



TIGER TALES

THE NEWSLETTER OF THE NH FLYING TIGERS RC CLUB

JUNE 2025

From Your President:

Welcome to radio control flying! Here we are with almost every weekend a washout, while we scatter around trying to find a dry day to fly. If that's not enough, mother-nature always throws in gusty winds. A phrase coined from the Godfather II movie: "This is the business we have chosen!" With that, the addiction to flying continues; we pick and choose our times to fly, never give up! It's all about stick time at the field. We now have an assembly table for those who have large planes, making it easier for set-up in the pit area. The table is on wheels and will be stationed at the field centerline. Thanks John Lavery (Papa Bear) for the concept, club vote, and your building skills.

I continue flying indoors and really happy with the foam planes I picked up at the flea market. Hopefully we'll get some more consistent outdoor weather soon!

The Hudson Landfill has officially been shut down for RC flying. SNHRCC is investigating new flying site possibilities.

Hope to see you at our club meeting scheduled for Saturday June 28, 2PM at the field.

Paul Pazolt

NHFT 2025 EVENTS AND MAY MEETING UPDATE

We completed our RC flea Market on May 24 with some moderate success. Our public fly-in is firmly planned for Saturday August 2nd, with advertising in full swing. Our club fun fly and picnic dates are still TBD. The Intro to RC flying was cancelled due to Rain. I will motion that we wait until next year to hold this event.

Paul Pazolt

From Your Vice President:

Summer is definitely upon us which allows for lots of opportunities to get out and fly at the field. My article this month may be boring to some, but hopefully helpful for all members. Heat Exhaustion is a serious condition that can show up unexpectedly and cause serious issues especially if it isn't addressed. While I was going through ROTC Field Training we had a fellow cadet die from a case of heat stroke and many of us didn't know what to look for in others. At the field, we should not only be aware of heat exhaustion and heat stroke for ourselves, but be looking out for our fellow members and be confident to point out the symptoms so we're all protected.

Heat exhaustion occurs when your body loses excessive amounts of water and salt, typically from sweating. Depending upon the conditions, heat exhaustion can develop over several days or may develop in as little as 10-15 minutes. You are especially vulnerable as the temperatures are changing from Spring to Summer. Your body takes time to adjust to rising temperatures, so those first few really hot days are tougher on your body. Additionally, folks that are above 65 are particularly susceptible as their bodies adjust to the heat more slowly than younger folks. As a young adult water constitutes about 70% of our body weight, that number decreases to around 50% as we age. The effects of dehydration can occur with as little as 1% of water weight loss and become life threatening at 10%. Additionally, if you have an existing sunburn you'll be slower in adjusting to the temperature. Also many high blood pressure or heart related medicines increase your risk of Heat Exhaustion. The military did a study during Desert Storm and found that soldiers requires 3 to 4 liters of water per hour to prevent dehydration. Obviously, we're not in the desert, but even in a hot-wet environment like new England with humidity, the average soldier would need 750ml or around 25 ounces (1.5x 16 ounce water bottles) an hour to stay hydrated. So the next time you're at the field for a few hours you really need the equivalent of three to four water bottles to stay hydrated.

The biggest thing if you experience any of the symptoms or see someone else exhibiting symptoms, is to start treatment immediately before Heat Exhaustion progresses to Heat Stroke that we'll talk about later. First thing, get to shade or air conditioning to start cooling down the skin. Secondly, start replenishing the fluids and electrolytes that have been lost. This is where drinks like Gatorade come into play as they not only help to re-hydrate, but they also help to restore your bodies chemical balance which helps your body to stabilize. There is no quick answer for Heat Exhaustion, it can take your body up to an hour to recover. If you don't recover within an hour you need to get professional medical treatment.

I've included a chart from the Australian government to remind us of the symptoms. If you start getting a red rash on your arms or experience heat cramps these may be early signs and those signs progress into the signs on the poster including headaches, poor coordination, nausea, overwhelming thirst, swollen hands or feet, etc. If you experience this don't be afraid to ask others around you if they have water or Gatorade or the equivalent. We're all in this together and I can't imagine anyone would mind sharing if someone is heading down the heat exhaustion path. I typically bring a number of bottles of water with me and will be happy to share.

KNOW THE SIGNS HEAT EXHAUSTION

Headaches
Nausea and vomiting
Fatigue, weakness
and restlessness
Thirsty
Anxiety
Poor coordination
Weak, rapid pulse
Sweating heavily
Raised body temperature

WHAT TO DO

Lie down in shade or air-conditioning
Drink plenty of water
Keep cool with a cold compress,
shower or bath



Heat Exhaustion can progress to Heat Stroke which is where things get really dangerous. Heat Stroke is when your body can no longer regulate its internal temperature and this can lead to death if untreated. If you start experiencing any of the symptoms or see someone else exhibiting these symptoms professional medical assistance is a must. Untreated Heat Stroke can lead to a whole host of problems including damage to internal organs like your liver, lungs, kidneys, and brain.

