



Los Médicos Voladores
Gold Country Chapter
June 2009
Newsletter

**Gold Country Chapter Meeting
Date: June 4**

**Board Meeting: 6:00 p.m.
General Meeting: 7:00 p.m.
Sutter Auburn Faith Hospital
11815 Education Street
Auburn, CA
Conference Room A**

VOTE VOTE VOTE

Ballots were in the May newsletter. If you did not receive a ballot or have not yet voted, please contact your newsletter editor at: eweiss1211@sbcglobal.net or (530) 888-1273 to obtain your ballot. All ballots must be received by the June 4 meeting.

New Requirements for Baja Sur

Recently, our Corporate President, Tom Palmer and a small delegation from Reno's chapter flew to La Paz to meet with Mexican officials and to discuss past requirements for our teams traveling to Baja Sur (Tortugas, Bahia Asuncion, Punta Abreojos and San Ignacio). Two major issues were discussed.

First, we are now authorized to take medications (over the counter analgesics and medications for infection) out of their original containers and put them in baggies (or other containers) provided a label is included in the bag.

Second, each doctor (physician, dentist, optometrist, etc) needs to provide a copy of the following 4 items:

- License
- Diploma
- Curriculum Vitae (this is only for those doctors who specialize)
- Passport

These items will be collected by the chapter trip coordinator (Judi Foy) and then forwarded to Hank Frohlich an interpreter at the Reno chapter. Hank is in contact with the officials at La Paz and once all documents have been collected from all four chapters, will send them via courier to La Paz. Once they are on file we will no longer need to gather this info for each trip and fax it to La Paz as we have done in the past. To begin this process will doctors please bring paperwork to the next LMV meeting or mail to Judi at the following address:

Judi Foy
12688 Turkey Point Circle
Penn Valley, CA 95949

Upcoming Events

On behalf of the new Trip Coordinating Committee, Judi Foy reported that the following trips and/or events are planned for 2009:

1. Bahia Asunción - May 21-24 (two planes)
2. Nevada County Air Fest – July 11 (contact Judi Foy to help with the LMV booth)
3. Mexico – October 14/15 to October 18 – annual trip
4. Oasis – November 13-15 (mark your calendars now!)

SAN PEDRO DE LA CUEVA

April 16th-20th

by Jacqué (Jax) Conci



From left to right: Judi Foy, VeNae Crabtree, Dick Smith, Denny Freidig, Bob Hecocks, Ginny Blankinship, Diane Miessler, Jax Conci

It was a clear, crisp, Thursday morning when the team of Dick Smith (Dentist), Judi Foy (Dental Assistant/Trip Coordinator), Ginny Blankinship (Interpreter), met with Pilot, Denny Freidig, (Eye Clinic) at Auburn Airport for a departure time of 7:30 a.m. In the meantime, a second team, VeNae Crabtree, R.N. (Blood Pressure & Glucose Testing), Diane Miessler, R.N. (Eye Clinic), and I (Jax Conci, Volunteer) gathered at Alta Sierra Airport to meet with pilot Bob Hecocks, for "Chocks Away" at 8 a.m. We were headed to Mexicali and then across to San Pedro de la Cueva, Mexico, to conduct a free dental clinic, dispense eye glasses, and provide blood pressure and glucose testing.

Dick and Kari Freidig were in charge of obtaining the eye glasses. Kari (*pictured below*) picked



them up from Folsom Prison earlier in the week. The eye glasses were collected by the Auburn Lions Club, donated to the prison where a team of inmates repaired, cleaned and labeled them with their power. The inmates then donate the glasses around the world and also provide them to Los Médicos Voladores to distribute on medical missions.

We arrived in San Pedro de la Cueva without incident after a relaxed and smooth flight, thanks to our pilots, Bob and Denny. The flight was made more interesting by the rendezvous of our two teams at 10,000 feet for some photo ops. As soon as pictures of aircraft and passengers were taken, we proceeded on our way. Customs were particularly gracious to us at all times and our paperwork was completed smoothly and with full expediency.

Arriving in San Pedro de la Cueva in the afternoon, we were met by a couple of flatbed trucks which delivered us to the clinic. Here we met with Dr. Hector and were informed at this time, the

Mayor of San Pedro de la Cueva had generously donated hotel rooms, meals and a truck for the duration of our stay.

Dr. Dick, Denny, Judi, and Ginny set up the stations in the rooms, organizing where we would have eye testing and dispensing of eye glasses, the blood pressure and glucose testing area, a dental clinic and an instrument sterilization room. Educational videos (Denny) were also set up in the reception area for patients waiting for the clinics.

After unpacking and deciding where we would sleep in the three rooms allocated to eight of us, (the guys finally got a fourth room), we met across the road at The Maria's for a delicious meal. The menu consisted of Fish Tacos, Chile Rellénos, Tilapia, Salad, Beans, Rice and French Fries and the largest, almost paper thin Tortillas, imaginable. Tired after a full day, we turned in around 8 o'clock. The teams were eager to get an early start on the next day, which promised to be busy.

The first morning, we were able to see nine patients in the dental clinic. Fifty seven pairs of glasses were dispensed by the eye clinic team. Blood pressure and glucose tests were made by VeNae. Ginny buzzed from one area to another, translating instructions and answering the many questions arising from patients. The afternoon proved to be even busier than the morning and patients were given appointments to come back the following day. Saturday proved to be as full as Friday. The total number of people seen by Dr. Dick and his assistant, Judi, were forty-five. Congratulations on an outstanding job! Your hard work was appreciated by the many handshakes given by grateful patients. Free toothbrushes, toothpaste and some sugarless gum, mainly for the children, were dispensed to all patients.

