prime mover who actively supported PMAC for many years. As previously agreed between PMAC and TFFC these funds were withdrawn from the joint contest account.

Club finances. At our last meeting, I accepted a check in the amount of \$400 which was deposited into the PMAC general fund. The money was raised by Peter Brocks by selling copies of William Hartill's book "World Free Flight Review". This book covered international competition during the period 1975 thru 1977. The books came from Bill's estate. The money was given as dedicated funds to be used only for payment of Club Officer and Contest Director dues. The payments will start with the calendar year 2010 and continue until the \$400 is used for this dedicated purpose.

As of 6-28-09 our club checking account balances were:

Joint Contest Account: \$1592.18

PMAC General Account: \$1181.00 (includes \$400 of dedicated funds)

As President, I wish to publicly thank Steve Riley for once again taking on the task of news letter editor.

See you on the field.

*Elmer Nelson*



Elmer and his Lucky Lindy Nostalgia model.

# Phoenix Model Airplane Club Meeting Minutes

April 14, 2009

Location: Scottsdale AZ, 1700 N Granite Reef Rd., Granite Reef Senior Center

Members Present 11

Elmer called the meeting to order at 7:05 pm

Treasures Report – none

One member paid dues in the past month.

Old Business;

On the 4th and 5th of April, Peter was the CD for a hand launch RC glider contest at Eloy. The models were discus launched and were FAI F3K models. The \$20.00 sanction fee was paid.

Twenty Seven AMA members competed. The event should not interfere with PMAC and was a one time event.

## NEW BUSINESS

Peter has sold several copies of a book on FAI Free Flight covering 1970 to 1976, written by Bill Hartill, who died in Dec. Sale of the books resulted in a \$400,00 donation to PMAC.

Several motions were presented and failed dealing about what to do with the money. Elmer made a motion that we accept the \$400.00 and that it be used to pay dues of PMAC members (including the ones residing further away) who are PMAC officers or will officiate PMAC contests in 2010. Motion was seconded, discussed and carried. Toltec Rd. will be closed for resurfacing during the next contest. Alternate access will be circulated.

CD's will not enforce the BOM rule at contests. No National Points will be involved if the model was not built by the flyer. Then it is for PMAC points only.

A mass launch will be held at the April contest for Archie Harlan.

SHOW & TELL involved two airplanes and several scales.

*Bill Sewell*

Secretary

623-551-8678

## NEWSLETTER

SAM champs are fast approaching. This month a 3 view of a model that can be used for FAC two bit event or SAM O.T. rubber. Time to get to building

It's that time of year when I like to remind you of the dangers of playing outside in the Southwest in the summer time. And please share this with your golfing buddies.

Besides the lengthy article I have includes I'll add the following;

Fill a one gallon plastic milk jug about  $\frac{3}{4}$  full and put it in the freezer a couple of days before you go flying. At the field as the ice melts you get a supply of very cold water.

Avoid beer and soda as they will only help dehydrate you. And carry a small signal mirror in case you fall or otherwise need help. And, please never go out flying alone.

Cheers,

Steve

## Phoenix Model Airplane Club Meeting Minutes

June 9, 2009

Location; Scottsdale, AZ, 1700 North Granite Reef Rd., Granite Reef Senior Center

Members Present 13

Elmer called the meeting to order at 7:10 pm

NEW BUSINESS: Treasures report

Contest account	\$1600.00 +/-
PMAC Account	\$782.00
	Some outstanding

expenses to Dick Nelson and Steve Riley

(approx

\$100.00)

OLD BUSINESS: Peter presented a \$400.00 check to the club, which was generated by the sale of Bill Hartill's book on FAI Free Flight. (See April minutes for details on how this money will be spent.)

Elmer stated we must finalize and submit sanctions for fall contests.

Peter will resolve I-10 Challenge date conflict.

SAGE ( RC hand launch glider group from Tucson) has requested permission to hold a contest at Eloy in the fall, November 6, 7& 8, 2009. Officers from PMAC, TFFC and SWRMA agreed on this contest. They will get an AMA Sanction sponsored by PMAC.

This meeting is the last one covered under the prepaid 09 meetings. Ralph Hotz made a motion that all meeting for the next year be night meetings. Discussed and carried. The Fall meetings will start the second Tuesday in September through December. Peter will make arrangements for the meetings. To be held at the Granite Reef Center.

**SHOW AND TELL:** Frank made an excellent presentation on construction techniques for a light gas model. An example was passed around. Well done

Frank.

