

February 2018

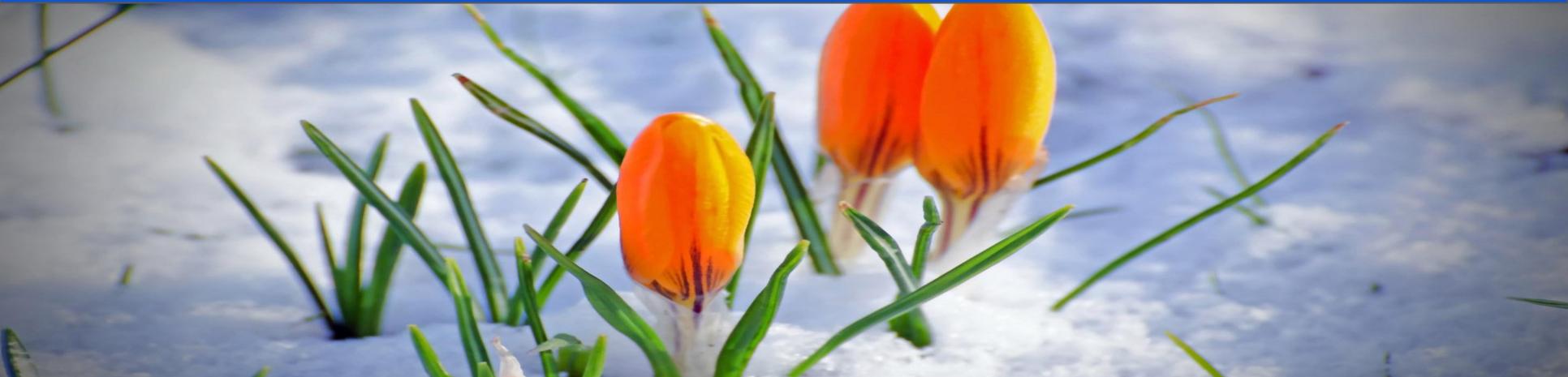
Chapter 732



February Meeting

February 18th
Arkansas Air & Military Museum
1:00 Food
2:00 Meeting
Bring a dish to go with BBQ !

Send newsletter items to: ea732newsletter@gmail.com



A Note From Randy

February. Cold. Ice. Anybody know what happened to January? I seem to have missed it! However, the days are getting longer and the time change is only one month away. Hope everyone has been able to fly at least a little in the last month. Gerald and I got to take a couple of short trips plus got to fly last Friday after work for 30 minutes before it got dark. Hopefully the weather will start improving soon and we can get some real flying in.

This month's meeting will be at the Air Museum. Mark Occhipinti will be providing BBQ sandwiches for the meal. Please bring a dish to share. Meal and socializing at 1:00 pm with the meeting at 2:00 pm. Last call for dues for 2018. After this month only current members will be getting the newsletter. If you can't make it to the meeting, mail to:

Randy Doughty
14697 Appaloosa Circle
Fayetteville, AR 72704

See everyone on Sunday!

Thanks,
Randy



MEMBERS DON'T FORGET TO WEAR YOUR NAMETAG!!!

The RV-Grin

Submitted by Shayne McDaniel



The maiden flight of our RV-9A, N679SP, was on January 31, 2018, flown by my wife, Phyllis McDaniel, at the Neosho Memorial Airport (KEOS).

Engine: Lycoming O320, 150 hp, 0-time
Prop: Sensenich
Avionics: Garmin G3X Touch with ADSB
Auto Pilot: TruTrak Gemini



After 30 minutes circling the airport, she landed and picked me up for one more circuit around the field. We both were very pleased with the performance and handling of the aircraft and exited the plane with the infamous "RV-Grin."

Exploring other Chapters submitted by Alan Smith

Many thanks to Alan Smith for sharing the following information from Chapter 932 in Galt, Illinois. If any of you are in Illinois on Saturday morning, March 10th you might want to stop in for their monthly meeting. You will also find an interesting fundraising event by EAA 932 Scholarship Committee who will be hosting a Game Show Night Fundraiser at Galt Airport on March 24. It looks like an awesome opportunity to meet some kindred spirits, have a great time, while supporting a very good cause. Check out their website for details.

