

AUX TANK

NEWSLETTER FOR THE SAN FERNANDO VALLEY CHAPTER OF THE NINETY-NINES INTERNATIONAL ORGANIZATION OF WOMEN PILOTS

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**The San Fernando Valley Chapter of Ninety-Nines
Founded on February 1, 1952.**

October 2019

Our Mission

The Ninety-Nines is the international organization of women pilots that promotes the advancement of aviation through education, scholarships, and mutual support while honoring our unique history and sharing our passion for flight, and to quote the 99s first elected president Amelia Earhart "TO FLY FOR THE FUN OF IT."

Originally established in 1929 by 99 women pilots, the members of the Ninety-Nines, Inc. are now represented in every area of aviation today.





Friendly Reminders

Voluntary Chapter Donations of \$25 are still being accepted.

Please make checks payable to the SFV99s and mail to our PO Box, bring to the **November 12 Chapter Meeting**, or pay via PayPal on our website.

Thank you!

Need a name badge or a mentor? Please contact our Membership Chair Nina Yates (ninayates@pacbell.net).

FROM THE CHAIRWOMAN

Happy Halloween, Ghosts & Ghouls!

Our Chapter had a fun kickoff month to autumn. At our October 8 Chapter Meeting, VC99 and Captain Jenny Lynn Burnett with CAP, and the CAWG Diversity Officer, announced a new program designed to get more women in aviation together at future CAP-sponsored events. Those details will be emailed out to all Chapter members as soon as they become available. Then, the owner of Aviators Insurance Agency, Mike Strombeck, spoke to us about owners' and renters' insurance policies. It was an eye-opening and informative meeting!

On October 17, we hosted our first Aviation Trivia Fundraiser night at Macleod Ale Brewing Co. in Van Nuys. We had a great turnout, including our Chapter members, VNY tower controllers and friendly guests. Not only did we all learn some new trivia and laugh a ton, but we also raised \$105 for the Chapter from donations! The attendees formed three teams: Thunderdogs;



Captain Marvel; and, Balls to the Stalls. Scroll down to the photo section to see which team won it all.

As October comes to a close, I'm reminded that there are only two months left in this decade (whoa)!. How quickly time passes when you're having fun, cramming for exams, making a living and flying the blue skies! With this in mind, I ask you all to reflect on how you'll spend the last two months of this decade. I hope you will spend them with your loved ones, in airplanes, in service of your sister 99s, and honoring yourself - and all those around you - with kindness, compassion and positive intentions.

See you in November!

Kimberly Chan

SFV99s Chairwoman

Happy Birthday to:

Paula Sandling
October 20th

Dolores Mathews
October 28th

Stacie Vournas
October 29th



Happy Anniversary to:

Coralee Tucker
October 1968

Jeanne Fenimore
October 1973

Susan Sloan
October 1992

Laurence Rabe
October 2012

Jo Scott
October 2016

Upcoming Events

Tuesday, 11/12 @ 7pm: Chapter Meeting (FlyAway)

Guest Speaker Peter Kasabian, VNY Air Traffic Controller and Manager

Thursday, 11/28: HAPPY THANKSGIVING! Gobble, gobble.

Saturday, 12/7 @ 9:30am: Cookies to the Tower (Vista @ WHP)

'Tis the holiday season: Join us box up cookies, enjoy lunch and a gift exchange!

Contact Annelie Hubinette for more details

Tuesday, 12/10 @ 7pm: Chapter Meeting (FlyAway)

Saturday, 12/14 @ Time TBD: Holiday Party (Lilian's)

Details to be announced



Noise and Hearing Loss – or... Huh? Say Again??

Once in a while – well, OK, probably more often than that – I have a tendency to get up on my soapbox about something I think is really important for all of us to think about. I hope these few paragraphs will give you some useful reminders!

Whether or not you believe it, if you don't take some precaution to protect your hearing against loud noises, such as are found at airports and lots of other places, you will experience a loss in your hearing – and sooner than you might think. It may be so gradual that you do not notice, but it will be unnecessary, and worse than that, irreversible. It is possible to become psychologically accustomed to loud noise (been to the movies lately)?, but that does not lessen its destructive effects. [If I may be permitted a little editorial comment here, I fully expect that many of the kids running around with their iPods blasting into their ears are going to experience serious hearing loss before they are past their 30's.]



