



Newsletter for October 2011 Through April 2012

Your newsletter editor is falling down on the job. Here are all of the trip reports that I found in my inbox.

Carl the Flying Curmudgeon (and Newsletter Editor)

September El Rosario Clinic

by Mary Jean Wells

The medical portion of the September ER clinic did not transpire as planned. Unfortunately, the aircraft that was transporting our doctor (David) and nurse practitioner (Lynn) did not make it in to ER. By the time we arrived at the clinic on Saturday, dental was in full swing. Samantha was running triage and doing a fabulous job. She also had a sign up list for medical that included over 30 names. Once we had confirmation of our missing medical personnel, Sam told the crowd waiting in the courtyard the unfortunate news and explained that we only had a general nurse (me; yikes!) available. Sam explained that we would be limited on our abilities; assistance would be limited to general health inquiries and assessments. Some chose to leave, others stayed to request vitamin/supplement refills and a few chose to see if I would be able to assist with their needs.

We began the medical portion of the clinic with Sam running triage for both medical and dental. Steve helped me with interpreting, and Sam interpreted as well when he was available. I was able to attend to about 20 patients while Sam and Steve covered the requests for vitamins, supplements, and eye glasses. I performed a couple pregnancy tests, did some blood pressure and glucose testing and provided general health care assistance.

A group from the orphanage showed up with some of the children who had chicken pox. Due to the highly contagious nature of chicken pox, I had to keep them outside the courtyard to reduce the risk of exposure to the rest of our clients. We provided them with some topical ointment for the sores and some children's Tylenol. We educated the caretakers about the disease, answered their questions, and gave them a large bottle of children's vitamins.

There were a few patients that I was unable to assist because their medical needs were beyond my scope and capabilities. We recommended that they try to pursue medical attention in San Quentin rather than wait for our next clinic in October. In total we provided about 30 patients with some type of medical service. The day was very challenging yet successful. We did our best to provide needed assistance and that is our goal.

Mary Jean Wells (MJ) RN

September El Rosario Clinic

by Ken Reed

Vince took off about an hour late and cleared Customs in Rocky Point. The hand pieces were given to Vince's airplane in Rocky Point - I didn't ask why someone in Rocky Point had all of our dental hand pieces. [I didn't know this until looking for them in the clinic for a long time.]

We cleared Customs in San Felipe, and then waited on the ground about 90 minutes figuring that when we got airborne, we should be close to Vince. After we took off and hooked up by radio, Vince told us that Rocky Point didn't have fuel so he had to stop again in San Felipe.

I only had a partial set of keys and knew I did not have clinic keys so we took one of the vans to ER and got keys for the clinic from Mama Espinosa. I currently have all of Glen's keys and will make a copy of each to keep. Bottom line, before we could get to clinic and get the hand pieces from Vince's airplane so we could see patients, it was close to 1 pm.

We still saw about 25 patients on Friday, mostly children, and didn't get on the road to the hotel until after 6 pm, though. Saturday morning we left the hotel at 7:30 am and had breakfast at Mama Espinosa's. We were seeing patients by 9:30 and again didn't leave the clinic until after 6 pm. Even without Bob Smith and a hygienist, we still saw about 35 patients.

The clinic ran very well. Samantha did an excellent job of triage. We ran completely out of lidocaine but we managed by using other local anesthetics. The supply needs list is very extensive and that's the one glaring mistake I made. I left it in the clinic :-)

I only have one concern/thought/request. That is that we finish earlier. I had a bunch of first timers this trip that never got to walk on the beach before/at sunset. For as hard as they work, I think they deserve that little bit of luxury.

Ken Reed

More El Rosario News

As some of you know our 1989 Dodge van that we keep in El Rosario has been running very poorly recently. At the August work trip it was missing, backfiring and hardly made it up the hill to the mesa airstrip. In September Vince reported that the exhaust pipe fell down and they had to remove the muffler to drive it. In October Wally got a tune-up kit and a new muffler. Carl took it all down and turned the parts over to Giraldo to have it worked on.

