



Southern Navion Air Group

Newsletter

APRIL 2013

WHERE OH WHERE HAS OUR SECRETARY GONE?!?!

First, I would like to apologize for not sending out newsletters, cashing checks or collecting dues (or other money owed) since February. It has been a very rough couple of months in the Holmes household.

On February 14th, our family experienced an unexpected family emergency. At 2:30 in the afternoon, I received a call from my sister that our mom had experienced a stroke while driving. My mom was a pretty healthy *YOUNG* 79 year old at the time. It never occurred to any of us children (4) that she would suffer a stroke. She lives southwest of Austin, TX on 10 acres in the country. Her "house" is a 5th wheel recreational vehicle in which she traveled across the U.S. until about 10 years ago. We were pretty sure that she would die or be seriously injured with the chainsaw that she routinely used to chop down all the juniper scrub on the property. A cardiac event **never** crossed our minds!

Fortunately for us, mom was not on an Interstate, rather on a local highway and was driving through a small town. About 12:00 noon, an alert police officer noticed that mom was driving erratically and pulled her over. After asking her if she knew she was weaving and if she had been drinking (to which she apparently replied, "While I like a good happy hour, I don't usually drink at lunch time or when I'm driving."), he realized that she was having a medical emergency. In the 2 minutes it took for EMS to arrive, she told the officer that she didn't "feel right" and was about to pull into the next convenience store to get directions to a medical facility. EMS decided she was having a stroke and drove her to the nearest "stroke certified" hospital instead of the local one.

LESSON #1 – MAKE SURE ALL YOUR CHILDREN'S CONTACT INFORMATION IS UPDATED IN YOUR CELL PHONE! It took the police/EMS about 2 hours to contact a family member about mom's emergency. My sister (Margaret) recently changed jobs and moved closer to my mother's property. She works in a secure facility and may not have a cell phone in the building. Mom forgot to put Margaret's office number in her cell phone. Nor did she note who her "important" contacts were in the cell phone.

Fortunately, Margaret works for the county and mom was able to tell the EMS that. Thankfully, they tracked her down through the county HR department. Margaret called me immediately as I was 2 hours away (plus rush hour traffic) and asked me to call the brothers as I drove down.

Apparently, mom actually started stroking the night before. At dinner that night, she developed some "weird" symptoms and had a spell for about 10 minutes. She told my sister that she had forgotten to eat & take her meds, so if she took her medicine she'd be just fine. Mom refused to go to the hospital to be checked out so Margaret did a quick internet search and discovered that the symptoms mom had did indeed fit the possible effects of a missed dose of blood pressure medicine. About 10 minutes later, the symptoms abated, so she decided she was fine! The next morning she was able to work on the property, doing her laundry & packing to go visit her best friend in Houston and forgot to eat breakfast. Because she was off her routine, she also forgot to take her blood pressure medicine that morning too. **LESSON #2 – KNOW THE SYMPTOMS OF STROKE AND GET CHECKED OUT IMMEDIATELY.** Because she waited to get checked out, there was no medication to give her to minimize the brain damage safely.

After a week in the hospital & a week of me living at the hospital, mom was moved to an Inpatient Rehabilitation hospital nearer to my house and her primary care physicians. Unfortunately, that facility was still an hour away from my house. She stayed there for

about 3.5 weeks in which I drove up at least 3 times a week after work & on the weekends. Since her release from there in mid-March, she has been living with Lee & me. Between work, arranging home-health therapy, taking her to doctor appointments and trying to keep up with regular household chores, I simply haven't had much time for anything else.

Mom is doing much better – much better than the neurologist & other physicians expected. The stroke was on the right side of the brain & she had lost the majority the use of her left arm, hand, leg & foot. Unfortunately, she is left handed so she had to learn to use her right hand to do basic self-care chores. Fortunately, she is a former PE teacher/coach and one determined lady. She has in-home Physical & Occupational Therapy which we hope will continue until I get out of school. Over the summer, the plan is that I can easily shuttle her to Outpatient Therapy. While, she is in a wheel chair unless someone is home with her, she is walking more & more with the hemi-walker Medicare graciously bought for her. The biggest struggle is a loss of independence; she was incredibly active – driving across the state visiting family & friends when she wasn't on the property making improvements. We have learned that stroke recovery can take at least a year so we don't know how much independence mom will ultimately regain.

