



From the Left Seat

by Patti Sandusky, Chapter Chair

As always I'd like to begin by welcoming our newest member Jean Knox. Actually Jean is a returning member. Jean came to our Holiday luncheon and after seeing the movie "Amelia" decided to re-join!

We had our Holiday luncheon and meeting at Key Air at the Anoka Regional Airport. "What a beautiful facility!!" We had a great turnout with 17 members and 6 49 1/2s attending. We were so lucky to have Liz Strohfus and Mary Jane Rice there. It was truly a treat to talk with both of them. We all had a wonderful time.

The awards for our two 2009 competitions were awarded at the meeting to Jessica Miller (most MN airports landed at) and Elaine Morrow (most Chapter activities attended). Each got a certificate of accomplishment and a commemorative bracelet. We will be continuing these competitions during 2010 so get flying and get active!! Also, I'd like to remind everyone of our scholarships. The rules and application can be downloaded off our website www.minnesotag99s.org. Please spread the word.

We are planning to schedule speakers for some of our fly-outs in 2010. You'll be getting a schedule for the first half of the year in the next couple of weeks. If you know of anyone that could be a speaker or if YOU would like to speak please contact our new Flying Activities Chair, LeAnn Aakre Silberman leannaakre@ymail.com. The topic doesn't necessarily have to be on aviation, it can be anything. Hopefully we'll have better weather in 2010 for our fly-outs!!

Unfortunately we have lost two more great members. Rita Orr passed away on November 19th and Dorothy Strom Westling in December. We send all our best wishes to their families.

I hope all of you have a spectacular 2010!!

To each of you I wish great flying!
Patti Sandusky



Minnesota 99s

Founded 1949

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LeAnn Aakre Silberman

Know of prospective members,
contact our Membership Chair

Elaine Morrow
10006 Fenner Avenue SE
Delano, MN 55328-8343
952 955-2802
elainemorrow99@aol.com

Northern Flights is published
quarterly by the Minnesota 99s.
Please send news and photos to:

Thuy Pieper
11804 Georgia Avenue North
Champlin, MN 55316
612.817.4692
aviatrix99@mac.com

**Happy New Year may this be a
wonderful year for all of us!**

2010 Meeting and Fly-out Schedule

Fly-outs and meetings are at NOON unless
otherwise notified.

January 8 - MSP Tower Tour

February - Fly-out - St. Paul

March 6 - Hutchinson Meeting

April 24 - Fly-out - Lakeville -

May 8 - Fly-out St. Cloud

June 5 - Flying Cloud Meeting
Guest speaker: Liz Strohfus

July - Fly-out - Lake Elmo

August - Fly-out

September 12 - Maple Lake Meeting

October - Fly-out

November - Fly-out

December 11 - Christmas Party - TBD

**Due to the file size of photos they will now be posted
on the website instead of in the newsletter.**

**If you have any pics you would like to share, please send
them to Elaine Morrow -elainemorrow99@aol.com**

Minutes to our meetings will also be posted on the website.

In memory of Rita Orr

Rita Ann Orr, 88, pilot to candidate Al Quie

Orr helped advance the status of female pilots. Her 66 years as a pilot included volunteering for nonprofits.

By TIM HARLOW, Star Tribune

When Al Quie was running for governor of Minnesota, he needed a pilot to get him to his campaign stops. His choice was Rita Ann Orr, of Faribault, Minn.

"When I rode with her, I had absolute confidence in her ability," said Quie, a former Navy pilot who served as governor from 1979 to 1983. "She was quick-thinking, did all the safety precautions and was a delight to converse with on the issues of the day. I looked forward to it when she was my pilot. I appreciated her."

So did many others in the aviation community who thanked her for her pioneering work, which for more than 66 years included volunteer work for the Red Cross and the American Cancer Society. She was also active in several aviation organizations in her hometown. Orr died of lymphoma Nov. 18 at her home in Faribault. She was 88.

