



Neufeld Society

# NEWSLETTER

Volume 3, Number 4

October, 1990

## Why I belong

by Kenneth Mudge '73-aff, President

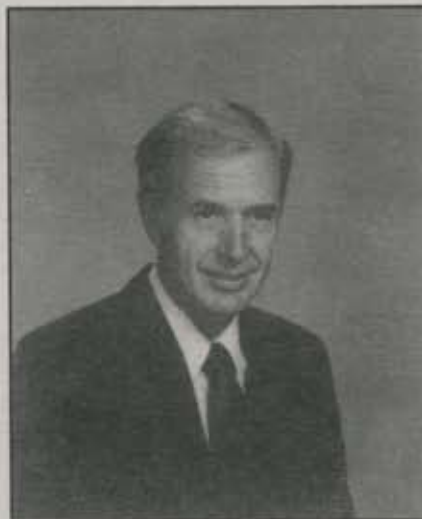
Time is of primary importance to all of us. It seems, however, to be the commodity we have the least of in this day and age. We are challenged on every hand to share our time. We are invited to join a variety of clubs and societies. We are forced daily to make decisions on how to use our time—decisions we make on the basis of the priorities we have set personally. When you read this newsletter you may be asking, "Is the Neufeld Society worth my time, effort, and financial support?"

As the number of our graduates increases each year, it is interesting to hear how different small groups get together in various parts of the country for such activities as bicycling, hiking, canoeing, etc. Or it may be to go out for dinner to catch up on the news about classmates and friends. Another favorite place to share experiences is at annual meetings of the Society for Surgery of the Hand or the American Academy of Orthopaedic Surgeons.

The recreation highlight of the year that I follow with interest is the annual four-day bike ride from San Francisco to Santa Barbara, under the leadership of **Jim Matiko '77-A**. Although I have not been able to participate, I follow with interest through my colleagues both the pre- and post-riding experiences.

Not all these functions and get togethers are under the banner of the Neufeld Society. In fact, very few of

them are. The important thing is that the Neufeld Society offers a focus of leadership that most of its members find attractive. I enjoy keeping up with the graduates from our programs because of common associations and experiences we have had in the past. There is a camaraderie of spirit that makes annual meetings and other oc-



*Kenneth Mudge '73-aff*

casions enjoyable. I like to keep in touch, and the Neufeld Society offers a means for doing so.

I feel that at least one of my annual beneficiaries should be an orthopaedic research fund. I enjoy contributing to research at the institution from which I have graduated. When I see a paper or presentation at any of the meetings emanating from the "mother institution," I am usually there rooting the

presenter on. Participation in the Alonzo J. Neufeld Research Endowment Fund makes all this happen, and I am proud to be part of it. Of course all this takes a commitment—but anything worthwhile demands participation.

There are many of you from whom we have not heard in some time. I know many of you are participating in sports activities and other events that the rest of us would like to hear about. The *Neufeld Society Newsletter* is a voice for sharing these experiences. The article in this issue in which **Jon Reiswig '65** tells of his practice in Alaska is a good example of what I am talking about.

My challenge to you therefore is to get on board, be an active member and participate in making this Society all it can be. The rewards of this experience will come back to you.

I hope you enjoy this edition of the *Neufeld Society Newsletter*. We are very thankful to all who have contributed to this issue. Be sure to read it from cover to cover. Our thanks to Gery Friesen, who does such a fine job on each edition.

One further thought: make your plans now for APC and our Symposium on February 24 and 25, 1991. Dr. Allan MacKenzie is doing a super job of organizing this event. It will be a program you will find very worthwhile and of which you will be justifiably proud. ■

# Do something great

by **Robert K. Lang '61**  
*President-elect, Neufeld Society*

A shockingly surprising event transpired not long ago in the LLUMC orthopaedic residency training program. I awakened one morning to find that one of my children had enrolled in the program! Good grief! How did that happen? In spite of all my cajoling, pleading, and disparagements, the young headstrong whippersnapper signed on.