As all this has been going on, I have thought a lot about my SNAG family. Lee hit the half century mark this month and we are still considered “youngsters” by some SNAG members many who are just as active as my mom has always been. Mom says that the stroke is God's will and while she doesn't know why it happened to her, she hopes that her story will serve as a reminder to all of us to take care of ourselves and be aware that cardiac events can happen to ANYONE!

STROKE FACTS:

Know what F.A.S.T. is:

- Face Drooping: Does one side of the face droop or is it numb? Ask the person to smile.
- Arm Weakness: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- Speech Difficulty: Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- Time to call 911: If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

What to do if you think someone is having a stroke

Immediately call 9-1-1 or the Emergency Medical Services (EMS) number so an ambulance can be sent. Also, check the time so you'll know when the first stroke symptoms appeared. A clot-busting drug called tissue plasminogen activator (tPA) may improve the chances of getting better but only if you get them help right away.

A TIA or transient ischemic attack is a "warning stroke" or "mini-stroke" that produces stroke-like symptoms. TIA symptoms usually only last a few minutes but, if left untreated, people who have TIAs have a high risk of stroke. Recognizing and treating TIAs can reduce the risk of a major stroke.

Beyond F.A.S.T. — Other Symptoms you should know

- Sudden numbness or weakness of the leg
- Sudden confusion or trouble understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

For more information, check out the American Heart Association & American Stroke Association websites: <http://www.strokeassociation.org/STROKEORG/> or <http://www.heart.org/HEARTORG/>

FROM OUR PRESIDENT

Wanda and I arrived Friday morning and found 3 Navions already tied down on the flight line at Shade Tree Airport. More SNAG members arrived throughout the day and by night fall the flight line was full of Navions. David and Lana Heath were the last to arrive on Friday just as the sky was getting dark. Early Saturday there were more arrivals that brought our Navion Total to 21.

Danny and Janet Miller have the field in excellent condition again this year. Danny has new tie downs cemented into the ground all along the flight line and had chalk lines to help us park neatly. The hospitality at Shade Tree was warm as always. We can't express how much we at SNAG appreciate them opening up their piece of heaven on earth to us every year.

The Friday night meal was scrumptious and we ate of plenty of crawfish and other Cajin' specialties. We also had plenty of "brisket a la Elmo" along with fine deserts, beverages and fellowship. I want to express many thanks to everyone who prepared and brought food for us to enjoy.

Thanks to the hard work of Jack and Mitch Midyett, Loretta Sturgill, Paul and Ginger Wright, and Al and Barbara Butler which combined with the perfect weather and resulted on our great success at Shade Tree this weekend. This fly in was a great way to begin our fly in season.

Saturday morning 14 Navions lifted off for dawn patrol with Dick McSpadden once again in lead. Dick thoughtfully changed the route this year and we flew west before turning back up the coast toward Gulfport and then inland to Shade Tree.

While we were enjoying our day of flying competition many of our ladies traveled to Ocean Springs for day of shopping at the outlet mall and lunch at McElroy's. They must have had a very good time. I kept looking for Wanda to arrive at the airport on Saturday, but she did not come to cheer me to victory.

We held the balloon bust competition before lunch in order to beat the expected midday winds. The plan worked out pretty well and everyone had a great time. David Heath broke two balloons winning the competition. There was a 4 way tie for second place between Bobby Herrington, Paul Wright, Greg Young, and Scott Burling, each with one balloon.

After lunch we held the bean bag bombing and spot landing competition. The wind had increased by that time but it did not stop Paul Wright from winning very narrowly over Scott Burling. Robert Gaines earned a very close third place. Our pilots must be getting better as only David Heath and Greg Young landed in the spud locker.

