

The Flying Physician

The Magazine of Physician Pilots Since 1957



WINTER BOARD MEETING

JANUARY 17 – 18, 2020
HOLIDAY INN EXPRESS HOTEL
PENSACOLA, FLORIDA

HOW TO REDUCE
OPIOID DEPENDENCY
WHEN TREATING
CHRONIC PAIN

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UNEXPECTED VALUE
OF MEMBERSHIP IN THE
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TOUR WITH CHUCK
AND CARRIE
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*Are you a physician and a pilot?
Or a physician interested in aviation?
Flying Physicians Association is the association for you.*

Faces of FPA

Flying Physicians Association – Who are we? FPA is a dedicated and enthusiastic medical society comprised of physicians, MD or DO. We are also pilots. FPA members are actively involved in promoting aviation safety, supporting youth programs to expose more young people to the wonders of science and aviation, mission and humanitarian work at home and abroad and providing top quality continuing medical education for physician pilots.

Continuing education in aviation safety and in medical practice are top priorities, and CME credits are provided at both chapter and national meetings. Visit the FPA web site, www.FPADRS.org, to see the latest listing of meetings and courses designed for the adventurous physician pilot wanting to combine these two passions.

Five FPA chapters meet regionally in aviation-friendly destinations throughout the year, encouraging family participation and involvement.

The national FPA Annual Meeting is generally held in summer months and features outstanding aviation speakers as well as medical experts in identified areas. The 2020 FPA Annual Meeting begins on Saturday, May 23, 2020, at the Omni Hotel in Richmond, Virginia. Douglas Johnson, MD, directs the medical education schedule that will include FPA members. These specialized presentations, targeted to the needs of the FPA membership, address a range of topics throughout the four days. Topics are relevant to medical practices and pilot-physicians involved in volunteer work. The meeting schedule of speakers and CME activity goals/learning objectives will be available online (www.fpadrs.org) and in the December issue of The Flying Physician magazine.

CME presentations and panels are held on Saturday afternoon and Sunday through Tuesday mornings. As lifelong learners, physician members attending FPA meetings combine their passion for medicine with a passion for flying. Leaders in their communities and in their work on disaster relief teams and service missions – FPA members make a difference.

If you are interested in becoming a member of this dynamic group, contact the Flying Physicians Association Headquarters office in Montgomery, Texas, by phone 936-588-6505 or e-mail info@FPADRS.org. A member will contact you to discuss joining.



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The *Flying* Physician

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FOR MEETINGS INFORMATION VISIT OUR WEB SITE AT
WWW.FPADRS.ORG



From the **LEFT FRONT SEAT**

A Message from the President

Theodore J. Stransky, MD

MEMBERSHIP

Membership has been a concern and a frequent topic of discussion over the last few years. All of us should be trying to recruit our friends and acquaintances that we think would be good members.

At the 2018 Oshkosh AirVenture, Ana and I attended the medical meeting organized by Dr. Bruce Brink. We met several physicians that we thought would meet FPA criteria for membership. This year we wrote to each of them, encouraging them to join the FPA. I told them in this letter that we would not be attending the 2019 Oshkosh meeting because we would be volunteers at the World Scout Jamboree (WSJ) being held at the same time in West Virginia. One of these physicians, Todd Fredricks, responded that he would also be at the WSJ as the chief military medical planner and JTF Medical Command. He is a colonel in the West Virginia National Guard, an Associate Professor of Family Medicine at Ohio University Heritage College of Osteopathic Medicine, and a senior AME.

Todd and I arranged to meet for lunch during the Jamboree, which we did. (Photo) At that time I learned that Todd flies a Piper Cub and is building a Rans S7S. Todd is considered an expert in medevac operations and frequently flies to various parts of the world to advise other countries on medevac operations, courtesy of the US military. I'm hoping to get him to attend one of our upcoming meetings. He is interested in joining FPA, but currently is over-committed with his other obligations.

OSHKOSH UPDATE

Bruce Kaufman reported that no FPA member other than himself attended the Oshkosh Medical Meeting organized by Dr. Bruce Brink (as described in my previous column). However, for the social get-together hosted by Bruce and Anna Kaufman, 22 people were expected after RSVPs were received. Unfortunately only 10 actually came to the delicious dinner that was prepared. I recommend that the FPA have a get-together evening again in 2020 and begin the promotion as early as possible. Also Bruce and I suggest meeting earlier during the AirVenture week and charging for attendance so no one is left with a lot of extra food or cash outlay. Thank you, Bruce and Anna for your efforts, ideas, and hospitality!



Todd Fredricks & Ted Stransky at World Scout Jamboree

FLYING AGAIN!

It is nice to be flying again after a five month hiatus secondary to complicated back surgery and medications needed. I just completed my BFR and an IPC!!!

Doug Johnson, our Annual Meeting program chairman, has been working hard to provide an outstanding scientific program. My wife, Ana, and our executive VP, Alice Henderson, have been striving diligently to provide us with great extracurricular activities. I know the FPA chapter presidents have been working equally conscientiously to ensure outstanding CME and enjoyable experiences at their meetings.

I hope to be seeing you over the next year at a chapter meeting and/or the Winter Board Meeting in Pensacola, and certainly in Richmond, VA for the 2020 Annual Meeting.

Travel safely!!

Ted

Ted Stransky, 2019-20 President
Flying Physicians Association



From the **RIGHT FRONT SEAT**

A Message from the Right Front Seaters Chair

Ana D. Stransky

Traveling with children is like playing a sport. Having the right equipment certainly helps, as does the right attitude (patience and acceptance of imperfection). Talent is questionable because it depends so much on what observers think. The goal is set by you: Just get to the destination? Have fun? You decide the winner(s).

Traveling with children in a private plane adds another dimension. People who have been in the FPA longer than I have recount stories of their children playing with other members' children and developing friendships of their own through the years of attending FPA meetings with their families. Alas, that is no longer the case! For various reasons too complex to delve into now, FPA meetings are largely attended by adult couples and individuals.

But traveling with children in a private plane to FPA meetings is still possible! Occasionally grandparents will bring a grandchild with them, as a special treat – time alone at a “far off” location with grandpa and grandma. We're also seeing some adventurous young couples bring their entire families to FPA meetings. Witness the stories of these three Right Front Seaters:

Lauren Skattum, D.O.

I was born in Dallas, TX, grew up in Decatur, AL, and attended the University of Alabama undergrad. My husband, Andrew, and I met on my first day of orientation at West Virginia School of Osteopathic Medicine. He picked me out of the crowd, said hello and the rest is history! We have a son, Hank, age 4 and daughter, Alice, age 3. I have an OB/GYN practice in The Villages, FL and in Leesburg, FL where we have our home.



I love to include my kids in my hobbies whenever possible. We enjoy cooking, gardening, swimming, rowing, hiking, and generally being outdoors. I'm also trying to carve out time to learn flying!

During his last year of residency, Andrew got his pilot's license and I was in the RFS right afterward, 8 weeks pregnant with Hank. We've managed one meeting a year since 2017, bringing both children to all three. Travelling with kids is challenging but very rewarding. The Dixie Chapter regional meeting in Destin was our trial trip and went smoothly

enough to do again. The national meeting at the Greenbrier was special for us because West Virginia is also where we went to medical school, and being able to share that with our kids was something I never expected to be so emotional. The national meeting in Texas was really incredible because it was the longest flight that the kids (and I for that matter) have done, and the children were amazing. We seem to have hit a stride with what works in terms of snacks, entertainment, and naps.

I encourage younger pilots and RFS's to join the fun at the conferences. The lectures are superb, and I learn a great deal about fields that I don't regularly have contact with. The RFS outings are also very well done, lots of fun and culturally relevant. The addition of kids always livens up any party, and this is a very gracious group to be able to test the waters or air with new travel experiences. Our next planned meeting is the Dixie Chapter in Huntsville 03/2020, which is just north of my hometown! Anyone can contact me with specific questions or plans to meet up.

Angela Ostrowski

I was born and raised in South Bend, Indiana, and graduated from Indiana University with a bachelor of science in nursing. My husband, Vince, and I met in Chicago when we were both working at Northwestern Memorial Hospital. We have three children, Kylie 16, Vincent 14, and George 12. My hobbies include traveling, playing tennis and reading, but mostly I enjoy juggling my three children and three dogs. I have been flying with Vince since 1998 and have accompanied him on many visits to Oshkosh. We have taken the children to five different meetings and fly-ins with the FPA, the first being in Long Island, Bahamas. Our family had an awesome time there with the rake and scrape band! The kids and I also enjoyed meetings at Niagara Falls, Destin, the Greenbrier, and Louisville. We even hosted a Friday night dinner for a regional meeting held in Indianapolis. Traveling to new locations and taking part in the excursions that the FPA has planned for families has been great. It has been a pleasure getting to know so many people with similar interests and experiences.

Sarah Nazeeri

I was born in Washington, DC to parents who were US diplomats. I spent my early years in Stuttgart, Germany, Calcutta, India and Karachi, Pakistan where my mother and father were stationed in diplomatic missions. I have a BA in political science from the University of Michigan and a MA in poli sci from McGill University in Montreal. I also studied in France and Germany and am fluent in both languages.

I first met my husband Musaddiq (“Mo”) in a café where we both used to study as undergraduates in Ann Arbor, MI. He spilled his coffee (on purpose?), and I came over with a bunch of napkins to help him clean up. So I guess you could say we met by accident!

After graduate school, I worked at the US Senate and in law offices in Washington DC. Mo and I got married right



before he started residency. After he finished training, we both began working in the medical practice he founded in Lebanon, PA and have been working together ever since.

My hobbies are reading widely, travel, trying to stay fit, and spending time with my 5 children. I got my private pilot license in 2008 when I was 9+ months pregnant. This was a big accomplishment for me since I needed to overcome a fear of heights and flying alone. I have done almost all my flying since in the right seat.

My first meeting with the FPA was in May 2004 in Lake Placid, NY. It was a blast! We flew there with all four of our small children and realized we needed another bigger plane. We took a couple years break from flying to meetings after our 5th child, but are back in with enthusiasm!

When our four older children were younger, we took them to about a dozen meetings over the years. The oldest, Albert, will be graduating next spring with a BS from Caltech in Pasadena, CA. He will be at the Santa Fe Meeting and as a physicist, is looking forward to visiting Los Alamos National Laboratory. Our oldest daughter, Elizabeth (19), had a great time at the last national meeting in Fort Worth. Our middle daughter is Victoria (17) and our middle son, Alexander (15). They have always benefited so much from their FPA experiences. Sometimes, depending on the academic year, we can still bring the older ones to our FPA gatherings. Our youngest son, Alfred (10), loves coming to meetings and is always asking us where we are off to next. If any future member is thinking they don't want to join because they have kids, I would tell them to join because they do have kids. The FPA is all about education, and children are warmly embraced and integrated into all the activities. Our children get to see us with our colleagues learning, being social, and having fun.

These three Right Front Seaters speak from experience, and they have supportive physician/pilot husbands. Dare we say that "the family that flies together stays together"? Traveling with children is like playing a sport, and the Flying Physicians Association provides a great arena for it!

Wishing you sunny days and safe travels,

Ana

Ana Stransky, Chair

FPA Right Front Seaters



Mark's REMARKS

By Publications Committee Chair
Mark Thoman, MD

"Batteries Included"

For those of us who hold multi-engine ratings, how many of us thought we might be piloting an aircraft with 36 engines?

For historical perspective, here are some of the maximum multi-engine planes made to date, listed below:

- Antonov 225, B-47 XB-70 Me-323 - 6 jet engines, the last on the list has props.
- B-52- 8 jets. B-36, 6 rear facing props plus 4 jets on later models.
- The Me-323Z had 9 piston engines. 3 banks of 3 arranged with 3 on the left wing, 3 on the right wing, and three on the center wing between the two fuselages
- The Do-X had 12 piston engines grouped in a push/pull configuration in 6 nacelles above the wing.
- The B-36 had 6 piston engines and 4 jet engines.
- *The "Helios HP01" and "Centurion" are both unmanned solar flying wings with 14 electric motors.*

The last listing is italicized in order to discuss the most recent introduction for an aircraft's powerplant, the electric motor.

In May of this year in Munich, Germany, a brief, low, untethered, remote control test flight was accomplished by an electric powered airplane. The name of the company making this product is Lilium. They furnish the following facts and stats about this new and novel aircraft:

'Powered by 36 tilting electric fans – 24 on the wings and 12 on the nose – the Lilium Jet can take off and land vertically, and then transition to a horizontal cruise phase.

It features no tail or rudders, instead relying on the distributed propulsion system for directional control.

The aircraft will be capable of autonomous flight and it is expected to enter service with a pilot on board for "regulatory and acceptance" reasons, allowing it to carry four or five passengers.

It claims a top speed of 187nm/h and a range of 161nm, which is substantially higher than competitors in the air taxi market, who are designing aircraft for short, intra-urban journeys.'

The obvious short-range purpose of this unique aircraft would be primarily to serve as an air taxi. The original prototype started with a subscale two-seater just two years ago but has some innovative, albeit somewhat controversial features.

