

SERVING THE SACRAMENTO COUNTY SHERIFF SINCE 1941

# Sacramento County Sheriff's Air Squadron Newsletter

THIS MONTH'S MEETING

## Mather Fleet Review:

### Sheriff Cooper gives a "high five" to Squadron

Last month, over 70 Squadron members, SSO personnel, and guests attended our 2023 Mather Fleet Review.

Held at Sheriff's Air Operations hangar, Sheriff Cooper viewed a well-maintained fleet of GA aircraft. "I'm impressed," Cooper said, "your organization should be proud of many years of dedication to local law enforcement support."

SSO's Honor Guard helped kick-off the dinner event as they posed state and departmental colors. Cooper thanked the Honor Guard members. "I know the unit is never satisfied or content with present abilities – and always strives to achieve a higher level of capabilities."



Three new Squadron Community Airman members were sworn in by Cooper: Julie Circle, Lisa Keenly and Ryan O'Neil.

Guest speaker David Marler highlighted the evening's event with a carefully detailed account of a phenomenon that has sparked intense debate among many and excited the imagination of many others – UFO sightings.



By Dale Terry, Newsletter Editor

### Mojave Fly-Out

October 27<sup>th</sup>

Mojave Air & Space Port - KMHV



Every day in the skies over Mojave and on the ground at Mojave Air & Space Port people are involved in aviation and space development. Tours are not available to the public – so our visit to the National test Pilot School, Scaled Composites and Stratolauncher sites is a rare opportunity.

See the attached tour flyer for complete details.

Thanks to Ken Lux for arranging our October tour.



## FLEET REVIEW PHOTO GALLERY

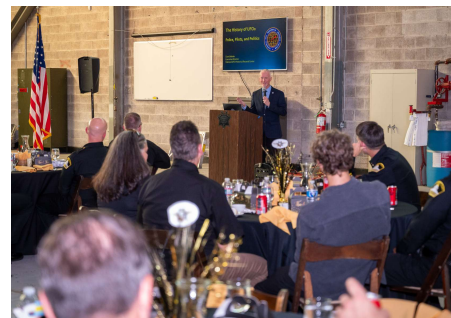
Our thanks to Joshua de Jesus, Department Photographer at SSO, for his help in capturing Fleet Review events.

### Views from the flightline





## Views from dinner meeting





# Safety Brief:

## Fatigue



By Hunter Jefferson, CFII

You just had an awesome three-day weekend with friends and family at your favorite vacation spot and now it's time to fly yourself and the family back home.

Everyone is burnt out and the family decides to sleep on the plane while you fly the long 5-hour flight. Luckily, you have an autopilot onboard to help, but this requires a constant attention to the airplane.

Ever been in this situation?

It is estimated that 4-7% of civil aviation incidents and accidents can be attributed to fatigue pilots. An FAA brochure on fatigue describes fatigue as "A condition characterized by increased discomfort with lessened capacity for work, reduced efficiency of accomplishment, loss of power or capacity to respond to stimulation, and is usually accompanied by a feeling of weariness and tiredness."

Studies have shown that being up for 18 hours is equivalent to someone having a blood alcohol content of 0.05% and staying up for 24 hours is the same as 0.10%. Now hopefully no one is flying after being up for 24 hours, but up for 18 hours is possible.

The FAA breaks fatigue down into 3 types: Transient, Cumulative, and Circadian. Transient fatigue is brought

on by sleep restriction within 1 to 2 days. This may be the type of fatigue for your 3-day weekend.

Next is cumulative fatigue which results from mild sleep or extended hours awake across a series of days.

And lastly, circadian fatigue refers to the reduced performance during nighttime hours, particularly during an individual's "window of circadian low" which is usually between 2 am and 6 am. Flying in the helicopter emergency medical

• Impaired decision making and judgement.

• Moodiness or irritability with others in the plane.

Ok, remember my early example of returning with family from that three-day weekend? Try this:

• Avoid alcohol or caffeine 3-4 hours before going to bed to ensure 8 hours of quality sleep. And avoid exercising 2-3 hours before bed.



services (HEMS) industry, circadian fatigue is common as we fly many missions between these early morning hours.

Let's spend a moment to focus on tips to minimize transient fatigue.

So, besides the normal signs such as yawning and "cat naps", be aware of some other signs such as:

• Headaches

• Dizziness

• Muscle weakness

• Slowed reflexes and responses.

• Be mindful of any medications, even over the counter meds.

• Try to establish a comfortable sleeping arrangement at home or on your vacation.

• Establish a routine as much as possible.

• Get plenty of rest and minimize stress before a flight.

Lastly, if too tired to fly, rethink the flight and postpone it accordingly, so you can have more memorable vacations with your family and friends!

# Around the Squadron:

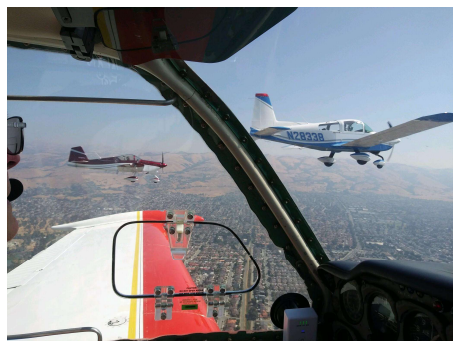
## Ulli Luenemann uses Squadron members for international relations

Last month several Squadron members volunteered their aircraft to provide Northern California air tours for German students attending classes at California State University, Sacramento.

The tours were part of Professor Ulli Luenemann's annual International Relations study group.

One flight, led by Stan Stewart departed KSAC for a local air show in San Jose with a 5-ship formation fly-by.

Next day, Stan Stewart, Ron Richey, Dale Terry, and former member Kurt Siggard departed KSAC for a Lake Tahoe air experience.



## Deepest condolences to Joe Williams

All Squadron members were saddened to learn of Grace William's passing. Grace and Joe Williams had been married for 67 years. We know she was loved and will be missed by many.

## Doug Hunting takes Leave-of-Absence from Commander position

Squadron Commander, Doug Hunting, has been approved by the Board to take a three-month leave-of-absence due to an extremely hectic work schedule.

During his leave, Vice Commander, Shawn Britton, will be leading our group. Doug will remain on the Board during his LOA.

## Julie Circle "rocks"



New Squadron member Julie Circle readily admits to long term vision

impairments in her life – but that doesn't keep her from a very active lifestyle.

Her older brother graduated from the Sacramento Sheriff's Academy and has worked in Santa Cruz and Roseville PDs. Recently, Julie had a cockpit tour in a B737 bound from NY to DFW. For many years Julie has worked at the annual Reno Air Races.

## Squadron members attend Capital Airshow



Many members attended this year's Capital Airshow at Mather Airport. Ken Lux and Tim Pinkney enjoyed the Connie display.