Josh Heath aced the bean bag bombing with all three of his bean bags being closer than anyone else's. Greg Young was awarded second place and Bobby Herrington was Third with our brother Bruce dropping bags out of the side door of their Rangemaster. Ginger Wright embarrassed herself again this year with the longest miss of the competition. If you find a bean bag with a red streamer please mark the location with GPS and call Ginger.

Dave Morgan's Navion is once again based at Shade Tree Airport and was tied down on the flight line along with the rest of us instead of hiding in a cozy hangar.

SNAG members who flew into Shade Tree this weekend include Josh and Jamie Heath with child, Scott Burling and Traci Miller and Traci's son Kameron, Paul Deason, Rusty and Wanda Herrington with Melissa with child and Abigail, Art Hutchinson and Ann Bormolini, Dick and Ann McSpadden, Wayne and Ellen Whittaker, Greg Young, Mitch Midyett and Loretta Sturgill, Paul Wright, Charles Wiggins, Bill Ross, Bert Zeller, Ross Ernest, Robert Gaines, Dan Smith, David and Lana Heath, Bobby Herrington, Pim and Timeka Sierks, and Farley Grantham. Those arriving by ground transportation included Vernon and Christine Walls, Ginger Wright, and Al and Barbara Butler.

This year was a year of firsts for our Shade Tree Fly In. Our good friend Bill Ross is well known for not leaving food on his plate or anyone else's plate for that matter. On Saturday night at the Lookout Steakhouse Bill actually left two hushpuppies on his plate and Robert Gaines promptly finished them off! Bill looks really well these days and we are very happy to have him at Shade Tree again this year.

Another first which I personally found very surprising was that Dick McSpadden was NOT the first one to takeoff for home on Sunday morning. At least a half dozen Navions departed Shade Tree before he arrived for his preflight. Usually Dick is in a bigger hurry to get home than Cinderella on a date. Did some unnamed SNAG member bolt his hotel room door shut?

The other first is an occurrence that has been developing for a while. Robert Gaines relationship with his Navion had become stale, and he did not arrive in 26 kilo, otherwise known as "Just Buzzin Around". Robert has been two timing her for a number of months since finding another lovely Navion to stroke his needs. He flew 26 kilo to her new owner in Greenwood, Mississippi on Thursday and drove home to Nashville Tennessee so he could arrive at Shade Tree on Friday in his freshly acquired Navion, N285HP. Robert graciously allowed me to interrupt his honeymoon and try out his new trophy myself. She is really sweet and will give Robert many years of happiness. Or as Dick McSpadden would say, "She flies like a Navion".

One thing that is not new is how much we missed those of you who could not get there for weather, health, or whatever reason. We wish you well and hope to see you at a SNAG fly in soon!

-- Rusty Herrington



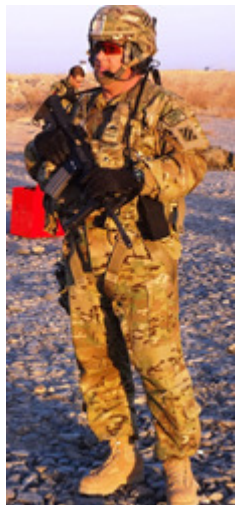
N285HP at Shade Tree, Robert Gaines' new baby

CONTACT INFORMATION

Have you moved? Changed email addresses? Gotten a new cell number or home phone number? New tail number? **Call or email me to update your information on the SNAG Member Roster. Susan @ 254-780-9338 or susaneholmes@sbcglobal.net.** Last year's member roster is on the Facebook page (under documents). I will publish a new roster in the May newsletter and on Facebook. Make sure your friends can stay in touch!



CW5 SCOTT “SKINNY” REAGAN REMEMBERED



It is with a heavy heart and sad eyes that I write this article. Many of you were fortunate enough to meet my close friend and mentor CW5 Scott “Skinny” Reagan at our Eufaula, AL fly-in last year. Skinny passed away on March 29th, 2013 while deployed in Kandahar, Afghanistan due to non-combat related illness.

I don't think I'll ever forget that weekend in Eufaula. Skinny was instantly in love with my Navion, and quickly came to love everyone else's too. He got such a kick out of SNAG.