As mentioned in the company's information above, this

Continued on next page ⇌

Lilium Jet has 36 electric-powered ducted fans and though it is referred to as a “jet,” it is technically not one though the physics involves the small rotor engines that takes in air then pushes it out aft at significantly higher velocities. Since there are no spinning blades there is improved efficiency, reducing noise as well as sparing birds a messy end. Here is what this



strange futuristic bird looks like.

Some other characteristics of its airworthiness are as follows:

- As stated, the motors are arranged in 2 rows of 6 on either side of the nose, embedded in a forward canard assembly,
- There are 2 rows of 12 in the rear wing.
- The pilot controls the aircraft pitch by the fan assemblies vertically for takeoff, then transitions them 90 degrees for horizontal flight.
- With the aerodynamic wing and fuselage providing most of the lift at cruising speed, in this configuration, the aircraft would only need about 10 percent of the maximum thrust of the motors to maintain forward flight.

Panoramic windows and gull-wing doors bear little resemblance to commercial and general aviation airplanes. And unlike conventional planes, which use vertical stabilizers, ailerons, or an elevator, this electric version relies on a flight-control computer that angles the motors in different directions. The forward motors handle pitch where those on the wing manage roll. The aircraft rotates on its axis in a hover by varying the speed of rotors, just as quadcopter drones do.

Initially, humans will serve as pilots but it is hoped, by the manufacturer, that over time autonomous technology will allow them, to use their terms, “go robo”. They also hope to have this available and operational in 3 to 5 years, assuming the technology is as ready as it needs to be.

Lilium has designed and made the motors with aerospace-grade materials. And the move from two seats, in the original prototype, to 4 or 5 will help the fledgling system achieve efficiencies and economies of scale by providing transport to more passengers with each flight. (Editor’s note: More bang for the watt) And what about the battery size? The company says it is about the size of what you would find in an electric car.

There are skeptics who say that Lilium’s decision to combine propulsion and control in one mechanism compromises the ability of either to function efficiently.

Lilium, on the other hand, responds by stating that having 36 independently controlled engines offers finer control and improved redundancy. The aircraft also uses a triple-redundant flight-control computer and 12 independent flaps. Its shape allows for gliding in the event of a complete power failure, but it carries a ballistic parachute, just in case.

Among the many challenges facing the 200-plus companies in the quest for aero-mobility, noise could be as high a hurdle as economics or safety. Vertical-lift aircraft must move a lot of air to maneuver at low speed and hover, which often means making a serious racket—especially if you get a gaggle of these strange birds in one urban area. Lilium claims, however, that its ducted fans not only absorb and dampen the general noise of the aircraft, they also minimize the additional high pitched whine that comes from using smaller blades. Lilium plans to run its aircraft through increasingly complex maneuvers such as transition between vertical and horizontal flight, runs between cities, flying IFR through inclement weather, and varying degrees of automation.

If all goes well, passengers will experience the flights in trials well ahead of the fully operational target date of 2025.

And finally, the power-to-weight ratio is a huge consideration for electric flight and one of its biggest inhibitors. Energy density, that is the amount of energy stored in each system, is the key metric, and today’s batteries don’t contain enough energy to get most planes off the ground. To weigh it out, jet fuel gives us about 43 times more energy than a battery that’s just as heavy. Pictured below is the plane in flight:



The first FPA member to purchase and fly a Lilium Jet is invited to visit me in the Pacific Northwest. I’ll buy lunch to ‘charge our batteries’ after a flight together!

Your comments are welcome. Drop me an email at paro1795@aol.com

Mark Thoman, MD

Here are the links that served as a source for the above editorial.
<https://www.flightglobal.com/news/articles/pictures-lilium-unveils-five-seat-electric-air-taxi-458225/> -
<https://www.theverge.com/2019/5/16/18625088/lilium-jet-test-flight-electric-aircraft-flying-car> -
<https://www.wired.com/story/lilium-electric-aircraft-prototype-first-flight-jet>

How to Reduce Opioid Dependency When Treating Chronic Pain

CAPT. Miguel A. Cubano, MD, MBA, FACS, Commanding Officer, General Surgeon, Naval Health Clinic (US Navy), Corpus Christi, Texas

The following information is not classified, and my opinions are not the opinions of the US Navy or the Department of Defense.

Introduction

Every single day, more than 120 people in the USA die from overdosing on opioids. The misuse of, and addiction to, opioids includes prescription pain relievers, heroin, and synthetic opioids such as fentanyl that claimed the lives of more than 57,000 Americans in the year 2017. Roughly 21 to 29 percent of patients prescribed opioids for chronic pain misuse them, and between 8 to 12 percent develop an opioid use disorder. Chronic pain is defined as pain that continues for more than 3 months. Around 4 to 6 percent of the patients that misuse prescription opioids transition to heroin. Opioids overdoses increased 30 percent from July 2016 through September 2017 in 52 areas in 45 states. This is a serious national crisis that affects public health as well as the economic and social welfare of the nation. The economic burden to the nation of prescription opioid misuse, according to the Center for Disease Control and Prevention (CDC), is \$500 billion a year including the cost of healthcare, addiction treatment, lost productivity, and criminal justice involvement.

This crisis affects all members of our society (everyone is vulnerable) without distinction, to include members of our military. I took over command of the Naval Health Clinic Corpus Christi in the summer of 2017 and immediately became aware that our institution was not immune to the nationwide crisis related to opioids use. Almost a fifth of the 14,000 patients under my responsibility/care were taking opioids, mainly for chronic pain. In over a year I was able to reduce those numbers 67% while maintaining patient satisfaction and, more importantly, keeping them safe and functional, in many cases without the use of opioids.

One of the most important things I did over the course of the first year of my command tour, was understanding the problem and the dynamics that created the problem in the first place. An important aspect of our success reducing the opioid dependency of our patients, was that the effort had a multi-disciplinary approach that included the patient. We looked at each patient individually and tailored a weaning protocol unique to that particular patient. The military has a disadvantage, and it is the constant turnover of the staff (average every 3 years) affecting continuity of care and corporate knowledge. Providers inherited patients on opioids for chronic pain that had been prescribed the same drugs for years, so it was easier to maintain the status quo rather than reducing the doses or

looking for alternatives to the current regimen. The patients were also very resistant to change, in many cases aggressive and vocal. The current 15 to 20 minutes appointment times were too short to do a complete assessment of alternatives in one visit. Each provider has 1200 to 1300 patients in their panels.

The slides displayed from the presentation are self-explanatory so many of the topics will be described only briefly in this article since the slides are included. The Schedule on Controlled Substance go from Cat I to Cat IV (slide 7). Definitions and Data related to chronic pain (slide 8) provides the infor-



SCHEDULED CONTROLLED SUBSTANCES

- o Cat I: not currently accepted in medical treatment (heroin, LSD...)
- o Cat II: morphine, codeine, opium (narcotics)
- o Cat III: Marinol and some narcotics (lower dose per unit compare to II)
- o Cat IV: benzodiazepine (Xanax, Klonopin, Ativan, temazepam)

SLIDE 7



DEFINITIONS & DATA RELATED TO CHRONIC PAIN

- Pain lasting most of the day during most days for > 3 months
- Prevalence in U.S. adults: 15-20% (100 Americans with CP)
- Lifetime prevalence in U.S. adults: 50-75%
- Cost burden \$565-635B (Tx cost and loss of productivity)
- Pain is the most often reported symptom in office visits after Upper Respiratory Infection (URI)
- Headache, chronic back pain and musculoskeletal (culprits)
- Most common cause of disability (50m Americans)
- By definition, chronic pain is a multifaceted disorder that has bio-psycho-social components

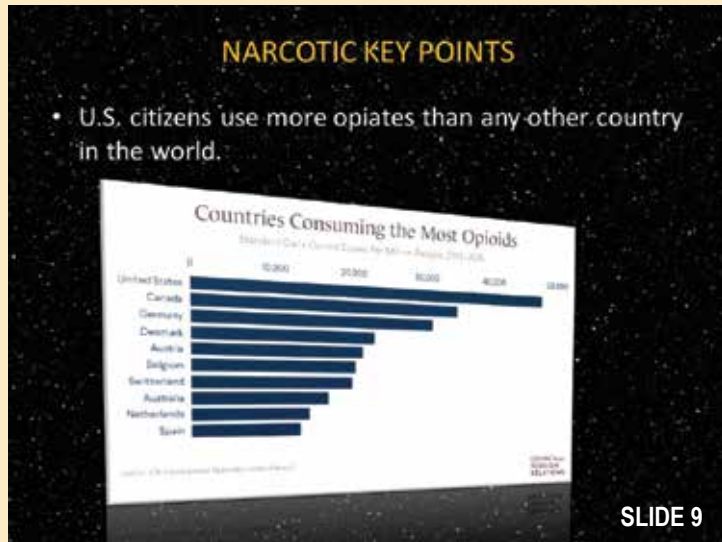
SLIDE 8

Continued on next page ⇨

mation on prevalence, the cost burden over the years and the most common diagnosis (headache, chronic back pain and musculoskeletal). The main goal of the presentation/article is provide ideas/roadmaps to safe, effective, non-addictive strategies to manage chronic pain.

Historical Perspective of the Problem

Currently the USA is number one among the countries consuming opioids. We almost double Canada, a nation that is currently the second in the world ranking (slide 9). In the late

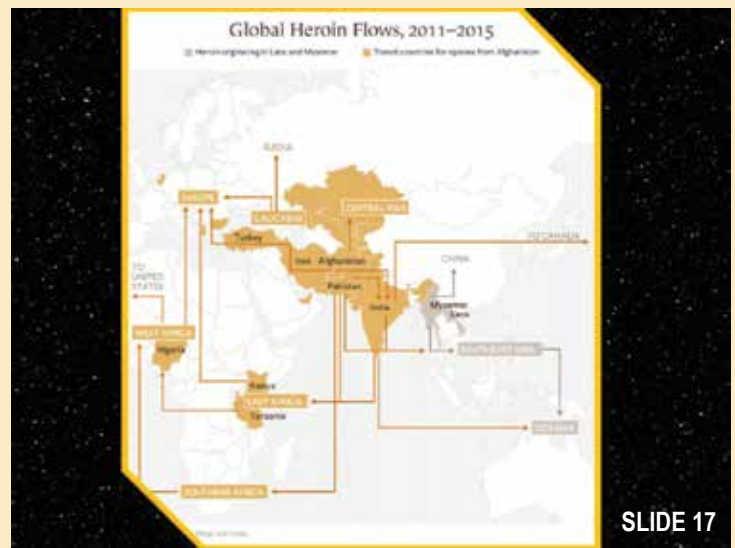


SLIDE 9

1990s, pharmaceutical companies reassured the medical community that patients would not become addicted to prescription opioid pain relievers. The Joint Commission introduced the 5th vital sign (pain level) with emphasis of pain relief without providing the current guidance of “functional” pain relief. Pain became a human rights issue, so with all that pressure, the healthcare providers began to prescribe them at greater rates. This subsequently led to widespread diversion and misuse of these medications before it became clear that these medications could indeed be highly addictive. Opioid overdose rates began to increase to a peak of 64,000 in 2016. The impact has also affected the unborn with alarming neonatal abstinence syndrome on the rise. The increased use of injectable versions of the drugs



SLIDE 16



SLIDE 17



SLIDE 18

has contributed to the spread of infectious diseases including HIV and hepatitis C. Slides 16, 17, 18 describe the global heroin, opioids and fentanyl flows. The adverse effects of opioids are devastating and interfere with the daily functions of the patients, becoming not only addicted but physiologically dependent.

How did we approach the problem?

The first step I took was to meet with my board of directors and departmental leadership to understand the problem. The information provided included cost of prescriptions, types of prescriptions, indications and supporting documentation for off-label uses. I provided the information to my chain of command and told them of my plan to aggressively tackle the use of narcotics for chronic pain. We had telephone conversations with Navy resources that specialize in dealing with patients with chronic pain and joined the worldwide discussion every Tuesday of complex patients with chronic pain. In addition I looked at schedules and spoke with providers, administrators, nurses and patients to get all the different angles of the issue.

Leadership changes were made in all the departments that could effectively incorporate the changes to the current practices. After a week of gathering information I had a command wide stand down with proper guidance of how to wean the pa-

tients without experiencing drug withdraw symptoms. The guidance included stopping all off-label prescriptions and requiring urinalysis on patients treated with narcotics for chronic pain.

We launched an aggressive media campaign in the local papers explaining our new initiatives and the expectations we had at the end of the journey.

