



The Section Connection



Spring 2011

www.mid-atlantic99s.org

www.ninety-nines.org

The Governor's Corner



Linda Mathias, Governor

Winter is behind us in most of the country and we can look forward to better flying weather. Keep in mind as you plan your flying activities that the 99s insurance coverage is available at no cost if you donate at least 50% of the proceeds to the 99s Endowment Fund.

When you are at the airport, be on the lookout for other women pilots and invite them to join us if they aren't members. The Mid-Atlantic Section Board of Directors has approved a membership competition between the chapters for the period April 1 to September 1. The winning chapter will be the one which has the greatest percentage increase in membership based on the April 1 roster and will be honored with a white tile in the headquarters compass rose. You can see the artist's conception of the compass rose on our website at www.ninety-nines.org. Small chapters have just as much chance to win as a large chapter so let's try to recruit during every flight when the opportunity presents. While I am on the subject of membership, you will soon be receiving a membership survey from the International Board of Directors. I hope you will take time to an-

swer the questions so that our leaders have the information needed to guide the organization in the direction you want it to go.

Most of you have heard that the 99s received a \$10,000 grant from Lightspeed Aviation last November; your votes made that happen. The Lightspeed Aviation Foundation gives five of these awards annually to the organizations receiving the most votes from pilots. The Amelia Earhart Memorial Scholarship Fund now has the opportunity to compete for one of those grants; please vote and ask all your pilot friends to vote for the scholarship fund at

www.LightspeedAviationFoundation.org/content.cfm/Finalists/Your-Vote-Counts. These additional funds will allow the AEMSFS trustees to award even more scholarships in the future. Our Section has had several winners in the past few years; unfortunately, this year none of our applicants were successful in the final step. However, there is always another opportunity to apply; our AEMSFS chairman, Mary Allen of the Delaware Chapter, will be happy to work with you to prepare the best possible application. Feel free to call on her at any time.

Our International Conference in Oklahoma City will be held July 13-17; I hope many of you are planning to attend. It will be an opportunity to see the improvements at our headquarters

building and visit the Museum of Women Pilots upstairs. There will be lots of things to do but, most importantly, you will have a chance to meet other 99s from around the world. The 99s is an organization filled with amazing women and you will be inspired every day.

The Eastern PA and Delaware chapters are busily planning a packed weekend for our Section meeting in September. A new member of the Eastern PA Chapter, Stacy Sheard, a production test pilot for Sikorsky Helicopters, will be participating in a panel during the weekend. Stacy is featured in an excellent video titled *Spotlight on Women in Helicopter Aviation* produced by the Helicopter Association International and which also includes many women helicopter pilots from Alaska to Florida. Take the time to watch this video at <http://tinyurl.com/3ft9bpm>; you will even see a young woman named Amelia Earhart who is a television reporter for CBS in Los Angeles. I think you will be impressed with the accomplishments of these women.

I hope to see many of you in Oklahoma City; as always, if you have any ideas or concerns about our organization, I would love to hear from you. I wish you a fun filled summer with blue skies and tailwinds.

Mid-Atlantic Section Aviation Award



All Section members are eligible to apply for the Mid-Atlantic Section Aviation Award unless they are already two-time winners. The award is cash to be used for any aviation purpose. Simply write a one-page letter and mail to Governor Linda Mathias, 151 Hidden Acres Circle, Windsor, VA 23487 by July 1. Do not include your name or specific details that would identify you in the body of the letter; instead, print your name at the bottom of the letter so that the governor may cut it off before sending to the committee chairman for judging. Questions should be referred to Jean Shields, Greater Pittsburgh Chapter, or to the governor. The award will be presented at the Section meeting in September.

The Ninety-Nines--Inspiring Women Pilots Since 1929

Fall Section Meeting

The Eastern Pennsylvania and Delaware Chapters of Ninety Nines are pleased to co-host the 2011 Fall Section meeting in a destination yet to be determined. Events will begin Friday evening, September 16th and continue through Sunday, September 18th. We hope you can attend all or part of the meeting, as there is something for everyone. Costs will be kept to a minimum. Registration forms will be included in your next SECTION CONNECTION. The meeting is designed to be fun and informative, so we hope to see you there!

Chr. Mary Ellen Morris, E. Pennsylvania Chapter.

