



VOLUME LI

JUNE 2014

NO 6



PRESIDENT'S COMMENTS

June 1 was a bit of a milestone because it was around this time last year that a weight and balance situation in Skyhawk N6172D had to be resolved. Assisting in this project was a health and fitness expert from Akron General Hospital Lifestyles at the Wellness Center east of Medina Municipal Airport (1G5). Antonio Altieri assisted your President in reducing the solo front seat moment by about 1,800 inch-pounds.

Knowing that the average arm in a 172 is about 37 inches (or maybe a bit less for the vertically challenged) it shouldn't be too hard for any of our members to solve for "X." Put another way, there will be about 22% less of your President at the convention than there was last year. This project was done voluntarily, and all in the interest of improving the odds of flying for many more years than the actuarial tables would have otherwise suggested.

The Akron General Lifestyles approach combines three elements which are nutrition, aerobic exercise and anaerobic exercise. It is emphasized that all three factors are necessary. Success requires that each of them be given equal attention.

Obviously, anyone should consult a physician before beginning any fitness routine. In my case, it was necessary to work with a trained professional because it was clear that all of the previously unsupervised approaches were not working. Also, a person would be wise to find a health and fitness expert who will tailor a personal approach. What works for one, and what is safe and effective for another person, may very well be the wrong approach for another.

Given age, height, frame, and a few other factors, Antonio prescribed 1,700 calories per day for several months. Computing by the percent of calories, these were made up of 37% lean protein, 37% fibrous carbohydrates and 25% health fats. It took a while to get this balance right. A smartphone application "Lose-It" was extremely helpful for this phase of the project.

The aerobic element was mainly accomplished by swimming a distance of one mile three times per week. There are many other types of aerobic exercise, but when the hips, knees and ankles protest too much, the pool is a great alternative.

The anaerobic activity of resistance and core exercises was expertly prescribed by Antonio and consisted of three different routines, each of which was conducted once per week on alternate days. The three routines assured that all muscle groups would be addressed at least once during the three set cycle. There is always a ten minute aerobic warm up first, and a twenty minute cardio (aerobic) afterwards.

This is a formula that works. Once again, it must be emphasized that a doctor's approval is necessary and the involvement of a health and fitness expert is very important. (Please note that your President is neither of these.) This is also a formula that requires quite an investment of time and dedication. There is not only the time spent exercising, but also shopping for healthy food, preparing it, and constantly cleaning up the kitchen. But it has been very much worth the effort.

Sincerely,

Allen Corrigan / N6172D
1G5 (Medina Muni, Ohio)

acorrigan@email.com

<http://www.saintvictorparish.org>

LATE MINUTE EXTRA

As I was finishing this newsletter, I received an email from Joe McCaffrey about his flight with the Blue Angels. You'll find it on the last page.

EDITOR'S MUSING

?AN NAPP 50TH SPECIAL?

Perhaps President Allen could be convinced to lead our 50th anniversary group in a series

nutritional discussions,

followed by demonstrations and participation in

aerobic and anaerobic exercises.

N.B.

Because of their exalted eminence and antiquated physical and mental condition, we suggest all NAPP charter members present at the Convention be excused from the above mentioned exercises.

***SEE YOU IN KENTUCKY
BIRTHPLACE OF NAPP***



ITEMS OF INTEREST

*Deacon Tom Jones, a NAPP member for many years, passed away in Albuquerque, NM in early May. May he rest in Peace!

*Ruth Zilowski of Crazy Horse fame died on May 21, 2014. Read details on another page.

*Cessna N30MS arrived in Arusha, Tanzania on Thursday, May 22, 2014. More info on another page.

*Fr. Tom Geelan, retired in Ruthven, IA will not attend this year's convention. He has cancer and asks for your prayers as he copes with his chemo treatments.

