

Chapter 732



March 19th Meeting

**Drake Field
1:00 Potluck
1:30 Meeting**

Send newsletter items to: ea732newsletter@gmail.com





A Message from Chapter 732 President



Greetings all. Bill Keating tells me this month's pot luck will be BBQ from Wright's BBQ. Please bring a side or a dessert if you are so inclined. Snag a friend to come with to join us. Caleb Maxwell is our speaker. He will be sharing info on his restoration project of a 1956 C-172 Business Liner. Summer events around the area are being planned. I would like some input from the chapter on our involvement in them. This would be events where we can set up table or offer to lend a hand. We would all like to grow the chapter, and getting our presents out there is one of the first steps. So please think about it. We'll spend a few minutes hearing what you think.

Thanks Rich

EAA Chapter 732 - Treasurer's Report, March, 2023

Period: 02/13/2023 – 03/13/2023

Previous Balance: \$1,978.11

Deposits: \$ 187.00 Dues and Donations

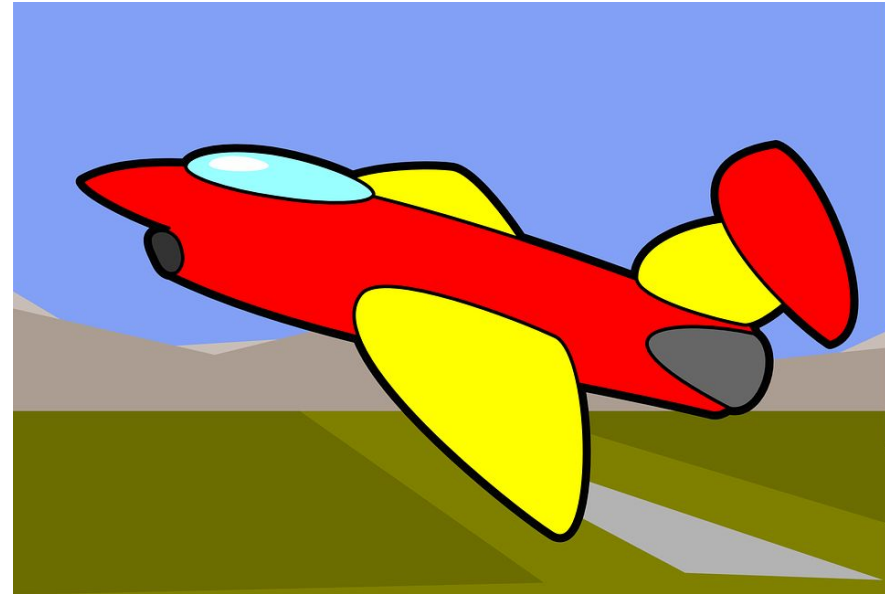
Withdrawals: \$ 9.28 Property taxes

Current Balance: \$2,155.83

Members who have paid their 2023 chapter dues: 29

Randy Doughty

EAA Chapter 732, Treasurer



Chapter Video Link and More

[Tap on link to access
March Chapter Video](#)

Hello everyone. I hope your winter holidays were good. 2023 has begun and I am looking forward to a good year of building and flying.

It is time to pay your 2023 chapter member dues. Dues are still only \$20. You can pay your dues at the February chapter meeting or you can send me a check.

If paying by check, make the check payable to:
EAA Chapter 732.

Send check to the address below.

I look forward to seeing you at the upcoming meetings.

Randy Doughty
EAA Chapter 732, Treasurer
15939 Windsock Ln
Fayetteville, AR 72704
479-426-7922

Kitfox 4-1200 project update pics Submitted By Will Gilbrech



Flying Safely Safety Advisor



Basic Exercises for Pilots

As we age, our body's physical make-up starts to dramatically change. Our muscle mass decreases at a rate of 3 percent to 5 percent per decade after age 40, and the decline increases to 1 percent to 2 percent per year after age 50. Endurance, flexibility and balance also decrease as we age. The good news is that exercise can increase each of these!

***Please consult your physician before beginning any diet and exercise program.**

Endurance and aerobic exercises

Endurance/aerobic exercises increase the overall health of your heart, lungs, and circulatory system. Having greater endurance can improve your stamina for the tasks you need to do while flying.