The guidance for the weaning process were provided by the Bureau of Medicine and Surgery, the Defense Health Agency and the Veterans Administrators. Locally the Chief of the Medical Staff (Chief Medical Officer) started a weekly review of all the patients on opioids with mandatory participation of all the providers. We included a psychiatrist because many patients were also seen and treated by mental health. I authorized the appointment times increase to 40 minutes so they could systematically review the patient issues and identify the problems and not just mask the pain with narcotics. Please review slide 25 (Where it all Begins)



WHERE IT ALL BEGINS

Comprehensive approach to high-quality management of chronic pain

- Perform a complete history and physical
- Empathize; partner with the patient
- Utilize shared decision-making
- Set **FUNCTIONAL** goals.
- Employ multi-modal treatment plan (PT, PSYCH etc.)
- Employ rational polypharmacy

When using opioids:

- Follow the harm/benefit paradigm
- Perform frequent monitoring, reassessment and **DOCUMENTATION**

SLIDE 25

We hired and embedded a clinical pharmacist in the primary care clinic to follow up each of the patients on opioids for any reason, not just chronic pain. This action was vital in our efforts because her involvement was synergistic to the effort. She became more a pain case manager and was able to maintain good records for the providers in subsequent visits.

The local civilian pain clinic became another source of information and guidance to our providers and our scheduled medical staff meetings included a monthly lecture on opioids for pain, how to wean patients from narcotics, other non-narcotic approaches to deal with pain and many other related topics. Patients that were not responding to the prescribed weaning parameters, or were too complex in the first place, were referred out to those pain centers (a total of 8 patients).

If you remember anything from this lecture, it is this: a big difference is that we set **FUNCTIONAL GOALS**. The patient may have residual pain or discomfort, but the big question is, is he or she functional? If the answer is yes, then you have reached the appropriate level of pain medication. In many cases we were able to completely remove patients from narcotic use with the use of physical therapy and psychological treatment.

The patients were “empowered” to focus their efforts to control, change and manage their pain! They sign a contract, and they know that breaking the contract has consequences. We trained individuals in acupuncture, and we even explored pet therapy as part of the armament to reduce the opioids dependency. Following is the roadmap we followed during the last two years at the command.

COMPLETE HISTORY AND PHYSICAL

Full standard exam plus:

-Focus on function-

- Watch the patient walk.
- Ask the patient to transition from seated to standing position.
- Ask the patient to stand on the floor, flex the back, extend the back.

SET FUNCTIONAL GOALS

Functional Status:

- o What’s a typical day like?
- o What’s the most active thing you do?
- o Do you ever stay in bed all day?
- o Do you get any exercise?
- o How have these things changed over the past weeks/months/years?

What would you (realistically) like to be able to do?

EMPLOY RATIONAL POLYPHARMACY

Anti-nociceptive agents

- NSAIDs
- Acetaminophen
- Opioids

Anti-neuropathic agents

- Anti-convulsants
- Tricyclics

Anti-depressants

WHEN USING OPIOIDS, FOLLOW THE HARM/BENEFIT PARADIGM

Continue if benefit outweighs harm.

Discontinue if harm outweighs benefit.

Perform frequent monitoring, reassessment and **DOCUMENTATION**.

INITIATING OPIOID TREATMENT: WHEN?

- When functional goals have not been achieved with non-opioid therapies (acetaminophen, ibuprofen, lidocaine, capsaicin, TCAs, gabapentin, physical therapy)
- New patient already on opioids.

INITIATING OPIOID TREATMENT: WHO?

- Active addiction (alcohol, illicit drugs, prescription medications) is a contraindication.
- Risk factors for misuse that should prompt closer follow-up but do not necessarily preclude opioid therapy.
 - o Younger age
 - o Personal history of substance abuse
 - *Illicit, prescription, alcohol, smoking*
 - o Family history of substance abuse
 - o Legal history (DUI, time in jail)
 - o Mental health disorders
- Patient who is showing engagement with process.

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INITIATING OPIOID TREATMENT: HOW?

- Therapeutic trail in the harm/benefit paradigm
 - Set specific, functional goals
 - Refer back to those goals to assess benefit
- Which medication?
 - Long/short acting (short acting is preferred)
 - Strength
 - Formulation
 - Abuse potential

INFORMED CONSENT

- Communication of risks, potential benefits, goals/expectations, and treatment and monitoring plans
- Written agreements of 'contracts'
 - Educate patient about safe opioid use
 - Clearly define acceptable behavior

OPIOID TREATMENT AGREEMENTS (OTA)

Tone is important:

"This is so you know what to expect from us and what we expect from you."

"This is about keeping you safe."

"We do this for all patients."

WHAT SHOULD BE IN YOUR OTA?

- What patient can expect of the practice:
 - A good faith effort to manage patient's pain.
- What practice can expect of patient:
 - No unsanctioned dose escalation.
 - No early refills.
 - No replacement for lost or stolen prescriptions
 - Single prescriber
 - Safeguard meds and no sharing
 - Keep regular appointments
 - Follow-through with referrals and adjuvant treatment
 - No use of illicit drugs or non-prescribed controlled substances
 - Urine drug testing
 - Whom/when to call for refill
 - If agreement is not followed, may taper opioids off and/or refer to addiction treatment

MONITORING: THE 5 A'S

1. Analgesia – 11 point Numeric Rating Scale
2. Activities of daily living (function) – "Your goal was to get back in your walking routine. How is it going?"
3. Adverse effects: constipation, sedation, etc. – ASK!
4. Addiction/overuse – Is the patient over sedated? Does patient think he is addicted? Does the patient use other illicit drugs?
5. Adhering to the treatment agreement

URINE DRUG TESTING (UDT)

- Identifies more misuse than self-report or physician impression
- Which test to order?
 - Immunoassay is screen
 - Gas chromatography/mass spectroscopy for confirmation – would recommend doing this any time you get an unexpected result
- Always ask and document recent intake before sending test

How to discuss UDT

"This is our routine practice."

"We want to ensure your safety."

What to do if + UDT

- Get GC/MS confirmation of any unexpected result
- (If confirmed) Talk to patient, reveal result of test, ask him why he used
- Show empathy but do not allow patient to dispute results
- Show empathy but do not allow patient to shift blame: 'I did it because my pain was out of control/you are not treating my pain'
- Based on practice policy, either begin opioid taper or 'second chance' with close monitoring (1-2 week follow-up with UDT)
- Consider addiction referral based on your assessment

Unique ISSUE / PROBLEM AT NHCCC

- Limited evident demonstrating efficacy of long-term opioid therapy for chronic pain but large amount of evidence showing negative effects of long-term opioid therapy (unintentional overdoses and deaths).
- Differing Non-MTF Provider practice patterns
- MTF Providers
 - No focused peer review on opioid prescribing practices
 - Many providers inherit these patients
 - Patient reluctance to change
 - NHCCC with top three opioid prescribers (April 2017)
 - NHCCC with same providers in the top 20 (August 2017)

Provider Performance

- Monthly average number of Category 2-5 pills prescribed by all NHCCC providers was 56,000 per month to the current 38,000 per month (July to July).
- Top 3 opioid prescribers back in 2017 are now out of the top 150 prescribers in the CSPP (June 2018).
- On patients still on long term opioid therapy (>90 days) there has been a reduction of 28%.
- Currently we have reduced the number of patients receiving MEDD>50 to 22 (a reduction of 75% from April 2017 and 40% from April 2018).

PRACTICE RECOMMENDATION

- Provide standard card
 - Quality review, peer review
- Address polypharmacy issue
- Proper documentation
- Patient education
 - Focus on patient's function, not pain
- Periodic evaluation for short term and long term plan
 - Attempt to taper medication periodically
- Regular monitoring to prevent abuse and diversion
 - Pain contract
 - Random UDS
- Refer to mental health for pain psychologist

ACTION PLAN

- Command-wide Stand-down
- Change in Department Leadership
- Redefine the encounter (i.e. white coats, structured conversation, longer appointment times)
- Refocused Morning Huddles

CONTINUED ACTION PLAN

- Stand up local LOTS Committee at NHCCC
 - Focused training for Primary Care

- o Providers on chronic pain management
1. Participation in Navy ECHO (Extension for Community Health care Outcomes_
 2. DOD/VA Joint Pain Education Program (JPEP)
 3. 2016 VA/DOD CPG for Opioid Therapy for Chronic Pain
- Monthly Chronic Pain Patient Chart Reviews
 - Utilize Clinical Pharmacist to assist with management of Chronic Pain patients
 - Randomization of urine drug screen (at least twice a year)

DATA:

- # patients on narcotics
- # patients on benzos
- # patients on marinol
- # patients on Ambien
- # patients on 2 or more combo above
- # on 3 or more combo above
- # on 4 or more combo above

NEEDS/ISSUES/REQUESTS

- Need for expanded appointments for high risk patients
- Active LOTS committee
- Provider education critical
- Multi-disciplinary approach needed
- Consider Pain fellow to NHCCC for patient review and M&M

OPIOID MANAGEMENT: SUMMARY

- If prescribed, opioids for chronic pain must be part of a comprehensive pain management plan.
- Treatment agreements are useful to keep everyone on the same page.
- Patients must be monitored for the 5 As.
- Know the tools available to you for monitoring and how to use them.
- Opioids should be continued when effective and safe, discontinued if ineffective or unsafe.
- Use this harm/benefit paradigm to help you communicate with patient.
- LOTS and Echo essential-Multidisciplinary approach
- Document / Document / Document

Conclusions

Tackling the opioid epidemic at our small clinic has been one of the most difficult and rewarding things I have done in my life. It was very difficult to hold the line on the patients and providers, but at the end of the day, I feel it was the right thing to do to save lives. My message to all is that, decreasing opioids usage is possible over time. The current accepted reduction goes from 10 to 25% per month on opioids, depending on the patient and their current issues. Make sure you look at the reason why they require narcotics on the first place (we spent a lot of money doing MRIs, nerve conduction studies, CT etc.) but once you find the problem or a lack thereof, it is easier to try to solve the issues. The savings just in our pharmacy was a million dollars in one year. We were able to reduce by 67% the number of patients on narcotics for chronic pain.

I am humbled by the honor bestowed on me by the Flying Physician Association as the 2019 Tabari Award-winning presentation.

Miguel Cubano, MD

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About the Author

CAPT Miguel A. Cubano, MD (USN) calls Puerto Rico home. He completed his undergraduate degree in Zoology/Pre-Med at the University of Massachusetts Amherst in 1983 and received his MD from the Ponce Health Sciences University School of Medicine in 1988. After surgical internship and residency he completed a Fellowship at John Hopkins Hospital. Cubano is board certified in general surgery and a Fellow of the American College of Surgeons since 2002. Following the Change of Command in Corpus Christi, June 2018, Dr. Cubano is the Commanding Officer NATO Role 3 Multinational Medical Unit, Kandahar Airfield, Afghanistan.



Miguel Cubano and RFS Luz Stella Leon

ANNUAL MEETING SCIENTIFIC AND AVIATION PROGRAM RECAP 2019

At the helm of planning the scientific and aviation schedule for the 2019 FPA Annual Meeting was Dr. Stephen Smith. His careful planning resulted in a wide, diverse range of medical topics delivered by a coterie of well-qualified faculty, many of whom are fellow physician-pilots. Dr. Smith moderated the 4-day program, maintaining tight control of the time schedule, facilitating discussions, and leading the question and answer periods.



MODERATOR STEVE SMITH

Timothy G. Buchman, PhD, MD, FACS, FCCP, MCCM, Professor of Surgery, Anesthesiology, and Biomedical Informatics, Emory University School of Medicine, Atlanta, GA

In a fascinating review, Dr. Buchman covered centuries of knowledge about sepsis in medicine. The first written reference to Sepsis is in Homer poems over 2700 years ago, where it was used as a derivative from the Greek verb “sepo” meaning “I rot.” This makes the disease among the oldest known. The term was used by Hippocrates, about 400 BC, Aristotle, Plutarch, and Galen, essentially without change in meaning. Other medical professionals, like Ibn Said, Pasteur, and Lister, who treated the deadly infection with carbolic acid, examined and discussed it. Sepsis remains a threat to life. It is still evolving; it is chronic. It is the 11th leading cause of death in the USA. Approximately 750,000 cases will be admitted to hospitals per year and about 270,000 of those patients die from sepsis. It spreads rapidly via our modern transportation system. Dr. Buchman referred attendees to www.sepsis.org for more detailed information.

Lt Mark Mercier, USAF Development Engineer, Kirtland Air Force Base, Albuquerque, NM

An astronaut in training, he discussed the currently known risks to space assets. Our space system today is shared with other governments, and commercial space flight is pursued by pri-

vate entrepreneurs. Space flight is a very expensive operation and much of the older equipment in space, such as the Hubble, desperately needs repairs. He touched on the potential effects of a loss of space capabilities and the effect such a loss would have on general aviation.

Dr. Andrew Miller, MD, FACC, FCA-MA, AME. Aviation and Interventional Cardiology at The Heart Place, Dallas-Ft Worth, TX

Pilots are encouraged to observe FAA physical requirements for pilots who develop cardiac disease, yet there is no written list. For example, pilots cannot fly with an Ejection Fraction less than 40 or while receiving treatment for ischemia, but valve replacements, use of statins, and stents are okay for pilots. Dr. Miller added that stress tests are increasing in importance.

John Gorecki, MD, FRCS, FACC, Neurosurgery Answer, LLC, Cummings, GA

Dr. Gorecki discussed developments in understanding and treating Parkinson tremors, specifically with deep brain stimulation. He led the development of the Deep Brain Stimulation program at Northside Hospital in Atlanta, GA. Gorecki outlined the obstacles a patient being treated for tremor may encounter in qualifying for a pilot medical certificate.