*50 years ago, Jerrie Mock became the first female to fly solo around the world. Jerrie was one of our honored guests at the first NAPP convention in Kentucky. I have a link on another page that provides many interesting stories. Opening that link and reading those stories brings back many happy memories for those of us privileged to meet her at that time.

Due to bad weather this Spring, the decision was made to postpone the Midwest Regional meeting in Cherokee, Iowa. The new Fall date is listed on this page. Please mark it on your September calendar.

IMPORTANT DATES

MIDWEST REGIONAL MEET
CHEROKEE, IOWA
Cherokee Airport - KCKP
September 29, 2014
Gene Murray - Host

2014 NATIONAL MEET

50th ANNIVERSARY OF

NAPP CHARTER

COVINGTON, KENTUCKY

Flyins: Lunken – KLUK

Commercial: Cincinnati – KCVG

July 8-9, 2014

Al Ruschman

Late **WORD** from host Al Ruschman

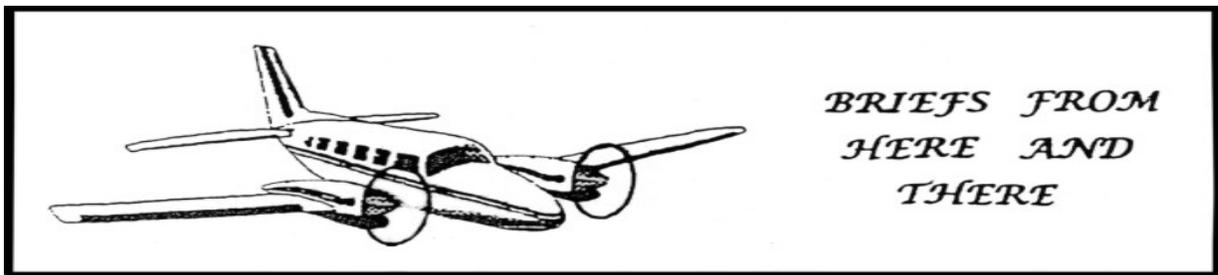
Although motel reservations are to be made by June 16, the motel personnel will extend the NAPP Convention room price for late registrants.

**GET THOSE RESERVATIONS
IN NOW**

ADDRESS ALL CORRESPONDENCE TO:

REV. MEL HEMANN
127 Kaspand Place
Cedar Falls, IA 50613-1683
319-230-4957
email: N298MH@cfu.net





[How An Ohio Housewife Flew Around The World, Made History, And Was Then Forgotten](#)

Jerrie Mock was a 38-year-old housewife from Columbus, Ohio, when, 50 years ago this week, she accomplished what Amelia Earhart is famous for having failed to do. But in the decades since, as Mock's life began to unravel, history all but forgot the pilot who made it.

EDITOR'S NOTE: To open the article about Jerrie, click on the underlined above. If that doesn't work, copy it into your web browser. That will open up a list of headlines about her. One begins "How the untold story..." Under that you will find the following. www.buzzfield.com. Click on that and the whole list of stories should be there.

FMS CESSNA 30MS

On Thursday, May 8, I got a message from Pat and his crew in Tanzania that their latest Cessna 206 had departed Bangor, Maine a few hours ago. There was a connection to track the flight. After leaving the Azores, the track went on to Casablanca, then over the Mediterranean along the northern coast of Africa. Don, the pilot, stopped for an overnight in Jordan. The next day I got the following message.

Friday, May 16

Don, who is piloting our new aircraft, N30MS, just landed safely in Djibouti from Jordan. He has had an interesting flight today. He thought his radios had failed because of several hours of air traffic control silence. After landing at Djibouti he found out that there was fighting in Eritrea today and all air traffic control radios had been silenced.

The plane will overfly Ethiopia and should arrive in Nairobi tomorrow (Saturday – May 17) at about 5:30 PM East African Time, about 1430 UTC.

Pat is leaving by bus for Nairobi Saturday morning and should get there well before the airplane.

