

ROTARY CLUB OF NANAIMO

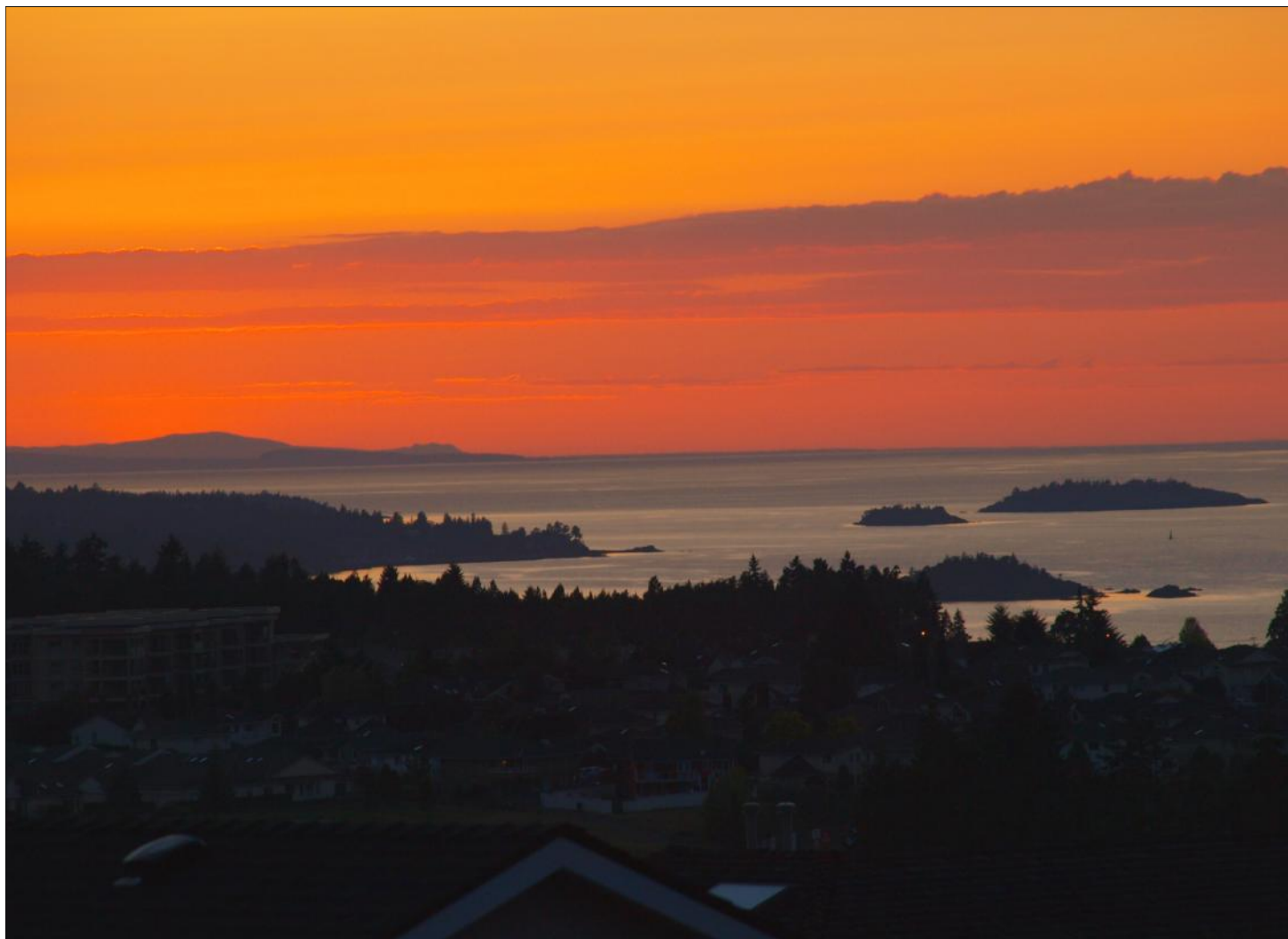
“C O G S”



Volume 96, Number 3

4,686th Meeting

Friday, July 17, 2015



Sunset looking North to the Winchelsea Islands. - Photo by Ross White

**Club Meeting Friday at 12:00 p.m.
at the Coast Bastion Inn
CLUB OFFICERS 2015-2016**

President ----- Lila Tanner
Vice President ----- Janeane Coutu
Secretary ----- Bob Janes
Treasurer ----- Lynne Pankratz
President Elect ----- Debbie Narver
Immediate Past President ----- Bob Wilson



**Serving Our Community Since
May 1, 1920 - Charter Number 43**

DIRECTORS

Bob Patrick Bob Fenty Bruce Samson
Norm Myden Kevin Cantelon Charles Ramos

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K.R. "Ravi" Ravindran, Rotary Club of Colombo, Sri Lanka

District Governor

Rose Bowman
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Assistant Governor

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Nanaimo Oceanside

Mailing Address: P.O. Box 405, Nanaimo, British Columbia V9R 5L3 — Web: <http://rotarynanaimo.org>

Meeting Notes from July 10th

Reporter: Kathy Smith

President Lila was punctual about getting her second meeting started. She had **Donna Hais** do invocation and then got the meeting started.

