

That's the beginning of a phrase made famous by John F. Kennedy in 1961 at his inauguration as President of the United States. The entire quotation can easily be paraphrased to be appropriate in myriad situations. Specifically, to our own organization.

The UFO is all about comradery. Sadly, that has been lacking over the past two years because of the Covid-19.

But, you ask: "what can I do that would make a difference?" Let me count the ways:

You can become a walking, talking billboard. Our website has a wide variety of logo merchandise which make excellent " ice-breakers". If someone makes a comment about your UFO cap, your lapel pin or even the window decal on your car or aircraft... well, you're off to the races.

You can organize a UFO get-together. And, no, you do not need to be an appointed Area Representative to do this. You can organize your own local UFO meeting or help your Area Representative organize one.

But most import	antly, you might consider assuming a position of leadership within the UFO. Take a look at the list of Area Representatives and Regional
Inside this issue: Region Reports	Managers found in the soon to be mailed directory. If there is a WANTED ad in your state or region or, do you note where one person covers more than one state? Volunteer to fill that void.
N <u>ew Member Bio</u> Other important news	Remember: the UFO is an all-volunteer organization. So, "ask not what the UFO can do for you; ask what you can do for the UFO".
International News	Jim Cavender, UFO President (817) 292-1044 jimsufo@gmail.com
Living to be 100	
Gone West	

Region 1 Report by Bob Barker CT MA ME NH NJ NY RI VT

SQUAWK

Look for an important announcement coming in next month's newsletter. In the meantime, here is something to ponder. Bob Barker, Exec. V.P., Northeast Region Mgr, Area Rep for 6 States Member of the UFO Board of Directors

A piece of your soul

If you have ever danced with the clouds in the sky, chased your shadow across the plains and seen the blackness of the night from the air.... seen it streaked with flashes of light in the distance as the day refuses to die, then you know the glory of flight. Once you have been bounced about while skirting thunderstorms, flown through the middle of round rainbows and piloted an aircraft all alone on a sunset flight,....once you have done all that, flying becomes a piece of your soul.

When you are 20 life is eternal. When you reach 40 you begin to sober up. If you are a pilot at 60 you pray every time your medical comes due. At 70 you realize the day will come when you have to give up that little piece of your soul.

You cling to it, relish every flight. As you cinch the ropes tight after every flight you wonder how many more times you will do that. Then someone tells you about a group of aviators who flew at age 80 and beyond.

You set a goal, a goal to stay in the air until you can join that unique band of brothers and sisters who proudly call themselves United Flying Octogenarians. The rocking chair can wait. You watch your health, keep your mind active and your flying current. Then with a little bit of God given luck you make it. What a joy! What an accomplishment! You are 80 and you flew.

Now and for evermore, you have a seat at the table where old pilots go to reminisce and tell each other how good they used to be. Life is good. You are a UFO. .© Bob Barker

Thomas Seybold US Army 1960 to 68 RVN 63/64 Helicopter Pilot class 62-11B Camp Wolters Tx, fixed wing solo 1968 Coram NY J-3 cub Instructor Tom Murphy. Last bi-annual and IPC/multi Nov 2020 current Class II medical...Flying a C-172SP G-1000 suite.

DOB Nov 16, 1941 NY

Region 2 Report DC DE MD PA VA WV

Herbert Rosenthal (shown with daughter Amy)

I became 80 in 2021. I soloed in 1958 at Cleveland Hopkins Airport in an Aeronca 7AC. It took me a while but I got my private in the fall of 1959 in a Piper J3 with a venturi driven turn needle and a battery operated low frequency receiver to perform low freq four leg radio range orientations. Two years later I earned my commercial certificate and a Limited Flight Instructor certificate in the summer of 1961 in a Cessna 140. My flight school was very nice and let me finish up five students

in the few weeks before I had to return to college so that I could convert my LFI to a permanent CFI certificate.



I went on to earn an instrument airplane and CFI-IA ratings.

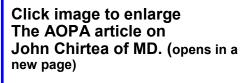
I have been in the TSS Flying Club based at KGAI since the mid 1970s. Since I retired from practicing law, I have been doing a lot of instruction in my club. Checkouts; transition training; annual proficiency checks; IFR and commercial training.

