



# SpinoFF

ROTARY CLUB OF WEST OTTAWA;  
Pardeep Ahluwalia, President

April 16, 2019

Editor: **Ginette Thomas**

## PROGRAM: Dr. Geoff Outerbridge "World Spine Health"

DUTIES: Greeters: **Sucha Mann, Ken Murray**; Reception: **Sabby Duthie**; Grace: **Roy Miller**; Past Presidents Draw: **Clive Talbot**; Payment/Attendance: **Mary Wattie**; Singing accompanied by **Rod Holmes**.

### MEETING BEGINS

At 12:00, **President Pardeep Ahluwalia** welcomed us and invited us to the buffet.

At 12:30, he rang the bell to open the 38th meeting of the Rotary Year and gave an overview of the day's program. After we sang the national anthem **Roy Miller** shared an inspirational grace reminding us to think of others as we ate. **Sabby Duthie** recognized our visitors: guest speaker Dr. Geoff Outerbridge; previous member Jacques Roy from Quebec City; Rotarian Johnny Marquez from Venezuela; Mohammed Omar visiting from Egypt; Cindy Wheeler from the Rotary Home; and Alan Hartley, son of **Brian Hartley**. We sang our Welcome song. **Clive Talbot** had our guest speaker draw the winning PP Draw ticket which gave **Cletus Peters** the \$25 cash prize.

### ANNOUNCEMENTS

- **Graeme Fraser** recapped the April 13 Music for Humanity evening with a bit of history. The concert was first held in 2003 as a collaboration with the University of Ottawa music school to support the Rotary campaign to eradicate polio. This year's program continued last year's shift from classical to a more varied musical format. The turnout was good, the musicians were top-notch, and it was a fun evening for all! **Graeme** thanked RCWO members who helped make the evening a success. He recognized the generosity of the sponsors, including Beechwood which provided the beautiful venue with staff, and Riverstone Retirement Communities whose chefs had made the fabulous buffet. In lieu of the President's rose **President Pardeep** contributed \$50 to End Polio Now in recognition of this year's concert organizers' efforts.

- **Doug Heyland** reminded everyone to sign the get-well card circulating for **Jack Troughton** who is recuperating from surgery.

- **Stuart Picozzi** introduced Cindy Wheeler, Development Director of the Rotary Home Foundation to talk about the Rotary Golf-a-Thon, which the Rotary Home co-sponsors with our Club and the downtown Rotary Club. It's on Monday June 10th at the Emerald Links Golf Club. The \$272 per player for the all-day event with breakfast, a box-lunch and a nice dinner. Each ticket covers the cost of 24-hour care for one person at the Rotary Home. (see [http://orhf.convio.net/site/TR?fr\\_id=1061&pg=entry](http://orhf.convio.net/site/TR?fr_id=1061&pg=entry) )

- **Rocco Disipio** reminded us of the Night at the Races at Rideau-Carleton Raceway on Sunday May 5th. We will have our own section and a race named in our honour. The price is \$36.25. He recommended that we arrive around 5:30.

### PRESIDENT'S ANNOUNCEMENTS

- birthday greetings to **Bill Morris** on April 16 and **Joe Parkinson** on April 22

- thanks to all who made Music for Humanity a success

- reminder to prepare for Showcase Day on May 7. Please contact **Ken Murray** to book tables, and **Linda Flynn** and **Graeme Fraser** about member-prospect guests whose lunch should be paid by the Club.

- reminder of RCWO Awards Dinner on May 28th,

- Music Trivia Night, sponsored by the Rotary Club of Kanata and the Kanata Royal Canadian Legion, is on May 31. **President Pardeep** is urging us to take up the RC Kanata challenge. Volunteer for team captain! See **President Pardeep** about registration.

GUEST SPEAKER Dr. Geoff Outerbridge

**Dirk Keenan** told of our guest speaker's degrees in human kinetics and neuroscience followed by research into back pain. After this he attended the Canadian Memorial Chiropractic College and then built a health practice in Ottawa. In 2009 he volunteered to be Clinical Director of World Spine Care (WSC) a non-profit organization bringing spine care to underserved regions around the world. In 2011 he sold his practice and moved to Botswana to set up a WSC clinic there.(for more info <https://www.integrateottawa.ca/geoff-outerbridge-msc-dc> )

Dr. Outerbridge's motivation for his international work is two-fold: back injuries are the leading cause of disability worldwide; and the incidence of injuries is much higher in low-income countries. This motivation shapes the 3 pillars of the WSC mission: 1) Sustainable Community spine care with clinics and training for local health care workers 2) Integrated Care, with health and medical resources that are already available in the community; and 3) Evidence-Based Care, using WSC clinics in Botswana, Ghana, India and the Dominican Republic to research the treatment of back pain around the world. WSC also has a volunteer program for trained professionals to help at WSC clinics around the world. WSC is supported by health care companies, institutions, local governments and donations.

