



PEP

TALK



PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL

MAY 2010

ANOTHER SUCCESSFUL LUNCHEON !

Dr. Ricard Casaburi, PhD, brought us up to date on advances – and the lack thereof – in the treatment of our major bug-a-boo: COPD (chronic obstructive pulmonary disease). Dr. Casaburi has a way of making even so dull a subject as that interesting and somewhat light-hearted. For you who were, for whatever reason were unable to attend, his dissertation was video recorded and may be seen on your website: peppioneers.org.

And additionally, of course, there was the pleasure of good food and good company, and the fun of the raffles and 50/50 drawing.. All well within the regular time period of 12 to 2.

May's upcoming luncheon will be, as usual, at the Sizzler on Thursday, May 20th at 12 until 2. Hope you will attend.

FLIGHT PATH TRIP WAS FUN AND INFORMATIVE

Remember the golden age of flight, when we got dressed up before we boarded a plane, a hot, tasty meal was served on china plates by an impeccably dressed “stewardess,” children were pinned with “Jr. Pilot” or “Jr. Stewardess” wings, gum was offered to relieve pressure in your ears and promotional cigarettes were handed out like candy...and you could smoke them during your flight? Those days are back, alive and thriving, at The Flight Path Museum located at LAX.



Twenty-three PEP Pioneers and friends gathered there on

Thursday, April 29 for a special day or learning and reminiscing. It was one of those few really exceptionally beautiful days that make you glad that you live in LA and we were about to learn the rich history of LAX and to enjoy spectacular views of our local mountains, the Hollywood Sign and pristine blue skies.

Upon our arrival we were greeted by “roadie” a bilingual



explosives sniffing Belgian Sheppard, one of 45 that are on duty

twenty four hours a day for assisting the LAXPD. Roadie was given the command to sweep the room that we were in and he immediately leapt into action. He followed his nose through the display cases, props and even a few purses before he gave the sign that all was clear, patiently waiting for his reward...a favorite chewy toy. Roadie's nose is so sensitive that he can even detect nitroglycerin that is prescribed for medical use in cardiac patients. All of the dogs are tested monthly for accuracy and they can get aggressive if commanded to do so. Being in the presence of a German and English "speaking" dog that can detect minuscule amounts of explosives and follow over 40 commands was an entertaining and enlightening experience but, somehow, my unilingual self felt just a little bit inadequate.

LAX alone has 450 officers that patrol on foot, motorcycle and in squad cars. It is also the only airport in the world to have its own theme song, "L.A. International Airport" recorded by Susan Raye in 1971 that peaked at No. 9 on the country charts. Originally recorded by Buck Owens Productions on the old fashioned vinyl, it is now available on iTunes.

Our museum guides PEP Pioneer Ethel Pattison, Ann Proctor, Diane Miller, and Eleanor Ginsberg treated us like VIP's as they narrated our tour of several rooms of memorabilia from multiple airlines, the cloak room that houses over 400 flight crew uniforms dating back to the 1920's. The Hall of Fame pictorial walk documenting VIP's at LAX, the flight simulator room (a six week course that will actually certify you as a simulator pilot).



The original model used on The Indians Jones movie set and everyone's favorite, the real, authentic DC 3 parked right out on the tarmac. We got to climb all over it, sit in the cockpit and don a real captain's hat while we operated the pedals, levers and buttons. Visiting The Flight Path Museum is highly recommended for anyone with an



interest in aviation and a little free time. Admission is free, there is very easy walking, plenty of rest rooms and really enthusiastic volunteer staff members that take you back in time to the golden age of flight.

Following our tour we all met for lunch at The Stick and Stein Restaurant for a wonderful lunch. Pioneer's Stan and Carol Sutor have a hilarious story about their very short drive from the museum to the restaurant but that will have to wait until next month. I promise you this...it will be worth waiting for.

The PEP Pioneers are an independent group of graduates of the Pulmonary Rehabilitation Program at Little Company of Mary Hospital that are dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of their members. Donations may be sent to the PEP Pioneers, attn: Pulmonary Rehab, BCACC, 514 No. Prospect Ave, Suite 160, Redondo Beach, CA. 90277