

The articles published in this newsletter are presented for informational purposes and topics of discussion and do not necessarily represent the opinions or recommendations of the Civil Aviation Medical Association.

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Flight Physician

A publication of the Civil Aviation Medical Association

CAMA News

CAMA had a very successful and highly evaluated Annual Scientific Meeting in Jacksonville, Florida. In this edition of the CAMA Flight Physician Newsletter, you will see who received awards and an interesting report and great photos from CAMA President Leigh Speicher, MD, MPH, who works at Mayo Clinic in Jacksonville.

You can still purchase the latest book written by keynote speaker Russell B. Rayman, MD, MPH, DAVMed. The order form is on Page 10 and his photo is on Page 7 receiving this year's Forrest and Pamela Bird Award on Honors Night in Jacksonville.

There is a new interim Secretary-Treasurer Officer and new CAMA Board Trustees who were elected at this year's meeting, along with several Bylaw changes. Below are two photos of the newest CAMA merchandise, the CAMA Challenge Coin with beautiful logos shown on each side of the coin. They will be available for purchase during the Aerospace Medical Association meeting in early June 2025, in Atlanta, Georgia, as well as during the 2025 CAMA Annual Scientific Meeting in Spokane, Washington in September.

*2024 CAMA Challenger
Coins for sale during the
June 2025 AsMA
Meeting in Atlanta and
at the CAMA meeting in
September 2025 in
Spokane, Washington*



Your EVP has written what she experienced during her time in Jacksonville, FL, before the annual meeting began when she ended up in Mayo Clinic. She discovered that Herminio Cuervo-Delgado, MD, a long-term CAMA member, AME, and Trustee had also had a similar experience at Mayo Clinic earlier in the year. Both individuals are exceptionally lucky to have received treatment from the phenomenal medical professionals at that facility. See Page 15.

Both personal dues and corporate dues should be paid for 2025 no later than January 31, 2025, to remain as a CAMA member in good status. Forms are available in this edition and on the CAMA website at www.civilavmed.org.

2024-2025 CAMA Officers:

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Rodney E. L. Williams, MBBS

Term Expiring 2026:

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Alison Leston, MD, PhD

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Alex M. Wolbrink, MD, MS

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Sergio B. Seoane, MD

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Rodney E. L. Williams, MBBS

Alex M. Wolbrink, MD, MS

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Webpage Committee:

Chair: Edmond F. Feeks, MD, MPH

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Sherry Sandoval, EVP

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Chair: To be announced

Finance Committee:

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Kris M. Belland, DO, MPH

Sergio B. Seoane, MD

Petra A. Illig, MD

Sherry M. Sandoval, EVP

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Farhad Sahiar, MD, MS

David G. Schall, MD, MPH

Alex Wolbrink, MD, MS



*Leigh L. Speicher, MD MPH
CAMA President 2023-2025*

Leigh L. Speicher, MD, MPH is board certified in Internal and Aerospace Medicine. She serves as a Consultant within the Section of the Executive Health Program at Mayo Clinic in Florida. Dr. Speicher is a licensed private pilot and a Senior FAA Aeromedical Examiner. She serves as the Aerospace Medicine Elective. Dr. Speicher is an Assistant Professor of Medicine. She is a Fellow of the American College of Physicians, Aerospace Medical Association, and the Civil Aviation Medicine Association.

Dr. Speicher earned her Bachelor of Science at Eckerd College in St. Petersburg, Florida and her medical degree from the University of Miami School of Medicine in Miami, Florida. She completed a general surgery internship at the National Navy Medical Center in Bethesda, Maryland and served as a Flight Surgeon for VP-30 at Naval Air Station Jacksonville while on active duty in the US Navy. She completed combined Internal and Aerospace Medicine Residency at the University of Texas Medical Branch in Galveston, Texas, where she also obtained a Master of Public Health degree. During this time, she continued to serve in the US Navy reserves attaining the rank of Commander before separating. She worked in the medical appeals department for the FAA prior to joining Mayo Clinic in 2012. Dr. Speicher enjoys spending time with family, traveling, and scuba diving.

CAMA President's Message

Our annual CAMA Scientific meeting was held in Jacksonville, FL from September 19-21st. Besides all the great information directly from FAA staff, highlights for me included the talk from LCDR Eric Palmer from NOAA and our in-flight mass-casualty simulation presented by Dr. Dana Herrigel. Reviews were very favorable overall with regards to the speakers, interactions with colleagues, and the relevance of this meeting. AV issues were a common negative response, and we will ensure that we have proper technical backup for future meetings. Thank you to all our speakers and members that helped to make this meeting so informative and enriching. An exciting offer at the meeting included the chance to buy CAMA challenge coins. Our field trip included a hangar Party at Jax Executive Jet Center and visit to see exotic cars at the Deerwood castle. Recordings of the meeting are available through Podiumcast at <https://www.podiumcast.com/login>.

The annual general business meeting of the association was moved to Friday just before lunch. This seems to be a successful change in that we were able to easily establish a quorum of 50 members. Announcements included that CAMA has been issued an updated Certificate of reinstatement as a non-profit organization, that Dr. Chris Flynn was voted interim Secretary-Treasurer by the Executive Committee, and an update on our Executive VP's health (see Sherry's article Page 15). We then voted on 3 items. Bylaws changes that included separation of Secretary and Treasurer and creation of standing Finance and HIMS committees were all approved. Our members then voted to approve the nominees for fellows who were RN Kathy Parr, Dr. Jon Riccitello, and Dr. Sydney Schniedman. Lastly, Dr. Gary Saboe presented the nominations for the 2024-2027 slate of trustees. Drs. Matthew Cooper, Charles DeJohn, Stephen Leonard, Alison Leston, and David Rogers were all approved.

At Honors Night, we had a delightful keynote presentation by Dr. Russell Rayman who took us back through some of the highlights of his career. Award winners included Dr. Greg Ostrom who won the Davis Award, Dr. Alex Wolbrink who received the President's award, and Dr. Russell Raymond who won the Byrd Award. Dr. Kris Belland was awarded the Harris Award on Wednesday, as he had to depart early for another meeting. I would like to congratulate Dr. Hamad Fahad H. Albraidi, MBBS, who won the raffle for an extended color vision testing program license from Waggoner Diagnostics which was worth \$999.

In other news, I had the honor of representing our organization when I was interviewed for the New York Times regarding staying healthy while flying (<https://www.nytimes.com/2024/11/15/well/flying-healthy.html?smid=nytcore-ios-share&referringSource=articleShare>).