Answering questions from **Don Butler, Doug Heyland, Andrew Young, and Bea Osome**, he engaged in a lively discussion about:

- the shifting focus of health care systems away from communicable diseases;
- the impact of back pain on the quality of life;
- the differences in access to health care between developed and low-income countries;
- the focus in western medicine on drugs and surgery to the exclusion of manual treatment, exercise and other non-invasive treatments for conditions such as back pain;
- the need to consider physical activity and lifestyle in improving spine care in all countries. An example would be the women who carry heavy weights on their heads,

HAPPY DOLLARS

**President Pardeep** chose **Peter Fisher** who collected from:

- **Caroline DeWitt** thanked **Andrew** and **Dorothy Young** for hosting the Future Directions alumni workshop, and the RC Kemptville for their hospitality.
- **Sabby Duthie** thanked **Hadi Mortada** for introducing her to the book "The Happiness Equation".
- **Graeme Fraser** was very happy about the Music for Humanity evening
- **Joan Heyland** was happy that the "Books, Beads and Breakfast" event organized April 5 by "Grannies All About Kids" raised \$4,000
- **Bea Osome** thanked **Ken Murray** for the ride to today's meeting.
- **Ken Murray** was confident that **Bea Osome** and Jacques Roy said only positive things about him in Kiswahili as he was driving!
- **Rocco Disipio** is very happy about Tiger Woods' professional golf comeback and win at the Masters
- **President Pardeep** was sheepishly thankful to **Doreen Ide** for accepting his IOU to pay for tickets for the wine basket draw at Saturday's Music for Humanity concert (he had forgotten his wallet). As a result, his wife, Simmy, held the winning ticket.
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- **Sucha Mann** is happy that **Stuart Picozzi** will look at more eco-friendly options to replace the plastic coffee whitener containers
- **Brian Hartley** was happy to introduce his newly retired son Alan who is visiting on his first post-retirement holiday!

MEETING CLOSE

With no committees to follow, **President Pardeep** reviewed the program for the next meeting, April 23. He reminded us that Rotarians are people who help to make a difference in our communities and to “Be the Inspiration” for people we meet. If we know someone who seems to hold Rotary values, invite them to spend time with us. Maybe they will become Rotarians too. With this, he rang the bell to close the meeting.

#### MEETING PHOTOS

by Mike Traub <https://rcwo.org/PhotoAlbums/2019-04-16-dr-geoff-outerbridge-world-spine-health-programs-low-tech-care-indeveloping-countries>

#### CASH CALENDAR WINNERS

Here are the winners of the Cash Calendar draws for the week, April 10 – 16

1127 \$20 Linda & Wayne Kenney, Kemptville, ON

2823 \$50 Kim Walker, Orleans, ON

2012 \$25 Edna Viherjoki, Kanata, ON

2578 \$200 Kathy Wissler, Kemptville, ON

3501 \$50 Len Goddard, Orleans, ON

2120 \$25 Tracey Wood, Kanata, ON

0533 \$50 Debbi O'Malley, Almonte, ON

#### **Tuesday, April 23, 2019**

Shelagh Tuddenham – NAFR ‘Neighbours Helping Neighbours’ program

Intro: **Gaye Moffett** Thanks: **Don Butler**

Greeters: **Ed Balys, Jeremy Klein** Reception: **Denzil Feinberg** Grace: **Bob Harrison**  
PP Draw: **Chris Wanna** Editor: **Graeme Fraser** Meeting fee/Attendance: **Mary Wattie**

#### **Tuesday, April 30, 2019**

**Baxter Willis:** Classification Talk “Pediatric Orthopaedics: My 40 Year Journey”

Intro: **Merv Letts** Thanks: **Bill McIntyre**

Greeters: **Bob Harrison, Ginette Thomas** Reception: **Doug Heyland** Grace: **Bill Rolph**  
PP Draw: **Bud McGinnis** Editor: **Gaye Moffett** Meeting fee/Attendance: **Doreen Ide**



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