It's recommended that you participate in some type of endurance/aerobic activity for at least 30 minutes on most days of the week. Types of activities include walking, running, biking, and swimming. Biking and swimming are recommended for those that may have knee and back pain. If you're unable to fit in one 30-minute time period, or if you get tired, try breaking it up into three 10-minute intervals throughout the day.

Strength and resistance exercises

Strength/resistance exercises build your muscles and also increase your metabolism, helping to keep your weight and blood sugar in check. Studies suggest that strength exercises may also help prevent osteoporosis.

Try to perform resistance exercises two to three days per week with at least 24 hours of rest between sessions. Work at an intensity that feels somewhat hard but is still achievable. Start out slowly and work up to 2 to 3 sets of 10 to 15 repetitions. Examples of total body resistance exercises include squats, pushups, bicep curls, tricep extensions, front shoulder raises, and planks.



NOTE: This document is for informational purposes only: It is not intended as a substitute for professional medical advice. Always seek the advice of a qualified health care provider before starting any exercise routine or program.

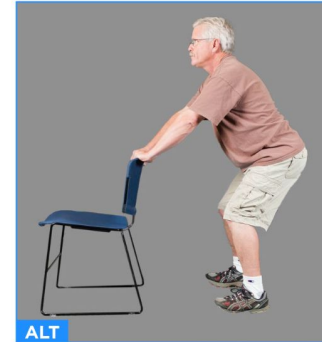
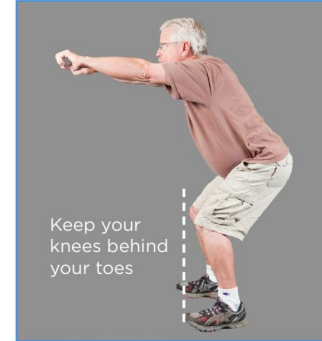
Squats:

- Stand with your feet shoulder-width apart.
- Hold your arms straight out in front of you.
- Think as though you were going to sit in a chair. Bend at your hips by pointing your tailbone to the wall behind you.
- Keep your chin forward, your back straight, and your knees behind your toes.
- Pause when your thighs are parallel to the ground, then push up through your heels to return to the starting position.
- Don't lock your knees at the top of the move; keep them slightly bent.

If you find that you can't maintain balance while performing the squat above, you can use the back of a chair to help.

- Make sure the chair is on a level surface before starting.
- Stand with your feet shoulder-width apart facing the chair, and place your hands on the top of the back.
- Slowly lower yourself into a squat by pushing your hips toward the back, and slowly rising back to a standing position.
- As you become stronger, try using only one hand on the chair, eventually taking both hands off to complete the squat.

Basic Exercises for Pilots



ALT

Pushups:

Basic Exercises for Pilots

- Lie face down on the floor, hands slightly wider than your shoulders and palms pressing into the floor. Keep your feet together and parallel to each other.
- Press your body up through the palms of your hands, straightening your arms while keeping your body straight as a board as you rise.
- At the top, pause slightly, then lower your chest to the floor and repeat.
- It's okay if you can't get your chest close to the floor to start. With each set that you do you will get stronger allowing you to go lower into the move.

If pushups on your toes are too difficult and you feel a strain in your lower back, simply drop your knees to the floor. Once you've mastered these, try moving to your toes.

Bicep Curls:

You will need hand weights, an elastic band, or even water bottles for this exercise. This exercise can be done seated or standing.

- Stand with your feet shoulder-width apart with your palms facing forward and arms straight down at your sides.
- Slowly bend your elbows so your hands rise to meet your shoulders.
- Be sure to keep your back still and your elbows locked at your sides during this exercise.



Tricep Extension:

You will need hand weights, an elastic band, or even water bottles for this exercise. This exercise should be done with one arm at a time and can be done seated or standing.

- Place a dumbbell in one of your hands and raise that arm above your head with your palm facing in.
- With the other hand, support your raised arm at the elbow.
- Take the arm with the dumbbell and bend it back at the elbow so that the weight approaches your shoulder.
- Slowly raise your arm back up to the starting position, and be sure to repeat on each side.