I take lots of adventure trips. I have landed in every US state; all Canadian provinces and territories; the French islands south of New

Foundland; and the Bahamas; and four countries of Southern Africa. In June 2021, we flew to the Peace Garden on the border in North Dakota/Manitoba followed by several days in the desert Southwest of Utah. Just gorgeous country. Hopefully 2022 will allow a trip to the Bahamas and Canada and maybe Alaska (again).

I have logged over 7700 hours over half of which are flight instruction given.

At Gaithersburg, MD, I am friendly with UFO members Bob Gawler and George Samara.







Region 3 Report AL FL GA KY MS NC SC TN

Ron Cooke FL

I soloed Jan 1, 1970 in a Citabria. Since then I have owned three C172's and for the past 30+ years fly C182, J3 Cub on floats in the summer, and PA15 Vagabond in the winter (until we started coming to Florida for winter months 13 years ago). Summer we are based on small lake near North Bay Ontario (200 miles north of Toronto). We

bring the C182 to FI and are based at KPGD for 5 months in winter. Over past 25 years have flown 600+ young eagles on floats, wheels, and skis. Have my Commercial, IFR, and Seaplane ratings and still fly 100+ hours a year. Looking forward to being

active in UFO organization.

Photo taken morning of my birthday when we went for a flight for me to be "legal" to celebrate that evening.



Bill McLean

Soloed 1957 in Aeronica Champ Private license 1978 Basic aerobatic training in CAP 10 w/ French Connection 1987 First airplane, Vans RV-4 2004

First aerobatic contest in 2010 at Keystone, FL and competed in 20 more including the Nationals in 2016.

Joined the UFOs in 2021. 1/18/41 81st birthday

So what did I do on my birthday? Went to the US Army Aeromedical Research Laboratory where I work part time as a consultant on anything that can affect or enhance aviators' vision such as night vision goggles and optical assessments of protective eyewear such as laser protective visors.

https://federallabs.org/labs/us-army-aeromedical-research-laboratory-usaarl#about .

After lunch went to the airport to practice the proposed IAC Intermediate Known and my Free Style sequences. The weather was perfect with clear skies, temps above 50 degrees, and calm winds. With the 10 maneuvers in the sequence, I pulled 5.2 positive and 2.2 negative Gs while staying in the 1000 x 1000 meter box most of the time. With my Free Style sequence, it was 5.0 positive and 3.2 negative Gs, which included an inverted spin and inverted push out from a down 45 degree line. Yeeee-Haaaa. I'm still planning on my bucket list item of flying in an aerobatic contest at the Intermediate level in my RV-4 and over 80 years old. When I was 79, I flew in a contest before Corvid changed everything. Some older videos can be found at: willyeyeball - YouTube I have been blessed.



SQUAWK



Billy Walker AZ

1st solo 9/30/1957 Cheyenne WY - C-140 - Luscombe T8F - C-180 & D-50. 40 years with the airlines with a two year interruption

for the SE Asia War Games.

Have flown more than 250 aircraft types. A few were exotic! Navy P2B1S (B-29), AJ "Savage" we're interesting. See my web site

Https://CaptainBillyWalker.com

Grateful to still be flying!

Ron Darlington Birthday Oct 3, 1941

Started with a PT 19 in 1966 still flying my beautiful P35 V Tail. Have 5200 hours and still going strong. Happy to be a member of this fine group, and look forward to meeting any of you that I can. What State are you living in? Florida



NOTAM

New Facebook Private Group established. Please Join today. https://www.facebook.com/groups/999409040914639

The organization is seeking a Treasurer. If you are interested please email or call Jim Cavender <u>jimsufo@gmail.com</u> (817)292-1044

If you live in any of these states (IN MI OH) would you consider being a regional manger? We need a coordinator to organize meetings. Please let us know. Bio Input Form. New way to get your data to the newsletter editor. <u>Click Here</u>

Region 5 Report IA IL KS MN MO ND NE SD WI

Norman Beyer, MO/IA/KS Area Representative Region 5 Manager, UFO Board Member:
Now that it's January, named for "Janus" the Roman 2 faced god that looks at the past and future, let us take a few minutes to look at UFO in 2021 and 2022. COVID-19 dealt us several blows throughout 2021.
We were all especially vulnerable due to our age. I hope that most of us got a vaccine as soon as it was available. I did, and the booster. I further hope that the vaccines continue to give us the protection from mutations. It seemed that what the COVID didn't prevent the weather did!
As we look forward to 2022, maybe we can have more UFO inperson events. Let us all resolve to do our part to replace some of

the current bitterness with kindness; recognize that disagreement doesn't require a winner and loser, but both sides can work together (maybe even compromise) for a better solution. "Brighten the corner where you are". Phone more fellow UFO's, and friends to encourage and comfort.

