



**Fort Worth Thunderbirds**  
*Radio Control Association Inc.*  
**The Pilot's Log**



**Issue 4390 June 2013**  
**Limited Edition**

**Next club meeting: June 24<sup>th</sup>, 2013, 7:00 pm, West Side Café, Camp Bowie Blvd**

## **PANIC!**

**Woody's computer is in intensive care, so the newsletter this month will do little more than advise you of the next meeting and bring words of wisdom from our officers.**

### **Presidents Corner: by Ken Knotts**

Flying days are here. Weather is beautiful and the evenings are long. The spring winds have subsided and while it may be a little warm, a little sunscreen and shade will help make it comfortable. It's a great time to get out and enjoy our field and the fellowship of club members.

Our training has dwindled to a very few trainees. If you know of someone who has an interest in learning the joys of RC flying, tell them to come on out. It's likely "No Waiting".

The field grass is growing fast! The mowing crew is having a time keeping up with the mowing. If you are interested in helping the mowing crew on Friday mornings, please contact Gene Lord at 682-564-4199. Full time mowing crew members get free membership.

### **Treasurer: Gary Alphin**

All, just a note to all who smoke- Please do not throw your cigarette butts on the ground. Please dispose of them properly. It gives our field a trashy look when you see nice cut green grass and numerous cigarette butts on the ground. So please I ask all smokers to dispose of cigarettes properly.

We have had only one new member this month. Please encourage all to become a member who fly at our beautiful field to support our expenses.

Woody, buy the computer.

**Safety Officer: Jim Newton:** Well summer approaches and already several areas have seen triple digit temperatures. When warmer weather arrives, so does the possibility of heat injury. Heat cramps, heat exhaustion, and heat stroke are the three forms of heat injury. The first one you're likely to encounter is heat cramps. Symptoms are painful cramps in the stomach, arm and leg muscles. Cramps are caused by not replacing the salt and fluids during outdoor activity. (This often happens during exercise in the heat) Remedy is to stop activity and gently stretch affected muscles, drink cool water or electrolyte solution (low in sugar). The second form of heat injury is heat exhaustion. Symptoms are weakness, fatigue, and fainting. Again the symptoms are brought on by excessive loss of salt and water through perspiration. As heat exhaustion sets in, perspiration decreases and the skin and body temperature rise. Typically core body temperature rises to 104 degrees F. Treatment is to

move to a cool shaded area, remove tight clothing and give the person fluids (if the person is conscious). Apply active cooling measures, such as a fan or ice towels if the body's core temperature is elevated. See a physician to access the needs of fluid/electrolyte replacement and further medical attention, especially if nausea and vomiting are present. The most serious of the heat injuries, is heat stroke. Symptoms are nausea, seizures, and confusion or disorientation. Unconsciousness and coma are possible. Heat stroke may occur with no preceding signs of heat injury. This is a life threatening event! Treatment is CALL 911 immediately for emergency services. Lower core body temperature as quickly as possible. Remove as much clothing as possible. Apply ice packs to the armpits, groin and neck areas. Continue trying to cool the victim until emergency crew arrives. With the lake near our field, I would transport the victim to the lake and immerse them in it, up to their neck, and wait for medical help to arrive.

With that being said, we all hope to never be a victim of heat injury and the best way to do that is through prevention. I don't normally endorse a product but recently saw on TV a cooling towel endorsed by professional athletes called an "Endura-cool" towel. (They also have a bandana made of the same material) I decided to get one and test it. My first test was unimpressive. I wet the towel with cool water and took the temperature of the towel. It was 74 degrees F. Then like the

instructions say, I snapped the towel, and waited about 30 seconds. The temperature had dropped to 68 degrees F. I wasn't impressed. This all took place indoors with the indoor temperature at 78 degrees F. The second test I performed did impress me. I wet the towel (after it had dried) with hot water and took the temperature. The towel was 97 degrees F. I then snapped the towel and waited 30 seconds. The towel was again at 68 degrees. It remained at approximately this temperature for about 40 minutes. The final test was done outside with the temperature 92 degrees. The towel was soaked with the garden hose and the temperature of the towel was 85 degrees. I snapped the towel and it cooled to 67 degrees (there was a slight breeze outside) I put it around my neck and felt cold to the touch. It remained cool for about 20 minutes, I again snapped the towel and it cooled again to 69 degrees and remained cool for another 20 minutes. At that point the towel was drying out. I think you can see the benefit of having a useful item like this on a warm day. I highly recommend having one to make life a lot more bearable in the hot Texas sun. Lowe's home improvement center has them and they sell for around \$15. My wife also saw a different cooling towel at Albertson's for around \$8 but I have not tested that one.