On 11/15/24, the FAA announced changes to basic med that allow for more passengers and a heavier take off weight (<https://www.faa.gov/newsroom/faa-updates-basicedmed-program#:~:text=The%20FAA%20Reauthorization%20Act%20of,.%2C%20excluding%20transport%20category%20helicopters>).

Upcoming events during AsMA in Atlanta, GA include CAMA Sunday on 6/1/25 and our annual CAMA luncheon on 6/2/25. Our next Annual Scientific meeting in Spokane, WA, is scheduled from 9/18-20/2025. We are still considering a Keynote speaker for the Spokane meeting. If you know anyone in the area that would be an engaging and relevant speaker, please send me an email at speicher.leigh@mayo.edu. Happy holidays to my CAMA family!

(See Page 4 and other areas for great photos)

**The Jacksonville, Florida, CAMA Annual Scientific Meeting
Began September 19,2024, and Ended September 21, 2024**



*Sheraton Jacksonville Hotel
Ballroom set up as conference
classroom*

*Dr. Dana Herrigel Assistant Professor of
Medicine, Director of Clinical Education, Mayo
Clinic, Jacksonville, gave a very well-received
“In Flight Medical Emergency Simulation”*



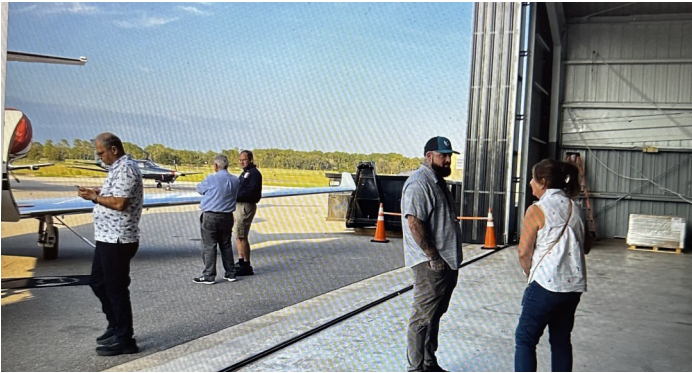
Lt. Commander Eric M. Palmer, Chief of Safety, NOAA,
WP-3D Orion & King Air 350 CER Pilot from Lakeland
Florida, gave presentation entitled **“NOAA Aircraft
Operations Center Aircraft, Missions, and Safety
Culture and Processes”**

**Case Study & Panel Discussion: “Would
You Fly with This Pilot? – Aeromedical
Decision-Making”** ended the week’s three
days of the FAA AME refresher training



Thursday Evening Field Trip to the JAX Executive Airport FBO and the Deerwood Castle for Dinner

The JAX Executive Airport FBO provided many interesting airplanes for our attendees to enjoy looking into and out of. The caterer, Well Oiled Events from Jacksonville, Florida, provided excellent appetizers and drink options for this CAMA Meet and Greet event, and the FBO offered great waived tie down fees and AV gas discounts for CAMA annual meeting attendees. The field trip participants seemed to enjoy the food and drink options very well at both locations—the FBO and the Deerwood Castle and Jacksonville Sports Car Museum!



Thursday Evening Field Trip to the JAX Executive Airport and the Deerwood Castle for Dinner



Dinner at Deerwood Castle after initial visit at JAX Executive FBO for cocktails and appetizers



Will Speicher and Spike Speicher enjoying cars and dinner at Deerwood Castle



Dr. Mark Eidson, Sarah Eidson, Dr. Gerald Saboe, and Julie Saboe at the cars in the Deerwood Castle Thursday Night Field Trip



Dr. Mark Eidson, Dr. Gerald Saboe, and Julie Saboe enjoying the cars in the Jacksonville Sports Car Museum at the Deerwood Castle on the CAMA Thursday Night Field Trip

Friday Evening Honors Night Dinner with Award Ceremony (Photos taken by Sergio Seoane, MD)



Honors Night Dinner Keynote Presentation: “My Hallowed Ground – Reminiscences of a Flight Surgeon” by Russell B. Rayman, MD, MPH, DAvMed, Preventive Medicine and Aerospace Medicine, Col. (Ret.) USAF, Past Executive Director of AsMA, Past CAMA Trustee, Author, Presented by Leigh Speicher, MD, MPH

Honors Night Dinner Awards Presentation: Audie & Bernice Davis Award from Harvey Watt and Company was presented to CAMA Life Member Gregory L. Ostrom, MD, PhD, by President Leigh Speicher, MD, MPH, and CAMA Trustee Basil Spyropoulos, MD



Honors Night Dinner Awards Presentation: the President's Commendation presented to CAMA Life Member Alex M. Wolbrink, MD, MS, by President Leigh Speicher, MD, MPH

The Jim and Sammie Harris Award Was Presented on Wednesday, September 18, 2024, to Kris M. Belland, DO, MPH, by Leigh Speicher, MD, MPH



Mayo Aerospace History Video. It is 36 minutes long.

[Mayo Clinic Heritage Films | Mayo Clinic History & Heritage](#)

(Rising to the Challenge) Very interesting to view!!

Three CAMA 2024 Fellows were awarded plaques at the Friday Night Honors Banquet. Congratulations to the 2024 Fellows: Jon M. Riccitello, MD, MPH AMAS (second on right), Kathy Parr, RN/LVN, Aeromedical Advisor, Allied Pilots Association (second on left), and Sydney W. Schneidman, MD, AME (middle). President Leigh Speicher, MD, MPH, on right and President-Elect Gregory Pinnell, MD, on left presented the plaques and Sergio Seoane, MD, took the photo.



Proposed Bylaws changes approved via membership vote upon during the Annual Meeting Business Meeting on Friday, September 20, 2024, in Jacksonville, FL.