*Bill Sewell*

Secretary

(623)-551-8678

## Concerns About Heat-Related Illnesses

Dr. Bob Perkins, Columbus OH

Chair NFFS Competitions Committee

*[The summer. flying season is fast approaching, with its attendant dangers of problems resulting from excessive exposure to sun, humidity and heat. We will be fortunate if we don't hear of a fellow modeler- who collapsed while retrieving a model.*

*The ,following article was written by Dr. Bob Perkins. He is well qualified to inform us on this sub-ject: Bob retired (is head of the Dept. of Infectious Diseases at Ohio State School of Medicine.*

*The article appeared in Digest ct couple of years ago. But it does no harm to remind its all of the poten-tial dangers we face to environmental exposure while following our .sport of free flight.*

*Please read and heed. ed. ]*

Too much exposure to a hot sun and high humidity, combined with excessive physical exertion, can give modelers big trouble. But heat-related illnesses, rang-ing from muscle cramps to fatal heat stroke, can be guarded against with a little awareness of the causes and use of preventative measures. There are four dis-tinct heat-related illnesses that will seem to overlap as you read the descriptions below.

**Heat Cramps.** These painful contractions of mus-cles follow exercise, such as after repeated long retrieval chases on foot. Most sufferers of cramps are in good physical condition but have noted excessive sweating and usually have normal body temperatures. Excessive sun exposure may not be involved and the environmental temperature may even be cold and lower than body temperature.

Loss of body water and sodium in the sweat leads to dehydration and lowered sodium chloride in the blood. with similar abnormalities probably occurring within muscle cells. Orally replacing water and sodi-um chloride usually results in cessation of the cramps.

**Heat Exhaustion.** Also known as heat collapse, this is all to common. especially in older persons who are not acclimatized and who take diuretics. It is important to note that heat exhaustion may occur in inactive persons exposed to adverse environmental conditions as well as those who are physically active.

The illness represents a failure of the cardiovascu-lar system to adequately respond to high external tem-peratures. It is most often-but not invariably- pre-cipitated by a lack of fluid intake and depletion of the body's water and salt in sweat.

The onset is often sudden and unexpected. but may be preceded by weakness, nausea and faintness, followed by a worrisome but usually temporary collapse. Blood pressure may be low and pulse increased, but sweating may be absent and the skin cool. Body temperature may be normal or subnormal, since exposure to heat has usually not been severe or prolonged.

Most instances of mild heat exhaustion resolve with rest in a recumbent position and oral fluid replacement in a cool environment. Usually only severe prostration requires intravenous fluid replacement.

**Exertional Heat Injury.** This occurs most commonly with runners and involves injury to muscles and other organ systems. Excessive exercise in high temperatures and humidity with inadequate conditioning and acclimatization may lead to exertional heat injury. Profuse sweating and high but not extreme body temperatures lead to a host of gastrointestinal, cardiovascular or neurological signs and symptoms, including a low blood pressure and loss of consciousness. Severe elevation of muscle and liver enzymes may be observed in laboratory tests. Evidence of organ failure may occur in severe cases. Prompt body cooling and appropriate IV fluid replacement are vital to recovery.

Heat injury is preventable by avoiding exercise in extreme heat and humidity, and by drinking large volumes of water before, during and after exertion.

**Heat Stroke.** Also called sunstroke, this is most common among elderly persons with underlying chronic diseases, many who take diuretics and other vaso-active drugs. The cause of heatstroke is unknown, but direct exposure to the sun, although commonly [involved](#), is not required.

Sweating is often absent because constriction of vessels in the skin and extremities have shunted blood internally, thus preventing dissipation of heat from the body core. Rectal temperatures higher than 106 F and body core temperatures of 112 F are often observed. Onset of heat stroke may be preceded with nausea, headache, or faintness, but the individual may suddenly become stuporous or comatose. Shock usually intervenes.

Severe laboratory abnormalities are noted. Death may occur within hours, associated with cardiac and multi-organ failure.

Heat stroke is an extreme emergency. Mechanisms that regulate body heat have failed, and the body has no means to dissipate core heat. You should immediately remove the patient's clothing and immerse the

body in an ice-water bath or pack it in ice. Massage the body to increase skin circulation and heat dissipation. Vigorous re-hydration and other life-support measures may be required.

Acclimatization. This process allows our bodies to adapt to adverse climatic conditions. Integral to our body's capability of tolerating high temperatures is our ability to transfer body heat to the environment through heat evaporation. But to maintain the process we must regularly replace the water and salt lost in sweat. Otherwise, body temperature may rise precipitously.

Kidneys and the pituitary gland are stimulated to produce hormones that help to retain body water and salt, but potassium may be lost in the process. After full acclimatization, the cardiac output plus pulse and respiratory rates may be somewhat increased. This process takes four to seven days. Does this remind you of how you seemed to feel stronger toward the final days of AMA Nats week?