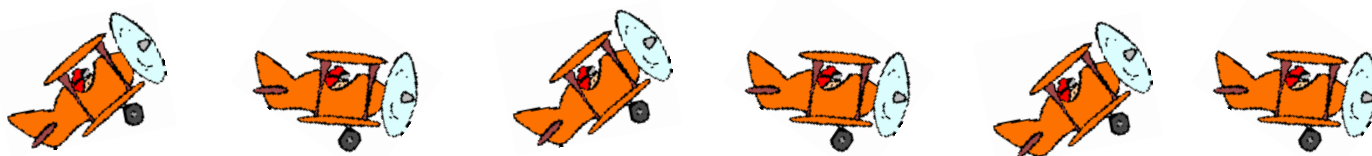
A special Thank you to the Maryland 99's and the Washington DC chapters for

An exceptional section meeting at Frederick, MD. It was interesting to hear of

ROSIE THE RIVETERS and their role in the war efforts. It was interesting

To see the "Breaking through the Clouds" by Heather Taylor...Very interesting

Interviews and film footage. Congratulations...



Suzanne Collins, chairman of the Hampton Roads Chapter had some good advice for all of us in her Chairman's message...

You've passed your checkride! Congratulations! Welcome to the club of aviators, where less than half of one percent of the population is certified to do what you have just accomplished! Do you feel special? Well, you should, because now you're a member of an even smaller group, women pilots!! Days after your checkride, you might be working your way through the list of family/friends discovery flights, sharing your love of aviation, and in the process, opening up a whole new world of possibilities to them. You're excited to be able to walk into the FBO, collect the keys and head out to the ramp. You've planned your trip, perhaps for lunch, meet the locals and begin your ambassadorship of aviation.

The states of Virginia and North Carolina have incentives offered to the pilots who choose to visit a number of airports and complete the programs offered....check them out...perhaps earning a coveted leather jacket, baseball cap or lapel pin. You stand to gain experience, confidence and friends in far-flung places if you stick around the airport long enough to say hello to one or more locals.

A Good Long Flight

My younger sister keeps sending me interesting clips about “aging” (hm , not me)
This was her most recent...

A Good Long Flight

Unraveling the secrets of the “super-agers” by Kim Green in SPRYLIVING.COM



Many of my heroes are AVIATRIXES, especially those women who took up flying when pilots of any gender were still considered pioneers-and just a little bit crazy. A flight Instructor myself, I’m fascinated with the women who paved the way for us younger flyers, women like the WASP, who flew military missions stateside for the U.S. Army Air Force during WWII.

That’s why, 10 years ago, I flew to a tiny Morristown, Tenn., airport to meet (then) 91 Year old Evelyn Johnson, an icon in the small community of women pilots. Since her first lesson in 1944, she’s logged more than 57,000 flight hours...that’s 6-and –a – half years aloft. Plus, she’s taught so many people to fly that she stopped counting after 3,000. As she reminisced, I couldn’t help but wonder if I’d still be airborne-or above ground at all-at her age.

It seems unlikely, considering that of my extended family, only one aunt has lived to see 90. I’m probably doomed to inherit my parents’ high cholesterol & blood pressure, even though I (unlike them) exercise often and abstain from smoking. But even if I do all the “right things” health-wise, do I really have any control over whether I make it to 100, body and mind intact?

As head of the Institute for Aging Research at Yeshiva University in New York, Dr. Nir Barzilai is exploring just that question by studying healthy centenarians like Evelyn, who at 101 still works 5 days a week managing Morristown’s airport, having been grounded after a car wreck 5 years ago. Extraordinary longevity and vitality late in life seem to run in families, Barzilai says. He’s also noticed that many of his “super-agers” have abnormally high levels of HDL _the “good” cholesterol_ which points to a genetic predisposition towards healthy aging. And he’s identified genes that may confer resistance to age-related diseases like type 2 diabetes, Alzheimer’s and cardiovascular disease, all of which shorten life and severely diminish its quality. Although most of us probably don’t have these “longevity gene” Barzilai hopes that studying them may revolutionize how we think about aging. Instead of treating age-related diseases individually, he wants science to consider the aging process as a whole and learn to modulate the illnesses that accompany it. Understanding the biological pathways that allow some people to live longer, healthier lives, he believes, could lead to drugs that would offer similar benefits to others. In the interim, though, where does that leave those of us whose family histories are rife with heart disease, diabetes & dementia?

Luckily says geriatrician Dr. James Powers of Vanderbilt University Medical Center in Nashville, TN., DNA is only part of the picture. “Lifestyle choices can make a huge difference in length of life & I believe , quality as well,” he says. Powers & Barzilai suggest that instead of thinking fatalistically, we can make the most of our genetic potential by taking good care of brain & body. Find time to exercise every day! Keep your weight down and take statins & aspirin.

Evelyn Johnson says her secret to living such a long and fulfilling life. “I love what I do and I’ve been very happy , very busy and I like to work every day.”

I hope I wake up every day as excited to meet the world as Evelyn is at 101 years old. Her attitude may not have prolonged her life, but it seems to have made the time fly!