Basic Exercises for Pilots



Front & Lateral Shoulder Raises:

These two exercises can be done seated or standing.

- Begin with a dumbbell in each hand with your arms at your sides.
- Raise your extended arms out in front of you to shoulder height, then lower back down.

For the lateral raise, lift your arms out to your sides to shoulder height, then lower them back down. Be sure to do these two movements in a slow and controlled manner.



Planks:

Basic Exercises for Pilots

The plank is a great way to build endurance in the abs and back, as well as the stabilizer muscles.

- Lie face down on a mat resting on the forearms.
- Push off the floor, raising up onto the toes and resting on the elbows.
- Keep your back flat; it should be in a straight line from head to heels.
- Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air or sagging in the middle.
- Hold for 20 to 60 seconds, lower and repeat for 3 to 5 reps.

This exercise can also be performed on the knees if you experience any lower back pain.



A New Ran's Kit has Arrived

Submitted By Rick Wantz

I hope you all are doing well! Just wanted to share a little news for the chapter.

Just received my latest project this past week. It is a Ran's S-21 Outbound. Inventory and building the workbench out of the crate was completed this week. Here are a few photos of the delivery and inventory process. Looking forward to sharing the experience with our chapter.

Happy and safe flying everyone!

Rick

<https://eaabuilderslog.org/?s=Sterling>



EAA 732 is inviting you to Recurring scheduled Zoom Meetings.

Topic: 732 meeting

Time: March 19, 2023 01:00 PM Central Time (US and Canada). Every month on the Third Sun, until Dec 20, 2026, 47 occurrence(s)

Mar 19, 2023 01:00 PM
Apr 16, 2023 01:00 PM
May 21, 2023 01:00 PM
Jun 18, 2023 01:00 PM
Jul 16, 2023 01:00 PM
Aug 20, 2023 01:00 PM
Sep 17, 2023 01:00 PM
Oct 15, 2023 01:00 PM
Nov 19, 2023 01:00 PM
Dec 17, 2023 01:00 PM

Jan 21, 2024 01:00 PM
Feb 18, 2024 01:00 PM
Mar 17, 2024 01:00 PM
Apr 21, 2024 01:00 PM
May 19, 2024 01:00 PM
Jun 16, 2024 01:00 PM
Jul 21, 2024 01:00 PM
Aug 18, 2024 01:00 PM
Sep 15, 2024 01:00 PM
Oct 20, 2024 01:00 PM
Nov 17, 2024 01:00 PM
Dec 15, 2024 01:00 PM

Jan 19, 2025 01:00 PM
Feb 16, 2025 01:00 PM
Mar 16, 2025 01:00 PM
Apr 20, 2025 01:00 PM
May 18, 2025 01:00 PM
Jun 15, 2025 01:00 PM
Jul 20, 2025 01:00 PM
Aug 17, 2025 01:00 PM
Sep 21, 2025 01:00 PM
Oct 19, 2025 01:00 PM
Nov 16, 2025 01:00 PM
Dec 21, 2025 01:00 PM

Jan 18, 2026 01:00 PM
Feb 15, 2026 01:00 PM
Mar 15, 2026 01:00 PM
Apr 19, 2026 01:00 PM
May 17, 2026 01:00 PM
Jun 21, 2026 01:00 PM
Jul 19, 2026 01:00 PM
Aug 16, 2026 01:00 PM
Sep 20, 2026 01:00 PM
Oct 18, 2026 01:00 PM
Nov 15, 2026 01:00 PM
Dec 20, 2026 01:00 PM

Please download and import the following
iCalendar (.ics) files to your calendar system.
Monthly: [Click link for monthly calendar:](#)

Click link to join Zoom Meeting:

[Join Zoom Meeting](#)

Meeting ID: 870 0511 5133

Passcode: 876706

One tap mobile

+19294362866,,87005115133#,,,,*876706#

US (New York)

+13017158592,,87005115133#,,,,*876706#

US (Washington DC)

When You Need to Fly Somewhere!

