



March/April 2021

Ontario Executive

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.Since Covid has curtailed our activities, the executive has decided if you paid your OFF membership for 2019-2020 your membership will be valid until September 30, 2021.

OFF Convention 2021 has been cancelled!

The unanimous decision of the OFF Executive and Directors was that the OFF Convention - slated for September 10-12th, 2021 in Goderich, Ontario be postponed, with hopes this event can be put forward for the following year 2022.

Cancellation of vendors, hotel accommodations, and speakers - etc - have been notified and cancelled. No re-booking at this time. There are more suggestions/discussions on-going - as to: Holding monthly fly-in's - to keep in contact with everyone - with some social distance get-togethers/flyin's/drive-in's/campouts/hangar get-togethers - etc - or - any other "pop-up" gatherings/flights that come up Bring lunches &/or using restaurants if available, according to the Health Guidelines at that time. Contact Ron Lewis (OFF Fly-in Co-ordinator) - if inter-

ested in holding an event - so, this can be published by the OFF Newsletter Editor, Mary Hawthorne in the Newsletter. We wish to keep in contact with everyone, by – having gatherings as mentioned above, this upcoming year encourage any items/articles of interest - to be published in the OFF Newsletter - keeping us in contact - as to what our members are involved in or with. We want to thank everyone, for their support and suggestions, to enable the OFF to continue during these trying times.

Jim & Jane Farrell

Eyes – A Very Precious Commodity By Hortense Verburg

Long story short, I was diagnosed with **Macular Hole** in late November, 2020. **Macular Hole** is a small break in the macula located in the centre of the eye's light-sensitive tissue, called the Retina. It causes your central vision to look blurry, wavy or distorted. As the hole grows, a dark or blind spot appears in your central vision.

A Macular Hole, within the eye's retina occurs when the nerve cells of the macula become separated from each other and pull away from the back surface of the eye, affecting vision.

My right eye started to have some blurriness in late 2019. I knew it was time for my regular visit to the optometrist but it was early March, 2020 by the time I got an appointment. The eyes were tested and the vision in the right eye had deteriorated somewhat, but the bigger problem was the pressure in my eyes.....it was up! Having a history of Glaucoma in the family, I was referred to an Ophthalmologist. Of course, it is now lock-down due to the Covid-19 virus. I was unable to get in to see the ophthalmologist until July.

Glaucoma was confirmed and the specialist recommended two laser treatments be performed on my right eye....the one with the highest pressure reading. These treatments were done, one in late July and the other in August. Around Thanksgiving, I went for a follow-up testing & check up and the pressures were down and the eye looked good.....until I had to read the eye chart. With my right eye, I only saw the

2 outside letters in a row of 5. The ophthalmologist immediately arranged for a technician to run some eye scans and then brought me back into his office. There was definitely something going on with the retina, at the back of my eye. It had absolutely nothing to do with the laser treatments for the Glaucoma, as that was at the front of the eye, neither was it macular degeneration nor a detached retina.

A referral was made to Dr. Chaudhary at the Hamilton Regional Eye Institute. After having an initial appointment for some further testing, I saw Dr. Chaudhary on Thursday November 26. I was diagnosed with **Macular Hole**. The diagnoses was explained to me and I was told I needed surgery to repair the hole. The surgery would be ASAP. The recovery included 10 days in a face down position with a maximum 10 minute break each hour. Three times a day I would be allowed a 20 minute break for bathing and eating a bigger meal. After the 10 day face down period, there would be 6 -8 weeks of inactivity...no straining, lifting, exercising, driving or flying. We received literature with further information on the **Vitrectomy** surgery as well as a pamphlet for Retina Recovery Inc.. This is a business, in Waterdown, which rents out equipment specific



to any type of retina recovery. The equipment makes the 10 day, face down, recovery period that much more comfortable and doable.

We found out that same afternoon, that the **Vitrectomy** would be performed the following Tuesday morning....December 1. Wheels were put in motion to rent equipment from Retina Recovery Inc. (a massage style table with a donut for the head and a chair in which you leaned forward with your head facing down, also on a donut) We did as much as we could around the house, getting in groceries, putting up outdoor Christmas lights etc, knowing that I would be out of commission for a long time to come.

