



LOS MEDICOS VOLADORES (The Flying Doctors)

January 2009

Adopt a Pueblo Project Presented to Rotary

Excerpt from Rotary newsletter

“Dr. Bill Kirby introduced his guest Dennis Freidig, a local Attorney specializing in Mediation and Arbitration. Dennis and Bill are both pilots, have their own planes and are members of the Flying Doctors. Dennis has been with the Flying Doctors for 15 years and showed us photos of the conditions they fly and work under during these trips to Mexico. The needs are great and the people very grateful for the services and supply of glasses, sunglasses, toothbrushes, educational DVD’s and other items of need. The “Adopt a Pueblo” project will provide all this and more flown to isolated villages at a sponsorship cost of \$1,000.”

Prayers Requested

Rob, the son of Dr. Chiqui and her husband Otto, died in Walter Reed Hospital on December 1 of injuries received in the Iraq war. Please include Dr. Chiqui, her husband, Rob’s wife and two daughters in your prayers!

Dr. Chiqui is the wonderful head of the Guatemalan Medical School that runs the clinic where LMV has been serving the people of Guatemala.



Otto

Dr. Chiqui

Photographs by Denny Freidig and Don Wolf

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Corporate Board Meeting

The LMV Corporate Board of Directors meets in Santa Rosa at 11:00 AM on January 10. Dr. Adrian Fenderson, DDS is making the detailed arrangements. See page 5 for details and agenda.

Gold Country Monthly Meeting Date Change

The Gold Country January meeting has been changed from the normal first Thursday of each month to January 9 for this one meeting.

Central America Trips

The next trips to Central America are slated for 2nd week of March 2009 to Dominican Republic and August 1-9, 2009 to Guatemala. See page 3.

Prosthesis Service

Michael Dodd has requested information on potential prosthesis recipients in our villages. All members should inquire at the villages about potential prosthesis recipients. See page 6 for details.

Pilot Safety Tip

Max Trescott, the 2008 National CFI of the year, has a website that all our pilots should subscribe too. Max, who has flown many LMV missions, is an expert and publisher of air safety publications. Even if you are not a pilot, his discussions are fascinating and will make you feel much safer knowing the facts, especially if your pilot also read the same publications. Sign up to www.maxtrescot.com/ for a thrilling experience.

Cenima Mexicana

Check page 5 for exciting new LMV program; Educational videos for patients while waiting patiently in the normal long ques at LMV clinics.

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LMV Trip Dates

January 15-18, South Bay, Dave Renbarger, DC. Need rest of team. Call Dr. Clem Schrick, DDS, trip coordinator

February 12-15 South Bay, Frontera, MX Steve Los DDS, Clem Schrick DDS, Liz Schrick RDA, Ursula Seville RDA, Colleen McHugh RDA, Maura Higgins Vol., Pedro Rump Pilot, Bill Rush Pilot,

March 7-14, Dominican Republic, call Monte Short, 415-606-3969

March 12-15 San Ignacio, MX, Ed Kneller MD, (OBGYN), Audrey D'Andrea MD (Family), Linda Lenore RN, Pilot open, Call Clem Schrick.

March 20-21, Oasis, CA

April 9-12 Awaiting participants call trip coordinator

May 14-17 Awaiting participants call trip coordinator

June 11-14 Awaiting participants call trip coordinator

July 9-12 Awaiting participants call trip coordinator

July-August, date not firm, Lake Atitlan, Guatemala. Dental trip, need 4-6 Dental Teams. Marian Stahl at

marianstahl@comcast.net or Ed Weiss at

eweiss1211@sbcglobal.net

August 1-9 Guatemala, Milt Camp, campmd@ah.org

Newsletter Information

The deadline for material to be published in the monthly newsletter is the last Wednesday of every month. Information should be sent to donwolf20@comcast.net as early as possible.

Your Faithful Servant & Editor

Don

Pilot Alert

The old 121.5 Emergency Locator Transmitter Frequency will no longer be monitored by satellite after January 1, 2009. Obviously, other pilots will still monitor the frequency, however, only the new ELT frequency will be monitored.

Corporate Board Meeting

By Dr. Adrian Fenderson, DDS

We will be meeting in the same place as we did before; the boardroom of the JAL / IASCO building.