There is also a link to a wonderful article “Confessions of a Rusty Student” by Jerry Thomas and contact information for Chapter 932.
UPCOMING EVENTS - Click on each link to see details

[EAA 932 Monthly Gathering - Saturday March 10, 2018 - 9:45 am - Program TBA - Check EAA 932 Website for details](#)
[EAA 932 Scholarship Committee Fundraiser - Game Show Night - Saturday March 24, 2018](#)

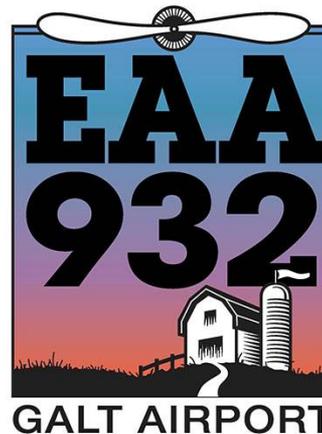
RECENT ARTICLES

[Confessions of a Rusty Student by Jerry Thomas](#)

PAST EVENTS

[Birds of Prey Show and Chapter Dinner](#)

Arnie Quast
EAA Chapter 932
web: www.eaa932.org



N750SB Cruzer Update

Submitted by Steve Bray



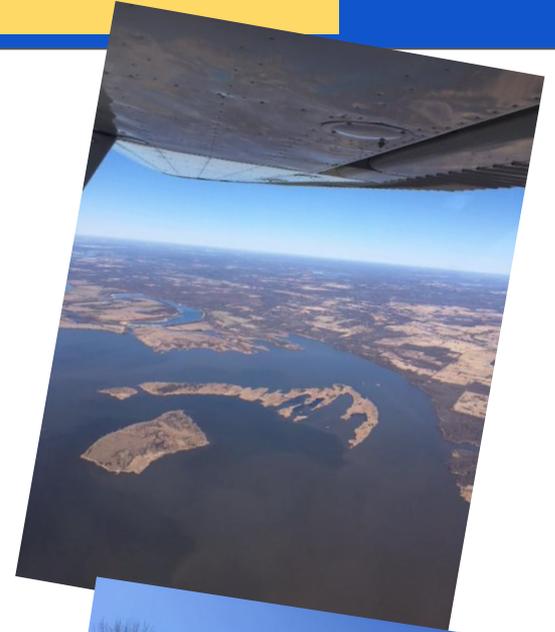
For full details check out Steve's build log at: <http://www.mykitlog.com/sbray72732>

Date	Hours	Work Log Summary	Details
02-03-2018	4.3	Drilled Stiffeners For Cockpit Top Skin, Lightenin	Details
Recent Activity 01-28-2018	3.3	Plugged Original Fuel Vents, Wing Tip Work	Details
01-27-2018	5.3	Pitot/Static And Electrical From Wings	Details
01-20-2018	5.8	Ran Fuel Lines From Wings To Header Tanks	Details

Fly-Abouts

Submitted by Rick Wantz

January 30- Had a great flight today to Cedar Mills 3T0 on Lake Texoma from Fayetteville Drake Field KFVY. We had a wonderful lunch at the Pelicans Landing restaurant that is just a short way from the runway. Beautiful Weekend for Aviators.



Fly-Abouts

Submitted by Gerald Resh

January 27- EAA 732 Flyers trip to Vinita, OK for lunch at McDonald's.



Are you interested in joining the EAA 732 Flyers Group Text so you can join in on the fun? Send Rick Wantz a text to be added to the Group: **479-856-4266**

“Healthy Tips” from AOPA Pilot Protection Online

10 FOOD INTAKE TIPS FOR HEALTHY FLYING

October 20, 2014 By Jonathan Sackier

“Dis-moi ce que tu manges, je te dirai que tu es.” In the nineteenth century, Jean Anthelme Brillat-Savarin coined this phrase in his treatise on physiology. It roughly means, “Tell me what you eat, and I will tell you what you are.” Ludwig Andreas Feuerbach in rather less poetic terms stated, “Der Mensch ist, was er isst,” which means “man is what he eats.” And in recent times on my beloved BBC, Gillian McKeith hosted a TV program entitled *You are what you eat: Gillian moves in*. Doctors and commentators have been saying the same thing for centuries. And now me.