Current Bylaws:

ARTICLE VII. OFFICERS

Section 1. The Officers of the Association shall be:

President
Immediate Past President
President-Elect
Secretary-Treasurer
Vice President of Education
Vice President of Management and Planning
Vice President of Representation, and
Communications
The EVP will be an ex-officio member of the EB
and EC

Current Bylaws:

Section 3. Standing Committees

A. The following standing committees will report to the following Vice Presidents and be organized as follows:

1. Vice President for Management and Planning

- a) Awards. The appointed Chair for this committee is to be the Immediate Past President by default. If the Immediate Past President declines or abstains from accepting this appointment, then a volunteer or duly nominated non-elected member may be appointed as the Awards Chair by the Nominating Committee.
- b) Bylaws. The appointed Chair of this committee is also to be names and conduct meetings as the Parliamentarian by default. If the Bylaws chairperson declines to accept the Parliamentarian role, or is absent from a meeting, then a volunteer or duly nominated non-elected member may be appointed as Parliamentarian by the Nominating Committee – on either a temporary role during meeting
- c) History. The appointed Chair for this committee is to be named the Historian.
- d) Long Range Planning. The appointed Chair is to be the President-elect by default.
- e) Membership
- f) Civil Space Medicine

2. Vice President for Education

- a) Arrangements
- b) Education/Training
- c) Safety and Human Factors
- d) Scientific Program

Proposed Bylaws with **changes in red**:

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Vice President of Representation, and
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- c) History. The appointed Chair for this committee is to be named the Historian.
- d) Long Range Planning. The appointed Chair is to be the President-elect by default.
- e) Membership
- f) Civil Space Medicine
- g) Finance Committee**

2. Vice President for Education

- a) Arrangements
- b) Education/Training
- c) Safety and Human Factors
- d) Scientific Program
- e) Human Intervention Motivation Study (HIMS)**

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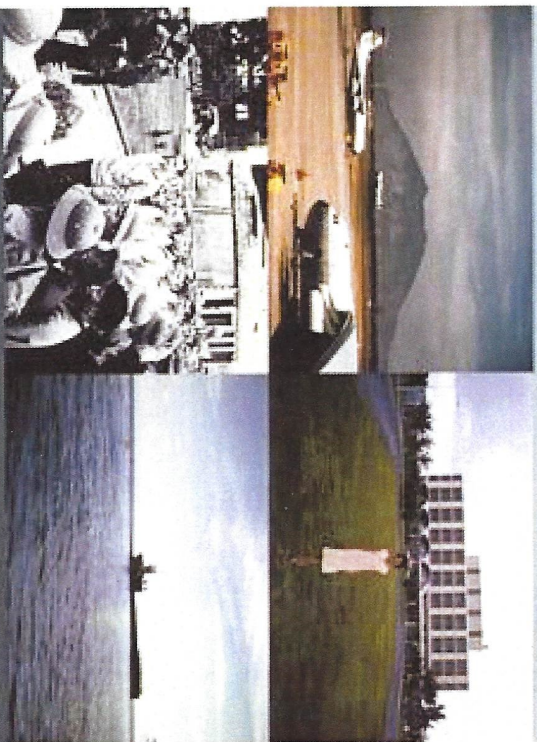
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RUSSELL B. RAYMAN, M.D., MPH, DAVMed



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The following advertisement is provided for informational and planning purposes by the Mirebeau Park Hotel, Spokane Valley, Washington, the host hotel for the CAMA 2025 Annual Scientific Meeting. The conference will take place September 18-20, 2025. Registration for the 2025 annual meeting will open in early May, 2025. **SAVE THE DATE!!**

Following is a link with which to make room reservations for the 2025 Annual Scientific Meeting for those of you who prefer to plan in advance.

This is for the 2025 Annual Scientific Meeting only. LINK:

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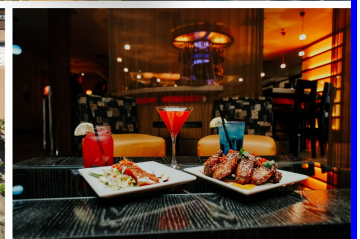
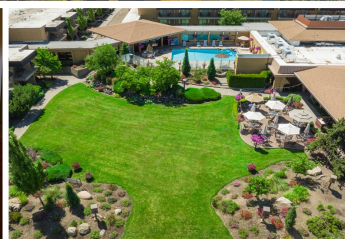
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11 Flight Physician December 2024

His Excellency Sir Rodney Williams appointed President of 289-year-old UK charity, The West India Committee

The West India Committee (WIC) is pleased to announce the appointment of His Excellency Sir Rodney Williams, Governor General of Antigua and Barbuda, as its new President, effective October 31, 2024. Sir Rodney succeeds Sir David Rankin-Hunt, taking on the leadership of an organisation that has served the Caribbean for nearly 300 years, a press release said.

Established in 1735, the West India Committee is the oldest representative body of the Commonwealth and has played an enduring role in advocating for the welfare of Caribbean peoples. As the only Royal Charter institution of its kind, the Committee focuses on improving the lives of Caribbean communities through education, training, advocacy, disaster relief, and cultural preservation. Its recognition as a UNESCO Consulting NGO for Caribbean heritage and Small Island Developing Nations underscores its global significance.

His Excellency Sir Rodney Williams brings a wealth of experience to the role, coupled with an unwavering commitment to the Caribbean's development. As Governor General, he has championed initiatives in education, heritage preservation, and international collaboration.

Reflecting on his new appointment, Sir Rodney stated: "The West India Committee has a rich history of resilience and advocacy. I am honoured to take on this role and continue the vital work of supporting Caribbean communities and addressing the challenges they face today and follow in the footsteps of former presidents, such as prominent Caribbean



His Excellency Sir Rodney Williams and Mrs Blondel Cluff

persons, including the late Sir Shridath Surendranath Ramphal, the longest serving Secretary General of the Commonwealth. I look forward to many years of service to this venerable charity whose work remains as relevant as ever."

The West India Committee also recognises the extraordinary contributions of its Chief Executive Officer, Blondel Cluff CBE, who has served with distinction for over 14 years. Under her leadership, the organisation has achieved significant milestones, including advocating for interim compensation payments for victims of the UK Windrush Scandal, establishing Anguilla's only maternity facility following

Hurricane Irma, and leading educational and heritage programmes in both the Caribbean and the United Kingdom. Her dedication and vision have been transformative, and the Committee expresses profound gratitude for her outstanding service.

The West India Committee has a storied history of impactful initiatives that have shaped the Caribbean and the Commonwealth. From founding the Thames River Police in 1798, which became a global model for policing, to supporting the establishment of the University of the West Indies in response to regional educational needs, the committee's legacy is unparalleled. It was

also responsible for introducing breadfruit and mangoes to the Caribbean through Captain Bligh's historic 1787 voyage on the HMS Bounty, addressing critical food security challenges of the time.

As Sir Rodney Williams assumes the presidency, the West India Committee reaffirms its commitment to advancing the welfare of Caribbean peoples, preserving their cultural heritage, and fostering resilience in the face of contemporary challenges. His leadership heralds a new chapter for the organisation, building on its remarkable legacy and ensuring its continued relevance in a rapidly changing world.