**Caution Flags. These should be obvious. Be alert to these warning signals:**

- Environmental temperatures greater than 90 F (inhibit normal transfer of excess body heat).
- Humidity greater than 60% (impedes evaporation of sweat and its related cooling effect).
  - Poor conditioning and acclimatization.
- Occlusive clothing that insulates the body and impedes sweat evaporation.
- Pre-existing dehydration due to low fluid intake or medication.
- Diuretics leading to depleted body water (this doesn't imply discontinuing diuretics.)
- Overly strenuous physical activity (most are aware of this but tend to push on).

Summary. Common sense and good judgment are key words to prevention of heat illness. Observe the following rules, on and off the flying field:

- Heat-related illnesses usually occur on the first day or two of a heat wave or extended outing -before acclimatization has occurred.
- Know your physical limits-function with them. • Drink more than adequate fluids, regularly and throughout the day.
- Model retrieval chases should be motorized-not on foot or alone, if at all possible.

- Ingest fluids freely while on chases.
- Use cell phones or 2-way radios to maintain communications with someone at the launch site; make certain others are aware of your location.
- Stay out of the sun when possible.

*[Warning Signal: When you are in the summer- heat, keep a check on how often you are feeling the call of nature. If you go more than a couple of hours, you are likely behind on your water intake.-Ed.]*

The above article appeared in the April 2005 NFFS Digest

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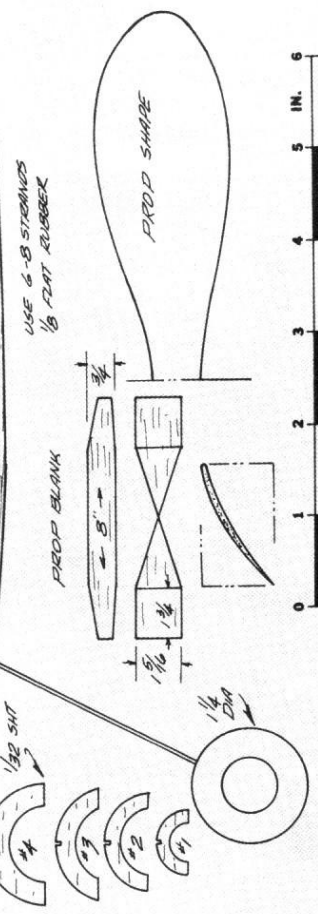
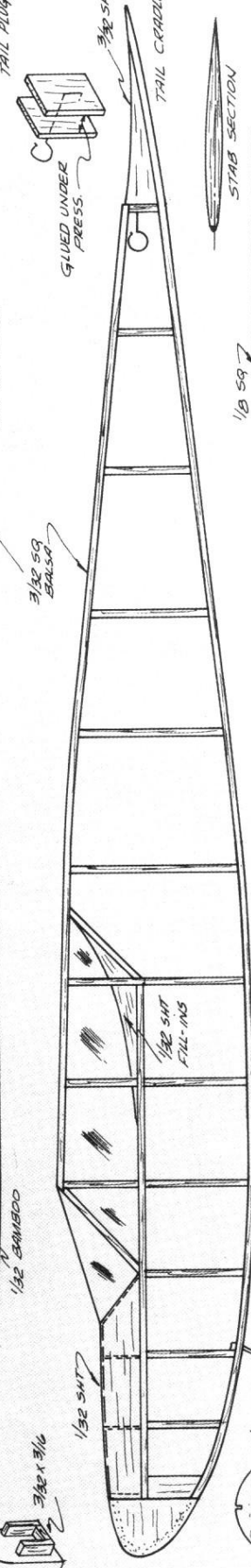
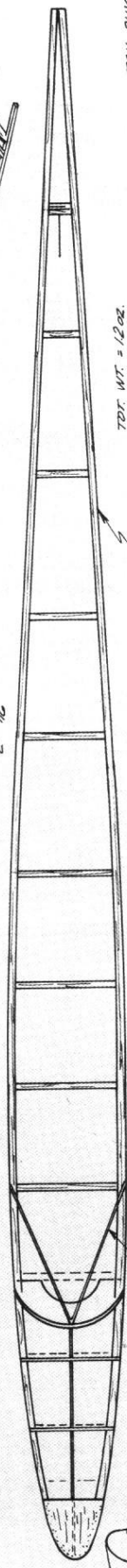
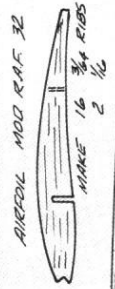
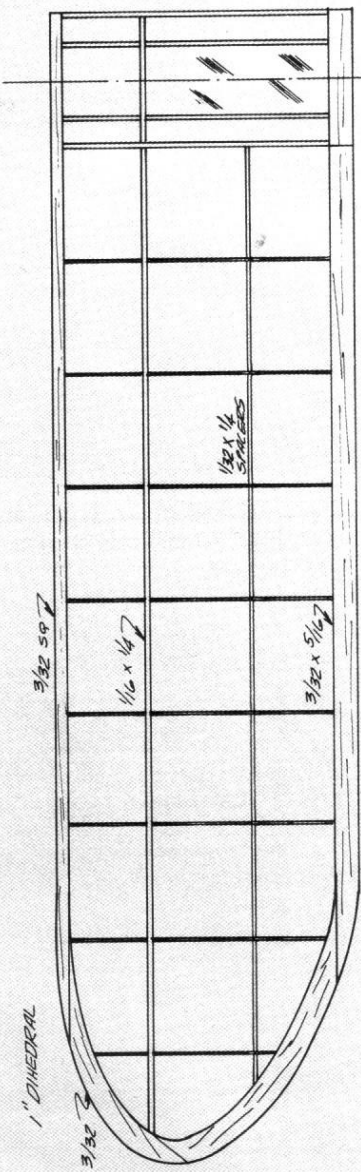
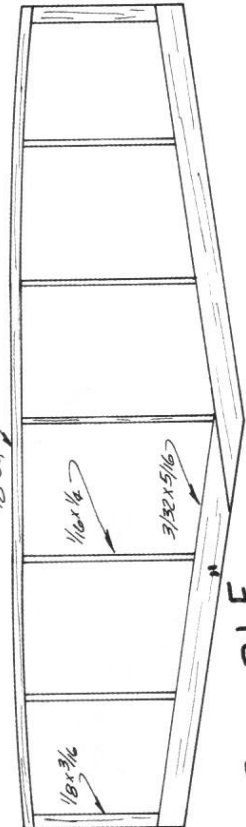
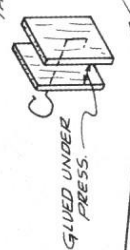
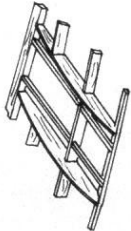
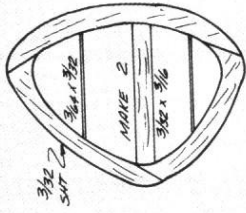
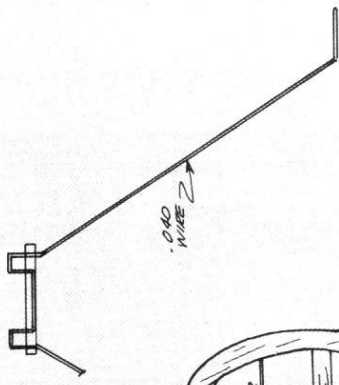
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2009 Dawn Patrols at Eloy		
Month	Saturday	Sunday
May	30	
June	27	14
July	25	12
August	22	9
September	5	