Here is the link to the FAA Safety Team home page. You can enter search parameters that suit you to find events in your area: <https://www.faasafety.gov/default.aspx>

March 25 - North Little Rock, AR - North Little Rock Municipal Airport (KORK) EAA Chapter 165 4th Saturday Breakfast. We start serving at 8:00 and go until 10:00. If it is cold or hot, the hangar is well heated and air conditioned. DIRECTIONS : The main entrance to NLR Airport is on Remount Road. We have OUR OWN ENTRANCE, Gate #20, which is located about a city block south of the main airport entrance still on Remount Road. Planes park in front of the hangar and cars in the parking lot behind the hangar. We are located right at the beginning of runway 5. Please come on out Arrive hungry, leave stuffed. Any questions - 419 360-7414

March 25 - Springfield, MO - Springfield Downtown Airport (3DW) - Fly-In with FREE BBQ from 9-5. BBQ will be served at noon. On the menu is Tri-Tip with all the fixin's and homemade ice-cream for dessert. Springfield's Downtown Airport is under new management, and is holding a Grand-Opening Fly-In BBQ to celebrate. In addition to the 3DW fly-in, Fulltron Aviation Paint Shop is also having it's grand opening on the same day. Fulltron Paint shop specializes in painting experimental aircraft Downtown Airport used to be known for high fuel prices, but the first order of business for new management was to lower 100LL prices into the "green". EAA Chapter 821 will also be having an open-house at their new clubhouse at 3DW the same day. Fulltron Aviation is the new airport manager, and full info on Grand-Opening Fly-In can be found at <http://www.FulltronAviation.com>. Any changes will be posted immediately to website. Any questions send to Dan: islandflying@yahoo.com.

April 1 - Morrilton, AR - Morrilton Municipal Airport (KBDQ) 9:00 AM until all food is gone. Fly in or Drive in. Full Breakfast with Petit Jean Sausage & Bacon. Sponsored by EAA 1590. EAA Meeting will follow breakfast. New Home at 30 Airport Rd. Morrilton, AR 72110 KBDQ Unicom 122.8. Dress Warm The heat is not on, but the weatherman calls for 60 degrees and Blue Sky. This will be a recurring event on the first Saturday of the month. Contact: 501-472-1197



April 1 - Springdale, AR (KASG) Free Ground school at Springdale first Saturday of every month upstairs in the conference room 9 AM until noon or whenever we finish CFII Gary O'Neal and NWA Flying Club. Note that the restaurant in the terminal is open now for breakfast before or lunch after

April 1 - Ponca City, OK- Ponca City Regional Airport (KPNC) - Ponca City Aviation Booster Club Fly-In/Drive-In Breakfast - 7-10 AM The A-26 Invader "Lady Liberty" from Enid will be on display during breakfast. Fantastic food; very well attended long running event. The requested donation is \$8 adults, \$4 children under 12. (and well worth it) you can have pancakes, scrambled eggs, bacon, sausage, potatoes, biscuits & gravy, orange juice, coffee, and fruit. Sponsored by the Ponca City Aviation Foundation on the first Saturday of every month rain or shine. Contact Bruce Eberle 580-761-5884 email:ou444@yahoo.com

April 15 - Magnolia, AR - Magnolia Municipal Airport (KAGO) fly in lunch 10:30 - 1:30 Fly-in Lunch Contact: Rick Franke nickthefranke@yahoo.com.sg

KASG - April 15th, Alt date April 22nd. Summit Aviation at Springdale Municipal Airport will host a Fly-In and Open house. No Cost event. We are looking for anyone who would like to display their planes on the ramp for the day. Call ahead to lead us know if you want to display your plane. 479-751-4462 Restaurant on the field serving breakfast all day. Expect to see multiple vendors for businesses in the area. Self-Serve Rate on Full Service fuel all day.

andya@diamondcity.net

EAA T-shirts and Patch for Sale



\$10



\$5

WEALTH

Paul Howard Poberezny

PAUL HOWARD POBEREZYNY

“As a result of EAA, I have become a millionaire because I have a million friends through aviation.”

Send your newsletter items to:
eea732newsletter@gmail.com