Thursday, May 22, 2014

Pat arrived home today with the new replacement Cessna 206. We are back in business today.

Pat and the FMS Crew

PERSONAL ITEMS

* In 1976 the new Smithsonian Aviation gallery was opened in Washington, DC. One room in the building was dedicated to General Aviation. Jerrie Mock's Cessna 182 was the center piece of that room. The picture of three NAPP members, Ev, John and Mel Hemann, hung on a nearby wall. We were featured because we were priests, instrument licensed pilots and Ev and I were CFII's. Unfortunately after about 8 years in updating the display our picture was removed and the Smithsonian has not been the same since.

*About 10 years ago I came to know a pilot, Hardy, from Berlin who ferried planes across the Atlantic. Hardy used a local FBO to prepare the planes headed to the continent. About 6 weeks ago we got a call that Hardy was killed in the crash of a Twin Comanche that was destined for New York. It was his 56 birthday, the weather was bad, but he declined an invitation to spend night with the Italians. He preferred to celebrate in Berlin with his friends. A down draft forced him into the side of a mountain. I talked with Hardy last November. He said the business was slowing down and maybe it was time to quit. He had made 99 crossings in all kinds of planes. MORAL: No matter how many hours or experience the forces of Mother Nature far out perform anything we can do. May he rest in peace!



**Ruth on the left and NAPP Members
at the Crazy Horse Monument
during the NAPP National Convention
last July.**

MAY SHE REST IN PEACE

CRAZY HORSE| Ruth Ziolkowski, long-time inspirational leader of Crazy Horse Memorial, passed away peacefully on Wednesday, May 21, 2014, with members of her family at her side.

Ruth Ross was born June 26, 1926, in Hartford, Connecticut, which is where she first met the sculptor, Korczak Ziolkowski. She came to the Black Hills of South Dakota in June of 1947 to help Korczak create a memorial to honor the North American Indian.

Ruth and Korczak married on Thanksgiving Day of 1950. Together they had 10 children, many of whom have made the Crazy Horse dream their life's work. Ruth served as Chief Executive Officer of the Crazy Horse Memorial Foundation since her husband's passing on October 20, 1982. Ruth was preceded in death by Korczak and their daughter Anne, who passed away on May 6, 2011.

With foresight and vision, Ruth had worked with the Crazy Horse Memorial Foundation Board of Directors in preparing for succession of leadership. A 3-member Executive Management Team is in place to lead the continued growth and development of the non-profit Foundation.

A celebration of Ruth's life and legacy will be at 10 a.m. Tuesday, May 27, at Crazy Horse Memorial.

Private Interment will be at Crazy Horse Cemetery.

NAPP 2014 50th Anniversary Convention

Covington, Kentucky

Arrival Monday, July 7th- Transportation provided to Hampton Inn and Suites.

Monday Evening

5:00 pm Social Hour

6:00 pm Pizza (Bring pictures and share memories)

Tuesday, July 8th

Morning mini buses tour to the Bluegrass. Visit famous Runnymede Horse Farm.

After lunch we are on to Woodford Reserve Distillery, Versailles, Ky. for tour and tasting.

Wednesday, July 9th

Morning mini buses tour to Start Skydiving at Middletown Airport, Middletown, Ohio.

Professional jump show provided for us. An opportunity for tandem jumps for those who wish is available at a cost of \$119. We will need to know ahead of time if you would like to skydive.

Afternoon buses leave from our home base to chancery and Cathedral, Basilica of the Assumption for annual meeting, Mass with Bishop Roger Foys, and dinner.

Thursday, July 10th

We are on the road and to the airports for departure.

Looking forward to having you back in Kentucky where it all started 50 years ago.