TIMOTHY BUCHMAN -- MARK MERCIER -- ANDREW MILLER -- JOHN GORECKI -- RICHARD ROTH



RICHARD T. MCGLAUGHLIN -- DONALD S. BOHANNON -- DAVID J. NORRIS -- VINCENT OSTROWSKI -- SCOTT C. BRAKENRIDGE

Richard Roth, MD, Infectious Disease, RSR Medical Inc, Savannah, GA

Dr. Roth provided an update on adult vaccinations since 1796 when Edward Jenner vaccinated humans with cow pox. Vaccinations have been very successful in battling infectious diseases like small pox, chicken pox, measles, mumps, and polio (which eliminated the future for Iron Lungs). Shingles vaccines do not seem to be much help. Today's problems include vaccine resistant pathogens and exposure to blood and body fluids.

Richard T. McLaughlin, MD, Alabama Digestive Diseases PC, Birmingham, AL

Richard McLaughlin addressed the role of medical missions. He served as a gastroenterologist in the fight against cholera in Haiti. His presentation outlined the rigors of medical missionary work in Haiti and in other stricken countries. Overall, he observed that the greatest ongoing need is clean water. He also suggested several opportunities for flying physicians to provide medical skills to underserved populations.

Donald S. Bohannon, MD, Associate Professor of Anesthesiology, University of Florida, Gainesville, FL

Dr. Bohannon described improvements in opioid management. The goal is to treat pain with less opioid dependency being created. The algorithm begins with education of the patient and continues through a stratified pain management strategy. The protocol begins before surgery. He noted that over the past four years, the success of the protocol shows a 36% reduction in opioid dependency among participating patients.

David J. Norris, MD, MBA, Assistant Professor of Anesthesiology, University of Kansas School of Medicine, Wichita, KS

David Norris explained that the best plan for negotiations will protect oneself from emotions which can change one's mindset. His points included: less talk, which does much to improve effectiveness of the negotiation process. Be alert. Do not answer unasked questions. Take notes and ask questions. Follow the system: evaluate, debrief, record negatives.

Vincent Ostrowski, MD, Midwest Ear Institute, Indianapolis, IN

The leading cause of death among the elderly is falling. Planning to reduce/prevent falls from occurring involves use of many different tests to determine the level of patient vulnerability. The TUG test, which can be seen on YouTube, for example, and a well done patient history, including detailed survey of causes, treatments, imbalance, lead to a sound diagnosis.

Scott C. Brakenridge, MD, FACS, Assistant Professor of Surgery and Anesthesiology, University of Florida, Gainesville, FL

Dr. Brakenridge encourages the use of checklists whether piloting a plane or practicing medicine. He noted that the history of check list use clearly demonstrates marked improvement of performance. Most critical in the planning and implementation is the process of designing the checklist.

James R. Elliott, MD, MPH, FAsMA, Aerospace Medicine and General Preventive Medicine, Manager ATC Virtual Hiring Team, FAA, Ft. Worth, TX

Dr. Elliott discussed the four common mechanisms of hypoxia and its impact on the performance and cognitive state of the pilot. If hypoxia is suspected, the pilot should immediately get below 10,000 feet. Sleep apnea contributes to lack of oxygen, overall performance and airman medical certification.

Tyler Hughes, MD, FACS, Professor of Surgery, University of Kansas School of Medicine, Salina, KS

Dr. Hughes discussed the advantages of continuous medical certification and observed that a correlation exists for the surgeon as well as the pilot. Continuous certification programs depend on volunteers. The adult learning concept recognizes that implementing a new idea takes nearly 17 years. Also noted that answering questions improves memory retention by 50%.

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JAMES R. ELLIOTT -- TYLER HUGHES -- FRANK RALLS -- RONALD L. HEROLD -- MICHAEL T. MONTEFUSCO -- CAPT. MIGUEL A. CUBANO

Frank M. Ralls, MD, Associate Professor of internal Medicine, Program Director, Sleep Medicine Fellowship, Medical Director Sleep Disorders Center, University of New Mexico School of Medicine, Albuquerque, NM.

Dr. Ralls covered sleep-related medications and the role each could play in one's life as a pilot. He said insomnia medications fall into four categories and described the half-lives of the most commonly used "sleep medications." He noted that there are good alternatives to treating RLS and Periodic Limb Movements of sleep.

Ronald L. Herold, PhD, NCSA, Aircraft Appraiser, Annandale, VA.

Ron Herold listed the elements of aircraft valuation and appraiser certification standards. He encouraged the use of aircraft valuation to facilitate the process of aircraft purchase or sale, including contract considerations and financing options. Sustainable tax deductions are available for donated aircraft as long as IRS appraisal requirements are followed.

Michael T. Montefusco, CFII, ABS, FAA CFI, Denton TX

This presentation was the Carlos Acosta Memorial Medical and Aviation Safety Lecture. Mike presented an overview of the potential for carbon monoxide poisoning while working around or flying small general aviation aircraft. Methods of prevention included routine maintenance, pre-flight planning, following the check list, and excellent flight execution.

Capt. Miguel A. Cubano, MD, MBA, FACS, Commanding Officer, Naval Health Clinic USN, Corpus Christi, TX

Charged with designing and implementing a program to reduce opioid dependency crises at the Naval air station in Corpus Christi, Capt. Cubano had to assess the number and kinds of specific opioids being abused, quantify the damage being done to the mission, recognize the source of the distribution and identify the greatest problem. It turned out that the internet made it easy for users to procure drugs. A survey further revealed doctors who over prescribed opioids. (The physician community provided the greatest resistance to the plan to reduce dependency.) Ultimately, his plan to meet the objective of "Not Pain Free, but Functional" resulted in

surgical recovery of 3 – 7 days. Prescription quantities were lowered. All treatment was documented. The successful plan saves money and lives.

Kris M. Belland, DO MPH MBA, MSS, Aerospace Medicine and Family Practice, American Airlines, Chief Medical Officer, Premise Health, Dallas-Ft Worth TX

Dr. Belland was the AsMA Exchange Speaker in 2019. He outlined the medical organization of the world's largest commercial airline. With more than 125,000 employees including 30,000 flight attendants, and 15,000 pilots the medical management team, headed by Dr. Belland, a flight surgeon pilot (similar to the US Navy Dual Designator Program), much emphasis is placed on detailed and accurate communication in planning and execution of the organization's goals and objectives.

Michael D. Busch, A&P/IA, CFIA/I/ME, Savvy Aviation, Inc., Arroyo Grande, CA

Perhaps the most popular aviation speaker at FPA annual meetings, Mike Busch led an informal question and answer session on Monday evening with tips on how to continue flying without emptying the pilot's bank account. His morning session delivered insights and benefits for efficient and longevity of powerplant management. He specifically discussed the benefits of "oversquare" operations, the benefits of lean-of-peak (LOP) and the essential low RPM.

Andrew C. Skattum, DO, Assistant Professor of Surgery, Osceola Regional Medical Center, Kissimmee, FL

In describing the advances in hemorrhage control and trauma surgery, Dr. Skattum noted that the REBOA (Resuscitative Endovascular Balloon Occlusion of Aorta) catheter has been around since the Korean conflict. It is not always as helpful as one might assume. He said patient selection is the key to REBOA success and offered a helpful algorithm. Ultimately, REBOA is just another tool to use in getting control of the aorta in an emergency.



KRIS M. BELLAND -- MICHAEL D. BUSCH -- ANDREW C. SKATTUM -- KIMBERLY CLEVELAND -- MARK E. THOMAN

Kimberly Cleveland, Esq, MSN, RN, C-MBC, United States Supreme Court Bar member, Ohio Supreme Court Bar member, Canal Fulton, OH

As one might expect, any discussion of physician contracts commands attention. Ms. Cleveland enumerated examples of key components in contract terms. Physicians should realize that CEOs do not have the best interests of the physician in mind. Negotiating physicians must make certain that overhead costs and access to quality data costs are covered by the billing allowed by the contract. If a group of doctors is involved, designate one who, within the group, has the power to legally commit the group. Terms used in the contract, such as “exclusivity” and others must be explained in detail. The physician should demand inclusion in all operational cost decisions. Groups should name a Practice Manager. Beware non-compete clauses. Demand disputes be settled by negotiation.

Mark E. Thoman, MD, FAAP, FACMT, FAA, Medical Toxicologist, Senior Aviation Medical Examiner, Scientific Review Panel member, NIH, National Library of Medicine, Captain, Flight Surgeon, USN (ret), Port Orchard, WA.

Dr. Thoman discussed the hazards of pilot exposure to toxins when piloting an aircraft. The adverse impacts to toxin exposure are not limited to flight. Maintenance or building an aircraft can easily result in dangerous exposure. Awareness and education play a key role in avoiding the danger of such exposures.

FPA OPTIONAL AND SOCIAL ACTIVITIES

Friday, May 31

The 65th Annual Meeting began for many at the FBO with greetings, refreshments and shuttle to the Downtown Fort Worth Hilton Hotel by the Texas Ambassadors, President Mark and Right Front Seaters Chair Sarah Eidson, Chip and Lisa May, John and Billie Davis, Kevin and Gwen Jones.

A group of early arrival attendees on Friday took part in an optional food and wine tasting at the historic Fort Worth Club. The club sommelier, Weston Eidson, introduced a variety of wines with complementary foods chosen to accompany the wine selections, ensuring everyone enjoyed the best wine experience.

Saturday, June 1

Saturday morning arrivals at the FBO were again met and shuttled while, back at the Hilton Hotel, the Board of Directors convened for their Annual Meeting. Saturday afternoon marked the opening session of the CME/Aviation program.

Right Front Seaters and family members gathered to meet and greet in an afternoon orientation, learning from their



local hosts about the hotel amenities, the planned optional tours, and an overview of Fort Worth. Of special note was the hotel concierge who delighted everyone with his personable welcome, stories and descriptions.

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Immediately following the Orientation Session, an optional walking tour of downtown Fort Worth assembled and departed. The RFS and family members participating on this tour learned about the history, architecture and Texas characters who brought the city from Cow Town to a contemporary destination for arts, food and shopping.



Meeting attendees, family members and guests boarding coaches outside the Hilton on Saturday early evening for the short ride to Weatherford, Texas – from the bustling city center to rolling grassy hills, spreading oaks and pastures dotted with grazing cattle and horses. Applauding the drivers who skillfully maneuvered the coaches under and around tight entries and low-hanging branches, the group arrived at the Eidson ranch home. Rain during the drive was replaced by rainbows!



The spacious home and surrounding grounds provided a welcome backdrop for the evening social featuring Texas Bar-B-Que. It was a relaxed, fun evening with new and old friends, an abundance of laughter, tall tales and Texas hospitality.

Sunday, June 2

Committee meetings begin early each day of Annual Meeting, and the Nominations Committee commenced their

work for 2020. Registrants and family members gathered over breakfast, lingering to talk about planes, family, trips, and medical issues. Session 2 began in the General Session Room.

Spouses and family members joined members after the morning session and boarded the bus for an optional tour to “The Modern” and the Kimball Art Museum in the Fort Worth Cultural District. One of the most popular Sunday brunch destinations in the city is “The Modern”, and those on



the tour quickly understood why! The FPA group was greeted with welcoming Mimosas and Bloody Mary drinks followed by the chef’s brunch choices. From “The Modern” they moved to the world-renown Kimball Art Museum for docent-led small group tours.

Sunday evening was all about planes, maintenance, owner tips and tricks as Mike Busch led the popular informal ‘Stump the IA’ session.

Monday, June 3

The Human Factors and Safety Education Committee commenced their meeting while the members, spouses, and family members again gathered for breakfast and lots of plane talk. Shortly after Session 3 began in the General Session, a group of Right Front Seaters and family members departed by mini-coach on an optional tour to the Fort Worth Botanic

Gardens, with docents guiding small groups through the extensive gardens.

Two vehicles were waiting as Session 3 ended to transport those on the optional tour to Joe T. Garcia's, a well-known Fort Worth Tex-Mex restaurant. The FPA group enjoyed margaritas and a buffet luncheon in the 'Chapel' on the Joe T. grounds. Afterward, several explored the adjoining restaurant gardens.



The coaches boarded after lunch for the short ride to Fort Worth's Stockyards to check out the Texas Cowboy Hall of Fame (it was in an air-conditioned building), Billy Bob's Honky Tonk, and to see the daily cattle drive. Following the cattle drive, some remained to shop and have dinner before



returning to the hotel that evening. Others boarded the coaches returning to the Hilton, noting that Texas summer heat is impressive, that longhorn cattle horns are incredibly long, and that the cattle drive was unexpectedly 'quiet'!

Tuesday, June 4

Tuesday was a day of early departure for several who, studying the weather forecasts, elected to return home before changing weather delayed their planned departures the next day. Members, Right Front Seaters and family members gathered for the last group breakfast and more conversations about weather, future meetings and positive observations about Fort Worth!