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Home Office Activities and Information



Sherry Sandoval
CAMA Executive Vice President

Dues and Membership 2025

Current Regular membership dues for a calendar year are \$250.00; Sustaining Membership is \$500.00; a fully retired AME may retain CAMA membership for \$85.00; Life Membership is currently \$2500.00; and Corporate Membership is \$550.00. Medical Students, Interns, and Residents may become CAMA members at no cost. The various dues forms are available at the end of this newsletter and can also be accessed on the Members Lounge page of the CAMA website at www.civilavmed.org. If you have not done so already, please take a few moments to pay your 2025 CAMA dues so that you do not miss out on any news or activities or take this action after January 1st in 2025 if you prefer.

The easiest and safest way to pay your 2025 CAMA dues is to go to the Civil Aviation Medical Association website at www.civilavmed.org and click on the "Members' Lounge" page of the website. Once you are onto the "Members' Lounge" page then click onto one of the dues renewal/membership links to pay your appropriate 2025 membership dues. The dues amount remains the same as it was in 2024. This link permits you to renew your personal membership as either a regular member at \$250.00 yearly dues, \$85.00 retirement member dues, or \$500.00 as a Sustaining Membership. Here is the renewal online payment form link: [Personal Membership and Renewal with Online Payment](#)

Here is a second link that can be used to renew your Corporate Membership so that your corporation can continue to be advertised in the CAMA newsletter and to participate in the yearly CAMA Annual Scientific Meeting as an attending member and as an exhibitor during the meeting: [Corporate Membership & Renewal with Online Payment](#)

Call the CAMA Home Office at 770-487-0100 or email civilavmed@aol.com if you have questions or experience problems using the CAMA website to pay your annual dues.

2025 Annual Scientific Meeting in Spokane, Washington

We are very pleased to announce that our 2025 Annual Scientific Meeting will take place September 18-20, 2025, at the Mirabeau Park Hotel in Spokane, Washington. The hotel includes a fabulous destination restaurant called Max, and Chef Andrew has promised us an amazing dining experience during our conference!

The Forrest Bird Aviation Museum and Inventor Center, located at Pappy Boyington Field just north of Coeur d'Alene, Idaho, is a short bus ride from the Mirabeau Park Hotel and will host our 2025 field trip and catered dinner. Forrest M. Bird, MD, PhD, was President of CAMA 1993-1995, and was a tremendous supporter of the organization until his death in 2015. His wife, Pamela Riddle Bird, carried on his support of CAMA until her passing later in 2015. Her daughter, Rachel Riddle Schwam, is the Executive Director of the museum and looks forward to hosting CAMA at Dr. Bird's museum among some of his favorite airplanes, cars, and amazing inventions, including the first mechanical respirator and the "Babybird" respirator that reduced the rate of breathing-related infant mortality from 70% to 10%.

To read more about this fascinating individual who was such a huge part of CAMA history, check out his Wikipedia page at [Forrest Bird - Wikipedia](#).

2026 Annual Scientific Meeting in Dayton, Ohio

The Marriott University of Dayton Hotel has been contracted to host the 2026 meeting, and we have contracted with the National Museum of the US Air Force for that facility to host our 2026 field trip and catered dinner. Check out this museum on their website at: [National Museum of the USAF](#).

Dayton, Ohio, has a number of other very interesting museums and attractions, many of which are within walking distance of the host hotel. Among those CAMA attendees will want to see: The Wright Brothers National Museum, The National Aviation Hall of Fame, The Wright Brothers Memorial, Carillon Historical Park, and many other sites.

Wright State University is the repository for the CAMA Archives. On the CAMA website (www.civilavmed.org), click on the "About CAMA" tab and scroll to "CAMA History" - the direct link to view the CAMA Archives is: [Civil Aviation Medical Association Records \(MS-526\) | Wright State University Research | CORE Scholar](#)

(Continued on Page 19)

This website is fully searchable and contains documents, newsletters, and photographs documenting the amazing history of the Civil Aviation Medical Association.

Update to the EVP medical situation for those of you who did not see the original personal or CAMA Facebook statements or who were not present at the annual meeting in Jacksonville

When someone reaches a certain age, we tend to think that we are performing as well as we did when we were much younger, although that may not be the actual situation as I learned the Wednesday before the start of the September 2024 CAMA Jacksonville Annual Scientific Meeting. If you've already heard this news, you are welcome to read other more interesting articles.

On Wednesday, September 18th, the EVP was in the hotel ballroom setting up some forms and a computer to start the CAMA Executive Officer Board Meeting in a short time. While discussing something with VP of Management Kris M. Belland, DO, MPH, my thought was that my information was very interesting, as he seemed to be very observant to my speech. However, in a few moments, Dr. Belland left the ballroom and came back immediately with President-Elect Gregory Pinnell, MD, with his full medical treatment bag and equipment. Next, I was being examined with a stethoscope, blood pressure monitor, and tons of other medical equipment. Evidently the EVP was not as cooperative as she thought she was, as my acting assistant and friend Donna Camp was told to escort me to the hotel room to add some medication to the normal dose. Then soon arrived a text message from CAMA President Leigh Speicher, MD, MPH, with a statement to the effect that I was immediately going to Mayo Clinic Emergency Room either in an ambulance or in her car, period. This didn't make much sense to me at the time, but when I went back to the lobby, Dr. Dana Herrigel, MD, Professor of Medicine and Director of Clinical Education at Mayo Clinic was with Dr. Speicher and took my hand to explain the situation that was causing so much concern to the CAMA doctors there in the hotel. Evidently I was speaking with a "word salad" type of vocabulary that did not make sense to my well known and educated CAMA compadres. They were afraid that a stroke was occurring, so the next thing that happened, there was a big red ambulance in the parking lot, and I was then on my way to Mayo Clinic Emergency Room. Someone obviously called ahead, as there was a significantly large group of treating ER doctors asking tons of questions, then there was action occurring at a CT scan machine very quickly.