Susie Stephens had visiting Rotarians and guests introduced. First there was **Kristin Franken**, who now lives in Lake Cowichan, and is a member of the Rotary E-club One World. This electronic club is based out of California and has about 60 members from all over the world. It was great to see former member **Bruce Forward** join us today. **John Morris** introduced long time family friend **Lisa Reid**.

Happy Birthday goes to **Sharon Welch** and club anniversary congrats goes to **Debbie Narver** for 4 years. There was no news on the health of the club and no Notices of Motion.



Announcements: Janeane Coutu will send out an email to all letting members know that they are invited to a Tour and Refreshment event at Nanaimo Hospice. They are celebrating the new gardens that we helped do the fencing for. July 16 from 1-3pm.

Janeane then continued on with a Rotary minute. She wanted to thank those who jumped into action to work at the NNTC BBQ last Friday. There were over 10 members who helped out!! The mall was able to raise \$448 for the *Child Development Centre*. The only downside was that many people missed Lila's first meeting.

There will be a board meeting on Tuesday July 14 at 5:30 pm an MNP. **President Lila** encouraged all committee directors to be there as the budget needs to be finalized. **President Lila** also reminded Rotarians to fill out the little pink slips on the tables so we can recognize the *Rock Star of the Month*.

Sgt-at-Arms – Joan Ryan

Joan was on a roll – **Bob Wilson** fined for wearing his name tag upside down; **Helen Blackmore** and **Al Smith** for talking while **Janeane** was making an announcement; **Bruce Gordon** for saying “President who?”; **Bob Fenty** for correcting the president; **John Heisterman** was reminded that silence is the best way to go.

Then it was quiz time and she had the new Rotary magazine in hand. **#1 – Bob Wilson** knew that the latest bike-a-thon in Vancouver was to bring awareness to hear-



ing issues. **#2 Susie Stephens** was able to look at her *COGS* and answer that the new RI president is from Sri Lanka. **#3 R.I. President Ravi Ravindran's** family business is in tea and **Egon Holzwarth** was happy to say that his wife drinks his tea! **#4.** The last table did not know that answer as to how a Washington club raised \$5,000 but **Joan** was able to show us her purple pinky – their project was the purple pinky project. Then there was a revolt – **Bruce G., Bob W., Bob F** and possibly others stood in protest and questioned the Sgt-at-Arms ability to read!!!! Apparently our R.I. President's business is in printing – which Bruce would know. But, Joan—never to me out-done—stated that his *family* business is tea!

Happy/Sad bucks – Janeane is excited that she is heading off on a holiday to Banff to see son Matt who is turning 20! Sadly she and Chris can only afford one night at the Banff hotel – even at the discounted rate. **Joyce Smith** was grateful for those who supported her in the MS bike-a-thon. **Bruce Forward** had a long story that was happy, sad and happy. He was happy to be back at the club visiting friends, especially after a recent trip to Yuma where he had emergency vascular surgery. The surgery went very well. Then he got home and found out his insurance company would not cover the \$97,000!!!! He then got a lawyer and contacted the Yuma financial assistance association and is very happy to report that the hospital has cancelled his bill!!!! **John Heisterman** was very happy but has been fined so badly that he is no longer happy! **Donna Hais** had a happy \$10. She is sorry that she missed Lila's installation but was away with her family down in California. She is also thrilled to report that after 7 years the ground has been broken for the new *Travellers Lodge*.



Table stakes were won by **Bruce Forward** and **Helen Blackmore** tried her luck in the card draw but did not pick the Ace of Spades.



Dentistry:

Oral Health Tips, Facts, Myths and Neglect

Reporter: Janeane Coutu

Our speaker was our own member, **Ellen Ross** who is currently a part time instructor at VIU's Dental Assistant Program. Prior to coming to Nanaimo, Ellen was an Oral Health Promoter at the University of Manitoba and Halton Region Health Department in Ontario.



Her dental background includes a diploma in Geriatrics which helped her design dental programs for the elderly. She recently started a dental Not-for-profit in Nanaimo and collects recyclable cans and bottles to fund the program and help individuals that cannot afford the cost of dental treatment.

One of the biggest contributors to oral health problems are nutrition. Healthy eating is not happening among the poorer population; they are eating preserved foods that are inexpensive but contain sugars and carbohydrates.