The last scientific and aviation session began as a group of Right Front Seaters departed the Hilton to enjoy a hands-on cooking class making tamales with the appropriate sides! The fun part was eating the products of their intense labor.

Returning to the Hilton, the coaches again loaded to transport FPA attendees to the American Airlines C.R. Smith Museum. From the early beginnings of commercial flights to the current day, the museum is a unique experience.

Tuesday evening's celebrations began with a reception and the music of a jazz trio as everyone gathered to toast the past five days of education, fun activities and learning more about Texas and the "Texas Experience" than they anticipated. As the music ended, the doors opened for dinner and the awards presentations.

To end the meeting, President Mark Eidson and Right Front Seaters Chair Sarah Eidson initiated the official "changing of the guard", passing the gavel and transferring the FPA President's pin to Ted Stransky and his Right Front Seater, Ana Stransky. Ted and Ana Stransky reciprocated with presentation of an FPA Past President's pin and gifts of appreciation that elicited applause and laughter.

With the gavel, Ted and Ana Stransky officially ended the 2019 Annual Meeting with the invitation to join them throughout the year at upcoming chapter meetings, the Winter Board Meeting and the 2020 Annual Meeting in Richmond, Virginia.

AWARDS AND RECOGNITION

Each year's Annual Meeting final event, whether a luncheon or a dinner, is the celebration of FPA members. Tributes to outstanding FPA members are made, recognizing a job well done. The winners from past years as well as recognition of those steadfast and strong supporters take front and center throughout the evening. This year was no different!



Past Presidents and Right Front Seater Chairs



Past Right Front Seaters of the Year



Life Members



Honorary Members



Past Distinguished Service Award winners



Past Airman/woman of the Year

There were three awards presented during the 2019 Annual Meeting Awards Celebration. The Distinguished Service Award was overseen by the Awards Committee chair, Dr. Roger Hallgren. The recipient was George W. Shehl, Jr., a past national and chapter president, FPA board member and committee chair.

Dr. Hallgren, on behalf of the Awards Committee also announced The Right Front Seater of the Year recipient, Susan C. Shehl, a past Right Front Seater Chair and loyal supporter of the FPA goals and missions.

The Tabari Award, based on CME standards and scored by five CME Committee members, was presented on behalf of the committee by John Freitas, the 2018 Tabari Award winner. The Tabari Award recognizes the FPA member speaker with the best scientific/medical presentation during the Annual Meeting. The 2019 Award recipient was CAPT. Miguel Cubano. See page 9 for the 2019 Tabari Award-winning synopsis.

FPA NEW OFFICERS



President Eidson Congratulates New FPA President Stransky



Eidsons Welcome New FPA President/RFS Chair



2019-20 President Pin by Ana Stransky on Ted Stransky



Past President Pinning by Sarah Eidson on Mark Eidson



Eidson New Role – Wine Taster!









Unexpected Value of Membership in the Flying Physicians Association

By Walter C. "Chip" May, CFP®



The Fort Worth Annual Meeting was outstanding and a great amount of fun. Congratulations to Mark and Sarah Edison.

With FPA Annual Meeting in my back yard and the Hilton attached to my office building, it was hard to separate myself from attending the CME lectures and keeping up at the office. One of the FPA guest speakers was Ronald Herold, a NAAA Senior Certified Appraiser. The timing could not have been better for me, as I was in the process of buying a Cessna 210 (see picture above).

Through the last 6-7 months I have been pursuing planes for purchase with the usual search of internet research, hangar talk advice, calling friends and V-Ref or the airplane blue book. Ron's presentation was exactly what I needed. At the next session break I had a long conversation with him regarding his services and apprising him of what I had done thus far and where I currently was on purchasing an airplane. I explained I had no problems walking away.

There are two primary appraisals:

A) The desktop where all information is stored: log books, FAA records, 337 plane reviews and phone calls to the owner, mechanic(s) and perhaps previous owners.

B) Appraisal: the airplane is physically visited and an in-person review is completed. This produces about an 8-12 page appraisal report.

Ron completed 3 desktop appraisals for me on 3 different planes. With this information and his help I was able to feel confident in negotiating a fair value for purchase. One plane claimed to be 1981 with no damage history. It was actually a 1980 with early gear up landing damage history.

Would I use Ron for my next purchases? Yes. Would I recommend using Ron for your next airplane purchase? Yes

The FPA is of great value. The value of the CME, especially for the healthcare providers, is an outstanding benefit. However, the true value is catching up with old friends, meeting new friends, enticing locations and just a general fun time with high caliber people. Invite a physician to join.

Hope to see everyone in Santa Fe with John and Billie Davis hosting the Santa Fe meeting!

Chip



SOUTHWEST – WESTERN CHAPTERS FALL 2019 MEETING

September 12-15, 2019
The El Dorado Hotel
Santa Fe, New Mexico

Meeting Contact Contacts:

John D. Davis, MD

drjohn@hctc.net

830.739.0845

Billie Davis 830.739.0846

Santa Fe, New Mexico is a magical, exuberant, colorful journey at any time of year. The legendary history and culture will inspire you. The art galleries and diverse visual arts span ancient traditional art to the most contemporary, making it one of the largest and most important art markets in the country.

Santa Fe, New Mexico's capital, sits in the Sangre de Cristo foothills. It's renowned for its Pueblo-style architecture and as a creative arts hotbed. Founded as a Spanish colony in 1610, it has at its heart the traditional Plaza. The surrounding historic district's crooked streets wind past adobe landmarks including the Palace of the Governors, now home to the New Mexico History Museum. Situated at 7,000 feet in the foothills of the southern Rocky Mountains, Santa Fe is the highest and oldest capital in the U.S. It's America's second oldest city.

The Southwest and Western Chapters invite everyone to join them in September, 2019, in this iconic location. Come to visit old and new friends, enjoy the outstanding CME that the chapter meetings offer, and soak in the beauty of Santa Fe.

Just steps outside the meeting hotel is a world to explore. Discover Santa Fe's compelling history, treasured art and architecture and amazing culinary adventures. You can enjoy many historic sites on foot: the Loretto Chapel with its famous "Miraculous" staircase, and the Cathedral Basilica of St. Francis, built between 1869-1886 in the French Romanesque Revival style.

There's nothing like shopping in Santa Fe, where you'll find one-of-a-kind treasures that you'll want to take home as mementos of your visit. The boutiques and galleries are famous, with an incredible selection of clothing, jewelry, art and more. Santa Fe is famous for its spas, which offer a variety of treatments guaranteed to rejuvenate and refresh.

Spend a day exploring the fascinating museums of downtown Santa Fe. The Georgia O'Keeffe Museum is a good place to start. It's small and easily seen within an hour, showcasing the works of the country's most famous female artist. Then head over to the New Mexico Museum of Art, where you'll discover paintings by traditional and contemporary Southwestern art-

ists. Nearby is the New Mexico History Museum, a cutting-edge museum that explores the region's history in a multi-media environment. The Palace of the Governors, part of the history museum, is the country's oldest, continuously in use public building and is worth visiting for its fascinating history.

GETTING THERE AND STAYING THERE

Airport: KSAF

FBO: Jet Center at Santa Fe, 109 Aviation Drive, Santa Fe NM 87507

P: 505-780-4455 Email: customerservice@jetcentersf.com

The tie-down fees will be waived September 11th - September 15th. The fuel will also be charged at the local discount rate (currently \$1.25 per gallon).

RENTAL CAR: Book a Hertz rental car in advance to receive the negotiated Jet Center crew rate discount.

AIRPORT TRANSPORT: On landing, Jet Center staff can arrange an Uber that will pull out to the airplane, and it will be charged on the final bill.

Continued on next page ⇄

THE HOTEL

The El Dorado Hotel
309 W San Francisco Street
Santa Fe, NM 87501
800.955.4455. Guests calling in may reference either the group name or group code.

Online reservations - <https://www.tinyurl.com/FPASouthwest-Western>

Group Name: FPA Southwest-Western Chapters

Group Code: 190909

Room rates: \$199 per night + \$25 per night resort fee

Includes: Underground secured valet parking, guestroom wi-fi, bottled water and Keurig coffee & tea in guest rooms, refrigerator, safe, robes, access to the heated salt-water pool, hot tub and fitness center, coffee, tea, fresh fruit and daily newspapers in the lobby.

Room rate Cut-off: August 13, 2019

Parking Fee: \$15/day for non-guests

SOUTHWEST-WESTERN CHAPTERS

Optional Tour

Thursday, September 12, 2019

Los Alamos, NM and the Los Alamos National Laboratory

Delivering science and technology to protect our nation and promote world stability

Los Alamos is a unique town in Northern New Mexico, poised between ancient history and high-tech development. Pueblo peoples—including Tewa and Keresan-speaking tribes—lived in the area more than 700 years ago, and many of their descendants still call it home.

In the early 1900s, its remote terrain was home to the private Los Alamos Ranch School, where teen-aged boys from around the country were sent to

receive a college-prep curriculum balanced with a rigorous outdoor life. In the midst of World War II, the town became a top-secret outpost where scientists developed the world's first atomic bomb. The Los Alamos National Laboratory (LANL) is a national laboratory run by the U.S. Department of Energy and is best known as the birthplace of the atomic bomb, which was developed at the site decades ago as part of the Manhattan Project. Today, the town has one of the highest concentrations of PhDs per capita of any town in the U.S., but it is also rich in outdoor space, original cuisine, and unique shopping thanks to the diversity of its residents.

PLANNED SCHEDULE

THURSDAY, SEPTEMBER 12

8:30am Depart to Los Alamos
5:30 pm Welcome Reception
Dinner on your own

FRIDAY, SEPTEMBER 13

7:00 am Group Breakfast
7:55 am Welcome/
Announcements
8:00 am CME Session I
9:45am RFS optional Chocolate &
Art Tour
12:15 pm Session adjourns
1:00 pm Canyon Road Visit
Includes group luncheon

SATURDAY, SEPTEMBER 14

7:00 am Group Breakfast
7:55 am Welcome/
Announcements
8:00 am CME Session II
12:15 pm Session adjourns
Afternoon Free
6:00 pm Reception

6:45 pm Group Dinner

SUNDAY, SEPTEMBER 15

Individual Departures

PLANNING FOR THE OPTIONAL TOUR

The Los Alamos tour involves extensive walking and standing.

September 11: Arrive on Wednesday if registering for the Los Alamos optional tour.

September 12: Breakfast on your own.

8:30 am Depart Santa Fe on one of the most beautiful drives in America. (Group will caravan)

9:30 am Meet the Los Alamos host for FPA, Gloria Strickfaden. She will provide the sticker permitting FPA group members access to the museums.

9:30-11:30 am Historic Walking Tour and History Museum visit

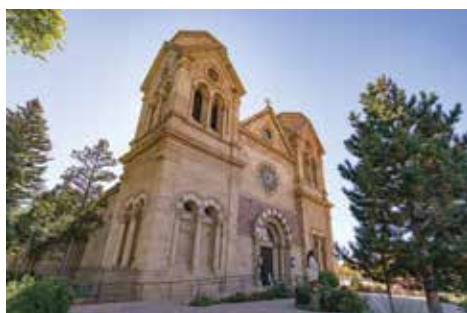
Starting from the Fuller Lodge/Los Alamos History Museum with the guide, delve into the town's history. Walk through the life-size exhibits at the Los Alamos History Museum, set in a restored Los Alamos Ranch School Guest Cottage. Explore the rest of the museum campus, which treks along Bathtub Row—so nicknamed because these houses were some of the few in the 1942 town that included such luxuries as a bathtub. Along the way, the Hans Bethe House includes a gallery of more than 70 years of post-war history in the community.

11:30 am Board "Downtown Circulator" ride to the Los Alamos National Laboratory

Lunch at the LANL Otowi Cafeteria (Dutch treat)

1:00-3:00 pm Bradbury Science Museum.

Tap into the high-performance science happening at Los Alamos National Laboratory—which evolved out of the Manhattan Project—at the Bradbury Science



Museum. The museum got its start in an old ice house on the bank of Ashley Pond, which was the only place in 1954 that had the security standards for preserving classified exhibits. Today there are 60 interactive exhibits that highlight the lab's current and past research projects in defense and technology.

Optional visits to the Nature Center/ Planetarium or Art Center.

May also browse the downtown area.

Return to Santa Fe

6:00-7:00 pm Southwest-Western Chapters Welcome Reception in Cava

**CHAPTER MEETING
REGISTRATION
CANCELLATION**

Make cancellations on or before August 13 with the FPA Headquarters office: (936) 588-6505, or ahenderson@FPAdrs.org. Cancellation fee is \$50 through August 13. Cancellation August 14 – September 9 is \$100. NO REGISTRATION FEES WILL BE REFUNDED after September 9.