When we got down there on Friday, November 11th it was all fixed up. It runs unbelievably well, starts instantly, has more power than it's ever had, and the shifter/ignition interlock problem is fixed. The

muffler was welded on by a welder friend and he did a really nice job. Giraldo did the tune-up himself and didn't even want anything for his labor. Wally gave him 300 pesos anyway and hope he is not insulted by so little. Giraldo found one of the spark plug wires that had completely burned in two from short-circuiting and others were cracked and leaking out spark. It is a pleasure to drive now and hopefully it will serve us well for a while again.

October El Rosario Trip Pictures



December El Rosario Report

By Mark Dreyer, Kissimmee, Florida

I have been practicing dentistry since the late 80's, and have never done a dental mission trip. I had the good fortune of meeting Ken Reed a number of years ago. Ken is a fine person and an amazing educator as well as an accomplished pilot. During the course of our interaction I learned about Ken's work with the Flying Sams. A while back, I committed to taking a trip down to Mexico, and that came to fruition this past weekend when I spent an amazing weekend with Ken and a number of other new friends providing dentistry for a number of folks in the town of El Rosario in the Baja California region

of Mexico. The combination of the abject poverty and the humble gratitude of those folks made this such a rewarding experience. The beautiful scenery and delicious native cuisine was icing on the cake. I plan to return in April, and anticipate making this a regular part of my personal/professional life hopefully for years to come!



December LSI Trip Report

By Olivia M. Browne D.C.

In the past several years there has been horrific news stories coming up from Mexico of drug related mass murders and other violence. When I hear of these stories I think "I have absolutely no desire or reason to go to such a place." Recently, Pat Hartowicz told me about this organization that flies teams of doctors to clinics in Mexico to provide free treatment over a weekend, and asked if I'd be interested. All reservations I had about going to Mexico just went out the window. All I could think is what a great experience it would be. I said "you can count me in."



I did very little to prepare for the trip. All I had to do was show up at the Marana airport on time with my passport and carry-on bag. Flying in a small private plane was a first for me, as was going to Mexico, save stepping over the border in Nogales. I was looking forward to it. I've known Pat and Carl Foster for many years, but until this trip I didn't know Carl was a pilot. It was a kick to see Carl and Pat up at the controls taking me up to the clouds. The plane was rather like a narrow Volkswagen bus with wings. The ride was much rougher than an airline. After this trip I have a great confidence in my stomach and that I am not susceptible to motion sickness.

We landed in Mulegé in the midafternoon and parked the plane right outside the hotel like you park your car outside a motel. Hotel Serenidad had a couple of beautiful and relaxing patios, and a bar and restaurant. The rooms were neat and clean. There was an air conditioner, but no heat or T.V. My roommate Kay Lehman told me we were doing well to have hot running water and drains that drain.

The next morning we all got into our airplanes and took off to San Ignacio on the other side of the Baja peninsula, where the free clinic was. At the free clinic I quickly found the room with the chiropractic table, (I'm a chiropractor) and arranged the room to my liking. I have had doubts of how much I could really be able to help these people with chiropractic care. Most of my patients need to come in for more than one visit in order to resolve a problem; some people need repeated care over several months to get good results. This is just one shot at it, then who knows when these patients will have an opportunity to see a chiropractor again. I'm sure the other doctors feel the same way, and have patients that really should have follow up care. But then I guess some care is better than no care, and some care in some instances can make a big difference.

I was told I would have an interpreter to help me, I speak very little Spanish. There was no interpreter. Somehow the words came to me "donde es dolore?" I think I'm asking where your pain is, and the patients are responding by pointing here and there. And so my day started. For the most part I gave my most basic routine treatment. There was a lineup of people to see me, including the volunteer helpers. Many of them had been treated by a chiropractor before, and evidently liked it. Most people adjusted (the process of a chiropractic treatment) quite easily, which rather surprised me, the patients I see in my office are generally tougher to treat, maybe it has something to do with less junk food in the diet and having more flexibility and elasticity. My youngest patient was a girl of maybe 11 years. She was actually one of the