You've probably heard about decibels and know that they have to do with sound. The FAA has monitoring stations around lots of airports to check for excessive decibels (watch out when you fly out of Torrance)!. OK, so the FAA checks for decibels, but what are they? Here are some facts about decibels:

They are the measure of sound intensity/loudness, which is to say of ENERGY PRESSURE waves. They are measured on a logarithmic scale. What that means to you is that with the increase of 3 dB (that's the abbreviation for decibels), the sound intensity doubles. That means that 8 dB has twice the sound intensity as 5 dB. Humans generally

perceive pain from sound at around 130 dB, though it can be much lower for some people. Some light aircraft interiors can have as much as 113 dB, depending on the soundproofing and door seals. Trivia fact: the basic unit is the bel, named for Alexander Graham Bell (he had a few things to do with sound). The "deci" part means "1/10", so 10 decibels are 1 bel. It turns out that decibels are a more convenient measurement than bels and that's why they're used.

Well, then, how much sound is too much? OSHA has set limits of sound exposure to 100 dB to no more than 2 hours at a time. Even that is generous, as prolonged exposure to 85 or more dB can cause hearing damage.

All that is interesting, you say, but what is really the result of too much noise? Simple: hearing loss. How long it lasts depends on exposure, intensity, etc., but the progression is something like this:

- At first, a temporary hearing threshold shift takes place as the lower limits of hearing are raised (basically, a loss of sensitivity) due to the sound energy assault on your ears.

- Initial symptoms may include a stuffiness or plugged feeling, “ringing” or noise in the ears, dulling of sounds, and difficulty in hearing others speaking. (Is your spouse complaining about how high you have the TV volume turned up???)
- If the abuse continues, the threshold shift will become permanent because of damage to the cochlea (part of your hearing mechanism that senses noises).
- Tinnitus, or “ringing in the ears” may become permanent also. This is incurable and can be extremely distracting if it is loud enough.

Now you know why I am so concerned about this issue. Hearing loss doesn't get better after a certain point in time. You can also lose just certain ranges of hearing. After WWII just about anybody who flew B-25s had “B-25 Ear”. The frequency range of the engine sound knocked out that same range of their hearing. If you've ever had a hearing test (not a bad idea every 5 years or so as we age), they will test your acuity over many different ranges from very low to very high.

So, how do you protect yourself when you fly? That's pretty simple, too. Hearing protection is easy and doesn't have to be all that expensive. It comes in basically 2 forms, as far as aviation is concerned:

- Ear plugs

There are those little foam cylinders you've seen for sale on the counter of the pilot supply and in most drug stores. These can be used, cleaned and reused, and they will attenuate up to 29 dB, which is very effective, indeed. They're light, comfortable and quite inexpensive. (I keep a set in the pockets of each of my jackets and some in my purse, too. Yeah, I will admit to being determined to protect my hearing.)



Wax and putty earplugs are also available, but do not filter out as much noise as the foam. By the way, cotton and tissue are nearly useless.

Pre-molded plugs are made of soft material with flanges that seal against the ear and often come in a number of sizes. These are OK as long as they remain clean and soft, and you insert them properly. They can be uncomfortable after long wear because they are not the shape of the inside of your ear and will create pressure points eventually.

Custom ear plugs are made by an audiologist from a mold made of your ear. These fit the best, but you may need a little time to become accustomed to them as they do not “breathe” while changing altitude like foam does. They are also the most expensive option, but they last essentially forever. I've had some for over 25 years now and they still fit just fine. I don't believe they are any more effective than the foam ones, however.

- Headsets

Conventional headsets that cover the ears can lessen the noise from 20 to 25 dB, but there must be a seal around the ear or there will be loss of effectiveness. These are not cheap, but in my humble opinion, every pilot who flies unpressurized light aircraft ought to own a set. If you own an aircraft, you would do well to have a headset for each passenger you have with you. Forget about the headsets that don't cover your ears – they won't protect you from noise at all.