Besides, she can't be old enough to do this work. Why, it was only yesterday I was in this rat-race whining and complaining about the illogicity of it all. And now my daughter wants to become an orthopaedic surgeon! I hear from classmates that they have children also con-



*K. Robert Lang '61*

sidering this demanding profession!

Time is indeed cruel. But if they insist on this path of service, I guess it is our duty to help them all we can.

One distinctive way to help these children of ours mature in this profession is to first make certain that the training program is secure. Each of us can do that by making a substantial gift to the Alonzo J. Neufeld Research Endowment

Fund. Many of you have already contributed. Others of you are so strapped from educating those young pods to this point, you've hardly a dime to spare! But you all know people of means in your community who have benefited from orthopaedic advance. Why not give them an opportunity to further our sweet discipline? Give them the privilege of donating for better hips and knees.

We hope soon to have an attractive brochure that will aid us in soliciting funds for the Alonzo J. Neufeld Research Endowment Fund., but until it is produced put them in touch with Dr. Bill Bunnell, chairman of the department of orthopaedic surgery, LLUSM, or Gery Friesen, executive director of the Alumni Association, School of Medicine of Loma Linda University. You will be doing something great for the program, for the School, and for mankind in general—not to mention for your offspring! And that's a lot of doing with one designated gift. ■

# John G. Manning, orthopaedic benefactor

Loma Linda University and the department of orthopaedic surgery are pleased to announce receipt of a major gift from the late **John G. Manning '36**. The estate, probated in Tulare County, California, provided over \$1 million to Loma Linda University, one half of which is specifically directed for use in orthopaedic research. Over half of these funds have already been deposited in the Loma Linda University Foundation with the remainder to follow sale of real estate holdings.

John Gilbert Manning was born in Portland, Oregon, November 28, 1911, and with his family moved to California when he was ten years old. He completed his premedical education at Pacific Union College and enrolled in the College of Medical Evangelists, graduating in 1936. At the conclusion of his internship at the Orange County Hospital, he was accepted to a residency at the

Orthopedic Hospital of Los Angeles.

Manning set up his orthopaedic practice in Pasadena in 1939, where he practiced except for the years spent in the Army during World War II, until his retirement in 1981. St. Luke Hospital was where he performed most of his surgical procedures.

During his military service Manning became chief of orthopaedic services at the William Beaumont Hospital in El Paso, Texas, the Borden General Hospital in Chickasha, Oklahoma, and the Kennedy General Hospital in Memphis, Tennessee. He served as consultant in orthopaedic surgery for the Ninth Army and was assigned to the European Theater of Operations, which included involvement in the "Battle of the Bulge." In 1978 he received an official document granting him membership in the "Army Society of Medical Consultants to the Armed Forces."



*John G. Manning '36*

Returning to Pasadena at the conclusion of the war, he maintained his rank as Colonel in the Army Medical Reserve. Dr. Manning was certified by the American Board of Orthopedic Surgeons and was a member of the Los Angeles County Medical Association, the California Medical Association, and the American Medical Association. He was active in many community organizations and projects.

Upon retirement following the death of his wife, Thelma, Manning moved to

his orange grove in Terra Bella (Bonanza Farms), which he and Thelma had developed and enjoyed for a number of years.

A loyal alumnus with professorial rank as a member of the faculty of his alma mater, which he preferred to identify as the College of Medical Evangelists, he died at his home in Terra Bella on November 17, 1988. He is the brother of Geraldine (Walter '24) Macpherson.

The department of orthopaedic surgery is proud to be identified as a beneficiary of Dr. Manning's estate. ■

Be sure to  
attend the

### Neufeld Society Reception

at the AAOS

March 9, 1991  
6:00 to 8:00 p.m.

Location to be announced

### TRUE FORGIVENESS

by Virchel Wood '60

Forgiveness must be  
like a candle glow at night,  
Forgotten at dawn.

*The above is an example of Haiku poetry—a Japanese verse form comprising of three lines of 5, 7, and 5 syllables respectively, unrhymed.*

# Virchel Wood '60 elected to the AOA

by William P. Bunnell, Chairman,  
Department of Orthopaedics, LLUMC

Virchel E. Wood '60, professor of orthopaedic surgery, LLUSM, and chief of the hand service, LLUMC, was elected to membership in the American Orthopaedic Association at its annual meeting in Boston, June 10 to 14, 1990.