tightest people I saw that day. Later in the day I saw her and she had someone translate that her shoulder felt so much more relaxed. There was another lady who tried to tell me more than I could understand, so we found someone to translate. The translator complained that he was just the carpenter. The lady was having sharp shooting pains up and down her back every time she tried to bend forward even just a little bit. After her treatment I had her try bending forward to see if there was any improvement. She bent forward, touched the floor, swung her body a little, came back up, smiled and said gracias. I saw her later that day, she was helping to straighten up the clinic before it closed, I asked how she was doing, and she indicated much better. These two cases did make me feel really good. Another lady was having some really bad shoulder pain and couldn't find a comfortable position to sleep in. I did what I could for her, and I hope she at least got some relief. This is an example of a condition that I could really get good results with several visits. It bothers me that I couldn't do more for her. Over all I saw about 25-30 people. I was worried about being totally spent at the end of the day, but I really felt pretty good.

After we were through with the clinic we all piled into our planes and flew back to the hotel for the night. We went out and had a wonderful dinner. I enjoyed everybody I met in the group; they were fun and interesting people. The next day we took off early to return to Tucson. Winter storms were coming in and there was some possibility that we might have to spend an extra day in Mexico if we couldn't beat the storm. As we flew into Tucson there was a big vibrantly colored midday rainbow in the northwest to greet us. Just after we landed in Marana, it began to rain.



This was such a whirlwind trip. Just 48 hours. I went to a different part of the world and came back in time to take an afternoon nap. There's something surrealistic about that. As for my safety in Mexico I always felt quite safe. I also felt great confidence in the professionalism of our pilots.

If I go again there are a few things I would do differently. I will prepare by getting about a hundred dollars in pesos. I was told that American money was readily accepted there, but it was awkward figuring out how much things cost, and everybody had different exchange rates. I will learn a few more

Spanish phrases. And I will prepare for the event that we may not be able to return on the day planned, which means communicating to my next day patient load a change in plans. I just said 'if I go again'. I can't say how soon, and I can't say how often, but I can say I will defiantly go again.

April 2012 El Rosario Trip Report

By Bill Hunt

Participants:

Pilots:

Carl Foster	
Bill Hunt	clinic/pilot coordinator
Richard Marsland	
Keith Olson	EMT/medical assistant
Ken Reed	dentist

Providers:

Linda Algar	dental helper
Hank Brown	interpreter
Patti Daly	nurse practitioner
Carol Ditto	dental assistant
Mark Dreyer	dentist
Pat Hartowicz	dental assistant/dental coordinator
Jacob Miller	medical helper
Lydia Ortiz	interpreter
Zahira Penunuri	interpreter
Lupe Quiroz	dental hygienist
Leah Wiesel	helper

Dental Patients Seen: 40

Medical Patients Seen: 55

Initially on arrival at the clinic it was discovered there was no water available. During the time water was not available, we ran the clinic with three people: me, Pat Daly and Zahira Penunuri. Since it was Pat Daly's first time at the clinic, she had to familiarize herself with the medicines on hand, along with the patient's record form. Zahira did an excellent job of organizing the patients for medical and queuing them for dental when that became available. Once Keith Olson arrived, Patti was able increase the number of patients seen per hour. Keith was a tremendous help to Patti.

It was about an hour before water was restored to the clinic and dental could begin.

One of the windows in the dental room had been left open from last month which caused dust to be everywhere. A closer adherence to the closing checklist should prevent this in the future.

The Dodge van on the mesa did not start, presumably due to a dead battery. However, after having the battery charged the van still would not start, but would easily turn over; looks like we'll need to get a mechanic up to the mesa to look at the van.

The Dodge van from Robertson's Ranch (the "high top") developed a brake issue on the left front wheel. We took the van to the shop around the corner from Mama Espinosa's and discovered the brake piston had frozen in the braking position causing the wheel to heat up and pull the van to the left. It was not fixable during the weekend due to lack of parts. We also had them take the right front wheel off and service the brake piston on that side in an attempt to prevent future issues. I gave them \$50 to help defray the cost of the parts. The van should be ready this week and will be delivered to Mama Espinosa's where we made arrangement with Geraldo to have to pay the mechanic and we'll reimburse him on our next trip down, which will be this coming weekend.