I became involved in starting the *Fly Well* concept for AOPA because as pilots we need to stay healthy in order to fly. Given that you are what you eat, this deserves some attention. Imagine a Big Mac, a Big Gulp, and the resulting big impact. If you have neither seen the movie or read the book *Supersize me*, I heartily encourage you to do so, because it may change the way you think about food, and your heart.

1. The link between how much we eat and our lifespan—and health span—is irrefutable. As Americans we eat way too much and this reduces our time on the earth and our time in the sky. So, cut down your daily caloric intake.
2. We are driven to eat to satiate hunger and to garner the satisfaction of taste, with a focus on saltiness, sweetness, and “mouth feel,” or “umami” the fifth taste, a feeling of smoothness. Given that these three are also stimulated by French fries (salt, sweetness, and the umami provided by fat), chocolate (sweet and umami), and other foods that you know are not good for you in any significant amount, applying self-control becomes critical, because we are genetically programmed to eat bad stuff!

3. Some good umami? Try fish that provides Omega 3 fatty acids. We know that these are conducive to good heart health and the feel of a nice piece of grilled or broiled salmon is nice to the tongue. Yes, you can get this substance from food supplements but it is pricier, and it does not taste as good.

4. Be rough on yourself—eat more roughage. Start the day with a cereal. I tend to favor granola that I buy in bulk, and the bulk it provides to my intake reduces hunger and therefore caloric consumption. It gets the colon doing what it does best! I enjoy doctoring up my own granola when I am able—I buy rolled oats (sugar and salt free), various nuts (flaked almonds, cashews, pecans), raisins, dried cherries and blueberries, shredded coconut, toasted sesame and pumpkin seeds, a couple of tablespoons of maple syrup, and a smattering of cinnamon. This fab mixture with some unsweetened almond or coconut milk is a cracking good start to the day.

5. Fruit and vegetables. Yes, we all know about the food pyramid, but if you are going to build a pyramid (quite an undertaking), you have to start at the bottom. Mix it up; for a mid-morning snack, a banana and some almonds will provide energy, protein, and minerals. For lunch, some celery sticks, carrots, and apple slices with peanut butter is delicious and filling, and you will not get that postprandial lull after eating a burger and fries. Nor will you get the resulting unpleasant flatulence and foul bowel motions that are a sequel to a high-fat meal: if not nice for you, imagine what it is like for passengers in your airplane! And as for the peanut butter, try either making your own (very easy, plain roasted peanuts and a food blender, maybe a small sprinkle of salt and a drop or two of peanut oil) or go to a store that lets you grind up their peanuts. Beats buying an expensive jar that is full of substances that belong in a chemistry lab.

6. Fluids. I cannot say this often enough: You need to drink more, and water is the way to go. From a faucet, preferably, unless there are purity issues in your area. Insufficient fluid intake has all sorts of implications from kidney stones (which you do not want to experience, trust me) to impacting hunger.

7. Carbs. As pilots we learn about problems with our carburetor, such as icing. In food science, there has been a lot of focus on different diets and carbohydrate consumption. I am not a big believer in fad diets, just rational eating. For instance, going out to a restaurant ought to be a treat. You are going to savor some wonderful flavors and combinations, but what is the first thing they bring you? Bread! To borrow from the anti-drug movement, just say no! Similarly, when ordering a sandwich, I remove half the bread—it is the yummy stuff inside one really wants, the bread is often just the delivery mechanism, unless it is fabulously crafted dough!