Dr. Wood was born and educated in Massachusetts. His undergraduate degree in chemistry was from Atlantic Union College. His orthopaedic residency was at Harbor General Hospital in Torrance, California, and Worcester City Hospital in Massachusetts. He had hand fellowships with Robert Carroll, MD, in New York and Adrian Flatt, MD, in Iowa City. He served as chief of orthopaedic surgery at Fort Leonard Wood Hospital and instructor in clinical hand surgery at the University of Washington in Seattle, prior to becoming chief of the hand service at Loma Linda University Medical Center in 1971. He was promoted academically to associate professor in 1975 and to full professor in 1986.

He is a member of the American Academy of Orthopaedic Surgeons, American Society for Surgery of the Hand, American College of Surgery, and the American Medical Association. He was chosen outstanding teacher of the year in 1973 and was elected to membership in Alpha Omega Alpha honorary medical fraternity.

Dr. Wood's bibliography numbers over 75 articles and reflects his wide interest both in hand surgery and in contemporary issues. His current research activities include shoulder and elbow anomalies in Apert's Syndrome, long-term follow-up of Bennett's fractures and the role of the adductor arch in ulnar paralysis. Dr. Wood is a frequent contributor to *Insight* magazine and is currently writing about stress and academic performance in college students. He is knowledgeable in Haiku and has



Virchel E. Wood '60

written poetry in this very difficult form.

One of Dr. Wood's hobbies is gemology. His expertise in this avocation has qualified him to be curator of the gem and mineral collection at the World Museum of Natural History housed at Loma Linda University/Riverside. He is knowledgeable in Indian artifacts and is also an accomplished gardener and tennis player.

The American Orthopaedic Association, founded in 1887, continues to be the premier orthopaedic society in North America. Election to this society is by invitation only and is considered due recognition for significant accomplishments in the field of orthopaedic surgery and contributions to it. ■

The total received

for the

Alonzo J. Neufeld  
Research Eddowment Fund

as of September 30, 1990 is

**\$1,061,942.74**

Thank you for your  
generous support of this  
important fund.

The goal is \$1.5 million

# Practicing in Alaska

by Jon Reiswig '65

I have been asked what it is like to practice orthopaedics in Alaska. I can only tell you what it's like to practice in southeast Alaska, as Alaska is a vast area.

I suppose we all yearn for a little adventure. When my family was bitten by the bug, Susanne and I and our four children headed north to open the first orthopaedic practice in Juneau, the capital of Alaska. It was the only orthopaedic practice in all of southeast Alaska. I had fond memories of Wahpeton, North Dakota, where my father had practiced medicine and I wanted a small town atmosphere. On the other hand, I needed to be in an area large enough to support an orthopaedic practice. Juneau seemed to fit perfectly.

Prior to my arrival, orthopaedics was managed by the general practitioners and general surgeons, with the help of two annual clinic trips by the orthopaedic staff of the University of Washington. There were no ER doctors as such, so we all took our turn at ER call covering not just our specialty, but everything that came in.

Six years after I arrived a second orthopaedist started practice in Ketchikan, about 250 air miles south of Juneau. After I had been here about ten years another orthopaedist opened practice in Juneau. For over nine years I had been on call every day and every weekend unless, of course, I just got on my boat and left town. There have been times when the local police were sent out looking for me.

The bulk of my practice is trauma. Surgeries requiring an assistant are done with a general surgeon or general practitioner. **Joe Riederer '59**, a general practitioner, frequently assists

me. We have an excellent municipal-owned 62-bed hospital. From the outset administration has been generous with purchasing orthopaedic equipment—and rightly so, given our isolation. The closest referral centers are Anchorage, over 500 miles northwest, and Seattle, 900 miles south. Liaison with the University of Washington's Virginia Mason Hospital and Clinic and Swedish Hospital (all in Seattle) has been excellent. If we feel unable to handle a case locally, we can call the trauma center at Harborview Hospital in Seattle (part of the University of Washington) and have them send up a Lear jet, which can be in Juneau in about four hours, weather permitting. If the patient isn't too critical we send the patient, accompanied by a nurse, on a commercial airline by removing nine seats in order to accommodate a stretcher.

