

# Flying Samaritans

Mother Lode Chapter

FALL

2008

## PRESIDENT'S MESSAGE

Since our last newsletter there have been several new developments, mostly good, and one sad, but hopeful, development.

On the good side, our clinic Alma Luminosa (Shining Soul) continues to thrive with record numbers of patients coming through our doors.

The Pat Collins Scholarship Program provided 50 scholarships to local schools -- 30 for the primary grades and 20 for the preparatoria (H.S.) for a total of \$10,400.

The Vision Program continues to grow, with a planned school visit scheduled for October 10th. The success of this pilot program will determine the frequency of subsequent visits. A good target program would be quarterly visits.

Al Rabe our dental coordinator was instrumental in getting a large quantity of dental supplies donated to our dental clinic. Because we have more than we can use, he plans to share our good fortune with our sister chapters.



On the one hopeful side, Dr Bill McDavid (Senor Bilito) has been working to provide much needed treatment for a four-year old little girl, Flor Estrella Luis Sanchez (Flower Star). Flor has a complicated heart condition and medical feasibilities are still being evaluated. Our hope is that all goes well and she can be treated at one of the medical institutions in our area.

In closing, I wish you all a pleasant holiday season and urge you to attend our Christmas Dinner so we can all meet and exchange ideas for the coming year.

~ SINCERELY, FRED MARTINEZ



## JULY CLINIC REPORT — Bill McDavid, MD

Steve Shaffer flew Paige Jeffs DDS, Al Rabe, Bruce Hultgren, and Clariza Doms. Joel flew Heidi, Eduardo Sevilla, Ivan and Celeste Rarick. I flew Bob Haining, Debbie Marino and Pam Polk. Nice tail winds down and partially back. Joe Zachwieja drove down as did Brad Farrow and Frank Rodriguez (orthotists). The two of them fitted five below- knee amputees with prosthetic legs and three with above-knee legs. Haining saw a lady who has had a stroke and severe contracture of her right hand and wrist. Brad fitted her with a brace to prevent further contracture as it is very painful. They also did further work on Eduardo's brace (a waiter at La Palapa).

We saw 99 people in the medical clinic with details to follow on a three year old with congenital heart disease. Paige and Al saw 27 patients and hopefully Al will write details about it. Bill Hunt flew a chiropractor Cindy and with her boy friend to work at our clinic. She saw twenty patients. Tucson does not fly this time of year due to afternoon temperatures there but Bill made an exception. I regret I do not have her and her friend's name, and it is especially regrettable because she might be willing to help us again. The eye department performed 25 exams- 8 pairs of glasses with 12 pairs not fillable due to inadequate lenses. Bruce will communicate with Fred about that.



Our medical clinic was hindered as we ran out of Lisinopril, and sticks for the glucometer. Debbie believes that someone has pilfered those strips and two bottles of urine dip sticks. Flor Estella Luis is three years old born with congenital heart disease. Her defect is uncertain as the mother was not able to provide us with details of her condition except she was hospitalized at birth for one month and underwent an angiogram. I have a copy of it and will present it to a cardiologist along with an EKG which we took. I will update you on further details.

Saturday night was quite a party. Joel and Heidi hired Lupe to bake her famous cake (Tres Leche). Frank Rodriguez, Brad Farrow, and Bob Haining hired a combo of guitar, Accordion, and base fiddle along with their singing along with beaucoup Margueritas-what a blast. Debbie received a nice shirt with her name and Flying Sams on it from the Prossers. Bill Hunt gave her a red shirt labeled-REMOVE BEFORE FLIGHT. There was much discussion as when before flight would occur. We returned home safely.

~ *Sr Bilito*

## **JULY CLINIC REPORT — Al Rabe, DDS**

Hello everyone,

Great flight down and back with Steve Shaffer, one of the fastest trips to clinic ever: Brown Field to Executive in 2 hours, 40 minutes and smooth as glass. I was very fortunate to have Paige Jeffs, DDS, come to this clinic to help provide much needed dental care. Dr. Jeffs practices in Sacramento. Together we saw 27 patients and as usually much of the morning was spent doing extractions. For some reason, most of the patients seen by Paige needed to have the extractions done surgically. His first case was a young man who presented with a severely infected, impacted lower left wisdom tooth. Almost every patient after the first one was virtually a repeat situation. His very last surgical procedure involved a 4 y/o female with two severely abscessed lower primary molars (baby teeth). Because of her age, she was not very cooperative, so we had Sr Bilito sedate her.

With the Help of Debbie Marino, Paige was able to remove those teeth with no problems. I was afraid that after this initial experience, Dr. Jeffs wouldn't be returning, but he related that he thoroughly enjoyed the experience and will be returning!