Noise canceling headsets have electronics inside that receive the sound and then generate a sound whose frequency is 180 degrees out of phase. The 2 sounds cancel each other out so that neither exists. These are pre-set by the manufacturer to work in the frequency range of the majority of light aircraft noise. I highly recommend these, especially if you already have some hearing loss. ATC communication is MUCH clearer! One downside of some of these is that they may cancel too much noise, making it hard to hear subtle engine changes and some of the aural warnings (stall, gear, etc.). Another downside is that these are rather pricey (but then, what's your hearing worth)?

There are obviously great benefits to being careful about your hearing. After all, who wants to wear hearing aids if you don't have to? In just the area of aviation, for starters, you'll be less tired at the end of your flight. Loud noise has been found to cause stress and fatigue. The lower the noise level you experience, the more alert you will feel. You'll also be able to hear your aircraft and ATC better. With all the roar in the background dimmed out, you can hear the more subtle engine noise changes and the voices from ATC.

For further info, see the following websites:

<http://www.osha.gov/SLTC/noisehearingconservation/index.html>

<http://www.thebusinesslibrary.com/lib/osharequirements/noise.php>

<http://en.wikipedia.org/wiki/Decibel> (scroll down to Acoustics for a scientific description)

Fly Safely!

Claudia Ferguson, FAA Safety Counselor

San Fernando Valley 99s

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Aviation Trivia Night @ MacLeod Ale Brewing Company



Team Captain Marvel - Winners!

Team Thunderdogs



Team Balls to the Stalls



Atta Girls:

Nicolette Hanson & Jenna
Lohneis for volunteering @
the VNY Prop Park & ATC
Fundraiser

Kim Jenks passed her IFR
Written Exam

Shokoufeh Mirzaei passed
her Commercial Check Ride



Welcome to our Newest Member

Chelsea Sanders is our newest FWP member. She's a Contract Corporate Flight Attendant with a goal of becoming a private Jet Pilot. She'll be learning to fly at WHP.

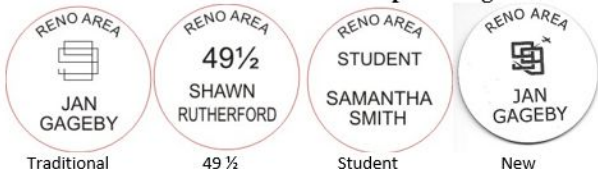
Nina Yates
Photos by Lillian Darling Holt

We Don't Need No Stinking Badges....Oh Wait Yes We Do!

On September 27, 2019, Jeanne Fenimore emailed SWS about badge orders – pin or magnetic cost \$9.50, postage included. However, if ordered singly, there is an additional \$1.00 for postage. Kathy Walton has requested that we batch our orders. If anyone wants to order a badge, please see Nina Yates, Membership Chair, after the monthly meeting. She will distribute badges at next month's meeting.

Nina Yates

Chapter Badge Orders



Traditional 49 ½ Student New

The Reno Area Chapter makes badges. They are 2.25 inch rounds. They are available in pin back or magnetic back for \$9.50 each. Price includes shipping. Please remember Associate and FWP have been replaced with STUDENT.

Please note for any single badge to be sent to one address add \$1.00 per badge. Prices are fixed to send two or more badges in an envelope. We have not raised the price. Singles mailed do not cover the cost.

For best service, **please e-mail your** order before you send the check. Please mail checks when you order. We pay when the badges are made. Please have all badges mailed to one address and when possible order more than one at a time. If you want a special badge contact Kathy first.

Be sure to list: Name, 99- 49 ½- Student. Specify traditional or “new” logo and pin or magnetic backing. I need your chapter name and a mailing address.

Make checks payable to: Reno Area 99s **E-mail:** kathywalton99@gmail.com
c/o Kathy Walton 1288 Junction Dr. Sparks, NV 89434

Pancake Breakfast Fundraiser @ WHP Open House



October Chapter Meeting Guest Speakers

Photos by Lilian Darling Holt



Captain Jenny Lynn Burnett with CAP



Aviators Insurance Agency, Mike Strombeck