8. Nature or nurture? I am a big believer in natural. The loaf of bread that is stale within a day or so has been made with care to be enjoyed fresh. The loaf that remains “edible” for two weeks scares the living daylights out of me! I do not like seeing a list of polysyllabic words on the ingredients list. On the whole, avoid packaged foods. OK, I am a European and some of my habits are antithetical to Americans (although I am now an American!), but hear me out: Back where I come from, it was our practice to buy food on the day, or at most the day ahead, of when we would eat it. This meant we made choices based on what we fancied at that time and expended energy to go shopping and peruse choices. It makes planning, shopping for, and preparing a meal exciting. American refrigerators are bigger and can store more food, so the food has to last longer, so more chemicals are added. Try my suggestion and see if it works for you.

9. Will you have that fried or baked? It matters how food is prepared. The science of preparation is now quite advanced, and we know, for instance, that many nutrients can be destroyed or minimized by certain preparation methods, hence the rise of the raw food movement. One does not have to be so radical though; simple changes can have profound effects. For example, slow roasting root vegetables simply brushed with a little olive oil causes the skins to caramelize and become sweet and this is so much healthier than frying. Try taking a sweet potato or beetroot double wrapped in foil and throw that on the barbecue—you may never have a regular potato again, and you will need no butter or sour cream as the natural umami of the yam will titillate your taste buds.

10. And what not to eat? Well, I have hinted at some above, but here are a couple of others. I am not a fan of sodas and feel they should be kept a million miles away from airplanes—one is drinking gas which has to find a way out somehow and as one ascends the captured gas in your bowel expands and can cause intense abdominal pain. Caffeine is a no-no; it is a diuretic and makes you want to pee as well as causing “twitchiness.” I know some people debate this, but I will not be swayed!

So, give your food intake careful thought. If you think of yourself as what you eat, are you imagining a day-old brown-and-gray cheeseburger and grease-sodden fries, or a crisp, brightly colored salad? I know what I want to be!



Jonathan Sackier

Dr. Jonathan Sackier is an expert in aviation medical concerns and helps members with their needs through the AOPA Pilot Protection Services plan.

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UPCOMING EAA WEBINARS

2/27 7 p.m. [Avoiding the Base to Final Spin Accident](#) Gordon
CST **Qualifies for FAA Wings and AMT credit.** Penner

Gordon Penner, master CFI-Aerobatics and FAA Gold Seal instructor, presents simple and clear explanations of the elements leading up to a base to final stall/spin accident. This webinar highlights how to recognize and stop these elements, and discusses the true nature of stalls and spins that most pilots have not been taught.

3/14 7 p.m. [What TBO Really Means: Why I Bought a New Plane](#)
CDT Prof. H. Paul Shuch

Time between overhauls (TBO), which is usually used to infer the remaining lifetime of an aircraft engine, is simply a manufacturer's recommendation. In no way is it an FAA requirement under Part 91 recreational flying. Yet there are circumstances in which the aircraft operator is compelled to comply. In this FAA WINGS and AMT Award qualifying presentation, a flight school operator explains why he was forced to sell off a perfectly good aircraft when the Hobbs meter ticked over to the magic 2,000 hours, and buy a new plane.

3/7 8 p.m. [Making Metal Behave](#)
CST **Qualifies: FAA Wings credit.** Mike Busch

The unique properties of metal are what makes it so useful for aircraft construction. Mike Busch explains the unique characteristic that sets metal apart from other materials, and discusses some of the ways that metal's properties — hardness, toughness, springiness, malleability, etc. — can be manipulated to create strong and durable metal components for aviation use.

3/21 7 p.m. [Aw Chute!](#) Boris Popov
CDT **Qualifies for FAA WINGS and AMT credit**

Boris Popov, founder and director of BRS Aerospace, presents a brief history of BRS ballistic parachutes, and current and future developments of parachute recovery systems for homebuilt, LSA, general aviation, and VTOL aircraft. Popov will also describe some of the more spectacular saves, as well as discussing how the integration of emergency parachutes has positively affected aviation safety.

January Meeting

The January meeting was well attended at Wedington Woods on January 21st. President Randy Resh recognized those who had served Chapter 732 during 2017. Bill Smith shared safety tips on winterizing planes and best methods of starting aircrafts in cold temperatures was discussed.