Please call 417/709-3045 and inform me of events of interest to pilots in your area. I want to include these in my next newsletter.

Please check <u>UFOpilots.org</u> often for the latest news.

February: what is it?

It started in Rome as a ritual of purification, a month of washing and cleaning. In today's world many still plan on "spring cleaning", usually a little later when it's warmer. Pilots often plan their "annuals" in February in preparation for spring flying.

With the omicron variant we should see that the air we breathe is clean and pure from viruses with CDC approved masks. Our age alone makes us vulnerable to the virus. While we're at it maybe we should purify our relationships by working on our disposition due to the forced separation from friends and relations.

The telephone is a COVID friendly device for communication. Make calls to UFOs from the Friendship Directory", and other friends.



SQUAWK

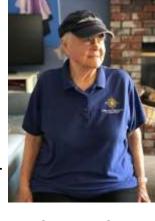
Region 6 Report by Brownie AK ID MT OR WA WY

Welcome the new Area Representative for ID, Annie Orton .

I lived in retirement in Idaho for 22 years. That is where I learned to fly and pilot gliders. I flew all over the Northwest - WA, OR, MT, ID and trips to CA to visit my family.

Most of my time was flying solo. I had a 2 year term as director in the 99s(Lady pilots)

When I visited my family here in San Luis Obispo, I met UFO members who had never been to a meeting. I started one immediately.



So while a resident of Idaho, I started the annual meeting in

SLO. It was popular from the beginning. Except for flying trips to Central Coast California, I flew all over Idaho doing work for 99's and flying to meetings.

I still know many pilots in Idaho (but they are getting old!)

What I am hoping to do is use my knowledge of Idaho and friendships to try to find a much younger AR who lives in Idaho. My iPhone telephone code is 208, covering all of Idaho. The only phone I use now is my mobile phone. 208-290-3618.

BROWNIE UPDATE Region 6:

The year is going to be an in person year as much as possible. Masks will be an ongoing wardrobe item. This is not helpful when trying to remember names and not seeing the whole face.

What is happening in the region (that I am aware of)

- February 26-27 Northwest Aviation Conference and Trade Show
- May 21 KCLM Fairchild International Airport Appreciation Day & Young Eagle Rally
- August 27 W28 Sequim Valley Airport Air Affaire (my home airport).
- Friday Harbor Annual meeting date TBD

I would like to have meetings in the Anchorage, Seattle, Spokane/Coeur d'Alene, Portland, Boise and Missoula areas.

Region 7 Report AZ CA HI NV UT

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After a visit in Montana, Annie Orton ready to fly back home to Idaho in my plane,, a Piper Cherokee. I had been a Flying Octogenarian for 2 years at that time. Area Rep CA (North & Central)

Jerry Burge Birthday Oct 15, 1941

Commerical , Multi, CFII 10700 hours USN vet.



Jim Martin

Jim earned a Bachelor of Science degree from the U. S. Air Force Academy and an MB,{ from the University of Dayton. While on active duty in the Air Force, he flew worldwide routes for the Military Airlift Command in the C-1358 and C-141A aircraft. Later he was assigned to the F-100 Super Sabre and flew 289 combat missions in Southeast Asia.

Following his combat tour, he attended the Air Force Aerospace Research Pilot School at Edwards and later flew experimental and developmental flight tests at Wright-Patterson AFB, OH. In 1973, he joined NASA's Ames Research Center where far 25 years he flew various experimental and developmental flight test programs involving powered litt STOL aircrpft and well as platform aircraft involved in airborne science. At the time of his retirement from NASA he was chief of flight operations at Ames.

Jim served in the Air Force Reserve for 26 years and retired at the rank of Brigadier General. He currently is employed as an aviation consultant, and corporate pilot. He has accumulated over 25,000 flight hours in more than150 aircraft types. His hobbies include golf and sport flying in his RV-7.





Region 8 Report IN OH MI

This region needs a Regional Manager Volunteer today.

Safety Minded:



Ilness-Do I have any symptoms?

Medication—Have I been taking prescription or

over-the-counter drugs?

Stress—Am I under psychological pressure from

the job? Worried about financial matters, health

problems, or family discord?

Alcohol—Have I been drinking within 8 hours?