Surgery day came and the **Vitrectomy** was performed. The actual surgery took about 45 minutes. I was awake but totally pain free! A gas bubble was put into my eye to hold the retina & macula in place – thus the face down position to start. This way the bubble rose to the back of my eye, keeping pressure on the back of the retina until the repair started to heal. Even driving home from the hospital, I was required to be face down with my head on a pile of pillows in my lap.



It was a long 10 days! However, I had an excellent nurse maid and terrific support from family & friends through phone calls, texts and emails. We survived the ordeal and after 10 days I could get up and walk around in the house a little and see the world from a different perspective again. My activities were very limited, I tired very quickly and slept on a

couch because I was not allowed to lay on my back at all, until the bubble had totally disappeared. Therefore, it is recommended to sleep on a couch so you cannot roll over onto your back during the night.

As time progressed, the bubble started to shrink and I started to have a little vision in my eye, but it was very blurry. Slowly, I was a little more active, taking short strolls outdoors and doing some light/simple chores around the house. It took 7.5 weeks for the bubble to disappear!

On January 25, 2021 I went back the the eye institute for some follow-up testing. A call came, afterwards, from Dr. Chaudhary's office, confirming that the hole was closed and all restrictions had been lifted!!! The next nice flying day we had, Adrian took me up for a flight, to celebrate.

I have to go back to the Hamilton Regional Eye Institute on March 2 for some final testing. If all is well, I will be referred back to my local ophthalmologist for cataract surgery. The Vitrectomy surgery causes rapid cataract growth. I was told, from the start, that cataract surgery within 6 months of the Vitrectomy, was a given.

My sight is slowly coming back in my right eye but it could take up to one year to regain as much sight as I will ever have in that eye. However, anything is better than the alternative!

When Mary asked me to write an article on my eye, I wondered to myself how interesting you would all find my story. However, then I thought that this is the perfect opportunity to remind everyone to listen to and follow up on the clues our bodies give us. If you feel that something is just not quite right or a nagging pain plagues you, no matter what part of the anatomy it might be, follow those clues and make an appointment to get it looked at. Perhaps it is nothing but, waiting for it to go away and then realizing it isn't going away, it may be too late. Irreparable damage may have been done during that time.

Take care and stay healthy!

Keeping Adrian Busy (a Covid Project)

By Adrian Verburg

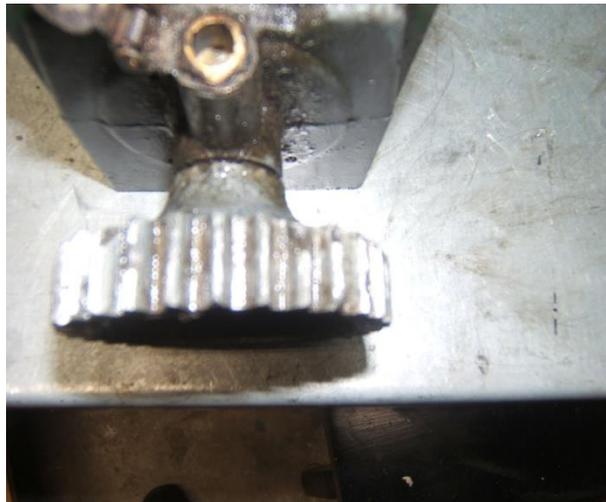
It's a long story, which started about 1990. The wife and I were in the car coming home from Simcoe along the St Johns road, and there it sat on a wagon with a for-sale sign. I just had



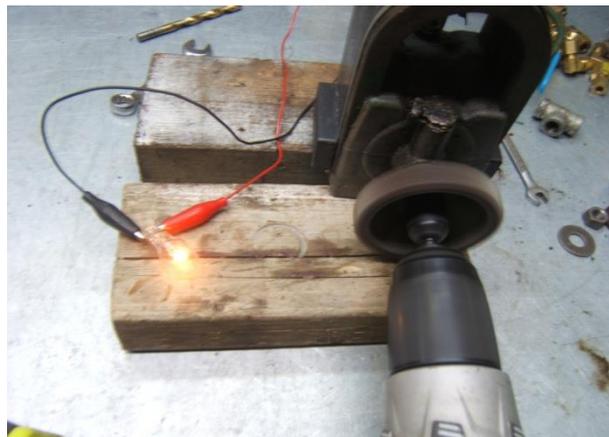
to stop and ask, did it run and how much? Now I didn't have the \$50 and running may be an option, however I was hooked and left the owner with \$10 and a promise to return with the truck. Now for a couple of years after I got it running, the wife and I would pull up a couple of chairs along with an adult beverage and would watch and listen to it run (sometimes). I think I was more entertained than she was, go figure !! But you know things change and you get busy with other stuff like airplanes and such. So for many years the old engine lived under a tarp. Every once in a while I would get the itch to start it, but it refused. For you internet sleuths, it is an International Harvester/ McCormick Deering serial #77812, Type " M" See if you can find the year, horse power, rpm, etc..

