



SERVING THE SACRAMENTO COUNTY SHERIFF SINCE 1941

Sacramento County Sheriff's Air Squadron Newsletter

THIS MONTH'S MEETING

“Doc” Dugdale, AME:

Celebrating 60 years of medical practice

Honorary member **William “Bill” Dugdale, MD** has been well known to our Squadron for many years – after all, as an Aerospace Medical Examiner, he has provided pilot medical examinations for literally thousands of northern California pilots.

Bill graduated from the University of Illinois College of Medicine in 1964 and went into training as a Naval Flight Surgeon. After time in the Air Force, Dugdale retired as a full bird Colonel in 1997.

This year, Dugdale celebrates his 60th year in medicine.

Becoming an AME is not an easy task. First, a physician attends a week-long training seminar in Oklahoma City, then every three years subsequent training is required.

Today, Bill is one of approximately 4,000 AME's able to issue aviation medical certificates.

Medical certification of U.S. airmen officially began with the Air Commerce Act of 1926, which mandated that all pilots be medically qualified to fly.

Why does Bill do it? He says, “I enjoy meeting all the pilots that come my way. And I really have enjoyed contributing to the public's need for a safe, efficient air transportation system. I feel part of a team.”

The FAA grades medical examiners annually by judgement and decision making. Doc Dugdale has always scored at the top of his testing class. He achieved 86% score on his last exam.

When you see Bill at an upcoming meeting ask to hear about his war stories – he has lots of great tales to tell.

At age 87 years, Dugdale seems to be ready for several more years as an AME. It is great to have him in our Squadron.

Dale Terry, Newsletter Editor

Dale Terry

Squadron Communications Officer

This is Africa: Self Fly Safari

August 21st, 5:30 pm

Squadron Headquarters KSAC



Join your Newsletter editor, Dale Terry, as we follow Dale's flight in ZS-ERO through South Africa, Botswana and Zimbabwe on the ultimate Self-Fly Africa adventure.



Commander's Column:



Inspiring our next gen

Last month our Squadron supported 9 Sacramento youth at the week-long Aerospace Museum of California's Summer camp. The camp concluded with a Squadron sponsored day featuring personal tours of the Coast Guard facility at McClellan and a flight in my Beechcraft Bonanza.



The joy and excitement on the children's faces were priceless, and we received overwhelming positive feedback from both the children and their parents, with many declaring it the best summer camp they had ever attended. We are confident that this experience will inspire many future aviators from this year's group.

None of these achievements would have been possible without the generous support of our members. Your donations have a direct and dramatic effect on our local youth, providing them with opportunities to explore and pursue careers in aviation.

As we approach the end of the year, we encourage you to consider making a tax-deductible contribution or volunteering your time to help continue these impactful programs. A special thanks goes out to **Julie Circle** and **Lisa Keenly**, who coordinated the camps, **Tom and Karen Jones** for supporting the program through the Museum, and to **Sophia Barton** and **Jacob Britton** for their invaluable assistance with the tours and flights.

Last year, we proudly sponsored direct scholarships for 10 promising

candidates, providing cash grants to support their aviation careers. Among these exceptional individuals is Sophia Barton, who achieved a significant milestone this month by earning her Private Pilot certificate while training in Reno. Sophia is now transferring to the University of North Dakota to pursue a career in Commercial Aviation with a minor in Military Science, where she will also serve in the ND National Guard.

Another scholarship recipient, Tenley Ong, has been making her mark at Sacramento Executive Airport. With a very busy training schedule, Tenley is dedicated to training the next generation of aviators, embodying the spirit of mentorship and leadership that our Squadron aims to instill in all its members. I'm inspired every time I go by the North Hangars on Saturday and see all the students actively involved in their education.

Thank you for your continued support and dedication to the Sacramento Sheriff's Air Squadron. Together, we are making a lasting impact on our community and the future of aviation.

Shawn Britton, Commander

Around the Squadron: Things to know

By Dale Terry



On Saturday, August 24th, Lincoln Airport will be hosting Lincoln Wings & Wheels. Formerly the Lincoln Airport Open House, this event has grown in scope and attendance.

Our Squadron is scheduled to have an exhibit booth at the show.

Last year over 7,500 guests attended to see hot air balloons, all varieties of aircraft, and sports-classic-exotic cars.

Saturday will begin with a hot air balloon rise, followed by arriving aircraft for static display and flybys. There will be hundreds of vehicles on display. Parking for the event is free and the entrance fee is only \$10 per adult.

Net revenues from the event will be given to the youth flight scholarship program of the local EAA chapter.

Julie recovers

Julie Circle has missed recent meetings due to some unexpected trips to UCSF for medical treatment. She says, "This illness has been a bummer, since I missed the Flight to Freedom event, missed participating in the Museum Kids Camp and our last Squadron meeting. I also had to cancel two vacations!"

Get well soon Julie.

On-site Rancho Seco tour in September

Mark your calendars for a special field trip and on-site tour of the decommissioned Rancho Seco Nuclear Generating Station. On September 18th, we will meet at 12:00 noon at Rancho Seco Recreational Area for a picnic lunch followed by a plant tour.