On the trip up, he couldn't stop asking questions about the manufacture, history, and utility of N9559Z. I half felt like a salesman giving him the pitch. He marveled at the light, but steady handling and the great performance.

At the fly-in, Skinny was a lot like a kid in a candy store. So many cool planes, so many cool people. I know he loved getting to talk with those of you he did and sharing a small piece of the club with everyone.

But what I'll remember most is Skinny's laugh and huge grin when he tried his hand a balloon popping. A veteran AH-64D combat helicopter pilot with over 4400 hours of total time (2600 of that combat), he figured it would be exceedingly easy. Sure flying helicopters against Iraqi tanks and Afghan caves is easy Scott, but the balloon pop takes some practice!

As I pulled off of my second miss, I passed Skinny the controls. Cross wind, down wind, and base all felt normal, but that turn to final had me scared. This veteran pilot was chasing that balloon all over the sky. Drifting up, yawing left, banking right, you would have thought my Navion was being pulled apart. That little red spot grew bigger in the windshield and then blurred past us about 75 feet from the right wing.

Skinny just smiled and laughed as he looked across the cockpit at me. “Hey, that's a lot harder than it looks” Yes Skinny it is, but I'm sure you've got all three in Heaven. Fly Safe Brother.

-- Nicholas Kanakis

A LITTLE POEM FOR US GUYS

*I have a little GPS
I've had it all my life
It's better than the normal ones
My GPS is my wife*

*It gives me full instructions
Especially how to drive
"It's thirty miles an hour", it says
"You're doing thirty five"*

*It tells me when to stop and start
And when to use the brake
And tells me that it's never ever
Safe to overtake*

*It tells me when a light is red
And when it goes to green
It seems to know instinctively
Just when to intervene*

*It lists the vehicles just in front
And all those to the rear
And taking this into account
It specifies my gear.*

*I'm sure no other driver
Has so helpful a device
For when we leave and lock the car
It still gives its advice*

*It fills me up with counseling
Each journey's pretty fraught
So why don't I exchange it
And get a quieter sort?*

*Ah well, you see, it cleans the house,
Makes sure I'm properly fed,
It washes all my shirts and things
And - keeps me warm in bed!*

*Despite all these advantages
And my tendency to scoff,
I do wish that once in a while
I could turn the damned thing off.*

This was sent in by JT McMahon and he hopes that it doesn't offend the “fairer members of SNAG”. Personally, I laughed myself silly over it. Thanks for the levity Mr. McMahon!
- Susan

MEMORIAL DAY FLY-IN
MAY 24-27, 2013
OPELOUSAS, LA

Here is another chance to get your SNAG Navion Fly In fix! Our next SNAG fly in is only 4 weeks away in the heart of Cajin Country at beautiful Opelousas Lousiana.

Memorial Day Fly-in 5-24 thru 5-27 will be in beautiful Opelousas Louisiana, KOPL.

This airport is in the heart of Acadiana (were all the Cajun/Coonass's live).

KOPL will have the lowest fuel prices in the area for us and plenty of concrete. Runways 18/36 - 6000 feet, 06/24 - 4000 feet. Unicom is 123.00

We will be staying at the Evangeline Downs Hotel, Casino, and Horse track.

The hotel number is 337-407-2121 call and reserve now; we can cancel on the day of arrival before 4 pm.

The rate is \$99 for King or two Queens, suites are available and we get a 20% discount off the normal rates.

The track will name one of the races SNAG and we can take photos with the winning horse if we want. Also that weekend is the Zydeco music bash and will have several bands playing on the property.

Will promise good food, good drink, and good music, and will pray for good weather. Who's Coming????

-- Rusty

2013 FLY-IN SCHEDULE:

- **June 23-June 28, 2013:** ANS Convention in Paso Robles, CA
- **Aug 30-Sept 2, 2013:** Fredricksburg TX hosted by the Holmes & McMahons
- **Oct/Nov 2013:** TBD – open as far as I currently know. ☺

KEEP THOSE NAVIONS FLYING!



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SNAG