Our hospital is well equipped for arthroscopy. We have most of the ASIF equipment, an OECC arm, CAT scan, etc. We have two pediatricians, two orthopaedists, three general surgeons, one ob/gyn, eight GPs, one anesthesiologist, a nurse anesthetist, one neurologist, two ophthalmologists, three internists, one ENT, and an oral surgeon. In addition there is a native health clinic staffed by seven MDs, one of whom is **Drue Wagner '85**. About 3,000 Alaskans live in Juneau, and such towns as Angoon

and Hoonah are essentially 90 percent native. While most of our patients are from town, many come to see us from outlying logging camps, villages in the bush, and other small towns. They arrive by ferry, plane, or helicopter.

Initially, my office was a 500-square-foot cubby hole with a hallway that served as a waiting room. Presently, I am in solo practice in my own building just one block from the hospital. My office is situated on a salmon stream, so as I look out from my desk I see salmon heading upstream each season. I split call with the other orthopaedist in town, so I am on call every other night and weekend. The population is young with all typical sports represented—even golf! Recently former President Gerald Ford was in town to play golf and explore Glacier Bay National Park, about 70 miles from here. Since sports are so popular we see many knee injuries.

This is a rugged mountainous area with a high accident rate. There is deep rock mining, logging, and commercial fishing (Juneau's third largest



*Snow outlines the sign, as it does much of the beauty of Alaska.*

industry, responsible for the highest death rate of all occupations in the U.S.).

Since we do not have many retired people (traditionally folks retire to the lower 48), there is less elective surgery, such as arthroplasty. However, tourism is the second largest industry in Alaska, so we have a substantial number of tourists, many of whom are elderly. During our tourist season we may have as many as 3,000 visitors a day. At times there may be as many as four large ocean-going vessels anchored in our harbor, bringing with them many patients with fractured hips, wrists, ankles, etc. I have hip fracture patients from all over the U.S. (today I had a 78-year-old lady from Tucson, Arizona, with an intertrochanteric fracture).

A great downhill ski area is just ten minutes from our front door. Cross-country skiing, canoeing, hiking, and sailboating are available out our back door. Juneau, the third largest city in Alaska, with just under 30,000 population, is regarded as cosmopolitan and culturally sophisticated. Numerous art galleries show off works of notable local artists. It is also a state-wide center for the dramatic arts and has its own symphony and light opera. Other musical groups play everything from bagpipes to jazz to classical. The Alaska Folk Festival draws scores of musicians from around the state each year. Juneau is also the site of the University of Alaska Southeast.

We live on Douglas Island, which is separated from the mainland by a large channel or fjord, in a log house on the beach about eight miles from the heart of town. The wilderness comes to our back door. Glimpses of deer, bear, and humpback whales can be seen from our windows. While eating breakfast we watch the bald eagles.

Juneau has to have one of the most beautiful settings in the world. Nestled

at the base of Mt. Juneau and Mt. Roberts, its buildings and homes unfold across the hills and along the waterfront. Steep staircases and narrow streets recall San Francisco in miniature. We are on the edge of the Juneau ice field, where more than thirty glaciers descend. The town is sheltered by seventeen-mile-long Douglas Island, beyond which is the



*The Juneau skyline*

massive bulk of Admiralty Island National Monument, where there is one brown bear per square mile.

Today is July 29, 1990, and Susanne and I have taken the liberty of getting out of town overnight since I am going to be on call for the next two-and-a-half weeks. We left yesterday in our gillnetter boat, used over the years by our sons to sport fish. We spent last night in Taku Harbor, twenty miles from Juneau. Today we are in Stephens Passage, a typical fjord. My wife spotted a group of spotted seals sunning themselves on an outcropping of rocks. We watched them until they spotted us and slid into the water. We went just a few more miles to the opening of Port Snettisham and saw several humpback whales blowing in the distance. They came within 200 feet of us as we sat and watched them. It is always a thrill to see them. Our dog was particularly excited.