For those flying, the building is in the northeast corner of the airport. Let the tower know you want to taxi to IASCO.

If you have not been there and you have questions, please call me. My home number is 707 255-6502 or reach me on my cell at 707 479 4688. We will have a sign up for lunch when you arrive.

Since the meeting will not start until 11AM, we will not need breakfast except for a few donuts and some fruit along with coffee and juices.

Lunch will be about \$10 each with custom sandwiches and potato salads and cookies etc..

I will be there at 10AM unless we have an earlier pilot's meeting.

As you arrive close to the tarmac you will see JAL/ IASCO building on the Right at the curve. Park in the parking lot to the left of the building and enter where we will have a sign saying "LMV".

The only addition to the agenda would be a quick report by Ed Muir and Adrian Fenderson who were on 2 different missions using LMV equipment even though these were not LMV planned missions.

I would like to discuss the use of a portable x ray unit on our missions; cost and need.

Happy New Year to All!

Adriane

(Editor Note: The Corporate Board meeting agenda includes the normal reports of the 5 chapters, the officers and committees. New important items, in addition to the above mentioned Portable x-ray unit, includes possible LMV name change, satellite telephones and future of LMV annual seminars.)

BACK TO THE FUTURE

DOCS IN THE DOMINICAN 2008 AND 2009

By Monte Short

Los Medicos Voladores is planning a second trip to the Dominican Republic in March. But before I can outline the details of this second trip, I really must provide you all with a belated Trip Report for the Exploratory Trip to the DR that took place in March of 2008. The following Trip Report provides a summary of events and will also provide a pretty good overview of what to expect on the upcoming trip to the DR in March of 2009.

Docs in the Dominican 2008

In March of 2007, my wife and I went to the Dominican Republic with our 6-year-old son for one month. For part of the trip we went to the town of Monte Cristi. It is located at the northwestern most corner of the Dominican Republic, adjacent to the border with Haiti and very close to the Caribbean coast. It is arid and hot and the community of Monte Cristi is a rather large town with most services located in town. It is relatively safe and most of the town is very poor. However, the people are very friendly and smiles are everywhere.

Some of the Haitians live in areas of the Dominican called "Bateys" that are essentially campsites in and around the local plantations. These Bateys represent some of the poorest conditions in the DR and also represent the greatest need.

Our family stayed at an orphanage in the town of Monte Cristi for one week. This orphanage is surrounded by a compound with living facilities for both the orphanage children and various volunteer groups that come and stay throughout the year. This compound and the related organization are known as *Orphanage Outreach*. Their web site is www.orphanage-outreach.org. *Orphanage Outreach* was founded, developed and expanded due to one incredible man....Tom Eklund. Tom is now the Executive Director and continues to expand humanitarian aid to Monte Cristi and the surrounding areas of northwestern Dominican Republic.

Upon getting to know Tom and his organization, we both thought a medical and dental clinic was the next logical step in helping this extremely poor area of the world. So we started to put together a joint effort to get medical and dental aid.

And so...in early March of 2008, *Los Medicos Voladores* and *Orphanage Outreach* joined forces to organize and implement a medical and dental clinic in the Monte Cristi area

of the DR. From March 1st through March 15th Tom and OO sponsored a Health Fair for the orphanage and the surrounding area. As part of the Health Fair, 17 incredible folks from LMV volunteered their talents for a 5 day clinic from March 10th through March 14th. This truly incredible team, in no particular order, was as follows:

Stefan Andren..... DDS
Hugh Boyle..... DDS
Susan Hartzell.....RN
Holly Nelson..... Paramedic
Edward Lujan.....RN
Jeanette VanderKwaak...RN
Benjamin Cavilla.....Physician
Franklin Long.....Physician
Edward Weiss.....DDS
Arianna Cagan.....Volunteer
Christine Meserve..... Medical/Dental Support
Amanda Meserve.....Volunteer
Lynn Gallati..... Medical/Dental support
Bruce Tufts.....RN
Annica Berkey..... RN
Ruth Terao.....Translator/Bilingual Teacher
Monte Short..... Trip Coordinator

During the actual 5 day clinic, we were joined by several advanced medical and dental students from various schools throughout Canada and the U.S. The first day and the morning of the second day was spent at the local hospital. The afternoon of the second day and all of the next three days were spent at 4 different Bateys. Each day we set up in typical LMV fashion in schools and under sheds and any other structures that worked. We set up the all too familiar “suitcase” pharmacy; and at most of the Bateys we had to use a generator for power and the compressor.