Important Links

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CHAPTER 732

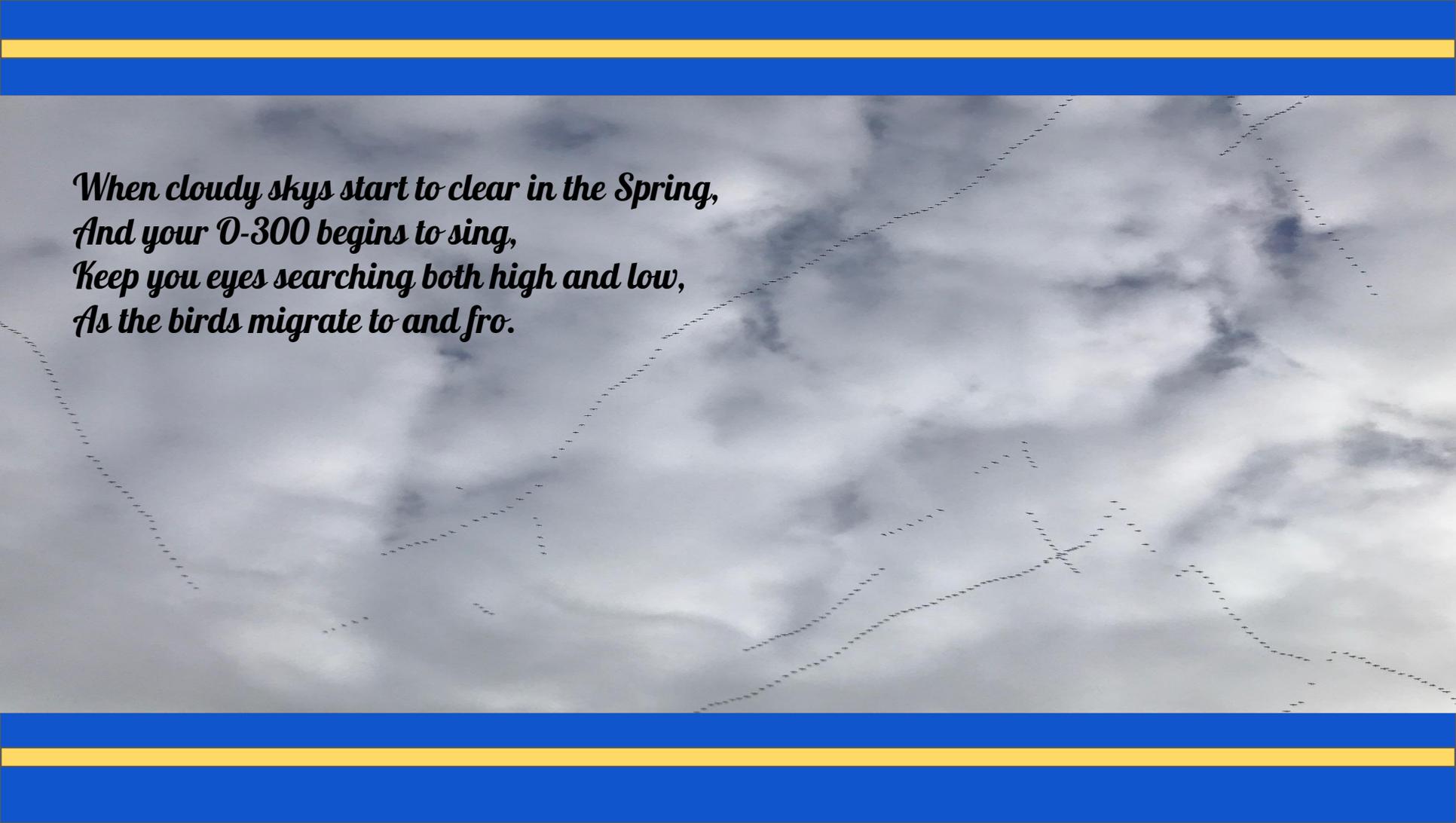
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Chapter Members Photos

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*When cloudy skys start to clear in the Spring,
And your O-300 begins to sing,
Keep you eyes searching both high and low,
As the birds migrate to and fro.*