SIGNS OF	
HEAT EXHAUSTION	HEAT STROKE
DIZZINESS & FAINTING	THROBBING HEADACHE
EXCESSIVE SWEATING	NO SWEATING
RAPID, WEAK PULSE	RAPID, STRONG PULSE
NAUSEA OR VOMITING	NAUSEA OR VOMITING
COOL, PALE CLAMMY SKIN	RED, HOT DRY SKIN
MUSCLE CRAMPS	MAY LOSE CONSCIOUSNESS

 An illustration of a person's torso. The person is split vertically into two colors: orange on the left and red on the right. A lightning bolt is on the left side of the head, and a target symbol is on the chest. A heart icon is also visible on the chest. The background is a gradient from yellow at the top to orange at the bottom.

Bottom line, Heat Exhaustion and Heat Stroke are very serious conditions that we all need to guard against. Be safe out there and look out for each other so we can continue to enjoy our wonderful hobby! I look forward to seeing everyone out at the field, with your water bottles of course.

Happy Flying, John

NH Flying Tigers RC Club – Monthly Meeting Minutes May 24, 2025

Agenda: The meeting was called to order @ 7:00 with four officers and 12 members attending.

1. Secretary's Report

In lieu of the secretary report, a motion was made to accept the minutes as published in the newsletter. It was passed unanimously.

2. Treasurer's Report -

Pat Clark gave the treasurer's Report. We have had no cash outlays this month and we currently have 54 members and 1 Junior. We have plenty of cash on hand and only have the rent to pay later this year.

We made \$140 on the Flea Market.

3. President's Comments, Training Coordinator & Field Marshal's Reports

President's report: We have all of the necessary materials and volunteered help to get the bridge built over the trench. The new assembly stand is almost done and Mike Miller is making the axles for it.

Paul Pazolt met with our new neighbors who will be developing a car repair facility. They seem like a very good fit and their building should not interfere with our access. They will be paving the driveway.

Field Marshal Report: The field is very wet. Lots of rain in May. The beavers are back and have rebuilt the big dam. There is also Beaver activity further downstream. There is also a new beaver house downstream.

John Cook and others have made some repairs to the runway. John will use some ziptape to try to correct some of the other blemishes. We have the ability to get some used Astroturf to replace the runway but we have no way to handle or roll it out.

Training Report: 1 active student with very little flying due to lousy weather.

4. New Members

There was one new member this month:

Dan Blanchette – Helicopter pilot. Dan was voted in unanimously.

5. Old Business

Next Saturday 5/31 is our “ Introduction to RC Flying”. Pat has planes for a raffle and John Marrion will also donate a plane.

The sanctioned Public Fun Fly is scheduled for August 2nd.

The Hudson Landfill Flying Site is done. The Hudson Board shut it down.Forever. The \$50 membership Fee option for new former Hudson members is extended to 2025. We were thanked by incoming members of the old Hudson Club for being so welcoming.

6. New Business & Proposals

Introducing Advanced Training Nights on Wednesdays. John Lavery will be instructing anyone interested in IMAC competitions.

Adjourn at: 2:23

Field Marshal's Report:

It is the end of June and we are only now seeing the north end of the runway dry out. Over the next couple of weeks we will be getting the tractor going and mowing down the tall grass and bushes beyond the ditch.

Be advised that John Cook has been filling in some of the potholes near the lean-to. Those spots are roped off until the grass seed starts growing. With all this rain that might not take to long. In the mean time the field is in great condition for flying!

-Mike Miller, Field Marshal

Upcoming Dates to Remember	Club Officers
Newsletter submissions deadline July 18 th	President: Paul Pazolt
Next Meeting June 28 th at the Field, 2:00 pm	Vice President: John Stevens
See the Calendar at our website for up to date activity information: www.nhflyingtigers.com	Secretary: Rich Kieley.
	Treasurer: Pat Clark
	Field Marshal, B. St.: Mike Miller
	Safety Officer: Paul Pazolt
	Training Coordinator: Paul Lockwood
	Event Coordinator: Paul Pazolt & Mike Miller
	Webmaster: John Lavery
	Newsletter Editor: Will Widgren
	Send all correspondence to: The New Hampshire Flying Tigers R/C Club P.O. Box 99 Derry, NH 03038-0099