The eye clinic workers were able to accommodate patients with over one hundred and twenty pairs of glasses and more than one hundred pairs of sunglasses in the short time we were there. The sunglasses would help prevent cataracts, especially for the fisherman of the village. It was extremely rewarding to see people leaving with smiles on their faces having gone from a fuzzy outlook on life to now being able see, thanks to the donation of a simple pair of reading glasses. It gave them hope and a new perspective on life. As Judi said "They will be able to read and sew again."

During the Saturday clinics, a Certificate of Adoption, as well as the Lion's International Colors, were presented by Gold Country President Dr. Dick Smith to Sonoran Presidente C. Bias Silvas Figueroa. (See *photo in the article below.*) The Auburn Lions chapter has for two years running "adopted" one of Los Médicos Voladores' pueblos; this year it was San Pedro de la Cueva. The Gold Country Lions Club generously donated funds enabling us to purchase toothpaste, brushes and incidentals. To learn more about this venture, please see the article and picture following by Dennis Freidig.

Something would be amiss if I failed to mention a few of the little events that occurred during this trip. For example, happily riding in the flatbed of the trucks back and forth to the clinics and airstrips; seeing the caballeros, regally riding their horses through town, sometimes towing a small child on another horse, sometimes loaded down with bales of hay but always accompanied by at least two dogs; meeting 93-year-old Elise, sitting in the sun outside her pueblo, her pale blue eyes, obviously blind and letting her feel my face so she could 'see' me through her fingertips; watching the elderly couple, with new sunglasses donned, waltzing around our clinic reception area (I'm sure they felt like they were in Hollywood); and relaxing after the clinics, tired but satisfied, on the upper balcony of our hotel, discussing the events of the day.

The huge stack of pancakes Ginny had "The Maria's" fix for us our last day in San Pedro de la Cueva. Going for a short walk, enjoying the beautiful, mountainous terrain. Flying to Bahia de los Angeles for R & R and being met at the landing strip by hosts Roger and Donna with a cooler of ice cold drinks. Finding a huge bowl of guacamole, chips, cheese and meats, waiting for us at our rustic hotel, along with a host of animals. Relaxing by the ocean in the evening under a domed sky so filled with stars it felt like you could touch them. The night lit only by the stars, our team members sang ballads, some harmonizing, some singing in Spanish which added to the magic of the moment. Standing outside on our patio at 3 a.m. in the morning with my roomates, Diane and VeNae, in awe of the night. (Sorry for waking you!) Shooing cats off the dining room table before breakfast at our R & R hotel and stepping over many very large but friendly dogs. One looking more like a polar bear than a dog. Being met at various airports by the militia, as Diane put it "Heavily armed, fourteen years olds!" Finding a forest of cacti and watching the guys delight in taking pictures of these enormous, ageless and majestic succulents. Looking for Blue heron and finding a slew of miniature crabs in the Baja marsh. Getting up early on the last day to watch the tranquil, colorful sunrise over the Sea of Cortez. Picking up a "dead" stingray by its tail to show friends and discovering that it wasn't so 'dead'. As I dropped it back in the ocean, its tail hooked menacingly before it swam off to a rock.

So many things that are etched permanently in our hearts and minds but most of all, knowing that there is a corner of the world where a few less people are suffering thanks to our dental crew. Many people will again be able to enjoy seeing things clearly they thought they would never see again. Getting patients into Dr. Hector for a consultation and treatment after discovering their blood pressure or glucose levels were too high.

Kudos to each and everyone on the team, the Lions Club and those incarcerated, for their generous hearts and for helping to make this a fruitful event. Special thanks to our organizer, Judi Foy, for her hard work in coordinating and ensuring this humanitarian effort ran smoothly.

Auburn Lions Adopt San Pedro de la Cueva by Denny Freidig

Marking the second consecutive year, the Auburn Host Lions Club have once again "adopted" one of LMV's pueblos (villages), San Pedro de la Cueva in Sonora. Last year they adopted San Ignacio in Baja.



Photo from left to right: C. Blas Silvas, Ginny Blankinship, Denny Freidig, and Dick Smith

While Gold Country was conducting a clinic on Saturday, April 18th, and pictured here is Gold County President Dick Smith, presenting the Certificate of Adoption as well as the Lions

International colors to Sonoran Presidente C. Blas Silvas Figueroa, while LMV interpreter, Ginny Blankinship and Adopt a Pueblo program coordinator, Denny Freidig look on. Presidente Figueroa, in accepting the adoption certificate, presented a Certificate of Appreciation to the Lions.

The Adopt a Pueblo program was launched last year out of the Gold Country chapter for the express purpose of acquainting the local public with what we do, as well as raising funds for LMV projects. By involving the local press, the media coverage has greatly expanded LMV's visibility in the community.

The Lions have donated \$750.00 each of the past two years. In return for their generous donation, Gold Country delivers a Power Point presentation about the adopted pueblo, and provides them with a one-year honorary membership - including an invitation to the meetings, receipt of the monthly newsletter, as well as a slot on a future flight should the trip coordinator deem it appropriate.

If you'd like more information about this program, contact Denny Freidig at lmvpilot@gmail.com.

LMV Items for Sale

T-shirts, scrubs, license plate holders, hats, mugs and cookbooks are for sale

Contact Jane Hamilton. She will even arrange her schedule to meet you with your purchases. Give her a call or contact her via e-mail. Her phone number is 530-885-7839; e-mail is janiehamilton@mindsync.com

Want to Receive Your Newsletter by E-Mail?

Has your e-mail changed since you joined LMV?

Want a copy of the latest member roster?

If yes to any of these questions, just drop a line to your newsletter editor at:

eweiss1211@sbcglobal.net

LOS MÉDICOS VOLADORES (LMV)
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FIRST CLASS



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