Now for some of the bad news. It is expensive to live here. My malpractice insurance is \$57,000 for \$600,000/\$1.2 million, excluding spinal surgery

coverage. However, our rate went down in August for the first time in seventeen years. The isolation makes traveling expensive. We are served by both Alaska Airlines and Delta Airlines with several flights per day from an international airport just nine miles from my office. We get about fifty inches of rain per year at our house and over one hundred inches downtown. It is always cool.

If you are game for a fun, working vacation, let me know. I am always looking for someone interested in doing a one-to-three-week locum tenens. I may not be able to match the salary of a commercial locum tenens agency, but you will not find a place that's more fun. You would be on call every other night and weekend and stay in our house with the use of a car, two ponies and wagon, a canoe, and a dinghy with outboard motor. ■

Plan Now

To Attend the

**ANNUAL  
NEUFELD SOCIETY  
DINNER**

Saturday evening

**FEBRUARY 23**  
6:00 p.m.

at the  
**MARUKO HOTEL**  
295 North "E" Street  
San Bernardino, CA

\$35 per plate  
You may pay at the door or  
include payment with your  
registration

# The Acutely Injured Knee

The Neufeld Society Orthopaedic Symposium

Sunday, February 24, 1991

## An invitation to learning

by D. Allan MacKenzie,  
Program Chairman

The stage is set for APC '91. We have lined up a scintillating faculty of guest speakers, including Dr. Douglas Jackson of Long Beach, director of So. Cal Sports Medicine. Douglas is well known in sports medicine circles and as creator of my right knee. Then there's Dr. Dale Daniels, coeditor of the recently published *Knee Ligaments*, by Raven Press. This will obviously be an authoritative reference for years to come.

Dr. Robert Jackson is the Harold Boyd Lecturer. He is chief of staff at the Orthopaedic and Arthritic Hospital, Toronto, Ontario. These visiting speakers will be supported by outstanding local faculty.

I know some of you will feel you are too busy to come to this event, but please don't wait. Make the commitment *now* to be with us in February 1991.

We have planned some good things throughout the two days, not the least of which is the social aspect of the program.

So, look the program over, fill out and send in the registration form, and plan to be a part of this outstanding symposium.

I wish to thank Dr. Ken Mudge, our president, and the members of the executive board for their encouragement and help during the planning process. Thank you, too, for making this the best Neufeld Society Symposium ever! ■

## Evaluation of the Acutely Injured Knee

- 8:00 -8:10 Introduction - D. Allan MacKenzie, M. D. & Ken Mudge, M. D.
- 8:10 Pre-season evaluation physical of the knee adolescent/adult Ben Ling, M. D.
- 8:20 Examination and first aid on field of injury Ben Ling, M. D.
- 8:30 The ER examination of the acutely injured knee David Wood, M. D.
- 8:40 Clinical measurement of knee motion Chris Jobe, M. D.
- 8:55 - 9:00 Question Period**
- 9:00 X-ray and tomographic anatomy of the knee joint Chris Jobe, M. D. & Resident
- 9:10 A dynamic three-dimensional evaluation of knee motion Robert Jackson, M. D.
- 9:25 MRI assessment of the knee Doug Jackson, M. D.
- 9:40 Isolated chondral injury of the knee - does it exist? Leisure Yu M. D.
- 9:50 - 10:00 Question Period**
- 10:00 Health Break/Visit Exhibits**
- 10:20 The role of arthroscopy in the evaluation of the acutely injured knee Robert Jackson, M. D.

