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Airport Day October 5th!

**Young Eagles Event: 9AM-11AM at the airport
Airport Day Event: 11AM-3PM at the airport
Evening Dinner: Kay Meerman's Hangar at 6:00 PM October 5th 2013**

Community Airport Day at PML emphasizes the important contributions of our airport to the PML community. After the Rim Fire air attack fire fighting staged from PML, the community certainly has new appreciation for our little airport.

We hope to have a great local turnout of non-pilots to learn about and enjoy all that PML Airport has to offer. Note, this is *not* a fly-in.

There are two events on October 5th.

Young Eagles at PML

One of the best ways to show the value of PML Airport is through EAA's Young Eagles program, starting at 8:30am at the new hangars. PML Young Eagle events typically draw over 50 enthusiastic youngsters looking forward to an introductory flight. As a result of this experience, some of these kids may become our future pilots.

We need volunteer pilots and helpers! Pilots must be EAA members, insured and current. Pilot briefing begins at 7:30am. We also need people to help organize and register the kids. Please call Michael Thoben at 962-0503 to sign-up.

Community Airport Day

Community Airport Day offers fun and adventure all afternoon. Invite your non-pilot friends and neighbors and prepare to get involved! Here is the schedule – subject to change:

Friday

- 4:00pm Set-up at Kay Meermans' hangar
- 4:00pm Display aircraft in place. Call Ken Helling, 962-7597, to sign-up.
- 5:00pm Set-up for Young Eagles

Saturday

- 11:00: PMLAA food stand opens. Contact Nikki Grimes to help, 962-0763.
- 11:30: Brief formation flight teams at airport office (Wayne Handley).
- 11:45: Brief spot landing and flour bomb pilots at office. Call Rich (962-7928) to sign-up.
- 12:00: Flag Jump and National Anthem (Rex Pemberton)
- 12:10 Beech Boys and West Coast Ravens Formation teams perform
- 12:40 Model airplanes (John Andrews) & quad copter demonstrations
- 12:55 Wing suits jump (Pete Swan)
- 01:20 First group of flour bombers
- 01:30 Second group of flour bombers
- 01:40 Powered para glider (Rex Pemberton)
- 01:50 First spot landing contest – Navy rules
- 02:00 Second spot landing contest
- 02:25 Car/aircraft race
- 02:35 Sky divers
- 02:45 Motorcycle/plane race
- 02:50 Mock airplane races
- 03:00 Wrap-up
- 04:00 Tear-down; *everyone help*
- 06:00 Potluck Dinner at Kay Meermans'

President's Message

By Eric Henderson

I think we're all breathing a big sigh of relief and a lot less smoke by now that our homes are all still here. I certainly am. The Rim Fire came to within 200 yards of Clifton Way before it was stopped short of our homes. I watched from the runway after the mandatory evacuation order, and just about everyone from Unit 12 was gone, the DC-10 laid a mile long strip of fire retardant just in time behind my house. Had it arrived more than 30 minutes later, there may not have been a single house left standing on Clifton.

Several of us locals, the national press, State Senator Tom Berryhill and other V.I.P.'s witnessed the main air assault on the Rim Fire from our airport's windsock. For days, we watched Erickson Skyranes do four-minute turns, picking up fresh loads of retardant from the threshold of runway 27. One has to ask, what kind of shape would we be in now, had the Pine Mountain Lake airport not been here? It is a great lesson to share with your friends and acquaintances when they ask about the fire. Most people, including our PML neighbors that don't live near the airport, think of us as a privileged group with a lock on a big, noisy piece of county land, called an airport. This is a great opportunity to promote our airport, its significant importance, and the benefit it offers the whole community.



September Speaker Thomas Haines with PMLAA President Eric Henderson

In spite of all the commotion, smoke and the massive TFR, Thomas Haines, Senior Vice President of Media at A.O.P.A. came out last month from Frederiksberg, Maryland to give us a wonderful presentation. He has a very unique view of the state of affairs for aviation on a national level, and everyone I spoke with seemed to really have enjoyed his presentation. The event was held at

Michael Thoben's immaculate hanger and newly paved ramp. We're all very lucky to have such gracious hosts each month, and I am very glad to see all of us chipping in so the burden is spread throughout the community, and not just on the same folks each time.

While we're all out next weekend at the Pine Mountain Lake Airport Appreciation Day, lets all take the time to celebrate our wonderful airport with the public. Take a moment to talk to someone you don't know and tell them the story of how our beloved airport helped save this community. All the beautiful old and new airplanes they are coming to look at are quite nice, but please remind them of the value and importance that this 3,600' piece of asphalt has to them.

Social News

By Catherine Santa Maria

Even with the trauma of the Rim fire, the August meeting went off very smoothly. We all enjoyed the many wonderful Italian dishes that all of you brought and of course our speaker was informative. Thank you everyone for all you did to make the event go so smoothly. We are sure good at putting on events. Many thanks to Michael Thoben for sharing his hangar with the group.