Orr was a secretary at General Motors in Detroit in the 1940s when she took her first flight lesson. She sold plane rides to people to fly with already licensed pilots and took a cut of the fee to pay for flight lessons. She obtained her private pilot's certificate in 1944 and was accepted into the Women's Air Force Service Pilot (WASP), but wasn't needed because World War II ended, said her daughter Janice Orr Pelletti, of Piney Flats, Tenn.

Orr moved to Faribault in 1948 and founded the Minnesota Chapter of the Ninety-Nines, the international organization of female pilots whose first president was Amelia Earhart. She served three terms as the state chapter chairwoman and was elected as governor of the North Central Section, her daughter said.

Orr was the first female president of the Faribault Area Pilots Association and organized fly-in breakfasts, hangar dances and the Tree of Hope toy collection during the holidays. As the first woman to serve on the Faribault Airport Board, she spearheaded the effort in 1980 to get the airport's runway extended to accommodate light jet traffic.

She gave many Faribault residents their first airplane rides. During the 1970s and '80s, she picked up blood from remote locations in Minnesota and delivered it to the Red Cross' St. Paul headquarters and delivered daffodils to outlying areas for the American Cancer Society's annual fundraiser, all on a volunteer basis.

"Her volunteer work, that is what she was most proud of," her daughter said.

The Minnesota Aviation Trades Association named her a "Pioneer in Aviation" with its Distinguished Service Award in 1969. She was inducted into the International Forest of Friendship in Atchison, Kan., in 1991 and was recognized with a plaque for her contributions to aviation. Two years ago, Orr was awarded the prestigious Wright Brothers Master Pilot Award by the FAA, which give the award to pilots who have completed 50 or more years of continuous safe flight. Her name is listed on the agency's Roll of Honor. She flew her Cessna 182 for the last time in 2008.

On the ground, Orr was a 22-year volunteer at Faribault's District One Hospital and Meals on Wheels, and was a member of the Faribault Women's Club, the Monday Club of Faribault, the Senior Citizen's Club and three bridge groups. She also spoke to school groups and at meetings of Rotary and Exchange clubs, her daughter said.

In addition to her daughter Janice, Orr is survived by another daughter, Cynthia Orr, of Faribault; a son, William Orr, of Eagan; two brothers, William Bondy, of Manchester, Mich., and Lee Bondy, of Vista, Calif., and three grandchildren.

Services have been held.



Tree of Hope

On the first Saturday of December, seven Minnesota Chapter 99s and three spouses joined the Faribault Area Pilots to label, sort, and bag all of the items donated for the annual Tree of Hope project. The volunteers then helped carry the bags out to the drivers and pilots designated to deliver them to Minnesota hospitals.

The sad news was that the donations were down almost half of what was delivered in 2008. But the hospitals were glad to receive anything in these tough economic times, and there will be many smiles with the quality of donations. Thanks to everyone who helped and collected toys and checks.

It is never too late to participate, as toys are purchased throughout the year when stores have specials. We want to collect so many toys that hospitals will be able to give a toy any time of the year to children awaiting brain surgery, fighting leukemia, undergoing chemo or dialysis, etc.

So whenever you want to help a child in the hospital, send a check payable to "Tree of Hope" to Elaine Morrow, 10006 Fenner Avenue SE, Delano, MN 55328-8343. No amount is too small. Or buy a toy each month to donate in December 2010! Thanks, and spread the word!

Baked Macaroni and Cheese

Recipe courtesy of Alton Brown

Ingredients

1/2 pound elbow macaroni
3 tablespoons butter
3 tablespoons flour
1 tablespoon powdered mustard
3 cups milk
1/2 cup yellow onion, finely diced
1 bay leaf
1/2 teaspoon paprika
1 large egg
12 ounces sharp cheddar, shredded
1 teaspoon kosher salt
Fresh black pepper

Topping:

3 tablespoons butter
1 cup panko bread crumbs

Directions

Preheat oven to 350 degrees F.

In a large pot of boiling, salted water cook the pasta to al dente.