After the CT scan, the good news was that was that there had not been a stroke, but that there was something rather unusual growing in the left side of my head. That area, as the news indicated, is the primary place for vocabulary and speech talents. Lots of additional MRIs, blood work, and other tests were performed in the next two days, and surgery was scheduled for the following Wednesday. A neuro-surgeon would be performing brain surgery to remove what was apparently a cancerous tumor. The MRI video shown to Donna and me made it look like the tumor was right above my left ear and was about the size of a large walnut; probably some sort of glioblastoma tumor the PA stated. A biopsy would be taken from the removed tumor. The surgery staff stated that the surgery would be performed with me awake and talking and reading specific information provided by the surgeon's staff from the testing sessions....how strange that all seemed. I contacted my two daughters to let them know what was happening and what was planned, and both immediately came to be with me. After psychological testing, vocabulary, photo recognition skills, and many other tests, I was released late Friday afternoon back to the Sheraton Hotel where the CAMA meeting was taking place. Wonderful Sergio Seoane, MD, and CAMA Board Trustee came to pick me up like the hero he always is! On Friday afternoon, I was back to the Sheraton Hotel where the CAMA meeting was taking place.

I had a wonderful dinner at the hotel and watched Dr. Russell Rayman's keynote presentation and many wonderful award presentations, then went quickly to my own bed to rest and think about what had happened and what was next. On Saturday, every one of the CAMA meeting participants was very supportive and encouraging for my upcoming surgery. It was pretty obvious that God had sent me safely to Jacksonville to be treated in the Mayo Clinic in that city. In particular Herminio Cuervo-Delgado, MD, another CAMA Board Trustee, who had undergone something similar several months previously told me that my surgeon was the same one who had taken care of him and that he would do a great job! Herminio was recovered sufficiently to attend the CAMA Annual Scientific Meeting and participate in the CAMA Executive Board meeting as a trustee. Herminio and I have been keeping in close contact since that time, and share treatment information with each other. He is an incredible neurologist himself there in Florida and an amazing CAMA member and trustee. Please keep him in your prayers for a full recovery also.

After the end of the CAMA meeting, I went across the street from the hotel and had my long hair cut very short to give the surgeon enough space to

perform the surgery. When my daughters arrived, there was psychological testing, vocabulary and photo recognition skills, and many other tests performed at Mayo Clinic. We all three found the doctors, PAs, and Mayo specialists to be ultimate professionals and very, very incredible people to assist us to understand what was happening. This facility is very highly recommended for medical care!

On the last Wednesday of September, it was time to report to the fantastic Mayo Clinic for the surgery. My memory has many stored pieces of being awake during a lot of the surgery and reading words and identifying photos during the surgery. There was zero head pain during the surgery (that I recall anyway) and none post-op either. Dr. Leigh Speicher and Dr. Dana Herrigel both dropped in to see me and my daughters post-op. How very incredibly lucky I am to have met two such incredible doctors and been referred by them both to the fantastic Mayo Clinic!! God and those two have definitely been looking out for many, many very lucky patients!!!

As Hurricane Helene was due to hit on late Wednesday there in Florida, Mayo Clinic allowed me to stay a second day. Once discharged feeling quite well, although a significant incision had 28 staples in it, my older daughter drove my car and the important CAMA stuff back to Dallas, TX, and my younger daughter took me to her house (and my amazing son-in-law Delta Captain and six fantastic grandchildren) to recuperate until the staples could be removed and post-op testing, MRIs, etc., could be performed at Mayo Clinic the third week in October. Still zero pain and very fast recuperation which was incredible!

The fabulous Mayo Clinic staff of doctors coordinated with UTSW Medical Center/School here in Dallas, Texas, to set up radiation and chemo therapy for my glioblastoma tumor which had been removed as much as possible. Treatment started at UTSW within a couple of days after arrival back to Dallas right after the Mayo evaluations. I experienced no pain or nausea from the therapies which ended the Monday prior to Thanksgiving. Testing will be done on 12/24/24 to evaluate the effect of the radiation and chemo treatments and to determine the next courses of action. In the meantime, my brain is pretty much recuperating from the treatments and we have had fewer word memory situations—typing stuff is most easily done, while stating verbally can be a little more difficult sometimes.

In the meantime, I have received amazing texts, calls, and emails from the most incredible CAMA members, AMEs, CAMA officers and board members, all of whom I love dearly and feel are family members!! Your generosity has been absolutely terrific, and for the most part, I have no idea who all is responsible for

the funds that were received mostly right after the surgery some in cards and some via Zelle to my personal cell number. If an individual was identified they subsequently received thanks from me or one of my daughters. Thank you all who have been so caring and supportive!!!

Dr. Robert Orford notified CAMA recently about AMA President Dr. Bobby Mukkamala having a left brain tumor with many effects similar to mine and perhaps those of Herminio Cuervo-Delgado's as well. Hopefully, Dr. Mukkamala will find the surgery and treatments as positive as Herminio and I have! This has gotten to be a rather disturbing frequency, but hopefully with those of us participating in treatment, perhaps a better situation will grow out of it. Here is the internet link where you can read about Dr. Mukkamala if you wish: <https://www.ama-assn.org/about/leadership/ama-president-elect-bobby-mukkamala-md-has-brain-tumor>

I have given Mayo Clinic and UTSW permission to release my medical information to any doctor or specialist who wishes to do research, case study, or lectures regarding the effects of glioblastoma on individuals and the effects of treatments are. Several calls were received from airlines representatives expressing concern regarding pilots who could also be effected by glioblastoma. Various specialists in both Mayo Clinic and UTSW were unable to tell me what could have caused my tumor—apparently no one knows yet. It is my hope that this information will eventually become available to assist the fantastic treatment facilities, Mayo Clinic and UTSW Medical Center/School, and others to save as many individuals as possible!!

Please accept my thanks and affection to all of you for your incredible assistance and concern regarding my medical health and CAMA participation!!



Dr. Sergio Seoane picking me up from initial Mayo Clinic treatment. I apologize for looking a bit less professional than usual after all the medical testing!



Here is a photo taken very soon post-op at Mayo Clinic. There was no discomfort or pain being felt or experienced.

EDUCATIONAL OPPORTUNITIES

Online Training, Refresher, and Resources for Continuing Medical Education (CME) Credit

If you are interested in becoming an AME, please contact the [FAA Regional Office](#) responsible for your locality. AME seminar attendance requires advance approval of the [AAM-400 Education Division](#).