Next month we are going to have Turkey - Diestel is cooking up some turkey for all of us to enjoy. To go with the turkey we need side dishes like mashed potato casserole or stuffing or salads, appetizers, and desserts. The Community Airport Day will take up most of the day with the activities that Lynne's committee is planning so make up your casseroles early so you don't have to do much work after the event. By popular request Mike G. with his famous margarita machine will be back in October.

Save the date - December 7 - as that will be our Christmas Party. The party will be held at Tuolumne Trails, and John has a great menu planned. The cost per person will be only \$25. Look for the flyer in the next newsletter.

The Rim Fire In Pictures

Our airport had a starring role in the efforts to battle the Rim Fire. We were treated to a daily air show of firefighting helicopters, fire retardant bombers, and two special DC-10s who all tirelessly worked to save our community.

Photos by Leon Liebster, Susie Williams, and Jim Thomas



90% Mental, 10% In Your Head
By Beth Stanton

“Oh, I’m scared all the time! I just act as if I’m not.” –Katherine Hepburn

My whitewater kayak coach once told me that it’s 90% mental and the other 10% in your head. I have found this true in competition aerobatics as well. Once you have mastered relative competency in flying your sequence, it totally becomes a head game.

I have been onstage since the age of five. Dance recitals, chorus concerts, performing in plays...I am no stranger to stage fright. I have never *not* been scared before going on stage. For that matter, I have never *not* been scared kayaking. Oddly enough, I have never been scared flying. I have been afraid of screwing something up, like a landing or a checkride, but no fear of actually flying.

Last July in Sterling, CO, on the morning of my first contest, I could feel the icy fingers of fear start to grip me. Familiar with this sensation, I took deep breaths and tried to ignore it. This did not work. Throughout the briefing, the hustle of getting planes ready, as the first pilots took off, the fear grew. Panic started to crest, and I knew I *must* get my head in order. I did not look up and watch the first contestants flying in the box. I beat a retreat to the FBO, put some mellow music in my earphones, went to a quiet room and closed my eyes. I became inwardly focused. After visualizing my sequence several times, I put a blanket on the floor and did some yoga. I breathed, stretched, relaxed and concentrated on being absolutely present in the moment.

By the time my coach came to get me, I had calmed down. I had decided to pretend that this was just a practice flight. I would strap on the plane and go fly me some loop de loops like I had dozens of times before. Just for the sheer joy and exhilaration of it. No one was watching me, I was not being critiqued, this was just for fun. I felt a little nervous excitement, but in a good way, like I always do when I go fly.

This strategy worked. The second morning of the contest, I recognized cold fear on the face of a fellow pilot. One of the best ways to achieve something is to help someone else achieve the same thing. So I sat down to chat with him. He was so nervous, he looked like he was going to throw up. Performing in front of your peers and being judged kicks the fight or flight response into high gear. Looking stupid or failing publicly feels downright excruciating and can be paralyzing. But once you figure out that mistakes are how we learn and *everyone* makes them, it takes the pressure off.

I have come to realize that lightening up and getting ego out of the equation is a huge relief. You can relax and enjoy the contest. You can laugh at the buffoonery and revel in the brilliance of both yours and everyone else’s flying. I take solace in Wayne Handley’s comment: “an original way to screw up a contest has yet to be invented.”

To fly in a competition is incredibly challenging physically as well as mentally. It is ridiculously demanding. I’ll admit, sometimes I wonder “what the hell am I *doing*?” I still get little stabs of fear, but now I know how to manage them. That thrill of elation you feel when you know you absolutely nailed a figure makes all those hours of practice, all that AV gas burned, soooo totally worth it.



Firefighting Helicopter at E45 by Leon Liebster

PMLAA 2014 Calendars Now on Sale!

The 2014 PMLAA Calendar is now available for pre-ordering. The calendar's theme is "Aircraft of Pine Mountain Lake" and features planes and helicopters that are all based at our airport. Come see a sample calendar at our October potluck meeting on the 5th. All proceeds go towards the association's budget to help support Airport Day, our scholarships, and other community projects.

Thanks to everyone who volunteered pictures of their airplanes. We have quite a collection of aircraft!

Guess The Airport

Try to guess the airport pictured below. The airport is within the San Francisco Sectional and is an interesting and easy destination to reach from Pine Mountain Lake.

The answer to Mystery Airport #2 (in last month's edition) was **Gross Field** located in Marin County.

Mystery Airport #3 is an airport a little farther afield from Pine Mountain Lake. Its 5000' runway is a home base for Cal Fire. Lumber and grape vineyards cover the surrounding hills, fueling the local economy.

Where are we?





2013 Meeting Calendar

<u>Date</u>	<u>Program</u>	<u>Time & Location</u>
October 5	Airport Day	All day, Pine Mountain Lake Airport
November 2	Stars of Aerobatics	6:00PM Location TBD
December 7	Christmas Party	6:00PM Tuolumne Trails (RSVP Required – more to come!)

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