## Treatment of the Acutely Injured Knee

- 10:35 Meniscal repair using freeze-dried implants in a rabbit model-preliminary research report Liesure Yu, M. D.
- 10:45 Status of meniscal transplants Doug Jackson, M. D.
- 10:55 Indications and present status of arthroscopic meniscal repair Allan Wolf, M. D.
- 11:05-11:15 Question Period**
- 11:15-12:00 Boyd Memorial Lecture—Past, Present, and Future of Arthroscopic Surgery Robert Jackson, M. D.
- 12:00 -1:15 Lunch**
- 1:15 Selective treatment of anterior cruciate ligament injury Robert Jackson, M. D.
- 1:35 Principles of ACL reconstruction Dale Daniel, M. D.
- 2:05 Biology of ACL reconstruction Dale Daniel, M. D.
- 2:25-2:30 Question Period**
- 2:30 Lateral substitution reconstruction—an extra articular procedure that works Robert Jackson, M. D.

- 2:45 ACL graft selection—patellar vs. semi-tendonosis repair *Christ Jobe, M. D.*
- 2:55-3:00 Question Period**
- 3:00 Health Break**
- 3:20 Allografts in knee ligament surgery  
*Doug Jackson, M. D.*
- 3:35 A general review of synthetic ligaments  
*Leisure Yu, M. D.*
- 3:45 Arthroscopically assisted ACL reconstruction—new techniques  
*Doug Jackson, M. D.*
- 4:05 The measurement of knee motion & function  
*Dale Daniel, M. D.*
- 4:25-4:55 Panel Discussion**  
*Doug Jackson Leisure Yu*  
*Robert Jackson Chris Jobe*  
*Dale Daniel Dave Anderson*  
*Allan Wolf Ben Ling*  
*David Wood*
- 5:00 Adjourn**

### Monday, February 25

- 8:00 Management of isolated PCL injury  
*Dale Daniel, M. D.*
- 8:15 Management of acute rupture of extensor mechanism  
*David Anderson, M.D.*

### Rehabilitation of the Acutely Injured Knee

- 8:30 Muscle ligament interaction  
*Dale Daniels, M. D.*
- 8:50 Rehabilitation after ACL surgery vs. early functional  
*Dale Daniels, M. D.*
- 9:20-9:50 The rehabilitation issue to return to play  
*Panel Discussion*

**9:50-10:10 Health Break**

### Evaluation of Results

- 10:10 Computerized data recording of the knee: pre- post-op  
*Panel Discussion*
- 10:30 Lateral retinacular release—revisited  
*Robert Jackson, M. D.*
- 10:45 Patellar chondroplasty—revisited  
*Ben Ling, M. D.*
- 10:55-11:30 Patello femoral problems- *Panel Discussion*
- 11:30 Management of discoid meniscus in youth  
*Leisure Yu, M. D.*

**12:00-1:30 Lunch**

- 1:30 Operative vs. Non-operative treatment of MC injury  
*Robert Jackson, M. D.*
- 1:50 Treatment of osteochondral fractures—options & techniques  
*Leisure Yu, M. D.*
- 2:10-2:30 Problem case conference  
*David Wood, M. D.*
- 2:30-2:45 Summation/Debriefing

### Registration Form

### The Acutely Injured Knee

Sunday, February 24, 1991  
Monday, February 25, 1991

12 Hours of Category I CME  
Credit Available

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State & Zip \_\_\_\_\_

Registration Fee \$230

Neufeld Society Dinner  
\$35 per person

Total enclosed \$ \_\_\_\_\_

### Method of Payment

Check

Visa

MasterCard

Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

Detach and mail this form along with your method of payment to APC, SM Alumni Association, 11245 Anderson St, Suite 200, Loma Linda, CA 92354. You will receive a confirmation letter. Registration packet may be picked up at the lecture site. If you need additional information, please call (714) 824-4633. Please return this form by February 8, 1991.

# The Chairman's corner

by William P. Bunnell, MD, Chairman  
Department of Orthopaedics, LLUMC

The new academic year has started with a number of good things happening in our department. We have five first-year residents this year instead of our usual allotment of four, the result of the collapse of the orthopaedic residency program at the University of South Florida in Tampa and a special dispensation from the Residency Review Committee to pick up one of those residents. It continues to be a great personal pleasure to watch the development of these young physicians.

A cause for great celebration came from the reallocation of space within the Medical Center, resulting in eight new offices being given to the orthopaedic surgery department! This will provide some much-needed quality space for faculty activities and may even result in a dedicated orthopaedic research laboratory.