Membership Award

As you are probably aware, the 99s membership has been slowly decreasing. We all need to do our part in recruiting new members but may need an incentive to get started; the Section Board of Directors has voted to initiate a membership award to be presented at the fall Section meeting to the chapter which has made the largest percentage increase in membership between April 1 and September 1. The award will be a tile in the HQs compass rose donated in the name of the winning chapter; if the chapter has already purchased a tile by that time, the award will be a donation to the 99s Endowment Fund on behalf of the winning chapter. The baseline membership number for each chapter will be the April 1 membership reported by HQs. Please publicize this to your chapter members and let's try to get everyone energized to swell the numbers within the Mid-Atlantic Section!

Best wishes,
Linda

Mission Statement

The Ninety-Nines is the international organization of women pilots that promotes advancement of aviation through education, scholarships, and mutual support while honoring our unique history and sharing our passion for flight.

Inquiring Minds Wanna Know!!!!

Tell us about “your Backyard” by answering these questions:

What airport & city did you fly out of?

What did you fly”

What type of flying did you do?

What type of weather or other things kept you grounded?

What type of terrain did you fly over and how did this affect how you flew?

What do you look forward to as the seasons pass?

Send your answers in paragraph form WITH pictures to Section Connection

chasandjean@suddenlink.net



2011 International Conference Schedule

Oklahoma City Marriott

Oklahoma City, Oklahoma

July 13-17, 2011

Hosted by the International Board of Directors

<https://tpires.com/99s/index.htm> to register

Calendar of Events

2011	June 21-24	AIR RACE CLASSIC 35 th Anniversary- Celebrating ARC Heroes & History Iowa City , IA to Mobile , AL
2011	July 13-17	Ninety-Nines International Conference, Oklahoma City, OK
2011	September 16-18 th	HOLD THE DATES—Fall Section Meeting
2012	July 11-14	Ninety-Nines International Conference, Providence, RI
2013		Ninety-Nines International Conference, Bozeman, Montana

Mid-Atlantic Section Officers & Committee Chairs

GOVERNOR	Linda Mathias	lbmathias1@gmail.com
VICE GOVERNOR	Sharon Blodinger	w4npx2@earthlink.net
SECRETARY	Marti Tidmore	martmore_associates@yahoo.com
TREASURER	Connie Jones	aviatrix@cox.net
IMMEDIATE PAST GOV.	Sandra Hawkins	sandrahawkins@earthlink.net
CHAPTER CHAIRS	Central PA	Carol Church, flysci@aol.com
	Delaware	Rachel Anderson donrachel@earthlink.net
	Eastern PA	Mary Ellen Morris mryellnmorris@aol.com
	Greater Pitt	
	Hampton Roads	Suzanne Collins sancollinstechnologist@gmail.com
	Keystone	Nancy McCurry nmm18951@yahoo.com
	Maryland	Ginny Carlin vcarin21@comcast.net
	Old Dominion	Christa Houser cjshouser@yahoo.com
	Shenandoah Valley	Sara Fultz sfultz1@verizon.net
	Sugarloaf	Sethany Van Lehn sethvl@comcast.net
	Virginia	Sharon Blodinger w2npx2@earthlink.net
	WashingtonDC	Debi Dreyfuss debidesigns@gtcinternet.com
	West Virginia	Evy Bryant evybryant@yahoo.com
COMMITTEE CHAIRS	AE Memorial Scholarship	Mary Allen n9112w@juno.com
	Aerospace Education	Kathy Pettiss pettpilots@gmail.com
	Airmarking	Heather Hill globularclusters@yahoo.com
	Bylaws & standing rules	RJ McGlasson rmcglasson@dcscorp.com
	Endowment Fund	Mary Wunder marywunder@gmail.com
	Flying Activities/NIFA	
	Historian	Donna Wilt dfwilt@aol.com
	Membership	Suzanne Collins sancollinstechnologist@gmail.com
	MA Aviation Award	Jean Shields n3xxl@juno.com
	NASA Grant	Carole Wyman wymanc1@comcast.net
	Non-Profit 501©3	Sharon Blodinger w4npx2@earthlink.net
	Public Relations	Betty Vinson bettyvinson@verizon.net
	Registered Agent	Nancy Rohr freespirit@dplus.net
	Safety Education	Barbara Rohde rohdebjr@aol.com
	Ways & Means	Linda Cain lcain8203@aol.com
	Website	Ellen Nobles-Harris pilot99ellen@verizon.net

The Ninety-Nines, Inc.

Mid-Atlantic Section

Jean Pickering, Editor

Suzanne Collins, Membership Chair

PO Box 13626

Chesapeake, VIRGINIA 23325-0626

Women Airforce Service Pilots (WASP)



They
Had the
“Right Stuff”