**FPA SOUTHWEST-WESTERN CHAPTERS PROGRAM SCHEDULE
Santa Fe, New Mexico
Zia B-C**

FRIDAY, SEPTEMBER 13, 2019

7:30-7:45 am Sign-in/Registration

7:45 am Welcome and Announcements
John D. Davis, MD, Southwest Chapter President

8:00 am **Challenges in Diagnosis & Treatment of GI Bleeding**
How do you identify the source of gastrointestinal bleeding and refer a patient to a sub-specialist if necessary?
Bernard A. Heckman, MD, PA, Gastroenterologist, Silver Spring, Maryland

8:45 am Audience questions and answers

9:00 am **Economic Outlook: Where we came from; where we are; and where we're going nobody knows.** (non-CME)
What's going on with the market and the economy?
Walter C. "Chip" May, CFP, Fort Worth, Texas

9:45 am Audience questions and answers

10:00 am Coffee Break

10:15 am **Parasomnias "Unlocking the Unconscious Mind"**
What are things I should be careful about to avoid acting out my dreams at night?
Frank M. Ralls MD, Albuquerque, New Mexico

11:00 am Audience questions and answers

11:15 am **Circadian Rhythm Disorder in Pilots**
What is a healthy sleep pattern so I may continue to function as an excellent pilot?
Fawzia Salahuddin, MD, MHS-CL, Albuquerque, New Mexico

12:00 pm Audience questions and answers

12:15 pm Adjourn for the Day

SATURDAY, SEPTEMBER 14, 2019

7:30-7:45 am Sign-in/Registration

7:45 am Announcements
John D. Davis, MD, Southwest Chapter President

8:00 am **Microinvasive Glaucoma Surgery Combined with Cataract Surgery**
Can glaucoma be surgically treated at the same time as cataract surgery?
John R. Wright, DO, Ophthalmologist, Colorado Springs, Colorado

8:45 am Audience questions and answers

9:00 am **The Aging Pilot**
Are older pilots at increased risk of an aircraft accident or medical event in flight?
James R. Elliott, MD, MPH, Preventive Medicine, Aerospace Medicine, FAA, Denton, Texas

9:45 am Audience questions and answers

10:00 am Coffee Break

10:15 am **Current Treatment of Menopause and Andropause**
Is what we were taught about managing Menopause and Andropause still applicable and true?
Kevin E. Ware, DO, Family Medicine, Mt. Vernon, Washington

12:00 pm Audience questions and answers

12:15 PM Scientific/medical education program ends

12:18 pm Upcoming FPA Meetings
Winter Board Meeting
Ted Stransky, MD, FPA President
Dixie-Great Lakes Spring Meeting
George Cowan, MD, Dixie President
2020 Annual Meeting
Ted Stransky, MD, FPA President

12:45 pm Chapter Business Meetings (Southwest/Western)

TRI-CHAPTER MEETING HOSTED BY THE NORTHEAST CHAPTER

**Gettysburg,
Pennsylvania
September 19-22, 2019**

Contact: Denise M. Kenna, MD
dmkenna@comcast.net
717.515.5117



GETTING THERE AND STAYING THERE

York Airport (Thomasville KTHV) - has 5000 ft runways (17-35) newly paved with an RNAV approach. Fuel is available. Space for aircraft is available (not all tie downs). If hanger space is desired, please contact the FBO and arrange that with them in advance.



717.792.5566.

Shuttle from York airport (KTHV) to the hotel on Thursday afternoon only: 12:30 pm, 2:30pm and 4:00 pm. Plan for a 40-minute drive (23 miles).

Car rentals are also available through the FBO by calling 717-792-5566. They will work with Enterprise and Hertz agencies to have a car available.



The nearby commercial airports are

- Harrisburg International (KMDT) -- 46 miles (an hour) drive to Gettysburg or

- Baltimore (KBWI) 62 miles (1.5hr drive).

Anyone arriving commercially should arrange their own transportation

THE MEETING HOTEL

For the Tri-Chapter meeting, a family-owned and operated hotel overlooking the historic battlefields will host the fall meeting of the Northeast, Great Lakes and Dixie Chapters, FPA. This new hotel provides rooms and suites with Serta Perfect Sleeper beds, sleeper sofas and refrigerators. Included in the room rate are a complimentary hot breakfast buffet, an indoor pool and

fitness center and free wi-fi. The hotel is conveniently located within walking distance of shops, restaurants, museums and famed historic sites including the Gettysburg National Military Park.

Book your hotel room early to ensure the accommodations of your choice.

Best Western Gettysburg
301 Steinwehr Avenue
Gettysburg, PA 17325
717.334.1188

FPA Guest room:

\$115 King Thursday;

\$145 Friday/Saturday

\$125 2-queens Thursday;

\$150 Friday/Saturday

Cut-off reservations: August 18, 2019

Checkout: 12 noon



TRI-CHAPTERS PROGRAM SCHEDULE

Gettysburg, Pennsylvania

Heritage Center Conference Room

FRIDAY, SEPTEMBER 20, 2019

- 7:30-7:45 am** Sign-in/Registration
- 7:45 am** **Welcome and Announcements**
Denise M. Kenna, MD, Northeast Chapter President
- 8:00 am** **Chronic Limb Ischemia: Shifting the paradigm**
John J. Castronuovo, Jr, MD, Vascular Surgeon, York, Pennsylvania
8:45 am Audience questions and answers
- 9:00 am** **Interventional Pain Management: Common Procedures**
Frederick G. Flaccavento, MD, Anesthesiology, York, Pennsylvania
9:45 am Audience questions and answers
10:00 am Coffee Break
- 10:15 am** **Recognition, Screening and Treatment Options for Sleep Apnea**
Gordon Bell, DDS, York, Pennsylvania
11:00 am Audience questions and answers
- 11:15 am** **Advocacy 101**
Mr. David J. Thomson, Pennsylvania Medical Society, Harrisburg, Pennsylvania
12:00 pm Audience questions and answers
- 12:15 pm** **Adjourn for the Day**

SATURDAY, SEPTEMBER 21, 2019

- 7:30-7:45 am** Sign-in/Registration
- 7:45 am** **Announcements**
Denise M. Kenna, MD, Northeast Chapter President
- 8:00 am** **The Brave New World Of FAA BasicMedical**
Mr. Gary Crump, AOPA Director of the Medical Certification Department
Frederick, Maryland
8:45 am Audience questions and answers
- 9:00 am** **Lifestyle Medicine is the Future of Healthcare**
Brian Bixler, MD, Orthopedic Surgeon, Mechanicsburg PA
9:45 am Audience questions and answers
10:00 am Coffee Break
- 10:15 am** **FAA Updates**
Harriet Lester, MD, Ophthalmologist, FAA Eastern Region Flight Surgeon
Jamaica NY
11:00 am Audience questions and answers

- 11:15 am** **Bariatric Surgery Complications**
Matthew B. Smith, MD, Interventional Cardiologist, York, Pennsylvania
12:00 pm Audience questions and answers
- 12:15 PM** **Scientific/medical education program ends**
- 12:15 pm** **Upcoming FPA Meetings Presentations**
Winter Board Meeting
Ted Stransky, MD, FPA President
Dixie-Great Lakes Spring Meeting
George Cowan, MD, Dixie President
2020 Annual Meeting
Ted Stransky, MD, FPA President
Tri-Chapter Meeting Wilmington DE
Denise Kenna, MD, NoE President
- 12:45 pm** **Chapter Business Meetings (Dixie/Great Lakes/Northeast)**

THE MEETING SCHEDULE

Thursday, September 19

Evening Welcome Reception
Home of David and Kerri Speranza

Friday, September 20

Breakfast included at host hotel
Morning CME Session I
Afternoon bus tour of Gettysburg Battlefield
Dinner on your own
Ghostly Encounters optional group tour with local guides

Saturday, September 21

Breakfast included at host hotel
Morning CME Session II
Afternoon free
Evening Reception and Dinner at the Gettysburg Visitors Center (includes free access to the Museum)

Sunday, September 22

Breakfast included at host hotel
Individual departures at leisure

SUGGESTED PREPARATION

Some members have recommended a little preparation may enhance the historical tour of the area:

A Pulitzer Prize-winning book *The Killer Angels* by Michael Shaara is considered a classic. For those more visually inclined, it was made into a movie in 1993 titled *Gettysburg* starring Martin Sheen and Jeff Daniels.

CHAPTER REGISTRATION CANCELLATION

Make cancellation on or before September 7 with the FPA headquarters office: (936) 588.6505, or ahenderson@fpadr.org. Cancellation is \$50 through September 7. Cancellation between September 7 and September 16 is \$100. NO REGISTRATION FEES WILL BE REFUNDED after September 16.



**National Naval Aviation Museum
WBM Optional Tour
January 17, 2020**

**2020 Winter Board Meeting
January 17 – 18, 2020**

**2020 CME Leadership Workshop
WBM Optional Activity
January 18, 2020**

**Holiday Inn Express Hotel
Pensacola, Florida
850.433.2231**

January 16: Arrive early to join fellow pilot-physicians and their families for a docent-guided tour of the National Naval Aviation Museum on Friday morning.

Friday, January 17: The National Naval Aviation Museum tour group departs the Holiday Inn Express after breakfast to spend the morning at the museum. Lunch is planned in the replica of the well-known Cubi Bar and is included.

Friday afternoon is free to see more of the historic district, visit galleries, browse shops or enjoy people-watching while sipping coffee at one of the many restaurants and sidewalk cafes.

Friday evening is the Winter Board Meeting Opening Reception with a host bar and hors d'oeuvres. It's also Gallery Night in downtown Pensacola! The FPA Executive Committee meets from 3:00-5:00 pm at the Holiday Inn Express

Saturday, January 18: Everyone is welcome for the Winter Board Meeting. Discussions, ideas and direction for the upcoming months keep everyone involved. The Winter Board Meeting ends at noon.

The Annual CME Leadership Workshop, an optional activity, is scheduled with lunch in the afternoon – providing members and elected leaders an opportunity to learn together.

Saturday evening is an optional group dinner.

Sunday, January 19: A post-meeting flyaway to Naples, Florida, complete with an NFL Playoffs Game Watch Party. D

**FPA Winter Board Meeting
CME Workshop (includes lunch)
January 18, 2020
Pensacola, Florida**

(Registration for this optional Workshop is additional.)

The FPA CME Workshop begins with a working lunch immediately following the Winter Board Meeting on Saturday morning in Pensacola, Florida. The workshop is targeted toward leaders in FPA as well as members attending the meeting. Topics are determined by surveys and evaluations throughout the year.

12:30 pm

Working lunch for registered CME Workshop attendees

1:00 – 4:30 pm

The Opioid Epidemic: An Update and Review of New Treatment Strategies

- 1) Overview of the Opioid Epidemic: How did we get here? What is the extent of the problem?
- 2) New treatment strategies, including buprenorphine/naloxone (Suboxone). What does it take to be a Suboxone prescriber? How effective is this treatment regimen? How does it work? What is the place of Suboxone among other treatment strategies?
- 3) Case presentations with audience interaction and discussion.



WORKSHOP LEADER

Amanda Davis, MD
Family Medicine, AnMed Health
Associate Professor and Assistant Dean
Medical University of South Carolina
Anderson, South Carolina

Amanda Davis grew up in York, Pennsylvania. Throughout her childhood, she enjoyed taking many trips with her father, Richard Sloan, in his Mooney. She attended the University of Pennsylvania, and then taught third grade in Atlanta as a Teach for America Corps Member.

She completed medical school at the Medical College of Georgia, then followed in her father’s footsteps and did a Family Medicine Residency at Lancaster General Hospital in Lancaster, Pennsylvania. After completing residency in 2010, Dr. Davis joined the faculty at the AnMed Health Family Medicine Residency Program in Anderson, South Carolina.

Dr. Davis is also involved with the Medical University of South Carolina AnMed Health Clinical Campus as the Assistant Dean for Student Affairs. Her professional interests include quality improvement, advance care planning, medication assisted therapy for opioid use disorder, and group visits for prenatal care. She lives in Greenville, South Carolina with her husband and two young daughters.

SATURDAY EVENING OPTIONAL DINNER

An optional Saturday evening dinner in Pensacola is planned in a private room at the famed local restaurant, Skopela’s at New World. “Classy and romantic” is often quoted in descriptions of this award-winning upscale restaurant, and it is a destination for many visiting Pensacola. Skopela’s features coastal cuisine with a Mediterranean flair. This is fine dining at its best. Enjoy the company and camaraderie of fellow physician pilots and their family members with a memorable evening at Skopela’s.

Col (USAF RET) Joseph Kinego will be the after-dinner aviation speaker. His record includes 27 years USAF, Command Pilot, 4500 hours, 148 combat mission in Viet-Nam flying RF-4Cs and 900 hours flying SR-71, B-57, B-1B, KC135 and EC 135. Kinego was the Commander 1st Strategic Recon Squad at Beale AFB, Wing Commander 319 Bombardment Wing (H) at Grand Fork AFB and Director of Combat Ops for the 2nd AF, SAC. Registration is separate.



NAPLES POST MEETING FLYAWAY

A post-meeting flyaway to Naples, Florida, complete with an NFL Playoffs Game Watch Party is planned. The local airport is KAPF, known for its upscale service with the cheapest fuel in SW Florida

For your planning, group rooms are reserved at a local Inn for Sunday and Monday, January 19th, and 20th. Each room

is furnished with a queen-sized bed, and the cost is \$336 total for 2 nights. If interested, please call Dr. John Freitas: 239-596-1945

Activities are dependent on the group such as an NFL play-off game watch, beach dinner barbecue, sunset river cruise, botanical garden tour, airboat Everglades ride, upscale shopping, etc. Contact Dr. Freitas at your earliest convenience.