**Virchel Wood '60** was elected to active membership in the American Orthopaedic Association this year. This is indeed a singular honor and one which properly recognizes Dr. Wood's career achievements. The AOA is the oldest orthopaedic association in North America and limits its membership to approximately 350. This well-deserved recognition certainly reflects positively on our entire department. Congratulations, Dr. Wood.

This has been a busy year for me personally. My "extradepartmental" activities

since Academy time have included participating on the program committee for both the Pediatric Orthopaedic Society and the American Academy of Orthopaedic Surgeons. I have been the secretary for the Scoliosis Research Society for the past four years and rotated out of that office at the September 1990 meeting. I also participated in the workshop on orthopaedic curriculum sponsored by the Association of Orthopaedic Chairmen, and moderated the pediatric section of that workshop. I have enjoyed the opportunity of participating in these activities and recognize that they provide an excellent opportunity to gain wider exposure for our department and its programs.

My next administrative challenge was an encounter with the Residency Review Committee, which met on October 5, 1990. Apparently there is some misunderstanding about our accreditation status, which is officially "provisional accreditation." This status is routinely given to new programs for the first few years until they become established, in contrast to probationary accreditation which is given to existing programs felt to be substantially out of compliance with the educational requirements set forth by the American Board of Orthopaedic Surgeons. The major disadvantage of the provisional approval is the annual review process and the tremendous



*William P. Bunnell, MD*

amount of work that is required to prepare for these reviews. On the other hand, it is another opportunity to showcase our department. It comes at a good time, since morale is high and our programs are going well.

Our great need at the moment is to recruit another hand surgeon to fill the spot vacated by **Gary Frykman '65**. Any recommendations would be welcomed.

I have had a chance to participate in the process of APC planning for next year. It has been a pleasure to watch this program develop over the past three years into what is now clearly considered by the Alumni Association to be *the* model for other departmental APC programs. Don't miss this one! ■

The  
Neufeld Society Newsletter  
will be published in  
January, April, July, and  
October

The  
Neufeld Society Board  
will meet in  
February, May, August, and  
November

# Team Ortho Coast Ride

as told by **James Matiko '77-A**  
to Gery P. Friesen, Editor

Learning to ride a bicycle is one of the first things most children do after they learn to walk. Bike riding is exhilarating for most of us for a few years, but we quickly yearn to graduate to car driving just as soon as it is legal.

But some sports enthusiasts have never lost their joy of bike riding—at least that's true of a growing group of orthopaedic surgeons. What started out to be a joy ride for four orthopods in 1986 has turned into a major June attraction.

In the fall of 1986 **Jim Matiko '77-A**, **Randy Twito '88-R**, **Bradley Baum '82**, and **Stephen Cyphers '82** decided to ride their bikes from San Francisco to Santa Barbara. They carried all their belongings, so of necessity they traveled light. The trip took four fun-filled days. When they returned they told colleagues about their adventure, and soon others showed interest in joining them.

Their number has grown each year. In June 1990 thirty-seven riders made the trip—under considerably improved circumstances. The group is made up of orthopods, physicians of other disciplines, and dentists.

Among this group are twenty orthopods who come from as far away as Minnesota, Washington, and Oregon, and from many cities in California.

"What's great about this," Jim says, "is that it provides the basis for great camaraderie. Many of us don't see each other throughout



*The participating orthopods are third from left to right: **Del Schutte '84**, **Tom Donaldson '84**, **John Portwood '89-R**, **Marty Stauber '86**, **Randy Twito '88-R**, and **Dave Fischer '77-A**. **Jim Matiko '77-A** is kneeling in front of the group.*

the year, but we have a great time on this bike ride."

Since 1987 the ride takes place on Father's Day weekend—around the middle of June. The bikers pack their bikes in disposable boxes and fly to San Francisco. Those leaving from the Loma Linda area take the 6:30 a.m. flight out of Ontario. Riders from various destinations have already arrived; all work deftly to assemble their bikes. By about 10:00 a.m. the full group has arrived and are ready to begin the journey.