Early Childhood Dental Cavities are on the rise again with such parental practices as filling baby bottles with Coca Cola when the family cannot afford to buy healthy food/drinks. Dental Plaque leads to irreversible cavities and infection in the gum tissues. It also leads to formation of hard deposits that can cause gingivitis and periodontal disease. The hard deposits can only be removed by dental professionals and if a person cannot afford to go to a dentist their dental health will suffer as well as their general health. Research has been done and indicates oral damage (infections) can be linked to systemic health issues.

Daily oral care is a western regiment of brushing on average twice a day and flossing once a day. Canadian stats from 2007 claim 62% of us have dental insurance. Ellen challenges that number because in the last few years full time jobs with benefits continue to decline. Lost school days equal 2.26million annually, and 4.15m working days are lost due to dental visits and dental sick days. In the USA, 45 million estimated without dental insurance and they have similar problems that are in Canada. In Great Britain there is a national health system that pays for basic dental care. It has been in place since 1948. Many people in Britain have become complacent about their dental health and dental professionals are having little influence on levels of oral health. Officials there use fluoride in the water as a dental protection measure and plan to continue fluoride use to control the number of cavities.

In Africa, 60-80% of the population is rural; most of the dental practitioners are in larger urban centres and little care goes out to the rural areas. Dental care in rural areas is rarely provided until it is an emergency. The same story can be told of India and South America.

In Peru, they rely heavily on volunteer dentistry by Canadians. The county actually has dentists and many training programs, but the graduates often do not do outreach work in their own rural areas. They rely on Canadians who for free are providing treatment, toothbrushes, toothpaste, and fluoride application. The same can be said for India – lots of schools and qualified people but not making the efforts in outreach service.



All over the world prevention (education) programs are being cut or shut down altogether, including Canada.

Locally in Nanaimo we have a high number of children on income assistance, a high number of working poor, homeless people, low income seniors, and a large first nation's population. Much of an individual's / families household income is spent on housing which doesn't leave much for

all the other bills, including food purchases so they tend to buy lower quality preserved foods with high sugar content and often many of these same individuals do not have any type of dental insurance.

The Community Organized Dental Clinic (CODE) is not for profit, low cost Dental Clinic operating in Nanaimo with volunteer practitioners. The problem is that it operates on an occasional basis with no set or consistent hours and days. This makes accessibility difficult for low income people who can't phone or check online to see if it is operating on a given day. They have enjoyed multiple donations from Rotary and other private donors and ideally it would be great to get enough funding to be open on a regular schedule.

In closing, Ellen identified and implosion of trends; workforce is part time (not full time) so dental benefits aren't being provided by employers

No equity in dental health care access (homeless, low income, seniors)

There is an oversupply in dentists in urban areas not enough in rural areas. Dental Associations are trying to help by lobbying government but there is little progress to date.

Bruce Samson thanked Ellen for her excellent presentation and presented her with a Rotary pen.

ATTENDANCE

By Janeane Coutu

Attendance for **July 10th** was **53%**

We missed these Rotarians;

Ali, Brand, Cantelon, Finnegan, Gerrand, Yvan Gosselin, Grice, Hammond, Henderson, Janes, Jiang, King, Knutsson, Laing, Lewis, McIver, Pratt, Raedler, Ramos, Salem, Shillabeer, Stetar, Welch

Visiting Rotarians;

Christen Franken, E-Club of One World

Guests of Rotarians;