### PMAC / TFFC 2009 CONTEST SCHEDULE

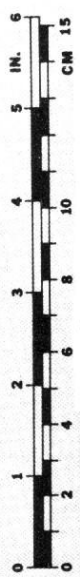
FALL KICK OFF  
SUNDAY 9/20  
GHOST RIDERS  
SATURDAY 10/24  
TURKEY SHOOT  
SUNDAY 11/15  
ARIZ. FF CHAMPIONSHIP  
SATURDAY & SUNDAY  
12/5 & 12/6

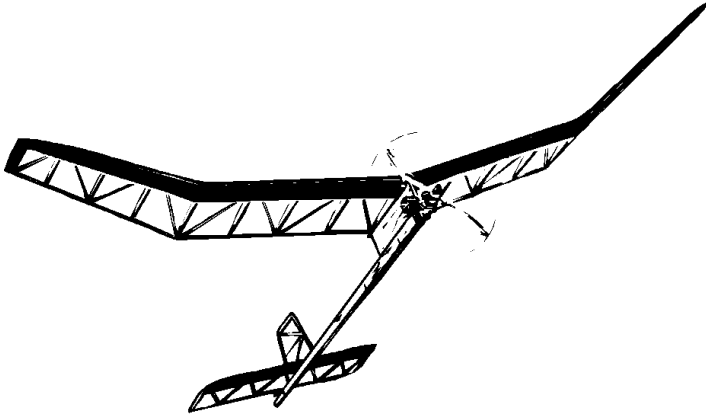




**"OL' RELIABLE"**

**MODEL BUILDER** magazine  
 Plan No: 787-O.T.  
 888 West 16th St., Newport Beach, California 92663





## **NEXT MEETING**

Tuesday September 8th

07:00 PM

Room 09

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FALL KICK OFF

SUNDAY SEPTEMBER 20th

WEBSTER FIELD

ELOY

# **Phoenix**

**MODEL AIRPLANE CLUB**

Steve Riley

605 La Casa De Prasa Dr. S.E.

Rio Rancho, New Mexico 87124