Have fun and enjoy the summer,

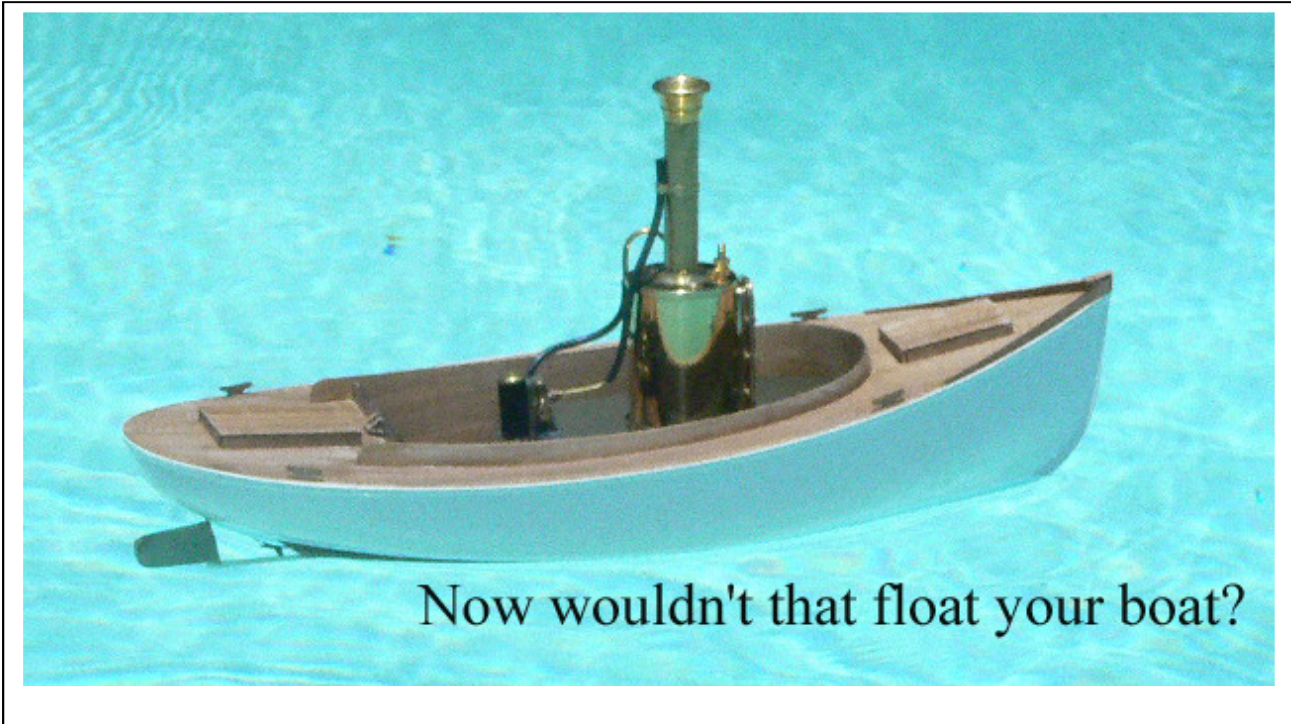
Jim Newton – Safety Officer

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Woody, please buy the computer.

**SILENT AUCTION AND RAFFLE AT THE MEETING!** Porter Wallis' son Gene has donated some of his gear to the club. There will be silent auctions for a Bridi Utter Kaos kit, a Sig Astro Hog kit and a 9 amp Variac (variable transformer for cutting foam). These will start at the beginning of the meeting. The following items will be included in the raffle: 3 unused Hobbico standard servos; DuBro roller Prop balancer; Top Flite Magnetic prop balancer; low power hand microscope; AND the following antiques in one lot: Controllaire reed receiver with 9 Bonner main servos (\$58 ea on Ebay) and 2 Bonner trim servos (\$10 ea on Ebay). THANK YOU GENE.

## An Auction and a Raffle?



Woody, please hurry and buy the computer.

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C'mon, Woody, buy it.