While the pasta is cooking, in a separate pot, melt the butter. Whisk in the flour and mustard and keep it moving for about five minutes. Make sure it's free of lumps. Stir in the milk, onion, bay leaf, and paprika. Simmer for ten minutes and remove the bay leaf.

Temper in the egg. Stir in 3/4 of the cheese. Season with salt and pepper. Fold the macaroni into the mix and pour into a 2-quart casserole dish. Top with remaining cheese.

Melt the butter in a saute pan and toss the bread crumbs to coat. Top the macaroni with the bread crumbs. Bake for 30 minutes. Remove from oven and rest for five minutes before serving.

Remember to save leftovers for fried Macaroni and Cheese.



Sleeping the Weight off

Tom Nikkola, (Lifetime Fitness)



As the new year begins, finding a way to get more sleep, should be at the top of the list of resolutions for many people. More evidence is showing the negative effects of insufficient sleep. Unfortunately, people are getting less and less sleep. Many people are stuck in a cycle that looks like this: poor sleep, wake up tired, stay awake with caffeine and sugar, have trouble falling asleep from the caffeine and sugar, get poor sleep, etc. There can be many causes for poor sleep, but one of the most common causes is simply not "shutting down." It can be staying up too late on the computer, watching too much television, working too late or even just being active too late in a well-lit room.

Sleep Debt and Weight Gain

When it comes to weight management, it seems staying up more and sleeping less should make weight management easier. The more hours you're awake, the more calories you'll burn. However, that only makes sense if weight management were only about calories in and calories out. In reality, a lack of sleep can wreak havoc on the body's hormones, which can lead to weight gain even with a well-controlled diet.

In a study conducted at the University of Pennsylvania, Dr. Siohan Banks found, people restricted to four hours of sleep gained an average of 2.9 pounds over a 5-day period. The weight gain took place even though the study participants reported a reduction in food consumption. In a University of Chicago study, participants ate a diet equal to 90% of their resting metabolic rate. The study group completed two different trials on different dates. During one trial, the group ate the reduced-calorie diet and got sufficient sleep. In a second trial, their sleep was limited while on the reduced-calorie diet. Weight loss was the same during both trials. However, the weight loss during the sleep deprivation came from much more lean body mass loss than when sleep was sufficient. In the past, the association between sleep deprivation and weight gain was thought to come from increased calorie intake. The thought was, when people are awake more, their cravings for food increase. This can be the case in certain circumstances, especially the craving for sugar and other processed carbohydrates. However, more recent evidence shows weight gain can take place even when calories are controlled.

A lack of sleep has been shown to negatively impact glucose metabolism, which partially explains why a lack of sleep increases the risk of diabetes. The worse the body becomes at handling glucose, the higher the body's insulin levels can be. Insulin reduces the body's ability to burn fat, which explains why a lack of sleep can prevent the body from burning excess fat.

Two of the body's appetite control hormones, leptin and ghrelin, are also influenced by sleep deprivation. For some people, a lack of sleep could indeed affect their calorie consumption. The combination of increased appetite for some people, coupled with poor glucose metabolism can lead to an increased consumption of carbohydrates, which can further increase glucose metabolism issues.

What is the Solution?

Is it possible to make up for a work-week of sleep debt by sleeping more on the weekends? According to Dr. Michael Breus in Psychology Today, attempting to make up for regular lack of sleep during the week with a couple of days of more sleep doesn't work. On occasion, if you know you'll be short on sleep for a couple of days, you can sleep some extra hours in advance of the shortened nights, but making up for them later on doesn't work. The best way to overcome sleep debt is to overcome it. If that means missing the evening news or your favorite show, your health is more important.

The effect of sleep debt go beyond weight gain and diabetes. Sleep debt can increase irritability, stress and depression. It can also alter growth hormone production, lead to increased inflammation and suppress immune function. Those who do gain weight as a result of sleep debt, may be among the lucky ones, as they may see the effects on the outside and take action. Those who do not get enough sleep and do not gain weight from it, may not change their habits until something more severe takes place. Turn off the TV. Shut down your computer. Start getting more sleep. Do that day after day and you'll start waking up to a healthier, more fit body.