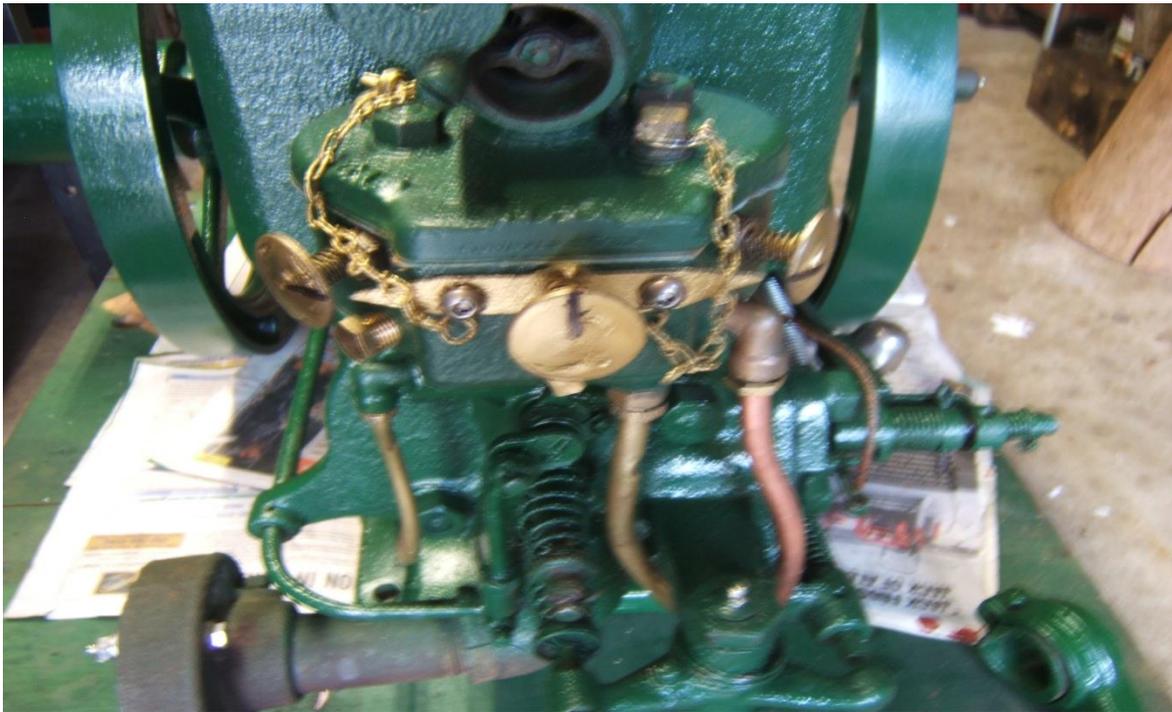


So fast forward to fall of 2020, Adrian is bored, time to get her running. Put in some fuel which ran out along with a couple of mice that were really put out . (old and new above) They just don't make fuel tanks to last.



The picture of the mag gear has teeth missing and is made of white metal. Yep it is a mag but not like our airplane engines. For the internet sleuths, google International Harvester, Low Tension Magneto, type " L". Where does one get a gear?? How does one boost the magnets?? There is no spark plug, never was.





Now the cast-iron mixer (carburetor) was so rusty, that when the sandblaster hit it, daylight appeared in three places, something else to fix.

This view of the mixer, now repaired and back on the engine shows three brass valves, yes really, three valves. For you internet sleuths, perhaps you can find out; Two of the valves are used for fuel, why two? What fuel? What is the third valve for? Hint WW2 aircraft engines used this same technology.



AH !!! at last she runs, who says you can't turn the clock back 30 years...,well almost.....