Available resources from FAA 400 Education Division:

1. FAA AME refresher courses

https://www.faa.gov/other_visit/aviation_industry/designees_delegations/designee_types/ame/seminar_schedule/

- Registration opens three months prior to the start date of the seminar.
- Participants must have an FAA Designee Registration System account (DRS) to sign up for the AME Refresher course
- If you do not have an account on DRS and wish to have one, click the following link for instructions:

https://www.faa.gov/other_visit/aviation_industry/designees_delegations/designee_types/ame/media/drs.pdf

2. To locate other online courses that offer CME, click the following link:

https://www.faa.gov/other_visit/aviation_industry/designees_delegations/designee_types/ame/amettraining/

- Clinical Aerospace Physiology Review for Aviation Medical Examiners (CAPAME) – 6 hours American Association of Family Practitioners (AAFP) CME credit available
- Multimedia Aviation Medical Examiner Refresher Course (MAMERC) 3.0 - 6 hours AAFP CME credit available

Aviation Medical Examiner (AME) Designee Information

An Aviation Medical Examiner (AME) serves the Federal Aviation Administration (FAA) and the flying community by medically certifying pilots. Each pilot is required to meet specific medical standards depending on the class of medical certificate for which the pilot applies. The FAA Regional Flight Surgeon (RFS) in your area is responsible for determining the current need for AMEs in their region.

If you are appointed by the RFS to become an AME, you are required to attend a week-long training seminar, typically conducted four times each year in Oklahoma City, Oklahoma. This seminar is also known as the Basic AME Seminar.

After successfully completing the Basic AME seminar, subsequent training is required at three-year intervals. This training is available via our [AME Seminars](#) held at various locations in the United States. Some AME training can be completed on-line. Our AME training is accredited by the Accreditation Council for Continuing Medical Education and does meet your Continuing Medical Education (CME) requirements.

FEDERAL AIR SURGEON'S PILOT MINUTE VIDEO FILES
(To activate each link, use "control" and "mouse click" at the same time)

[Pilot Minute: Can I get my medical approved if I used to be on medication for ADHD?](#)

[Pilot Minute: Can I take a weight loss drug and still fly?](#)

[Pilot Minute: What are some aviation specific reasons to stay fit?](#)

[Pilot Minute: What happens to my ability to control an aircraft if I'm too cold?](#)

[Pilot Minute: If I'm on BasicMed, would I ever have to come back through the FAA again?](#)

[Pilot Minute: What happens when I get diagnosed with prostate cancer?](#)

[Pilot Minute: What happens if I get a DUI?](#)

[Pilot Minute: Do I have to report all skin cancers?](#)

[Pilot Minute: How can I get my medical certification if I have high blood pressure?](#)

[Pilot Minute: Is there a better way to get medical documents to the FAA?](#)

[Pilot Minute: How can I survive a crash in the desert?](#)

[Pilot Minute: What are some important safety considerations regarding sunglasses?](#)

[Pilot Minute: What is a verbal authorization and how does it work?](#)

[Pilot Minute: Why is it important to report disability benefits in MedXPress?](#)

[Pilot Minute: What is jet lag and how can I prevent it?](#)

[Pilot Minute: How is the FAA approaching new treatments for cancer?](#)

[Pilot Minute: How do we encourage the brightest minds into aviation?](#)

[Pilot Minute: How do I check my application status in MedXPress?](#)

[Pilot Minute: Is it okay to fly if I'm just a little tired?](#)

[Pilot Minute: What should I do if I have depression or anxiety?](#)

[Pilot Minute: Why is it important to assess my health before piloting an aircraft?](#)

[Pilot Minute: Why is it important to do a PRICE check before and during a flight?](#)

[Pilot Minute: Why is it important to be careful with over-the-counter cold and sleep medications?](#)

[Pilot Minute: Why is acceleration tolerance important for general aviation?](#)

[Pilot Minute: What are the most essential items for a good survival kit?](#)

[Pilot Minute: What's going on with the Aeromedical Summit?](#)

[Pilot Minute: What are some tips for speeding up my medical certification?](#)



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AVIATION MEDICAL EXAMINER (AME) SEMINAR SCHEDULE 2025

For full information, visit the FAA web site at: https://www.faa.gov/other_visit/aviation_industry/designees_delegations/designee_types/ame/seminar_schedule/

DATE OF SEMINAR	SEMINAR LOCATION	SEMINAR TYPE
January 24-26	Nashville, TN	Refresher
March 3-7	Oklahoma City, OK	Basic
May 16-18	Virtual (International)	Refresher
June 2-5	Atlanta, GA	AsMA
July 14-18	Oklahoma City, OK	Basic
August 8-10	TBD	Refresher
September 18-20	Spokane, WA	CAMA
October 20-24	Oklahoma City, OK	Basic
November 14-16	TBD	Refresher

The FAA recommends that you make sure all travel and lodging reservations are refundable. While scheduled to proceed as in-person seminars, one or more of these sessions may be rescheduled as a virtual seminar with little notice. These seminars will open for registration when the contract is approved and hotel room block information is received. The CAMA seminar registration will open in May 2025.

Register for a Refresher Seminar

Registration opens **three months** prior to the start date of the seminar. To register for a refresher seminar, you will need an account to access the Designee Registration System (DRS). Please review the instructions (PDF) on the FAA web site for creating a DRS account. Registration is open to the FAA Aviation Medical Examiner (AME)

If you are interested in becoming an AME, please contact the FAA Regional Office responsible for your locality. AME seminar attendance requires advance approval of the AAM-400 Education Division.

Accreditation Statement

The Civil Aerospace Medical Institute is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Seminar Types

Basic

A 4 1/2 day AME seminar focused on preparing physicians to be designated as Aviation Medical Examiners. Contact your Regional Flight Physician

Refresher

A 2 1/2 day AME refresher seminar consisting of 12 hours of AME specific subjects. You must use the Designee Registration System (DRS) to register for a seminar.

Aerospace Medical Association (AsMA)

A 3 1/2 day AME seminar held in conjunction with the Aerospace Medical Association (AsMA). Registration must be made through AsMA. Call 703-739-2240, extension 106/107. A registration fee is charged by AsMA to cover their overhead costs. Registrants have full access to the AsMA meeting.

Civil Aviation Medical Association (CAMA)

Sanctioned by the FAA, this seminar is sponsored by the Civil Aviation Medical Association (CAMA) and does fulfill the FAA recertification training requirements. Registration may be completed through the CAMA website Annual Meeting page (www.civilavmed.org) or by calling CAMA at 770-487-0100.

