



Los Médicos Voladores
Gold Country Chapter
June 2007
Newsletter



Welcome

Welcome to new members

Cynthia Collis – Dental Hygienist from
Lincoln
Jane Rhodes – Registered Dental Asst.
from Auburn
Keith Smith, D.C. – Chiropractor from
Auburn

Gold Country Chapter Meeting

Date: June 7

Board Meeting: 6:00 p.m.

General Meeting: 7:00 p.m.

**Sutter Auburn Faith Hospital
Conference Room A**

**Video presentation of the most
recent Villa Hidalgo trip with Dick
Smith, Judi Foy, Denny Freidig, and
Lee Johnson**

Election Results

Congratulations to our new Gold Country Board: **Doug Zike, Judi Foy, Ed Weiss, Sheri Sims, Dave Morgan, and Barbara Gerletti-Weiss.** As in the past, the new board will allocate the board positions at their June board meeting and announce the results at the June general meeting.

From The Trip Coordinator

During the May 10 trip, we found out again that it gets hot in Sonora in the summertime. So armed with that knowledge, we will schedule our next summer trips around the Baja California area where the winds off the Pacific Ocean make it comfortable. We have no trips planned for June or July, and I am now working on August and next fall. We need medical professionals and pilots. So come out and sign up or pass the word on to your friends who might enjoy a nice week end trip. We have good destinations, and you will enjoy a trip to one or more of them. *As a reminder, if you are planning on taking supplies for your trip, please check with the pilot before bringing your supplies to the plane, as the pilot must ensure that the weight of the supplies will not jeopardize the flight.*

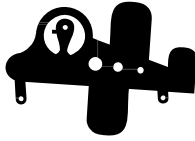
Lee Johnson

Oasis

Note: There is a change in the price of the flight to Oasis. The trip price has been raised from \$100 to \$125.

FYI - The next trip to Oasis will be November 2, 3, and 4 of 2007.

Dave Morgan



Pilots' Corner

Attention Pilots – Just a reminder. LMV encourages all pilots to ensure they are current for all flights to Mexico. One good way to do this is to have an instrument proficiency check ride occasionally. LMV will reimburse up to \$150 a year for your check ride. Please contact Chief Pilot Rob Lober for details.

Chief Pilot Rob Lober, rlober@sbcglobal.net

Pilots are reminded to please send their trip reports to Corporate Vice-Chair Art Schmauder at: aschmauder@gbis.com

Report from Denny Freidig

This pilot's "PIREP" following flight to Otupo (Villa Hidalgo) from May 10 - May 14. Avgas was \$3.09 in Mexicali; \$3.11 in Hermosillo (show copies of your Letters of Introduction for fuel discounts; make certain you are on the current list of LMV pilots at each AOE); Yuma was \$3.59 (discounted thru Sun Western Flyers); \$4.60 in Calexico and \$4.50 at Auburn.

Otupo runway was a moderate test of a pilot's skills. Runway is dirt and gravel, 2600' long at 2200' elevation. The afternoon of May 12th the temp was over 110°, so density altitude may be an issue. One must land to the West, take off to the East, and should use both short- and soft-field techniques for both landing and departure.

Before departure from the US, I suggest you download a map of the runway off Google Earth, load the Lat/Long into your GPS (there are not a whole lot of visual references out there except the great smokestack up at the Esqueda/Fronteras copper mine), and review the pilot's notes for Villa Hidalgo on the LMV web page.

This trip ranks very high on my LMV list due in large part to our wonderful hosts - Jay & Queta Greer, the warm reception we felt from everyone in the community of Villa Hidalgo, and our outstanding crew of interpreter/autoclave specialist Lee Johnson, extraction guru and dentista Dick (Smith), and dental assistant/Auburn chapter jefe' "Yudi" Foy.

Denny Freidig
LMV Pilot

Corporate Update

The annual seminar will be held in Guaymas from October 11 to the 14th. Mark your calendars now!

Tom Palmer
Chairman of the Corporate Board

Historian Needs Photos

Remember to take photos during your trips and then provide a copy to our chapter historian, Pattie Espinoza. Pattie keeps track of articles in the newspapers, special events, and trips, so if any of you see an article or have photos of our special events, like the air fairs or the Mardi Gras, please pass them on to Pattie.

Cookbook

Hello all LMV Members:

Our cookbook project has been delayed because we did not get the minimum number of recipes required by the company. We have 190 and we need 350-450 for a good book. Remember this is a fundraiser for ALL LMV chapters. I only heard from 10-11 High Sierra folks, 7-8 Gold Country folks, 2-3 South Bay folks and none from Central America chapter.

All chapters need to buy into this project for it to be a success. Perhaps the recipe form was too daunting for many? If it is more convenient for folks to just e-mail recipes to me or send them written on cards or paper, I will cut and paste them onto the company's form. So I encourage all of you to get them to me in any way, shape or form **AS SOON AS POSSIBLE**. And there is no limit to the number of recipes you can submit....the more the merrier. So don't wait, do it now!

The extended deadline is **SEPTEMBER 24th**. Please submit recipes either by mail to LMV Recipes, P.O. Box 8234, Truckee, CA 96162 or via e-mail to: tomlynfly@hotmail.com.

The cookbooks will be \$10 each, and I am taking orders at this time, too. No payment is due until delivery. There are gift certificates available, and I will get them to you sometime in July. We have a lot of interest with over 100 cookbooks "ordered" from our members at this point. **YOUR CHAPTER GETS THE PROFITS FROM THE COOKBOOKS YOU ORDER AND SELL** Thank you to chapters that have put details in their newsletters. Let's use this summer to get it together!

- Follow the format on the recipe form — do not deviate please.
- Use ink, not pencil
- One recipe per sheet, if you need more room for a given recipe attach a separate sheet
- List ingredients in order of use & include container size i.e. 16 oz. pkg., 24 oz. can
- Note the standard abbreviations to be used
- You can use recipes from magazines or other cookbooks, but beware of copyrights, i.e. Neiman Marcus cookies

Questions? Contact Lynn Meadows at: tomlynfly@hotmail.com