We were able to provide a few patients with more routine dental treatment later in the afternoon: fillings and cleanings. It was another successful dental clinic. Additional, first-timer Clarisa Doms, RN, told me her husband is a Dentist (actually an Endodontist-root canal specialist) and her father-in-law is a retired General Dentist. They are also very interested in coming to clinic. Paige said he would send in his thoughts on his first time Sam's clinic experience.

~ **Al Rabe**



## **JULY CLINIC REPORT — Paige Jeffs, DDS**

I enjoyed my first trip to the clinic very much. I thank Al Rabe for recruiting me. I had no idea that along with providing much needed dental care, I would also become associated with a very fine group of human beings. "Thanks" to all who were there for extending your friendship during the trip. It almost seemed more like a 3- day birthday bash for Debbie!

Steve was a fantastic pilot, and we broke the speed of sound on our flight home. I lived in South America for two years and have developed a love for latinos. I think I saw 15 patients, and except for one, they were gracious and thankful for the care.

I have to say that Joe was an excellent, patient translator. He was also good enough to provide chairside assistance during the day. I enjoy doing complicated surgical extractions, and I saw plenty of those on Saturday. A very rewarding case for me was extracting 2 abscessed molars on a beautiful little 5 year old girl, with the kind assistance of Dr. Bill and Debbie. The last patient of the day was a very young woman who had two rather large amalgam (silver) fillings on her front teeth. I was able to replace them with two composite (tooth colored) restorations. With tears in her eyes, she gave me a hug when she left.

That's what its all about.

~ **Paige Jeffs**

## AUGUST CLINIC REPORT — Bill McDavid, MD

August clinic Joel Prosser flew Heidi plus loads of clothes; Steve Shaffer flew his son Michael, Kelly and Gary Chang; Steve Gorman flew Debbie Marino, Fred Martinez and SR Bilito; Dean McDavid flew his daughter Lauren, Pam Polk, and Bob Haining. Nice flight down and back. Joe Zachwieja and Carol Deane drove down and met us at La Palapa. That restaurant only gave us 8 pesos to the dollar so maybe we need to find another restaurant. All other merchants gave 9.5 to the dollar.

Saturday was a busy clinic seeing about 90 patients with 35 eye exams dispensing ten pairs of corrective glasses and four pair of reading glasses. We were rewarded with two young interpreters-Kelly Chang and Lauren McDavid both of whom wish to return. Fred and Joe passed out 48 of the scholarship awards with only two failing to show. We will take those next month after announcing their names on the radio one day prior to clinic.



Dean and I flew Flor, her mother Adela, and Alfredo to Ensenada for an ECHO of her heart. We flew under the fog at 200 to 400 ft along the shore line which all of us really enjoyed as we saw many people camping and clam digging. Upon arrival at Ensenada we saw a Gulfstream III parked and as we went out front to hail a cab, there were many young people cramming into a stretch limo. One of the men looked familiar and I asked “are you on a TV show?” and he said I used to be until they cancelled my show called “Ramond”

We met Dr Hernandez and he performed the ECHO on Flor. This was the first patient he had seen with only one ventricle. The dynamics are complicated, but he said if nothing is done, she may survive until puberty. I'll deliver the CD of her heart tomorrow to a pediatric cardiologist at Sutter and we'll go from there. All of you will be kept informed. This was Steve Gorman's first trip and he insisted he will become one of our regular pilots. I found him to be very careful with his flying and he will be a welcome addition to Joel's armada.

~ *Sr Bilito*

### MEETING MINUTES

Meeting Minutes are available on the website <http://www.flyingsamaritans.us>

## **AUGUST CLINIC REPORT — Steve Gorman**

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The exuberant offer was to take a 5 hour flight to third world Baja California, spend a full day assisting a small population of tremendously needy people with medical problems that run the gamut, put up with excessive dust and flies, and you'll be able to do all this with, now hold your breath, at partial reimbursement of costs. When I accepted this offer from Bill McDavid of Flying Samaritans, I thought that this might put my 4 place airplane to good use, and this is one time when the nail was hit squarely on the head.

Since having spent last weekend in Baja, I'm left with the quandary that I'm not certain why I did it but there is no doubt that few things are more deserving of my time and avgas. And I'm looking forward to doing it again although next time I'll be armed with some insect repellent.

For all the new experiences my first time trip south of the border had, it was the people that filed through the medical clinic that most struck me. Their needs are acute, cell phones are ubiquitous, and their composure is solid while being accepting and certainly not beseeching. As I intend to continue volunteering time and airplane, I suspect there are lessons that the Baja populace will provide. I'm looking forward to my continuing studies.