Ken Reed basking in the glow of his iPad with Mark Dryer looking on

I filled the tank in the Jeep on our return trip to San Quintin on Saturday, so it will have a full tank. Ken filled the Ford van in San Quintin on Saturday, but drove it to the airport in El Rosario on Sunday, so it has a full tank minus that trip.

The vans are showing their age. Repairs are becoming more numerous. With safety being a primary concern, we need to look at acquiring new vans.

We had a no-show for the trip. Jesse Woodbury, did not show for his flight, nor did he call. He also did not acknowledge the e-mail giving the flight assignments nor the earlier one confirming his status on the trip. Part of this may be my fault. I sent out

an e-mail about a week prior to everyone I had going on the trip asking them to notify me if they were unable to make it. I am going to change the sense of that e-mail such that I will ask for a positive confirmation that they will be going on the trip. In other words, a no response to the confirming e-mail will remove the volunteer from the list.

The no-show caused us to fly a plane with one passenger. Had we known that Woodbury would not be going, I could have moved the one passenger to another available seat and would have had four planes instead of five. We need to investigate why Woodbury did not show and determine if he is liable for his ride-share amount.

There always has been a problem with San Felipe concerning the amount of fuel said to be sold as to the amount actually put in the aircraft. It's been my experience that it's always 10 to 15% more than I had expected. As a result I no longer buy fuel in San Felipe since my plane as the range to do the ER trip unrefueled. However, that's not the case for everyone.



Zahira Penunuri and Lupe Quiroz taking pictures and checking email

On this trip both Carl and Richard reported a large variation between what was expected and the amount reported. Not surprisingly the difference is in the favor of San Felipe. Fuel in Mexico is now very expensive, over \$6 a gallon. Now add to that a difference of 15% or more and the cost of fuel almost makes the trip too costly. I'm not sure what the answer is, but we need to look at this and see what sort of solution we can come up with.

Ken was informed prior to his take-off from Diamante Del Mar on Sunday morning that the army will no long meet the airplanes when they arrive. However, they expect the pilots to report to the check point with the required paperwork prior to going into town to the clinic. Guess we'll have to wait and see how this works out.

Also, another change: At San Felipe they are no longer charging for the visas. What they expect is that the visas will be paid for when the aircraft leaves the country at the AOE used for departure, which might not be San Felipe. Again, we'll have to wait and see how this works out.

Meeting Schedule

All board meetings, unless stated otherwise, are held at St. Gregory Preparatory School on Craycroft just south the Rillito. The meeting schedule is on the [schedule](#) page of the website.

The original purpose of the board meetings was to plan the upcoming clinic trips. With the advent of the Internet and better communication, the planning can be done through emails and phone calls. The board felt that meeting with members who were not directly involved with clinic trip planning was not adding content to the board meetings. There are now four general membership meetings per year, and the board hopes that everyone can attend and participate in the chapter operations.

Website

The website has the current schedule in both table and calendar formats. We also added a PayPal link to facilitate both donations and dues payments. Now you can pay dues using your PayPal account or a credit card. Bear in mind that you still must send in your completed and signed application and waiver each year. Licensed providers must also submit signed Professional Standards Forms when the previous ones expire. [Website Link](#)

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Jennifer Treece, Treasurer
Olivia Sanders, Secretary

Jillian Moore (AP)

Dental Coordinator: Ken Reed, DMD

Medical Coordinator: (Open Position)

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Wally Austin
Peggy Clementi
Carl Foster
Pat Hartowicz
Bill Hunt
Richard Johnson
Michael Mandig
Ruben Ramirez
Richard Razo
Gloria Salas
Chuck Schroll
Bob Smith
Gena Damento

Pharmacy Coordinators:

Judy Austin, RN (ER)
Jennifer Treece (LSI)

Interpreter Coordinator: Olivia Sanders

Pilot Coordinator: Bill Hunt

Webmaster: Carl Foster

Membership: Judy Austin

Newsletter Editor: Carl Foster

Fundraising:

Ruben Ramirez
Bob Smith
Rose Quiroga

Trip/Clinic Coordinators:

Judy Austin (ER)
Pat Hartowicz (LSI)

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