DIXIE GREAT LAKES CHAPTERS 2020 SPRING MEETING

U.S. Space & Rocket Center
March 26-29, 2020
Huntsville, Alabama

Contact: George L. Cowan, MD
 843.610.5727



The U.S. Space & Rocket Center in Huntsville, Alabama, is a museum operated by the government of Alabama, showcasing rockets, achievements, and artifacts of the U.S. Space Program. At the Center you can learn everything



you ever wanted to know about space flight, see historical artifacts from the whole history of space exploration, and even learn how to become an astronaut yourself!

ARRIVING

Commercial Air: KHSV - Huntsville
 International Airport-Carl T Jones Field
 FBO: Signature Flight Support (256)
 772-9341 ASRI 130.375



THE HOTEL

The Marriott Hotel is on the grounds of the U.S. Space and Rocket Center, a most convenient option for visiting. It also has a heated indoor pool, seasonal outdoor pool, airport shuttle, and the guest rooms have coffee making facilities and flat screen TVs.

Address: 5 Tranquility Base, Huntsville, Alabama 35805

Telephone: (256) 830-2222

Rate: \$119 per night plus 15% state and local taxes

Cut-off Date: March 5, 2020 or when block filled

CHAPTER MEETING SCHEDULE

Thursday, March 26

All Day Arrivals
 Early Evening Welcome Reception

Friday, March 27

7 am Breakfast
 7:45 am – 12:30 pm CME Session I
 1:00 – 5:00 pm Group Tour/Activity with lunch

Saturday, March 28

7 am Breakfast
 7:45 am – 12:30 pm CME Session II
 12:35-12:45 pm Chapters Business Meeting
 1:00 – 5:00 pm Afternoon Free or Optional Tour
 6:00-6:45 pm Cocktail Reception
 6:45-9:30 pm Group Dinner

Sunday, March 29

Individual Departures at leisure

REGISTRATION

Meeting information including registration fees will be posted online at www.fpadrs.org and in future publications. Stay tuned and check the web site often.

Reserve your hotel guest room early.

2020 FPA TRI-CHAPTERS MEETING

September 10-13, 2020
Wilmington, Delaware

Contact: Denise M. Kenna, MD
dmkenna@comcast.net
717.515.5117



Wilmington is the largest city in the state of Delaware and is located at the confluence of the Christina River and Brandywine Creek, near where the Christina flows into the Delaware River. The city was first settled by the Swedish in 1638. Over time, the area has also been home to the Dutch, the British and the Quakers, a long diverse history that has left its mark on the surrounding area.

The city is home to great museums, beautiful gardens and family-friendly attractions. Explore the historic Nemours Mansion and its landscaped gardens, admire the art at the Delaware Art Museum, and stop by the Delaware Center for the Contemporary Arts.

Winterthur Museum, Garden & Library: this unique national treasure, a former DuPont family home, encompasses an eye-popping mansion featuring stunning interiors, a magnificent 60-acre naturalistic garden, and an unrivaled collection of American decorative arts, all set on 1,000 gorgeous acres.

Wilmington & Western Railroad: All aboard! The perfect time of year to take a ride on this moving museum of history, traveling through the valley, crossing rivers and through the woods.

Have lunch or dinner on a planned route stop.

Kalmar Nyckel, the Tall Ship of Delaware: Discover the remarkable story behind the Kalmar Nyckel. Come aboard for a unique, hands-on experience at the intersection of adventure and education on a full-scale replica of the Swedish flagship from the 1638 expedition that founded the first permanent European settlement in the Delaware Valley. Haul lines, set sails, hear tales from the crew, or simply enjoy the sail.

Mark the dates, September 10-13, 2020 on your calendar. More information in coming months on the web site, fpadr.org, and in the newsletter and magazines.



FPA MEETINGS REGISTRATION FORM

Last Name	First	MI/Name	Nickname for badge	
Mailing Address	City	State	Zip Code	E-mail Address
Spouse Name	Spouse CME Y/N	Telephone	Other Guests	
Plane Type	N#			

Payment by Check -- Send with this completed form to FPA Headquarters, 11626 Twain Drive, Montgomery, Texas 77356

Payment by Credit Card -- Go to www.FPADRS.org and sign in as member. Select meeting of interest and double-click. Scroll to the bottom of the meeting description for payment options. In completing information, provide your e-mail for payment receipt notification.

Please complete all information above. Check beside the meetings you plan to attend.

SW-Western Optional September 12, 2019	Optional Day Trip Los Alamos NM	(<input type="checkbox"/>) \$47 per person
Southwest-Western Chapters Fall Meeting September 12-15, 2019	Hotel El Dorado Santa Fe, New Mexico	(<input type="checkbox"/>) \$345.00 FPA/FDA Single (<input type="checkbox"/>) \$650.00 FPA/FDA Couple
Tri-Chapters Fall Meeting (NE Chapter host) September 19-22, 2019	Best Western Gettysburg, Pennsylvania	(<input type="checkbox"/>) \$575.00 FPA/FDA Couple (<input type="checkbox"/>) \$325.00 FPA/FDA Single (<input type="checkbox"/>) \$300.00 Adult Guest (<input type="checkbox"/>) \$150.00 Children 6-12 (<input type="checkbox"/>) \$13.00 per person Friday evening Ghostly Encounters (after dinner)
Nat'l Naval Aviation Museum January 17, 2020	Optional Tour Pensacola FL	(<input type="checkbox"/>) \$18 per person Includes Lunch
2020 Winter Board Meeting January 17-18, 2020	Holiday Inn Express Pensacola FL	(<input type="checkbox"/>) TBA
CME Leadership Workshop January 18, 2020	Optional Pensacola FL	(<input type="checkbox"/>) \$45 per person
Dixie-Great Lakes Chapters Spring Meeting March 26-29, 2020	Space & Rocket Center Marriott Hotel Huntsville AL	(<input type="checkbox"/>) TBA Single Registration (<input type="checkbox"/>) TBA Couple Registration (<input type="checkbox"/>) TBA Child (to 13) (<input type="checkbox"/>) TBA Added Guest
FPA 66th Annual Meeting May 23-26, 2020	Omni Hotel Richmond, Virginia	Meeting registration opens 1/1/2020 Reserve Hotel Room in advance

Fax this form to 832-415-0287 or mail to:
FPA Chapters Meetings
11626 Twain Drive • Montgomery, Texas 77356

2020 FPA 66TH ANNUAL MEETING

OMNI RICHMOND (VA) HOTEL

May 23 – 26, 2020



*Book your hotel guestroom early to guarantee your room of choice on the dates you prefer. 800.843.6664.
Be sure to mention Flying Physicians when booking.*

RICHMOND “Give me liberty or give me death.”

The Richmond region has always had history, for about 400 years. Its description for many years has been the Capital of the South. Richmond, the capital of Virginia, is among America’s oldest major cities.

Patrick Henry, a U.S. Founding Father, famously declared “Give me liberty or give me death” at its St. John’s Church in 1775, leading to the Revolutionary War. The White House of the Confederacy, home of Confederate President Jefferson Davis during the Civil War, is now a museum in Court End, a neighborhood known for Federal-style mansions.

Find out why Richmond, Virginia, is a Travel & Leisure Top Destination and National Geographic deemed it “the place to travel for food”. L’Opossum, named “The South’s Best Restaurant” is a paper lantern-lit domain of chef David Shannon with a cheeky approach to formal classics (menu items include “An Ebullient Bowl of Bouillabaisse” and “C’m on Simone, Let’s Talk About Your Big Halibut”). It earned them James Beard Award-semifinalist status.

Richmond boasts more than 30 craft breweries, some of the best restaurants in the country, homegrown startups, murals and street art. They also have the only class III & IV urban rapids in the entire country. You can swim in the mighty James River, a quick walk from the host hotel.

ABOUT THE HOTEL

Omni Richmond

100 S 12th St, Richmond, VA 23219

1-800-THE-OMNI

Reservations by Phone: (1-800-843-6664)

Reserve online: <https://www.omnihotels.com/hotels/richmond/meetings/flying-physicians-association-05212020>

Steps away from the Virginia Governor’s Mansion and the Virginia Civil Rights Memorial, this 4-star hotel is also convenient to Virginia Commonwealth University. A favorable downtown location in the beautiful financial district is adjacent to Richmond’s historic area, Shockoe Slip. Over thirty restaurants, cafés, pubs, many historical sites and a wide variety of shopping are all easy walking distance just outside the Omni front door on beautiful cobblestone, gas lamp lit streets.

Restaurant pricing for those choices within walking distance range from fast food to fine dining and everything in between, ensuring variety to meet every budget and taste. This quaint and safe area offers the best that Richmond has to offer to enjoy the evening free times.

The Omni Richmond Hotel is 8 miles (15 minutes) from Richmond International Airport.

Guest Room rate: \$159 per night

Continued on next page ⇨



Complimentary access to a 30,000 square-foot upscale, state-of-the-art Fitness Center that includes racquetball, squash, abundant cardiovascular equipment and weights, fitness classes, whirlpools, saunas and steam rooms. This incredible Fitness Center is located in the adjacent tower through the atrium.

SCHEDULE*

- Friday, May 22 Early Arrivals
Optional group tour

- Saturday, May 23 Arrivals
Board of Directors (morning)
CME Session I (afternoon)
Opening Reception (evening)

- Sunday, May 24 Group Breakfast
CME Session II (morning)
Optional group tour (afternoon)
Optional Activity - Menuhin Violin
Concert Finale Gala with group dinner

- Monday, May 25 Group Breakfast
MEMORIAL DAY CME Session III (morning)
Optional group tour (afternoon)
Aviation Session with Mike Busch
(evening)

- Tuesday, May 26 Group Breakfast
CME Session IV (morning)
Optional group tour (afternoon)
Cocktail reception and Awards
Celebration Dinner

We look forward to seeing you in Richmond next May!

Ted and Ana Stransky

*The final meeting schedule with speakers, social events and tours will be featured in the FLYING PHYSICIAN Magazine, to be mailed in December, 2019. Registration for the Annual Meeting opens on January 1, 2020.





FPA AWARDS NOMINATION FORM

Purposes of the Flying Physicians Association:

- To promote education and research related to medicine and aviation
- To promote aviation safety by research, education and dissemination of information on medical factors affecting the operation of aircraft
- To stimulate interest in aviation medicine
- To offer assistance in the rapid movement of trained medical personnel, donor organs, blood, patients and emergency supplies
- To encourage aviation activity among physicians for the betterment of the medical profession
- To emphasize the use of aircraft in facilitating the practice of medicine
- To cooperate with civilian agencies engaged in the welfare of our country
- To promote Samaritan and community service related to aviation medicine

Date: _____ My name: _____

My phone: (____) - _____ - _____ My e-mail address: _____

I am nominating (Name of nominee) _____ for:

Distinguished Service Airman of the Year Co-Pilot of the Year Honorary Member

Accomplishments and contributions which qualify this person for this award (attach extra sheet if needed):

Distinguished Service: *Recipient must be a voting member of the Flying Physicians Association and have contributed significantly toward the organization's mission and goals.*

Co-Pilot of the Year: *Recipient must be the co-pilot of a voting member of the Flying Physicians Association and have contributed significantly toward the organization's mission and goals.*

Airman/woman of the Year: *Recipient has made a notable contribution to aviation medicine, to aviation safety or education in aviation. It is not mandatory that the nominee be a licensed physician but should be associated in allied sciences.*

Honorary: *It is not mandatory that the recipient be a physician. The person nominated will have made significant contributions to aviation or aviation safety. Nominees will be submitted to the Executive Committee for approval.*

Send this form to: The FPA Awards Committee, Roger Hallgren, MD, Chair; 109 Robert Circle, Belle Plaine, MN 56011
PHONE: 612.240.1714 E-MAIL: rbhallgren@hotmail.com. This was his message:

Distinguished Service Award

1971 Herman A. Heise, MD
 1973 Walter Zumdorfer, MD
 1977 Paul A. Woods, MD
 1980 Geo. Gumbert, Jr., MD
 1981 Richard V. Kubiak, MD
 1982 Sidney Goldstone, MD
 Wymond B. Wilson, MD
 1983 Willis H. Taylor, Jr., MD
 1985 H. Edw. Klemptner, MD
 1989 Floyd McSpadden, MD
 M. Y. Stokes, III, MD
 1990 Richard Sugden, MD
 1992 Benj. H. Word, Jr., MD
 1993 Paul A. Haight, DO
 1994 Ian Blair Fries, MD
 1995 Ramon J. Pabalan, MD
 1996 William R. Bernard, MD
 1997 Daniel R. Cooper, MD
 1998 Owen W. Brodie, MD
 2000 Bernard Heckman, MD
 2001 R. Alec Ramsay, MD
 2002 John R. Hunt, MD
 2004 David R. Mauritson, MD
 2006 Warren V. DeHaan, OD
 2007 Lawrence Gahagan, MD
 2008 Peter Sones, MD
 2009 Charles Reinninger, MD
 2010 Peter A. Bartlett, MD
 2011 Kevin E. Ware, DO
 2012 Douglas W. Johnson, MD
 2013 Roger B. Hallgren, MD
 2014 Frank W. Browning, MD
 2015 W. Kenneth Austin, MD
 2016 Ronald D. Craig, MD
 2017 John E. Freitas, MD
 2018 Mark E. Thoman, MD
 2019 George W. Shehl, MD