**NAPP NATIONAL CONVENTION
50 YEARS OF FLYING 1964-2014**
July 8 – 9, 2014
COVINGTON, KENTUCKY

IFR/VFR Fly-ins: Cincinnati Municipal Lunken Airport – KLUK
FBO: Landmark Aviation (Free tie downs in public area)
Commercial Fly-ins: Cincinnati/Northern Kentucky International - KCVG

HOSTS: Bishop Roger Foys; Fr. Al Ruschman (cell: 859-468-5987)

Please phone, e-mail or mail RSVP by Monday, June 16, 2014

NAME _____

CELL PHONE _____ **EMAIL** _____

ARRIVAL DATE _____

By: Pvt Plane N _____ **-ETA:** _____

By: Car _____ **ETA** _____

Commercial Flight _____ *Airline* _____ *Flight No* _____ *ETA* _____

DEPARTURE INFO: _____

RESERVATIONS TO:

Judy Osburg
St.Thomas Catholic Church
26 E Villa Place
Ft. Thomas, KY 41075

Email: josbu@sttschool.org (Phone) 1-859-441-1282

CONVENTION HEADQUARTERS HOTEL

Hampton Inn & Suites
10 Hampton Lane
Wilder, KY 41076
Phone: 1-589-441-3049

BOOK YOUR OWN ROOM RESERVATION
Phone: 1-859-441-3049

Mention NAPP for Special Convention Rate of \$95 plus tax per room when making reservations

PRIEST SOARS INTO THE HEAVENS ON WINGS OF A BLUE ANGEL

With his clerical collar peeking out of his Blue Angels flight suit, the Rev. Joseph McCaffrey made the sign of the cross before taking off in one of the Navy team's jets. McCaffrey, 53, pastor of Ss. John and Paul Roman Catholic Church in Franklin Park, took off on Tuesday in the backseat of one of the signature blue-and-gold F/A Hornets, beginning a 45-minute ride shooting down the runway and nearly straight up into the air above Arnold Palmer Regional Airport in Unity. "It's like being strapped to a rocket ship," he said afterward. "It really makes you appreciate what these men and women do every day, it's impressive."

Himself a pilot since 1998, McCaffrey flies a Cessna Cardinal, but the power, precision and silence in the F/A-18 Hornet cockpit are completely different. "It's like you're in another world," he said. "This plane will do things my plane can't do and the pilot can do things I can't do."

With the sun shining through the glass of the cockpit where McCaffrey sat, pilot Lt. Ryan Chamberlain roared on the engines and tested the flaps while exhaust fumes rippled across the airfield, distorting the view of St. Vincent Basilica in the distance. The flight reached up to 200 knots or about 230 mph, reaching 15,000 feet and pulling about 5.9 g-forces during different maneuvers, including one upside-down move with negative forces that renders riders weightless.

The priest said the "fabulous" experience will fuel many homilies. McCaffrey said he and Chamberlain even talked about the

impact of Pope Francis while they were in the air. "Part of it is just the wonder of God's creation and using what God's given us for good," he said. "People seek joy and happiness and seek it in all the wrong places

so often, but if we could just use what we have and the skills and abilities we have to do good, it makes you feel good."

Paul and JoAnn McCaffrey, the priest's brother and sister-in-law, watched the flight in awe. "He's always been this way," Paul said of this brother, who also has sky-dived and driven a race car to speeds of 160 mph. "He always likes to push the envelope, even growing up."

McCaffrey was nominated for the ride by parishioner Mike Ferko, a consultant for the Westmoreland County Airport Authority, which plans the show. "It makes me happy to see him happy," Ferko said.

The team last performed in Westmoreland County in 2012 before about 75,000 people over the two-day event. Each year, the team performs for about 11 million people - 34 locations are scheduled this summer. "We get to show them what it's like, not only to fly in an F-18 and see what the demonstration maneuvers are like, but more importantly show them what it is that the Navy and Marine Corps is capable of and what they're doing on their behalf all around the world today," Chamberlain said of the Blue Angels.

"Not everybody gets to do this, and that makes me appreciate it."