The people were incredibly gracious and thankful. The clinics went relatively smooth with no major problems. We ran out of critical meds on day three but managed to limp along with meds from several local pharmacies. Also, on day four we had a significant language barrier that created a bit of frustration....you see in this particular Batey they spoke a French and Spanish Creole and we had no...I mean NO translators for this language...the medical team managed to get through the morning with body language and Spanish to French interpretations. There were no other major problems and we ended up helping 1,133 patients over the 5 day clinic.

During the clinic in Monte Cristi we all stayed at a multi-purpose building owned by *Orphanage Outreach*. This building is an older, four story building in the downtown area across from the local square. The accommodations were very basic with dorm style, group sleeping quarters, cold "navy" showers, and limited electricity. However, the food was great...very local and very wonderful. Bottom line is the accommodations were very Spartan, but safe and clean. All of the folks who volunteered for this trip knew in advance that it was a no-frills trip...and honestly...there was not one complaint!!...This simply goes to the special type of person that volunteers for a trip like this.

This trip was billed as an “exploratory” trip because we had never done a clinic in the Dominican Republic before, and there were numerous logistical unknowns. No one was more

surprised than I that it went so smoothly. But the main reason is the people involved and their innate desire to help out, period.

I knew most of the team from other trips and suspected they could pull this off and roll with the last minute changes. The team was a well-balanced group of experienced pros with an easy going attitude and a great sense of humor, not to mention, they worked tirelessly all five days with the best attitude ever. Sometimes in life you just get lucky! Also, this trip wouldn't have happened at all without the partnership and shared guidance of Tom Eklund, Coco Baret, Dr. Miguel Garcia, and Dan Neal at *Heart to Heart International*. Thank you all so very, very much!!!

Docs in the Dominican 2009

From March 1st through March 15th, Orphanage Outreach is having its second annual Health Fair. LMV will host another medical and dental clinic from March 9th through the 13th. It will likely be a similar trip as 2008, except we may be staying at another location out at the local beach area. We are planning on spending all 5 days helping out the various Bateys out in the surrounding countryside. As stated before, the need in these Bateys is great and this is chance to help out in a big way. We will likely be joined part of the time by pre-med and pre-dental students and their faculty; details are still being worked out.

The reason for the trip is obvious....it is a chance to help in a big way....but also it is an opportunity to visit one of the greatest places on earth. The Dominican Republic is an island in the Caribbean and with that you have some of the most beautiful country, coast, and oceans in the world. Some of the beaches in the "DR" are listed as the best in the world. Combine this with somewhat economical food and housing, and you have the perfect vacation.

On the last trip in 2008, most of the team combined the clinic with a vacation before or after the actual clinic days. Many of the folks explored various areas of the DR including the Samana Peninsula, Santa Domingo, cabarete, the interior mountains and a gazillion miles of unspoiled beaches. A person could combine some R and R before or after the clinic and see other areas of this incredible country. I realize for some of you R and R is not an issue, but for others this is the only vacation you get.

The cost for the clinic if you stay for one week is \$600 and the cost for two weeks is \$900. The cost of the flight is NOT included. The \$600/week goes for ground transportation, food, lodging and most of all.... medicines. Know going in that any and all extra money, if there is any, will go to buy much needed medicine for both doctors and dentists. If you can, fly into Santiago on Saturday February 28th or March 7th, we will pick you up at the airport. If you can't make these dates in Santiago, please arrive in Monte Cristi on Sunday the 1st or Sunday the 8th. Public transportation is excellent and provided by *Caribe Tours*. Also, a rental car or taxi is also an option. The team is now being formed....If you are interested please confirm as soon as possible....

Thank you so much for your consideration.....

You can contact me anytime by phone or e-mail

Monte Short, Trip Coordinator, Central America Chapter. Telephone 1-415-606-3969

Sincerely, *Monte*

Eyeglass Measuring in Truckee

The Gold Country Chapter of LMV has scheduled a massive effort to clean, measure and package donated eyeglasses on January 24. The big event will be at the Truckee Airport. These eyeglasses will be used on future LMV trips to be issued to patients.