~ **Steve Gorman**

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## **AUGUST CLINIC REPORT — Lauren McDavid**

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### **Day One**

After departing Stockton airport, I soon realized that the battery to my only source of entertainment, my DVD player, was missing. Nice move, Einstein. I asked my dad, who was flying the plane, if he had it. Nope. I quickly glanced at the time on my cell phone...10:32, and then looked at the instruments in the plane, which counted down the time until landing in Ensenada. Just perfect. I sat back in my seat, sighed, and settled in for the long haul.

Close to five hours, and two stops, later, we landed in San Quintin, Mexico. On our descent, I begin to form bits of sweat, and when this happens, I call this a hot flash. Yes, I am a 5' 5", blonde, 15-year old cheerleader, but, I get them too, and everyone seems to laugh about it. Nonetheless, my body temperature rises exponentially until the wheels of the plane roll onto the dirt runway.

After we all checked in at the Desert Inn and settled down, everyone went to the lounging tables near the bar in the center of the hotel. Rounds of margaritas were ordered along with chips, salsa, and the best guacamole I have ever tasted.

Regardless, we headed into the town of San Quintin. The ride from where we were into the actual town is about forty minutes, fifteen of which is dirt cut by the rainfall, and the remainder is paved road. We got to the restaurant, ate dinner, listened to arguing over the exchange rate, and went to the hotel.

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## Day Two

I woke up and ate breakfast in the small restaurant in the hotel, and got ready for the day. We piled in the cars and went to the clinic, which was within walking distance of the runway and inbetween hundreds of greenhouses. I'd like to say the clinic was everything I expected, but I honestly had no expectations; I didn't know what it would look like, how the system would work, etc. Once we arrived, people were already beginning to line up, so we instantly began to pull off plastic coverings and sorted medicine. Once everything began rolling, I was assigned to take the blood sugar of the diabetics who were regulars at the clinic to get the insulin they needed. I felt bad poking these people; their rough hands were carved by life experiences and hardened by that of hard labor. One man, I'll never forget him, had a pink hat on; I looked up at him and he smiled, I asked him, "Comó desayuno este mañana?" (Did you eat breakfast this morning?) He replied yes, and I asked him, "Tomó su medicina?" (Did you take your medicine?) He also replied yes. And yet, his blood sugar still solidly hit close to three hundred. Dang.

After that I followed Bob, one of the doctors who's fluent in Spanish, around and watched as he took care of these people. I've known I've always wanted to be a doctor, and as for specifically what kind, I had no clue. When a mother (who ended up having congenital heart failure) and her three daughters came in asking for pelvic exams, I decided to tag along with Debbie, a RN and one of the most caring and passionate people I have ever met. NEVER again will I make that mistake of watching, ever. After I exited the exam room, completely traumatized, food arrived. I don't think so; there is no way you're going to be able to shove three fish tacos down right now. Five minutes and three fish tacos later...lunch was over.

For the remainder of the day I did little things here and there as the day wound down. We all began to clean up and put things away as the courtyard, where at one point in the day tens of people were sitting, was now a ghost town. Fifty scholarships for middle and high school students were given out to those who had proven their hard study habits. One by one, they were handed their hard-earned money, and sent off. A few people trickled in asking for them because they were late, and at the end of the day, one still remained. As everyone began to pile into the cars and head back to the hotel, a girl, covered in dirt from working in the greenhouses all day, stood there watching us leave. Someone asked her what she was waiting for, and she said her scholarship. We found the last person.

That night at dinner, between bites from mosquitoes, I couldn't erase the day's images from my mind. I ended up driving back to the hotel, just because, I suppose, and went straight to bed, I was drained.

If there is one thing that I learned during my experience in San Quintin, it would be that material things don't really matter there. You could own the world, but to them, you're their comrade, their doctor, their guidance. Remember that DVD player? Yep. I forgot all about it, well up until the plane ride home at least, and even then, it all didn't matter one bit.

Something else Americans take for granted aside from their extreme opportunities to have health-care, is that we, as children, can go to school for free. Not only are we granted the opportunity to go, but it is the law. Unlike Mexico, school costs about \$200 for a whole year, this is often what families make in a few months, and is needed to feed their large families.

And if you're saying, "I'm terrible at speaking Spanish," welcome to my world. But they don't care, they just appreciate the effort, and they do their best to understand you.

If someone asked me to sum up the trip in a sentence, it would probably look something like this; On my trip to San Quintin, I learned to be appreciative of the healthcare and education that I am provided, not to be afraid to speak the native language, and that I never want to be a gynecologist.