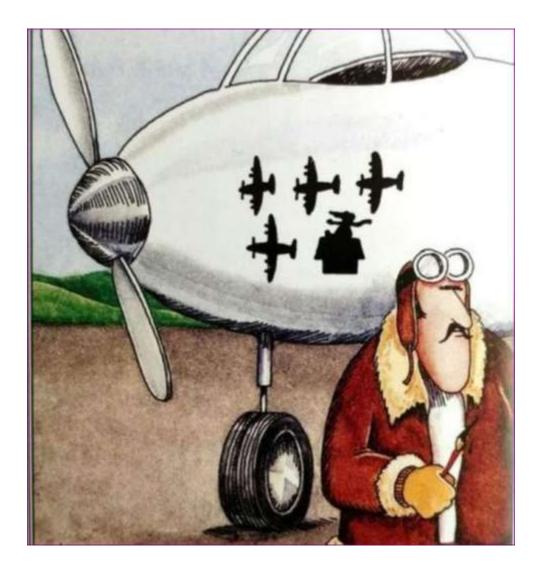
Within 24 hours?

Fatigue—Am I tired and not adequately rested?

Eating—Am I adequately nourished?



Region 9



PONDER THIS:

The Charles Schulz Philosophy..



The following is the philosophy of Charles Schulz, the creator of the 'Peanuts' comic strip.

You don't have to actually answer the questions. Just ponder them. Read them straight through, and you'll get the point.

1. Name the five wealthiest people in the world.

2. Name the last five Heisman trophy winners.

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- 3. Name the last five winners of the Miss America pageant.
- 4. Name ten people who have won the Nobel or Pulitzer Prize.
- 5. Name the last half dozen Academy Award winners for best actor and actress.
- 6. Name the last decade's worth of World Series winners.

How did you do?



The point is, none of us remember the headliners of yesterday. These are no second-rate achievers. They are the best in their fields. But the applause dies .. Awards tarnish ...

Achievements are forgotten. Accolades and certificates are buried with their owners.



International News

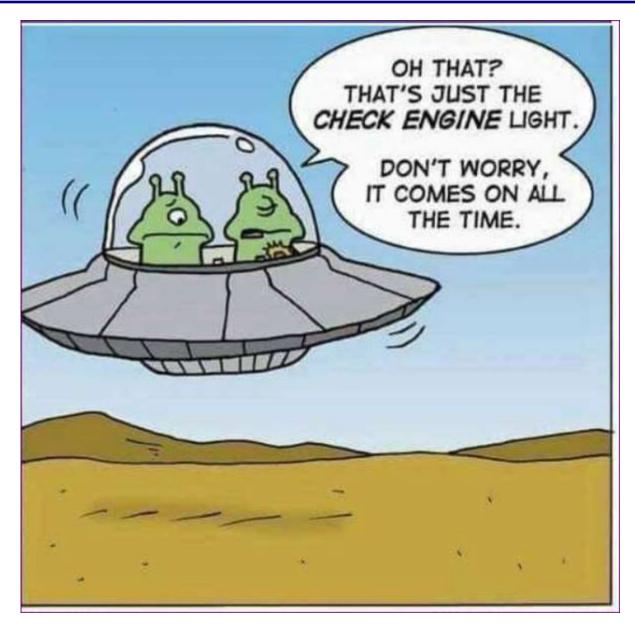
International UFO member Jean Claude Dispaux (Paris) has a very interesting web site. I encourage you to take a look and enjoy his adventures.

http://dispaux.net/en-deux-premiers-vols-planeur-et-avion



by Jean Claude Dispaux

Contact: jc@dispaux.net



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Other Important News

SQUAWK

If you have not had your bio in the newsletter and would like to submit one for publication with 1 or 2 pictures please use the new link. (Please limit your input to approximately 250 words.)

CLICK HERE FOR THE INPUT FORM

Share the newsletter with your friends who are almost old enough to be a UFO.

BE A WALKING BILLBOARD



These shirts will be seen walking around at <u>The thirty-eighth Northwest Aviation</u> <u>Conference & Tradeshow</u> in February. WA State Fairgrouns Puyallup WA

<u>FIRST LOOK AT 2022 AVIATION EVENTS</u> <u>THE WHO, WHAT, WHERE, AND WHEN OF AVIATION</u> <u>EVENTS are back_click the link</u> Remembering Bill Webber who was an advocate for living to be 100.