Dr. Stephen Los, DDS and President of South Bay has agreed to bring some of the 100,000 pairs of eyeglasses donated to South Bay, along with two lensometers and operator trainers to help the Gold Country people learn how to operate the lensometers and packaging techniques.

“Cinema Mexicana” Debuts at Oasis

By Denny Freidig, Pilot, Gold Country Chapter

Following a trip to Oasis in 2007, “Dr. Dave” Morgan, MD and I began discussing the idea over a year ago. In walking the Coachella Valley campus that spring Saturday, I saw one glaring similarity between the patients we serve at both Oasis and those of the pueblos in Mexico. The similarity? The “patience of the patients” while waiting to see their health care professional. The idea? How to better use that waiting time.

Prologue: Friday night, November 7th. Ciro’s Restaurant, Thermal, CA. Nearly 90 of us (LMV volunteers & Oasis Staff) are packed into the banquet room awaiting the debut of the new LMV video produced by Dr. Jim Morgan and starring (soon to be famous?) his dad Dr. Dave Morgan. The lights are turned down, the speakers are cranked up, and yes, even our new Hitachi projector was up to the task as the scene opens with beautifully choreographed music and Dr. Dave’s 182 winging its way over the Lincoln skies. As an LMV member, it warms the heart to see this inspiring half hour video. At the end of those 30 minutes, I would venture that there wasn’t a person in the room who wasn’t deeply moved by what they had just seen.

Saturday morning, November 8th The campus at Coachella Valley High School (aka Oasis). This is the day Dr. Dave & I envisioned would one day come – rolling out a new media concept for LMV – *the showing of educational DVD’s in Spanish while patients wait to see their health professional.*



Dr. James Morgan

We set up the “gratis cinema” in a comfortable classroom adjacent to the LMV M.D. clinic. With 3 student interpreters, Lana Morgan (Dr. Jim’s inspiring spouse & the person responsible for obtaining these valuable DVD’s), and

yours truly, we begin showing the 1st of 11 videos to an audience of 15 to 20 waiting patients. Throughout the day we presented the remaining videos to an ever changing audience. The subjects cover a wide gambit - from nutrition & childhood obesity, to the importance of exercise, to even when and how to teach language skills to your infant child. A couple of the DVD’s are in a cartoon format, which keeps the attention of the children. We also show the wonderful LMV video from the night before, and because of the enthusiastic response, show it again to a packed audience at 3:00 P.M.

As the day progresses I’m frantically making notes and realizing we are in uncharted waters here. It was at that point in time that we stumbled onto an idea. With the help of our student interpreters, we asked several Hispanic adults - both male and female – to critique each video and to assign it a numeric score from 1 to 10. We told them too that many of these videos would be shown in the villages of Mexico and asked them to rate the videos both for Oasis and pueblo viewing. We could not have been more pleased with the result. Thanks to our “Hispanic critics”, we now have each DVD catalogued as to its contents, and ranked in terms of its perceived educational value – both to our pueblos & Oasis.

Epilogue In your travels to our pueblos in Sonora & Baja, how many of you have observed those waiting for hours to see their health care professional? What better use of their time than to watch videos that could improve the quality of their lives. Beginning in 2009, we at Gold Country will begin loading up our little projector, a small DVD player, and our own made screen (a white bed sheet hung from PVC pipe) and “take our show on the road”.

Thank you Gold Country for funding the purchase of our new projector and for being so supportive in making this dream become a reality.

If any of the other chapters are interested in developing this program – including copies of these educational DVD’s - contact me at adrattorney@usamedia.tv.

Denny

Ladies LMV Trip Kit!

Everything you need for your mission!

\$129.

Pilot approved!

**Duffle
Jacket
Hooded Sweatshirt
Polo
Tee**

All sizes!

Contact Colleen at runawaybunny@tmail.com

Prosthesis Service

Michael Dodd has agreed to consider providing prosthesis for amputees while on our mission trips. He plans to accompany teams to villages and fit and produce prosthesis on site while on the mission. Thus, all LMV members while on trips should inquire about villagers in need of prosthesis and gather as much information about the patient as possible, including lots of pictures. In order to facilitate the gathering of information, he has created the following form for us to fill out while in the village.