Lisa Reid, guest of John Morris

Bruce Forward, guest of Bruce Gordon

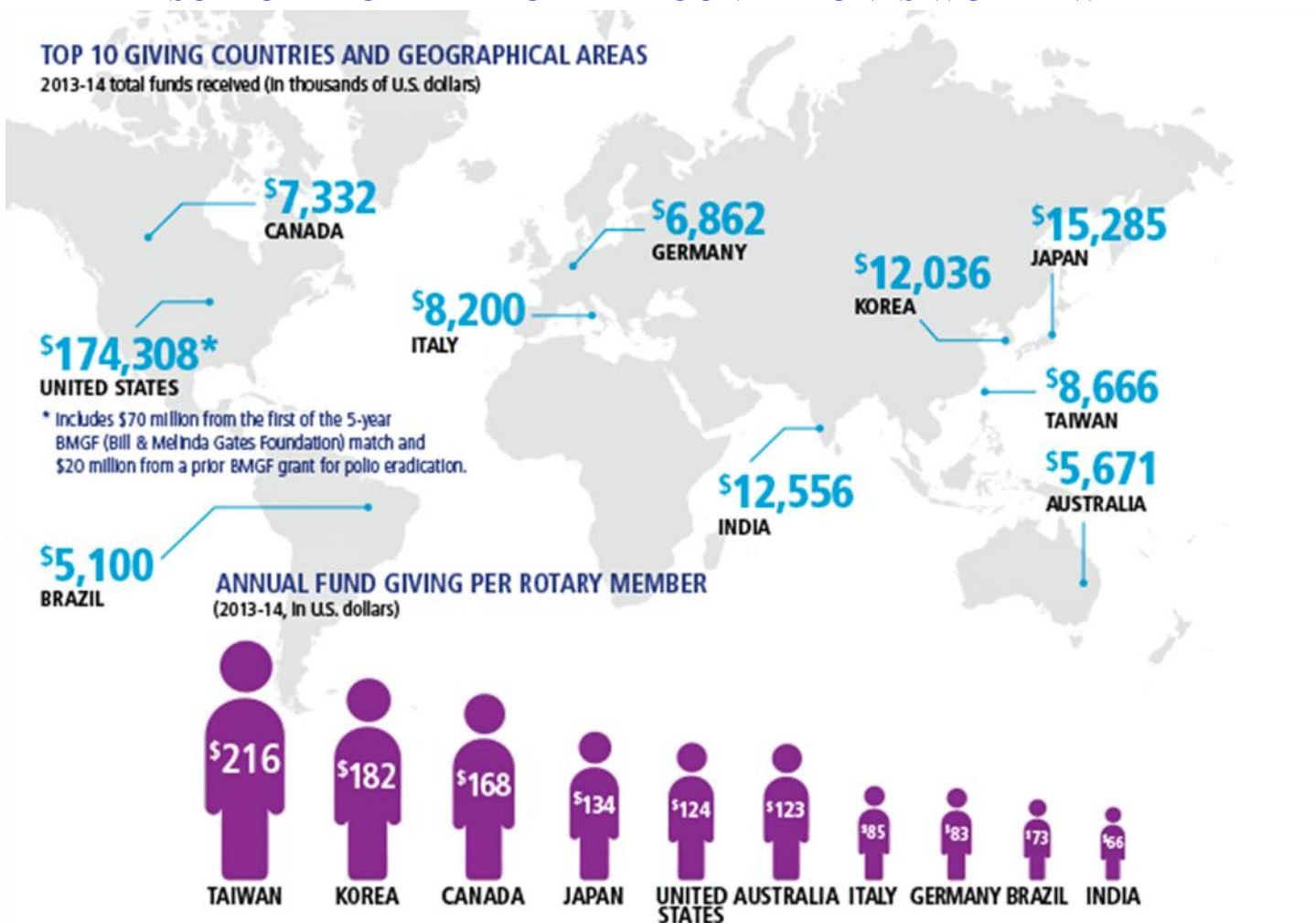
Make-ups;

Fenty, Calgary West Walker, book sorting W. Anderson, Wilson, Cowling, Shillabeer, Coutu, Janes, Fenty, Gordon, White, Lessan, Stetar—all at NNTC BBQ

Birthdays

Norman Myden, July 17
Dave Connolly, July 20
Debbie Narver, July 21

SUPPORT FOR THE ROTARY FOUNDATION IS WORLD WIDE



DATES TO REMEMBER

August 23—Rotary Summer Picnic at Lantzville. Bring your whole family for summer fun and Rotary fellowship!

September—Work Party at Westdale/Leslie Park in North Nanaimo. More details forthcoming.

WEEKLY CLUB PROGRAMS & MEMBER DUTIES

MEETING DATE	Friday, July 17th	Friday, July 24th	Friday, July 31st
GREETERS	Joyce Smith, Debbie Narver, Fay Laing	Kathy Smith, Lynne Pankratz, Bob Janes	Brent Stetar, Bob Patrick, Henry Jiang
CASHIER	Egon Holzwarth	Egon Holzwarth	Egon Holzwarth
SGT-AT-ARMS	Bruce Samson	John Shillabeer	Bob Fenty
INVOCATION	Richard Finnegan	Susan Gerrand	Lucie Gosselin
HEAD TABLE	President Lila, Terry Mack, Wendy Pratt, Norm Myden, Dave Connolly, Debbie Narver, Joyce Smith, Fay Laing	President Lila, Wayne Anderson, Wendy Pratt, Dave Hammond, Kathy Smith, L. Pankratz, Bob Janes	President Lila, Scott Bradford, Ellen Ross, Henry Jiang, Brent Stetar, Bob Patrick, Egon Holzwarth
INTRO GUESTS	Ross White	Ian Williams	Douglas Anderson
INTRO SPEAKER	Wendy Pratt	President Lila	Ellen Ross
PROGRAM	STRONG NATIONS <i>Terry Mack</i>	A JOKE & A POKE <i>Wayne Anderson & Company</i>	Child Development Centre <i>Scott Bradford</i>
THANK SPEAKER	Kathy Smith	—	Henry Jiang