Co-Pilot of the Year

1993 Dorothy Klemptner
 1994 Marsha Carlson
 1995 Jo Ann Drake
 1996 Ann Bernard
 1997 Pat Thompson
 1998 Art Nodecker
 1999 Sissie Miller
 2000 Pat Brodie
 2001 Ruth Ann Heckman
 2002 Merle Gahagan
 2003 Sally Justis
 2004 Lindsay Sones
 2006 Pam Towle
 2007 Diane Otto
 2008 Jean Browning

2009 Jerre Hall
 2010 Carrie Reinninger
 2011 Betty Hunt
 2012 Tina Tormes
 2013 Mary Briccetti
 2014 Ana Stransky
 2015 Cindy Mulvey
 2016 Margo Austin
 2017 Linda Goldberg
 2018 Vici DeHaan
 2019 Susan Shehl

Airman/woman of the Year

1960 Mr. George Haddaway
 1961 William Requarth, MD
 1962 Mr. Scott A. Crossfield
 1964 Mr. Leighton Collins
 1965 Mr. Ralph M. Harmon
 1966 Karl Frudenberg, MD
 1967 James A. Roman, MD
 1968 H.D. Vickers, MD
 1973 Forrest Bird, MD, PhD
 1974 Story Musgrave, MD
 1976 Captain Robert N. Buck
 1977 Mr. William K. Kershner
 1978 Carl J. Crane, Col. USAF
 1979 Curtis W. Caine, Sr., MD
 1980 E. Jeff Justis, Jr., MD
 1982 Mr. Paul H. Poberezny
 1983 Story Musgrave, MD
 1989 William R. Bernard, MD
 1990 H. Edw. Klemptner, MD
 1993 Kuros Tabari, MD
 1994 H. Schirmer Riley, MD
 1997 R. C. Thompson, MD
 1999 John Hastings, MD
 2004 Felix R. Tormes, MD
 2006 Michael Brothers, MD
 2012 J. Mac McClellan
 2014 Ronald A. Siwik, MD
 2016 David A. Mauritson, MD, JD
 2017 Warren V. DeHaan, OD
 2018 John D. Davis, MD

FPA Honorary Members

1955 Mark E. DeGross
 (FPA Staff)
 1956 Col. Roscoe Turner
 A. Arroyo-Damian, MD
 R. T. Prieto, MD
 C. Zavala, Jr., MD
 1958 Col Wilbert H. McElvain
 1959 Mr. Leighton Collins
 Mr. Wm. T. Piper, Sr.
 (Commer. Support Mbr.)

1960 Mr. George Haddaway
 1962 Mr. Scott A. Crossfield
 Mr. Jack Schuler
 1963 Edward R. Annis, MD
 Mr. Najeeb E. Halaby
 (Commer. Support Mbr.)
 1964 Forrest Bird, MD, PhD
 Ralph W. Kenyon
 1965 Mr. Bernt Balchen
 1967 Mr. Richard L. Collins
 Mr. Ralph Nelson
 1968 Maj. Gen. Joseph Caldara,
 USAF
 1969 Mr. Max Karant
 1970 The Hon. Don H. Clausen
 1972 Mr. Joseph Diblin
 Mr. Don Flower
 (Commer. Support Mbr.)
 1973 Mr. Joseph E. Sidoti
 1974 Mr. Max Conrad
 1976 Wilbur R. Franks, MD
 Mr. James L. Harris
 1977 Mr. Joseph Tymczyszyn
 1978 Col. M. Y. Stokes, Jr.
 1980 Harriet C. & Al Carriere
 (FPA Staff)
 1982 Mr. Kenneth E. Sheets
 (Commer. Support Mbr.)
 1983 Dr. Victor B. Maxwell
 Dr. Geoffrey Fearnley
 Dr. Brian H. Pickard
 1984 Mr. Richard L. Taylor
 Dr. Silvio Finkelstein
 1986 Mr. Don Drake
 (FPA Staff)
 1991 Mr. Barry R. Smith
 1996 Warren V. DeHaan, OD
 Mr. Phillip Boyer
 1998 Marvin Kolkin, MD
 Mr. Marvin Donnaud
 (Commer. Support Mbr.)
 Mrs. Pat Nodecker
 (FPA Staff)
 2000 Col. Elmo C. Baker, USAF
 Mr. Bruce Landsberg
 2001 William Thompson, PhD
 2006 Mr. Dale Klapmeier
 (Commer. Support Mbr.)
 2007 Alexander Sloan, MD
 2009 Russell B. Rayman, MD
 2010 Linda Godwin, PhD
 2011 Michael D. Busch, A&P/IA
 2014 Mr. Walter C. May
 (Commer. Support Mbr.)
 James V. Gainer, III, MD

The FPA Cajun Tour with Chuck and Carrie Reinninger

By George W. Shehl, MD

If you missed Chuck and Carrier Reinninger's "FPA Cajun Tour" at the end of March 2019, this article will help confirm to you that good times continue to roll for the Flying Physicians Association. With an idea conceived by Bernie Heckman (Tour Committee Chair) and the attendance limited to 20 people, the tour roster was full in advance of the event.

Any FPA member interested in organizing a tour should contact Bernie Heckman, FPA Tour Chair, and make plans. The next tour is scheduled in Naples, Florida, immediately following the Pensacola Winter Board Meeting. (See page 32 for information.)

Everyone arrived safely at both the Eunice (4R7) and Lafayette (KLFT) airports by Thursday afternoon, March 28, 2019. With all the available tie downs in use at the Eunice Airport, I triple choked my Bonanza just outside Chuck's hangar.



On the way to the hotel, I was fortunate enough to enjoy some fresh Boudin the first time at Chuck and Carrie's home located only one mile from his hangar! The pronunciation for that sausage and rice delicacy is "Bou-dannh" (with a nasal "n").



The tour hotels are located on the "main drag" through Eunice near DC's

Sports Bar and Steakhouse where we gathered for a "meet and greet" group dinner rally. Following a kick off "toast to the FPA", we enjoyed a delicious meal with some members tasting crawfish for the first time!



After a good night's rest and breakfast at the hotels, we met at the Rice-land Crawfish packing plant located in the heart of Eunice, LA. The owner of this substantial business, Dexter Guillory, provided an educational tour of his multimillion-dollar facility, explaining the steps necessary to bring crawfish from the "crawfish farm" to the dinner table. He takes pride in delivering a quality crawfish product all over the world.



We then drove eastbound, to Henderson, LA for lunch at Pat's Fisherman's Wharf. After lunch, we enjoyed a scenic boat ride around Henderson Lake.



While cruising along, we saw many interesting sights, including a few alligators sunbathing on the logs while waiting for their next meal.



After the Henderson Lake boat ride, we drove to the town of Breaux Bridge. We had dinner at the famous "Pon Breaux" (an original Cajun Restaurant) visited by many celebrities, attested by their pictures and signatures on the walls. We hung out at their excellent bar before moving on to our tables near the dance floor.

Continued on next page ☞





Accordion music is a staple of the Cajun Culture. The French Canadians initially migrating from the Arcadian province to the southern Louisiana coast settled there in the mid-1700's).



A young man who grew up in the Cajun traditions learning Cajun accordion music from

Chuck Reinninger who is also adept at playing the Cajun accordion. The music performed on these accordions use only 8 notes. They are constructed to play in one musical key (I believe most are in the key of G). Chuck owns and plays a Cajun accordion and "fiddle" as well!

The dinner Pon Breaux Cajun Restaurant was delicious! Everyone slept well after a busy day and good dinner.

Chuck and Carrie took Susan and me into a local Cajun grocery where we purchased a bag of "Hot Cracklins". The cracklins are hot, crunchy, fried pig skins with a bacon-like flavor and chewy texture after the initial crunch, thus the name. (Cracklins are a cardiologist's dream). I'll have to look into the incidence of CAD in the Cajun population!



The group met at the Savoy Music Center in Eunice to attend the tra-

ditional Saturday morning gathering of locals performing Cajun music and songs. There is no admission since it is a community function, and everyone brings food to share. Coffee and beverages were available as well. Everyone enjoyed listening to the Cajun accordions, fiddles, homemade string bass, bucket and washboard drums, and the male alto Cajun voices airing out Cajun songs during this Cajun community jam session! I've never seen anything like it! The activity occurs every Saturday morning from 9 to noon.



We visited the back room at the Savoy Music Center, and Mr. Savoy talked about the handmade accordions he creates in the Savoy accordion factory.



Lunch was in downtown Eunice at Rocky's Cajun Kitchen.



Saturday afternoon was spent walking in downtown Eunice and visiting the Prairie Acadian Culture Center as well as the Cajun Museum where we lis-

tened to professional Cajun musicians perform. Notice the elderly guy playing the triangle on the side!



We had an hour or two in our hotel rooms before visiting Nick's 2nd Street Restaurant for a farewell dinner! This restaurant was only "slightly dressy" which is about as dressy as it gets in Eunice! Not surprisingly, the menu abounded with crawfish and other delicious food. Everyone thanked Chuck and Carrie for hosting such a beautiful, successful tour for us, and they exhibited their usual humility and grace.



It was a fantastic way to end a fun-filled and educational weekend.

For memories, this is a photo of the "crawfish farms" (large grey squares) on the landscape taken as we left Louisiana.



Susan and I might never have experienced the Cajun culture first hand, had it not been for our life long membership in the Flying Physicians Association. The FPA membership is a "gift" that doesn't stop giving.

IN MEMORIAM

Vernona “Nona” M. Cohen
Companion of FPA Honorary Member,
Mike Busch
August 2, 1948 - August 11, 2019

March 16, 2018. Mike Busch arrived at the Nut Tree Airport in Vacaville, California, with a companion, Vernona Cohen. As FPA members and Right Front Seaters landed and entered the airport conference room, she was introduced to them for the first time. Quick to smile and relaxed, she soon knew everyone. “Just call me ‘Nona.’”

Throughout that memorable gathering, visiting the ICON LSA manufacturing plant, having dinner in downtown Vacaville, and spending Saturday on the Napa Valley wine-tasting tour, Nona engaged happily with everyone. During the closing dinner at Ristorante Allegria in Napa, Nona said she was looking forward to the annual meeting at the Greenbrier. She felt welcomed and at home with FPA members she had met and looked forward to meeting more members.

Nona enjoyed the Greenbrier and said she loved meeting new FPA people. She was Mike’s best fan when he led his popular session at the annual meeting. She sat with him through many scientific and aviation sessions. The presentations, she said, were fascinating. She connected to all around her, enjoying conversation and sharing the time.

FPA members and RFS next saw Nona and Mike at the Fort Worth Annual Meeting. Her smile was as bright as ever, and she wanted to do everything from the wine-tasting, cooking class, afternoon at the museums and checking out Texas cuisine.

During the evening aviation forum when Mike was once again fielding questions and talking candidly about aircraft mechanics, Nona leaned over and said, “Doesn’t he look good these days?”

The answer to her question was YES, because Nona Cohen encouraged the best in everyone she met. Her joy and enthusiasm brightened the moments she shared with members and RFS for such a short time. She left much too soon.



FLY AWAY WITH US

FPA Headquarters for Information:
936-588-6505 • 11626 Twain Drive • Montgomery, TX 77356
ahenderson@fpadrs.org • www.FPADRS.org

Keep this schedule handy at your desk or on the bulletin board!

Sept. 19-22, 2019	Gettysburg PA	FPA Tri-Chapter
October 11-13, 2019	French Lick IN	FDA Fall Board Meeting
January 17, 2020	Pensacola FL	Nat'l Naval Aviation Museum Tour
January 17-19, 2020	Pensacola FL	Winter Board Meeting
February 21-24, 2020	Snowmass CO	FDA Skip Trip
March 26-29, 2020	US Space & Rocket Center Huntsville AL	Dixie-Great Lakes Spring Chapters
April 2-7 2020	Lakeland FL	Sun'n'Fun
April 18-26, 2020	Marsh Harbour Bahamas	FDA Sailing/Diving Trip
May 8, 2020	Washington DC	Arsenal of Democracy Flyover II
May 17-21, 2020	Atlanta GA	AsMA Annual
May 23-26, 2020	Richmond VA	FPA Annual
Sept 10-13, 2020	Wilmington DE	FPA Tri-Chapter
March 31-April 5, 2021	Lakeland FL	Sun'n'Fun
May 23-27, 2021	Reno Nevada	AsMA Annual
April 13-18, 2022	Lakeland FL	Sun'n'Fun