Prosthetic Qualification Form

Patient Name: _____ **Age** __ **Male** __ **Female** __

Right Limb __ **Left Limb** __

Address, Region, Village _____

Village Contact _____

Village Contact telephone, or e-mail address &/or Fax. _____

Above Knee __ **Below Knee** __ **Above Elbow** __ **Below Elbow** __

Ambulatory Level: Independent __ **With Crutches** __ **W/chair** __

Diabetic: Yes__ **No** __ **Cardiac Condition Yes** __ **No** __

If yes, List

Wound Condition: Clean / Dry / Cuts / Bruising / Healed/

Non Healed /

Knee Contractures _____ **Elbow Contractures**

How straight can the joint go (Full range, Half / Quarter /)

Brief Medical History:

Photos needed if possible;

Full / Sound side / Amputated Side

Email to mdodd408@hotmail.com & LMV Chapter President

Fax to Michael Dodd (408) 358-1281

Senders Name; _____ **Phone:** _____

Make a Difference in their Lives

Your contribution will help LMV purchase supplies, equipment, and medicines, upgrade and maintain clinics in remote Mexican and California villages. We will bring back hugs for you from our Mexican neighbors and friends.

LMV sends two to four teams of volunteers to Mexico each month.. Each team normally consists of four to five volunteers that share in the cost of the flight, lodging and meals. However, we depend on donations for supplies, medicines and equipment. Here are some estimates of costs:



Patients in Hidalgo, Mexico

Medicines or dental supplies per patient	\$10	Adopt a Pueblo	\$1000
Education Material per team trip	\$15	Audiometer	\$1000
Angel subsidy for a volunteer without funds	\$100	Portable x-ray Machine	\$6000
Medicines or dental supplies per team day	\$250	Medical Office Upgrades	\$1000 to \$20000
Subsidy per Medical Resident per trip	\$300	Dental Office, Minimum equipment	\$5000
Dental supplies per team per trip	\$500	Auto refractor for measuring eyes	\$3000
Annual board and room for one Hidalgo high school student	\$400	Dental Office, Modest equipment	\$15000
		Complete Medical Clinic equipment	\$150,000

Donation to Los Medicos Voladores (The Flying Doctors)

Donor: _____, _____
Name Street

_____, _____, _____
City State, Zip

Donation Amount: _____ Money Order () Check () : () Dollars () Pesos

() In honor of _____

() In memory of _____

- () General Fund () Equipment Fund () Medicine Fund
- () Christmas Family Fund () MD & DDS Residents Fund () Education Fund
- () High School Student Room & Board Fund

**Los Medicos Voladores, Inc. is a 501(C)3 non-profit corporation and donations are tax deductible.
 Our non-profit tax ID is 94-2366785**

Please mail to:
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 PO Box 445
 Los Gatos, CA 95031-0445
 Or

Don Wolf
 15400 Winchester Blvd, Unit 36
 Los Gatos, CA 95030
 408-395-2921

**We also need and collect used
 eyeglasses, hearing aids and x-ray
 machines.**





Los Medicos Voladores, Inc. consists of five chapters, including the South Bay Chapter, the original one established in 1977, High Sierra Chapter in Truckee, the Gold Country in Auburn, the Reno Chapter in Reno, and the International Chapter in San Jose. The first four chapters provide services to Mexico and southern California; the International Chapter provides services to Central and South America. All our services are free to the recipients, as are the medicines and supplies.

The South Bay membership consists of over 150 members and the other chapters are each approximately 100 members. Our members have very diversified backgrounds including Medical Doctors, Dentists, Optometrists, Audiologists, Chiropractors, Nurses, Pilots, Interpreters and general volunteers. What all of our members share is a compassion to help those with needs.

The administrative arm of Los Medicos Voladores mission is to support our medical and pilot professionals so the volunteers can be effective, efficient, productive, safe and happy. We negotiate with the Foreign governments the criteria for service, we arrange the flights into remote areas, we raise money for medicines and supplies, and we help put teams together.

We have no paid staff. All of our members are volunteers and pay their own way on trips, whether they are pilots, nurses, volunteers or interpreters.



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