Since that first ride many changes have occurred. One of the first provisions made was for a "sag wagon"—a car that carries all supplies: water, extra wheels, clothes, and personal items. Weeks prior to June, Jim Matiko makes all of the arrangements for hotels/motels (always being sure the facility has a large jacuzzi

and pool and good eating facilities) and specific restaurants along the way that expect them on a definite day and time.

On day one—Thursday—they travel seventy-five miles south along Highway 1 to Santa Cruz, where they have dinner at a Mexican restaurant. They ride in single file, placing the more inexperienced riders in the middle of the pack.

Friday's ride takes them another eighty-five miles south, passing through some of the most beautiful California coastline. The famous 17-mile Drive through Pebble Beach and Monterey is a favorite part of the ride. When they reach Carmel they lunch in the town square. That night they stay at the Big Sur Lodge in cabins nestled in the tall woods. Here, in a big outdoor jacuzzi, they swap stories and review the

events of the day.

On Saturday they add another 115 miles to the total. Again, the scenery is most spectacular. Breakfast is at a roadside eatery some thirty miles down the road. Lunch is at Ragged Point. Before leaving the area they traditionally have a group photo taken at San Simeon Pier. Dinner is in San Luis Obispo at a lodge with an outstanding Italian restaurant. The

celebration includes the distribution of custom designed T-shirts that identify them as Team Ortho Coast Riders.

Sunday's ride, perhaps the most demanding of the four days, is a 105-mile ride over some steep hills and valleys. Just prior to reaching Santa Barbara they come



*After a long ride, relaxing in their Ortho T-shirts*

to "Stage Coach Road," the last steep grade before dropping down to their destination.

The riders may, at times, break up into smaller groups. The faster riders can gain up to thirty minutes on other riders, but at designated points they wait for everyone to catch up. If a rider

experiences bike trouble—a flat tire, a chain that slips off the sprockets, or any one of a number of possibilities—the group stops and fellow riders render whatever help is needed.

Each day the group rises about 6:00 a.m. By 6:30 they are on the road. Breakfast is usually about



*The traditional annual photo taken at San Simeon Pier*



*They ride single-file*

7:00. Lunch is informal, each rider or group of riders finding a fruit stand or lunch bar somewhere along the way. The ride usually ends about 5:00 p.m. and dinner is at 6:30 p.m. By 10:00 p.m. everyone is fast asleep. The entire ride encompasses about 400 miles and costs each rider about \$200 (includes meals, sag wagon, T-shirt, and lodging).

To date fourteen residents, three LLUSM faculty, and two non-alumni orthopods have participated in the ride. Several make the ride every year.

Plans for the 1991 ride are already under way. Jim Matiko has made reservations at outstanding restaurants and hotels/motels along the route. Training for many begins about four months prior to the ride; others stay in shape all year.

If you are interested in joining the 1991 Team Ortho Coast Ride, please call Jim Matiko, MD, at (714) 387-7766.

## The *Neufeld Society Newsletter*

is soliciting your  
stories, sports involvements,  
unusual practice anecdotes, etc.

This is your opportunity to share what  
you do  
with your colleagues.

Please send your manuscripts and  
photos to

Gery P. Friesen, Editor,  
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The

Alonzo J. Neufeld Society

thanks

Mr. Peter O'Malley and the  
Dodger Baseball Organization

for their second \$5,000 gift to the  
Alonzo J. Neufeld Research Endowment Fund

in honor of

**Frank W. Jobe '56**  
the Team's Orthopaedic Physician

Please enroll me as a member of

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## Neufeld Society NEWSLETTER

The *Neufeld Society Newsletter* is produced by the Alumni Association, School of Medicine of Loma Linda University, and is free to all orthopaedists. Your written request will place you on the mailing list.

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All *Neufeld Society* Correspondence and manuscripts should be directed to the Editor, *Neufeld Society Newsletter*, 11245 Anderson Street, Loma Linda, CA 92354.

## Plan now to attend the Annual Orthopaedic Symposium February 24 and 25

*Be sure to review the entire program on pages 6,7*

at

## APC '91

## FEBRUARY 22-28, 1991

### Neufeld Society

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