AME MINUTE ISSUE GUIDE

The FAA issues monthly reminders/updates for Aviation Medical Examiners in the form of a brief audio file with information on an important subject. Following is a summary of the most recent AME Minute issuances, in case you might have missed one. AME Minute items may be accessed from the FAA archive at: https://www.faa.gov/other_visit/aviation_industry/designees_delegations/designee_types/ame/videos/

[AME Minute: Why did the FAA update the technical requirement for ECGs?](#)
[AME Minute: Why is it important to correctly assign time limitations on a certificate?](#)
[AME Minute: Why is it important to review a pilot's past medical history?](#)
[AME Minute: Why did the FAA allow AMEs to issue pilots with BPPV?](#)
[AME Minute: Why did FAA establish rules for some diabetic medications for weight loss?](#)
[AME Minute: Why is a pilot's age relevant to a CACI issuance for glaucoma?](#)
[AME Minute: Why does the FAA have two tracks for ADHD?](#)
[AME Minute: Why should I warn my pilots about kava and kratom?](#)
[AME Minute: Why is it important to provide details in Item 60?](#)
[AME Minute: Why did the FAA add a CACI for essential tremor?](#)
[AME Minute: Why did the FAA add another medication for psychiatric conditions?](#)
[AME Minute: Why are categories required for documents when uploading in AMCS?](#)
[AME Minute: Why should I warn my pilots about kava and kratom?](#)
[AME Minute: Why did the FAA add a CACI for essential tremor?](#)
[AME Minute: Why are categories required for documents when uploading in AMCS?](#)
[AME Minute: Why do different categories of anticoagulants have different wait times?](#)
[AME Minute: Why does the FAA now allow AASI recertification for pilots with a history of CHD?](#)
[AME Minute: Why would a pilot need an interim medical certificate?](#)
[AME Minute: Why are categories required for documents when uploading in AMCS?](#)
[AME Minute: Why do I need to confirm a pilot's name matches official identification?](#)
[AME Minute: Why did the FAA change vision limitations?](#)
[AME Minute: Why are commercial balloon pilots asking for exams?](#)
[AME Minute: Why do CACIs require specific verbiage?](#)
[AME Minute: Why does the FAA list some medications as conditionally acceptable?](#)
[AME Minute: Why did the FAA revise the GO AME website?](#)
[AME Minute: Medical Certification Updates for the AME – September 2017](#)
[AME Minute: 10 Color Vision Testing](#)
[AME Minute: Why should AMEs review visits to health professionals?](#)
[AME Minute: Why would a pilot need a verbal authorization?](#)
[AME Minute: Why did I receive a letter about a vision restriction?](#)
[AME Minute: Why does the FAA disallow AMEs from using PRNC?](#)
[AME Minute: Why does the FAA allow recertification of pilots with CHD?](#)
[AME Minute: Why do different anticoagulants have different wait times?](#)
[AME Minute: Why did the FAA introduce a policy on the TAVR procedure?](#)
[AME Minute: Why is the FAA concerned about left atrial appendage closure?](#)
[AME Minute: Why are there new requirements for AFIB or A-Flutter?](#)
[AME Minute: Why can breast cancer be issued by an AME?](#)
[AME Minute: Why do AMEs need to update their profile in DMS annually?](#)
[AME Minute: Why did the FAA issue new guidance regarding pancreatitis?](#)
[AME Minute: Why is the FAA concerned about Over the Counter Sleep Aids?](#)
[AME Minute: Why does the monitoring protocol for ITDM require so many reports?](#)
[AME Minute: Why is the FAA now certifying pilots who are on insulin?](#)
[AME Minute: Why did the FAA add an upload feature to AMCS?](#)
[AME Minute: Why do pilots need to be concerned about CBD products?](#)
[AME Minute: Why do AMEs need to worry about Subpoenas? Part 2](#)
[AME Minute: Why do AMEs need to worry about Subpoenas?](#)
[AME Minute: Why is Unexplained Syncope Aeromedically Significant?](#)
[AME Minute: Why is an evaluation required post myocardial infarction?](#)
[AME Minute: Why is Chronic Immune Thrombocytopenia a CACI?](#)
[AME Minute: Why was the CACI program developed?](#)
[AME Minute: Why is an Incomplete Right Bundle Branch Block considered a normal variant?](#)
[AME Minute: When is a Special Issuance required under BasicMed?](#)
[AME Minute: What Makes Aerospace Medicine Unique?](#)
[AME Minute: Near and Intermediate Vision Testing](#)
[AME Minute: New Oral Anticoagulants in the DVT Protocol](#)
[AME Minute: Identification of ECG Normal Variants Reduces Delays - Part 5](#)
[AME Minute: Double Vision and Heterophoria Testing](#)
[AME Minute: Aeromedical Implications of Disability Benefits Reported by Pilots](#)
[AME Minute: Identification of ECG Normal Variants Reduces Delays - Part 4](#)

Civil Aviation Medical Association

Sustaining, Corporate, and Life Members

The financial resources of individual member dues alone cannot sustain the Association's pursuit of its broad goals and objectives. Its fifty-plus-year history is documented by innumerable contributions toward aviation health and safety that have become a daily expectation by airline passengers worldwide. Support from private and commercial sources is essential for CAMA to provide one of its most important functions: that of education. The following support CAMA through corporate and sustaining memberships, and we recognize the support of our lifetime members:

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Aerospace Medicine Strategic Consultation
(AsMSC), PLLC
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aerospacemedicinestrategiccons.godaddysites.com/

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www.aopa.org

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 Lars Tjensvoll, MD
 Bruce A. Van Dop, DO
 Stephen J. H. Veronneau, MD, MS
 Kathryn Weesner, MD
 Alex M. Wolbrink, MD, MS



Following is a video on Aerospace Medicine from the University of Texas Medical Branch, which is outstanding, especially for those who are new to the field:

<https://utmb.hosted.panopto.com/Panopto/Pages/Embed.aspx?id=8daf6194-5952-4896-8a1f-b15d0123b16d>

New Members

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15340 E. 32 Mile Road
Romeo State Airport/FBO
Ray Township, MI 48096
AME, Pilot, AMA, EAA, FACEP, CWSP
Specialty: Emergency Medicine/Wound Care

Philip Brady, MB BCh BAO, BSc (Mathematical Physics), PhD (cand.), MInstP MRCPsych MCPsychl
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Specialty: Psychiatry

Dylan M. Caldwell, MD
7814 Bristol Circle
Naples, FL 34120
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Tehal Gala (MD Student)
9862 Overhill Drive
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Medical Student Keck School of Medicine
University of Southern California
Specialty: Interventional Radiology
MD Graduation May 2026
BS in Bioengineering, UC Berkley
AsMA, AMSRO