Sacramento made history over 35 years ago, becoming the first community to shut down a nuclear power plant by public vote. But in many respects, the plant lives on due to the remaining nuclear fuel stored on site.



While the plant has the feel of a ghost town – yet the 425-foot dual cooling towers are still the tallest buildings in the Central Valley. Guards still patrol the grounds, and the Nuclear Regulatory Commission (NRC) is actively involved.

For us in aviation, we have used the cooling towers for years as a landmark when approaching Sacramento. And when receiving training, the towers provide a easy reference mark when performing steep turns.

Second time is the charm

Shawn Britton, Lisa Keenly and Lisa Simpson recently attempted a flyout to Shelter Cove, only to be met with chocking



fog. So, a change of plan included a stop for some great lunch at Lampson Field and a second attempt to land at Shelter Cove – this time successfully.

"If at first you don't succeed, try again!"

Oshkosh AirVenture 2024



Ken Lux and Stever Throne were happy to attend this year's EAA AirVenture in Oshkosh, Wis. The event broke several records, including attendance with more than 677,000 people from nearly 100 countries on site.

Safety Brief:

Pilot Fatigue



By Hunter Jefferson, CFII

Have you ever piloted an aircraft while fatigued?

I have. And probably every pilot has as well.

Despite its potential dangers, pilot fatigue seems to be an accepted way of life – especially for many cargo pilots working early mornings and late nights – or commercial pilots flying across multiple time zones.

And pilot fatigue also impacts us as general aviation pilots.

Fatigue has been in the cockpit since the early days, with Charles Lindbergh documenting the challenges of staying awake during his historic trans-Atlantic flight.

Of course, lack of sleep is a factor, but low-quality sleep, stress, poor health, dehydration, disrupted circadian rhythms from jetlag and night flying all can be factors.

What can we do to keep from dozing off mid-flight?

First, and most important – hydrate.

Most of us don't hydrate well enough and our chronic dehydration can sap our



energy. Not sure if you are properly hydrated? The next time you pee, notice the color. Your goal is to hydrate enough that your pee is clear. The darker the yellow tint, the more dehydrated you are.

Next, think about taking naps. Naptime is not just for kids. Multiple studies have been done on the fatigue minimizing impact of napping. The sweet spot for naps seems to be a 20–30-minute power nap. It is long enough to rejuvenate you and not so long that you get into REM sleep and wake up groggy.

Third, sleep longer. The general recommendation from doctors is for nightly sleep duration of 7-9 hours for adults. Unfortunately, many of us are trying to function on 5-6 hours. This chronic sleep deprivation builds up a sleep deficit and contributes to pilot fatigue.

Another tip – enhance your quality of sleep. We get our most high-quality sleep in a dark, cool, quiet room – so it is important to do our best to create this optimal environment. At home, use blackout shades for darkness. When on the road, pack an eye mask in case your hotel doesn't have blackout curtains.

Comfortable earplugs help block out unwanted hotel noise and white-noise programs on your mobile devices can help, too.

Don't forget to exercise to sleep better. A well-timed workout not only helps to build up your body's strength and improve your fitness levels, but it can also decrease fatigue. Our bodies are meant to experience higher highs and lower lows in our energy levels throughout the day. By exercising, we help to create that higher high which will then lead to the lower low of deep sleep.

Improving our diet can also boost our energy. One of the primary considerations of eating to avoid fatigue is to choose foods that will promote stable energy levels. It's tempting to grab that donut or candy bar and pair it with a sugar-laden latte on-the-go. But you know what happens after that initial sugar spike, right? You've got it – the subsequent crash. Instead, put down the processed, sugary foods and choose foods that will stay with you and offer a stable, long-lasting source of fuel.



KEN LUX: VIEW FROM THE LEFT SEAT

(Ed. Note: Long time Squadron member Ken Lux has a wealth of aviation experiences and networking opportunities which he is using to develop the Flights to Freedom program. Supported by our Squadron, Flights to Freedom last month held a celebration fund raiser at the Aerospace Museum.)

Fund raiser success

Last month Flights to Freedom held our first gala fundraiser – and boy was it a success.

Starting with past Sacramento Sheriff John McGuinness' plugs on his popular NewsRadio KFBK radio show – and extending to support from our current Sheriff Jim Cooper – the event was attended by over 160 people.

Rep. Kevin Kiley, from California's 3rd Congressional district presented Flight to Freedom with a proclamation highlighting our contribution as a community resource.



When we began Flights to Freedom one year ago, I hesitated to imagine the

The support shown at our fundraiser was most heartwarming. The aviation



potential impact the organization would make on law enforcement agencies, Child Protective Services and other government agencies.

Today, I realize that we have just scratched the surface in providing an important safety valve helping victims escape human trafficking and sex slavery violence.

community has stepped up to fly missions, provide funds and spread the word to groups throughout California.

Thanks to all who attended and thanks to everyone for your support.

Ken Lux

Rescue & Reunite

<https://myflightstofreedom.org>