~ *Lauren McDavid*

## SEPTEMBER CLINIC REPORT — Bill McDavid, MD

Great flight down and back with tail winds. IFR at Ensenada and into the clinic, but easy approaches. Steve Gorman flew Rocky Doms, Ginny Gillotte & Kathy Menchaca. Joel flew Heidi, Justin Sherrill, Marcella Spera & Clariza Aguillion-Doms. I flew Debbie, Ilya Khamishon & Paige Jeffs. Verland Benning, along with his daughter and son plus Sterling, drove down & changed fluids on the vehicles. Joe showed up at 2200 hrs. & saw 11 eye patients; 4 prescriptions & 3 reading glasses. Steve Gorman not only is training to help with the auto refractor, but he also donated & installed a machine which traps flies. The dentists saw 39 patients; they performed 28 extractions, 8 fillings & 3 cleanings. Justin was a great help to Paige, and Clariza helped Rocky. It was pathetic watching the dentists try to work with flies constantly annoying all of them.

The medics saw 73 patients. Ilya donated a large amount of meds & wants to purchase meds for us at a better discount than what we get at Costco. Pam Fallo has a friend at the El Dorado Community Outpatient Clinic who donated several boxes of meds & wants to treat us as an associate clinic. Even though we see some sick patients, there is always time for laughter after clinic recalling some of the patients. For example, a 23-year-old male complains that when he drinks a soft drink, he gets a headache, but none otherwise. He also complains that when he drinks a soft drink, his stomach hurts; no stomach pain otherwise. How would you treat this patient? Duh.

One of the scholarships was given to Alfredo who will meet with the young lady recipient at the post office where her uncle works. She lives a long distance from our clinic, which would require a long bus ride. Alfredo assured me he would carefully check her identity before giving her the award. The other young man did not show up, so his stipend will be returned to our scholarship fund.

Marcella Spera has promised to write about her first trip to clinic.

~ *Sr Bilito*

### MOTHER LODE CHAPTER CALENDAR

Board meetings start at 7:00 p.m. at Sacramento Executive Airport  
6151 Freeport Blvd., Sacramento, CA  
Meetings are open to everyone

2008	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Board Meetings	8	5	4	7	13	10	8	5	9	7	4	9
Clinic in San Quintin	12	9	8	12	17	14	12	9	13	11	8	13

“BIENVENIDOS” — WELCOME NEW MEMBERS —

CLARIZA AGUILLON-DOMS  
AARON DOMS  
STEVE GORMAN  
PHYLISA MCCOY  
DEAN MCDAVID  
LAUREN MCDAVID  
NICK PACIELLO  
RICHARD PRINCE  
JUDY PRINCE  
MICHAEL SHAFFER  
JUSTIN SHERRILL  
MARCELLA SPERA  
DELICIA TORRES



**SAVE THIS DATE**

MOTHER LODE CHAPTER FLYING SAM'S

# Holiday Dinner

DECEMBER 6TH  
AT THE  
AVIATOR RESTAURANT  
EXECUTIVE AIRPORT

WATCH FOR THE EMAIL!

**NOTE**

*A copy of this newsletter can be found on the Flying Samaritans website:  
<http://www.flyingsamaritans.us/>*

*Send articles, photos and trip reports for the newsletter to:  
[newsletter@flyingsamaritans.us](mailto:newsletter@flyingsamaritans.us) - ed*

## “WHAT YOUR DONATIONS BUY”

ANALYSIS OF ONE PAP SMEAR TEST — **\$ 15.00**  
 CHEST X-RAY AT A SAN QUINTIN LABORATORY — **\$ 15.00**  
 BLOOD ANALYSIS AT A SAN QUINTIN LABORATORY — **\$ 14.00**  
 EYE GLASSES — **\$ 10.00**  
 ONE PRESCRIPTION OF ANTIBIOTICS — **\$ 9.00**  
 INFANT VITAMIN DROPS — **\$ 8.00**  
 PREGNANCY TEST — **\$ 3.25**



## CONTACT INFORMATION

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International Representative	Bruce	Forrest	none

## *Baja Beauties*

For a donation of \$10, you can enjoy these beautiful greeting cards for yourself or give as a gift to others. Each of the six cards represents an aspect of the Flying Samaritan experience as interpreted by artist and Flying Samaritan, Darlene Knowles. All proceeds benefit the work of the Mother Lode Chapter of the Flying Samaritans. To order go online to [www.flyingsamaritans.us](http://www.flyingsamaritans.us) and click Mother Lode Chapter and then on the Help Us Help button. We appreciate your support!



Peace from the Storm



Childtime



Baja Sunset



Fish Tacos... Yum!



La Pinta Afternoon



Fog Lifting from False Bay