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Senior AME, Pilot, EAA
Specialty: Orthopedics

Michael D. Landes, MD
401 S. 3rd Street
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Senior AME, AAFP
Specialty: Family Medicine

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12620 Berlin Station Road
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CAMA

CAMA MEMBERSHIP DUES NOTICE FOR 2025*(*Required Information)*

CAMA

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*MEMBER STREET ADDRESS:					
*MEMBER STREET ADDRESS:					
*MEMBER CITY/STATE/ZIP/COUNTRY:					
AME NUMBER:		SENIOR AME?	YES		NO
Permission to add name and address to the CAMA Web Site in the Members Only Section?					YES
					NO

Please complete and return with your payment.**NOTE: Membership is from January 1st through December 31st of each year**

Membership dues..... \$ 250.00 U.S. Dollars

Sustaining Membership dues (optional)..... \$ 500.00 U.S. Dollars

Membership dues for Retired Members..... \$ 85.00 U.S. Dollars (Retired from medical practice AND no longer performing AME examinations for the FAA)

Membership dues for Students.....\$ FREE

Life Membership.....\$2500.00 U.S. Dollars

Payment Options: CAMA Accepts checks, MasterCard, VISA, Discover, or American Express.

CHECK ENCLOSED	#	MASTERCARD		VISA		American Express	x
CREDIT CARD NUMBER:							
EXPIRATION DATE:							
CVV/CVC SECURITY CODE:							
BILLING ADDRESS ZIP CODE:							
TOTAL AMOUNT/AUTHORIZED CHARGE \$		\$					
PRINT NAME:							

Signature or authorization statement for charge: _____

SPOUSE/SIGNIFICANT OTHER NAME:	
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Check if you are a member of:

PILOT	YES		NO	
AME	YES		NO	
AMA	YES		NO	
HIMS	YES		NO	
AOA	YES		NO	

EAA	YES		NO	
AOPA	YES		NO	
FPA	YES		NO	
AAFP	YES		NO	
AsMA	YES		NO	

*MEDICAL SPECIALTY:	
*CELL PHONE NUMBER:	
OTHER PHONE NUMBER:	
FAX NUMBER:	
*EMAIL ADDRESS:	

Return form to: CAMA
P. O. Box 823177
Dallas, TX 75382
FAX: 770-487-0080
Telephone: 770-487-0100
email: civilavmed@aol.com

NOTE: YOU MAY ALSO INITIATE OR RENEW YOUR CAMA MEMBERSHIP ON OUR WEBSITE AT
WWW.CIVILAVMED.ORG ON THE "MEMBERS' LOUNGE" PAGE USING OUR SECURE PAY APPLICATION.



CAMA STUDENT & TRAINEE MEMBERSHIP FORM AND ANNUAL SCIENTIFIC MEETING AUDIT REQUEST



*MEMBER NAME & TITLE(S):			
*MEMBER STREET ADDRESS:			
*MEMBER STREET ADDRESS:			
*MEMBER CITY/STATE/ZIP/COUNTRY:			
WHAT IS YOUR FIELD OF STUDY?			
WHAT IS YOUR SPECIALTY OR ANTICIPATED SPECIALTY?			
WHERE ARE YOU CURRENTLY A STUDENT, INTERN, OR RESIDENT? ON FELLOWSHIP?			
WHEN DO YOU EXPECT TO GRADUATE?			
WHAT DEGREE(S) DO YOU CURRENTLY HOLD?			
WHAT DEGREE(S) DO YOU ANTICIPATE UPON GRADUATION OR COMPLETION OF STUDIES?			
Permission to add name and address to the CAMA Web Site in the Members Only Section?		YES	NO
IF YOU PLAN TO AUDIT PRESENTATIONS DURING THE CAMA ANNUAL SCIENTIFIC MEETING, PLEASE ANNOTATE WHICH DAYS OR EVENTS YOU PLAN TO ATTEND SO THAT ID CREDENTIALS CAN BE PREPARED FOR YOU:			

Check if you are/are a member of:

*PILOT	YES	NO			*EAA	YES	NO			*AOA	YES	NO			*AME	YES	NO		
*AsMA	YES	NO			*AOPA	YES	NO			*AAFP	YES	NO			*HIMS	YES	NO		
*AMSRO	YES	NO			*AMA	YES	NO			*FPA	YES	NO			**OTHER	YES	NO		

**OTHER ORGANIZATIONS/GROUPS			
CELL PHONE NUMBER:			
OTHER PHONE NUMBER:			
FAX NUMBER:			
*EMAIL ADDRESS:			

**(E-mail address is REQUIRED, please – all CAMA correspondence, registrations, notifications, and publications are sent via email. Please notify CAMA of any email address changes. CAMA does not share your information with any other entity or with any changes, so that you do not miss any important communication with our organization.*

NOTE: CAMA does offer discounted student registrations for our Annual Scientific Meetings, and Students may audit the educational sessions at no charge (no meals or CME included without prior payment). We do request advance notice for planning and space arrangement purposes.

PLEASE RETURN FORM TO: CIVIL AVIATION MEDICAL ASSOCIATION (CAMA)
P. O. BOX 823177
DALLAS, TX 75382
TELEPHONE/TEXT: 770-487-0100
EMAIL: civilavmed@aol.com



CAMA

CAMA CORPORATE MEMBERSHIP FOR 2025

Corporation/Business Name and Address:



CAMA

Please complete and return with your payment.

NOTE: Membership is from January 1st through December 31st.

Corporate Membership dues..... \$ 550.00 U.S. Dollars.

CAMA accepts MasterCard, VISA, Discover, American Express, and checks only.

NOTE: You may pay corporate dues online on the "Members Lounge" page of the CAMA web site at www.civilavmed.org using our secure payment application.

Payment Options:

Check Enclosed # _____ MasterCard _____ VISA _____ AMEX _____

Credit Card Number: _____

CVV/CVC Security Code: _____

Zip Code of Billing Address: _____

Expiration Date: _____ Authorized Amount \$ _____

Print Name on Card: _____

Signature: _____

Return form to: CAMA

P. O. Box 823177

Dallas, TX 75382

FAX: 770-487-0080

Telephone: 770-487-0100

email: civilavmed@aol.com

PLEASE PRINT (* required information)

*Contact Person(s) Name: _____

*Specialty/Type of Business: _____

*Phone: # () _____

Cell # of Contact Person(s): () _____

Fax: # () _____

*E-Mail Address of Contact Person(s): _____