<u>10 Things to Do Every Day to Help You Live to 100, According to Experts</u> EatingWell by <u>Jessica Ball, M.S., RD</u> <u>online</u>

Carry a water bottle everywhere. Hydration is important for so many bodily functions, from your brain and heart to your joints.

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Practice the 80% rule. Reminder to stop eating when you are 80% full
Snack on nuts. Not only are they delicious and versatile, but also they are packed with filling, healthy fats, fiber and nutrients.

- **Eat beans daily.** Eat beans as a source of filling and nutritious protein. Whether they are consumed in the form of black beans, lentils, hummus or tofu, beans provide ample fiber, protein, vitamins and minerals, nutrients that are crucial for healthy aging.
- Walk when you run errands. It is a low-intensity physical activity. Daily walks and Park away from the entrance to the store (when weather allows).
- Limit meat to once per week. Only enjoy meat as a special treat rather than a nightly staple. In fact, many only eat meat once a week and in smaller portions than what we are used to.
- **Schedule in social time.** Social support is a crucial part to health and longevity, and can help prevent diseases like dementia.
- Make time for hobbies. Have hobbies or things outside of work that help give them a sense of purpose. Many people simply describe it as a reason to get out of bed in the morning.
- Surround yourself with support. Your friends and family can have a big impact on your physical, mental and emotional health.
- **Cheers!** Having a drink can help you relax and reduce stress, which is good for reducing inflammation, boosting heart health and stabilizing body weight. Plus, some research has even found some health benefits to drinking wine, thanks to antioxidants like resveratrol.

<u>Bottom Line</u> To be clear, even if you do all of these things, it is not guaranteed that you (or anyone) will live to 100, but we can try.

Bill Webber always mentioned this book as a guide to living to be 100. It is called <u>WE LIVE TOO SHORT AND DIE TOO LONG</u> by Walter M. Bortz II, M.D.

Gone West. 2021-22 Final flight plan filed and completed

SQUAWK

Walter J.	McFadden	@96	January 20, 2021	of Amelia Island FL	OBIT
Don Newman			January 24, 2021	of Bellaire FL	OBIT
Howard	Knutson		January 22, 2021	of Anchorage AK	OBIT
Lt. Col. Paul Hasz			February 28, 2021	of Port Saint Lucie F	LOBIT
Frank	Tangel		April 10, 2021	of Bakersfield CA	OBIT
Richardson Thies			April 10, 2021	of Urbana IL	OBIT
Lt Col Eliot Potter		@99	April 13, 2021	of Topeka KS	OBIT
Dietrich	Meyer	@82	May 1, 2021	of Pine Grove CA	OBIT
Thomas	Adams	@89	May 7, 2021	of San Antonio TX	OBIT
Donald	Walls	@85	June 2, 2021	of Port Ludlow WA	
Arthur	Schwedler	@94	June 25, 2021	of Stroudsburg PA	<u>OBIT</u>
Alvin P.	Lehnert	@92	July 1, 2021	of Darlington MD	OBIT
Elvin M	Drake	@85	July 1, 2021	of Monroe ME	OBIT
Martin	Geraghty	@102	2 July 17, 2021	of Englewood FL	<u>OBIT</u>
Minot Richardson		@96	August 12, 2021	of Elizabethtown KY	<u>OBIT</u>
William	Demers	@95	September 2, 2021	of E. Providence RI	<u>OBIT</u>
Charles A	. Kulp, Sr.	@ 96	October 17, 2021	of Manassas VA	<u>OBIT</u>
Stephan	Fusco	@	October 22, 2021	of Medford OR	
John	Elwell	@88	November 3, 2021	of Anaheim CA	<u>OBIT</u>
J Homer	Doell	@84	November 10, 2021	of Elfrida AZ	<u>OBIT</u>
Frank	Ahlman	@84	December 2, 2021	of Faribault MN	<u>OBIT</u>
Walter J	Carlson	@93	December 6 2021	of Des Moines IA	<u>OBIT</u>
Walter "Bud" Carlson		@93	December 9, 2021	of W. Des Moines IA	<u>OBIT</u>
James C	Geanakos	@85	December 11, 2021	of Arlington MA	<u>OBIT</u>
Col. Robe	rt McBride	@99	December 13 2021	of Cedar Park TX	<u>OBIT</u>
Eugene	Clifford	@85	December 19, 2021	of Valparaiso IN	<u>OBIT</u>

