



# Slip Stream

## 904 (Lake Chapala-Mexico) Wing Air Force Association of Canada

January 2008

### In This Issue:

- Welcome Back Snowbirds BBQ
- 904 Wing Program
- "Best Ball" Golf Tournament
- 904 Wing Executive Council 2007-2008
- Travel in Mexico

### Welcome Back Snowbirds BBQ



President Mario Okunsky presenting memberships to Al Trottier, Justus Hauser, Brian Preston and Dan Williams at the Annual Welcome Back Snowbirds BBQ.

Over a hundred members, spouses and guests participated in this successful event held at the Lake Chapala Society on 7 September.

## 904 Wing Program

The full 904 Wing Program is available on the Web Site at 904wing.org. Please note that the "Pig Roast" planned for January has been cancelled. The meeting on 8 February will be at the Old Posada for a games night. The next big event will be the Second Annual 904 Wing "Best Ball" Golf Tournament on 3 March at the Chula Vista Golf Club. All the details are listed here.

Date	Day/Time	Theme	Venue
25-Jan-08	Fri 1600 hrs	Beer Call	Rincon del Cielo
08-Feb-08	Fri 1600 hrs	Games Night	Old Posada
22-Feb-08	Fri 1600 hrs	Beer Call	Rincon del Cielo
03-Mar-08	Mon 1230 hrs	Golf Tournament	Chula Vista Golf Course
14-Mar-08	Fri TBA	Dinner Dance	La Nueva Posada
28-Mar-08	Fri 1600 hrs	Beer Call	Rincon del Cielo
11-Apr-08	Fri 1600 hrs	Annual General Meeting	La Nueva Posada

## "BEST BALL" GOLF TOURNAMENT

**Location:** Chula Vista Golf Course

**Date:** Monday, March 3, 2008

**Time:** 1230 hours for a shotgun start at 1300 hours

**Cost:** Golf and Dinner \$410 pesos (Members of Chula Vista golf Course are required to pay green fees)

BBQ Dinner Only \$150 pesos

Additional Fees for Rental Clubs and Caddies

**Sign-up:** Members have priority prior to February 15th, and then it will be open to guests.

To sign up call Mike Briscoe at 765-2484 or Bob Rowlatt at 766-1717, and if possible give your handicap or average score. Tickets will be available at Beer Calls.

**Prizes:**

- Door prize donated by Sandi Allin Briscoe, Armonica Real Estate
- Men's longest drive
- Lady's longest drive
- Men's closest to the pin
- Lady's closest to the pin

**FEES MUST BE PAID BY FEBRUARY 27<sup>TH</sup>  
OR YOU WILL BE REPLACED FROM THE WAITING LIST**

**Wing Executive Council**

If you have any suggestions to improve the program or any of the 904 Wing events, please speak to any member of the Executive Council.

**904 Wing Executive Council 2007-2008**

Mario Okunsky	President	766-3209
Mike Briscoe	First Vice	765-2484
Bill Neal	Second Vice	766-3123
John Prichard	Secretary/Treasurer	766-1876
Bob Rowlatt	Past President	766-1717

**Travel in Mexico – Essential Precautions**

These very sensible precautions for travel in Mexico were prepared by Dr. Martin Inwood for distribution at the recent medical panel. Thanks Martin.

**Introduction**

You have to recognize that you are vulnerable from a health perspective when traveling in Mexico. Unfamiliar places, situations and language can all pose problems. The following advice is intended to assist you to limit your vulnerability. Remember all information must be in Spanish and English.

## **General Personal Information**

This includes copies of the following with the originals either at home or safely secreted on your person.

1. Vehicle Documents.
2. Passports and Visa's – FM 3, etc.
3. Who to contact in case of illness and/or death. Friends, lawyer, Physician, relative and LCS Post Life information.

## **Medical/Surgical History**

Include a simple chronological history of illnesses and surgery. Allergies, particularly to medications. List of current medications being taken and for what condition. If it is signed by a physician it may get you out of difficulty with Customs or check points.

## **Travel Medications**

Bring an ample supply of your regular medications and make up a kit to include:

1. Painkiller. Tylenol 500 mg and ASA 325 mg.
2. Anti-inflammatory. Ibuprofen 400 mg.
3. Anti Nausea. Gravol 50 mg or God forbid, also in a suppository form.
4. Anti-diarrhea. Immodium tablets.
5. Decongestant. Your choice.
6. Antihistamine. Benadryl 25 mg. Also Prednisone 1-2 doses only.
7. Anti Acid and Stomach Reflux. Anti acid of choice and Omeprazole 20 mg for reflux.
8. Skin Rash. Topical Cortisone 1%.
9. Emergency Antibiotic. Ciprofloxacin 500 mg twice a day.
10. Adrenalin 1 ml injectable and syringe and needle. For serious allergy to bees or food e.g. peanuts. All the above can be obtained without prescription and in generic form in Mexico. You must be aware of the appropriate indications for use and not have allergies to them.

## **First Aid Kit**

Nothing elaborate is needed. Simply a supply of Band Aids, Alcohol Swabs, Elastocrepe bandage and sterile gauze pads along with topical antiseptic and antibiotic cream is a good start.

## **Cell Phone**

A cell phone is essential when traveling in Mexico, if only in Guadalajara. Make sure you have important numbers keyed in and identified as in the **General Personal Information Section**. Don't forget emergency numbers for the Red Cross, Local and State police and car insurance.