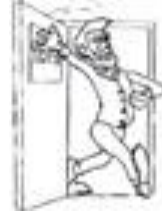




# PSP TALK



**PULMONARY EDUCATION PROGRAM LITTLE COMPANY OF MARY HOSPITAL  
JULY 2012**

## **EDITORIAL.**

I have threatened, begged, and cajoled all you folks, month after month for years to send me articles for this newsletter. Well, the inevitable has finally occurred! No one has said anything this month!! That's a lot, gang.

Now you will pay for that lack of cooperation. There are several things of interest and/or importance that need reporting, so I have no choice but to belabor you with my deathless prose for this entire sheet! That'll l'arn ya, Bubs 'n' Bubettes!! Prepare to be bored.

## **HELICOPTERS. Lots of helicopters!**

A few weeks ago, a bunch of us - about a dozen peppers - assembled in the parking lot of ROBINSON HELICOPTERS on the South side of Torrance airport in preparation for a tour of the facility.

Robinson helicopter was founded by Frank Robinson in June of 1973 to manufacture a lightweight helicopter for the general aviation market. Two years later the first prototype are 22 Robinson helicopter made its first flight at Torrance airport. Now it is a large, modern factory stretching along the south side of the airport.

We assembled in the parking lot near the door, then walk it as a group. I was surprised by an entrance foyer with overstuffed furniture tastefully grouped for the comfort of visitors. We took advantage of that furniture during the half-hour or so wait for the tour to begin. (Some sort

of unanticipated delay). Then we were ushered through the hallways of the offices into the factory.

I was "tail end Charlie" in my wheeled chair, so the rest of the group was in front of me, blocking my view. As we entered the factory. Because of that my very first impression, which I treasure, was the older of aluminum and its related aromas. The smell was identical to, and immediately took me back to my days at Douglas aircraft adjacent to Mines Field (now LAX) back in the mid-40s. But then came a much greater surprise!

We had entered the most immaculately clean factory imaginable. The floor was pure white and as clean as any kitchen. I was shocked!!! It was beautiful! And as I looked up from the floor. I saw a long row of helicopters in various stages of assembly with more than ample space around them. Then I noticed the high ceiling of the factory, well lit by both electrical lighting, and skylights, giving the



factory and open, airy ambience. What a wonderful working environment!

We then stepped onto small six passenger electric trams the actual tour. Two people to a seat, but Ruby managed to force her way in

next to him June and I. Made for a tight fit. And away we went.

All of the machines we saw were shielded for everyone's protection against the ultraviolet light of welding and cutting machines, as well as other potential dangers. Everything was so clean and quiet, with only the occasional sound of a rivet gun. Ruby and I particularly appreciated that, for Ruby had worked in North American aviation, just across the road from Douglas and about the same time I was there so the sound brought back memories to us both. We were informed that some 80% of the parts for the helicopters were made in house. That is an unusually high percentage, as most manufacturers subcontract much of their work - all too often outside the United States. The engines. For example, were subcontracted by Lycoming and Rolls-Royce. Lycoming building. The smaller gas turbine engine for the lighter helicopters.

The tour ended at a pair of completed helicopters, which we were allowed to photograph and clamber around. We marveled at those two slender rotor blades could lift such a large machine.



## LUNCHTIME.

Same time, same place: the Sizzler on Sepulveda in Torrance at 11:30 AM until 2 PM and on, of course, the 19th which is the third Thursday of the month of July. Got that? Be there!

Why? Because the speakers. This month are Betsy and Jackie! They went on a sojourn in Sacramento for a few days, a few weeks back for a seminar about exercise and stuff. Seems like there have been some innovations or discoveries or research or something that indicates some changes in our exercise routine may be desirable. At least that's what I think it's all about. And Jackie I think is going to instruct us in the proper use of inhalers. All of that should be of considerable interest to everyone of us! So like I said:

*(Got a note from Dan Buck today suggesting a most desirable exercise for all of us. Something we can all do with clear conscience:*

*The ad was for an Exercise Block, which is a small rectangular solid oak wood or concrete or whatever that is carefully placed in the center of your living room within a step or two of your favorite chair.*

*Having done that, you then walk around that item twice, then, being somewhat breathless, you stagger over to their favorite chair and sit down and relax for as long as you deem appropriate.*

*Now, when someone - like Betsy or Jackie or Joseph - asks if you have done your exercise faithfully, you can honestly reply "I walked around the block twice!"*)

**PEP PIONEERS** is an independent group of graduates of the Pulmonary Rehabilitation Program at Providence Little Company of Mary Hospital that is dependent on private donations and fundraisers to finance events and purchase equipment that benefit all of its members.

Donations may be Made to:

### **PEP PIONEERS.**

Attn:

**PULMONARY  
REHABILITATION.**  
20929 Hawthorne Blvd.

Torrance, CA 90503

## **WE HAD A PARTY**

Teri Nielsen started, the darn thing. It was going to be just a few of us needing to have an excuse to booze it up a little, and one of our number was conveniently having a birthday. She is getting old - really cool! Problem is, she doesn't act like it. Runs around like a kid, here one minute and there the next.



Now don't tell her I said this- if you do, I'll deny it- but that little girl is pretty special to all of us, and well deserving of our recognizing and celebrating her birthday. 3Rs (that's what she calls herself) has had a whole bunch of them: this was her 89th.

Anyway, when the rest of the peppers heard about a birthday party for her, a whole flock of them wanted to come. Suddenly the little joint that Teri had picked out wasn't nearly big enough. So the ever resourceful Teri arranged for a large private room at Marie Callender's restaurant. And that turned out to be just barely big enough. Seems the darn' near everybody thinks that little Rubye R. Ritchie (3 'R's) is someone very special.

So everyone whooped and hollered when Teri ushered Rubye in



to her surprise birthday party. And then around a heavy applause, followed by little, laughter at her response: Rubye did seem to be surprised! And how that secret could be kept from her but all of us gabby people constitutes a minor miracle.

Then the party got underway with a lot of food and drink, and pretty much everyone talking at once. It got a little noisy, but that's all right: parties are supposed to get noisy. Everyone was having a good time. (There was even a rumor going around that that' old grump, Paul Robinson, was seen to actually smile once. Probably just another urban legend). But I have to admit that the margaritas were quite good!

## **SPEAKING OF HAVING A GOOD TIME...**

Keep in mind that fourth Tuesday of the month - this month is the 31st. Why? Because that is when we enjoy the event Betsy likes to call "Meet & Greet", otherwise known as the happy hour at the lounge in the Doubletree Hotel just down the block from therapy on Hawthorne. Meet us there at four o'clock and stick around until around six or so. Food and drink are specially priced so it won't break you to have one or both, although neither is in any way required. All that is required is the pleasure of your company. It's no big deal, just a great way to get out of the house for a while and chat with some friends and other nice people. Give it a shot, I think you'll like it.

With that, folks, I have pretty well run out of things to say. I know that by now you have become unit enamored of my eloquence and wish that I would go on and on. Terribly sorry! Now I give you fair warning: somebody had better start submitting articles autobiographies, announcements, or whatever - else you may be submitted to this torture next month!