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ROTARY CLUB OF WEST OTTAWA
Graeme Fraser, President

July 20 2021 Editor: Roy Miller

PROGRAM: Dr. Paul Cappon. Canada Covid Vaccination status and update.

Meeting Video: <https://youtu.be/BrzLrJQtxHI>

After some initial friendly camaraderie, **President Graeme Fraser** at 12.32 welcomed us to the 3rd meeting of the 2021/22 Rotary year.

We heard a genuinely nice Aboriginal rendition of “O Canada “

President Graeme Thanked **Roy Miller** for being back in the saddle and resuming his duties as editor.

Guests included Past member Brian Foster, Teresa Jamone, guest of **Linda Flynn**, and the meetings guest speaker Dr. Paul Cappon.

Also, **Bea Osome** joined the meeting on the phone.

Keith Henry was not feeling well but still listened to the meeting.

PRESENTATION:

Gaye Moffett introduced our guest speaker, **Dr. Paul Cappon** on his third visit to the Club to provide information on Covid and vaccines. He is on the advisory committee of the Ontario Medical Association.

We learned a lot since the beginning of Covid 19. The percentage of Canadians vaccinated was affected by the uncertainty of availability due to Canada’s failure to manufacture its own vaccine and the United States policy of not exporting vaccines contributed to the delay of administering the second dose. Canada was reliant on other countries like Belgium, Switzerland, Germany, and India for vaccines. To give as many first vaccinations as possible with the limited vaccine supply Canada was the only country to delay second shots for four months Also, avoidable illness and death resulted from Canada not procuring the necessary supplies of masks gowns and other personal protective equipment. The Ontario Government further aggravated the situation with a number of shortsighted policies such as refusing to allow community doctors to administer the vaccine at their clinics

Presently the situation is much brighter. The city of Ottawa is moving towards herd immunity with 2/3rds of citizens over 12 vaccinated. The will to get vaccinated is strong thus the expectations of herd immunity is high. The government restrictions implemented to mitigate Covid 19 contributed to fewer cases. After studies, it has now been found that waiting 2 to 3 months between the first and second doses increases the effectiveness of the vaccines. It is the second dose that provides most of the protection against Covid 19.

The UK, Spain will now open fully, and the US is opening. Canada has more restrictions and our Covid infection rate is much lower. The UK assumes that there will be more infections but fewer will be hospitalized and die because the large percentage of fully vaccinated people will be less sick if infected and less likely to infect others. This should help achieve herd immunity. We'll see how it turns out.

Regarding the Covid variants- alpha from UK, beta from South Africa, gamma from Brazil and delta from India -studies in different countries give different results but Astra Zeneca is quite good, mRNA vaccines Pfizer and Moderna are significantly better but Moderna a little less so. We can't predict how it will be after the summer. As long as so much of the world's population is not protected new variants will emerge.

Overall, it has been observed that people vaccinated in Dec 2020 are still protected against Covid so we don't need a booster yet. Presently 99% of deaths and 97% of hospitalizations are people not fully vaccinated. It takes four to five weeks- not two - after the second dose to be fully protected. The risk of myocarditis after getting the second dose of a mRNA vaccine rises to about 1 in 2000 boys for 12-17 years old and these should consider whether the benefits of the second dose outweigh the risk. Females seem at less risk. Nevertheless, in general getting the vaccines is safer than contracting Covid.

Gaye Moffett thanked **Dr Cappon** for an informative brief and then fielded questions.

There will be no conflict between an annual fall flu shot and Covid vaccination or booster if you wait around two weeks between shots as queried by **Bob Harrison**.

The Moderna vaccine does not severely affect the heart as asked by **Roy Miller**. Waiting three months for a second dose will still get a good immune response but it is strongly advisable not to risk the lack of protection by waiting that long

Dr Cappon reiterated to **Andrew Young** that the UK is opening entirely because they have achieved a high rate of vaccinations and people will become infected but they hope that the vaccine will mitigate the severity and not many deaths will happen

Dr Cappon mentioned that reports from Argentina on ivermectin as effective against Covid infection and as a Covid treatment should not be considered until there are proper, double-blind clinical trials. **Don Butler** had asked the question based on studies referred to him by antivax family members.

BIRTHDAYS:

Hadi Mortada - Friday the 23rd shares a birthday with Daniel Radcliffe of Harry Potter fame and Monica Lewinsky of ...well Monica Lewinsky

Clive Talbot - Saturday the 24th -shares a birthday with Amelia Earhart, Zelda Fitzgerald and J.Lo

Fred Christie - Sunday the 25th who has the same birthday as Matt LeBlanc of Friends and Gavrilo Princip who assassinated Archduke Franz Ferdinand thus triggering WW1,

Luana Achihaei – Monday the 26th who proudly shares this date with Helen Mirren and Mick Jagger,
were wished a great year ahead!

PRESIDENT ANNOUNCEMENTS:

For various reasons and after a discussion with Brian Foster we have decided to not hold a virtual Music for Humanity concert this year. We are going to hold a wine raffle to raise funds in our District and Brian's District in the Red Deer area. A raffle ticket sales competition perhaps?

The Cash Calendar is inches away from having all the artwork done, all ads have been sold and this year's product looks spectacular. Stay tuned.

The Mums campaign is roaring along. Over 4400 plants have been ordered or reserved thus making this look like another banner year.

Dues, dues, dues... Please get your money in so that **Dave Morton**, our new treasurer can once again get a full night's sleep. Do it for **Dave!**

President Graeme read us a letter from the Dr. Erick Pallister award winner thankful for the funds which she will use for textbooks in her preparation for medical school.

HAPPY \$\$:

Robert Shaw Wood canvassed the members.

Hadi Mortada thanked everyone for the nice birthday wishes .

Dave Morton rented a cottage at the lake and, while spending a great time with the grandchildren, observed some spectacular lightning in the sky.

Larry Chop donated \$75 to the Club. Then gave another \$3 in honour of his granddaughter turning three years old and another dollar for travelling Guelph to learn how to sculpture in playdough.

Girja Dupe Thanked the Club for the wonderful "get well "card and is doing well. (She fractured her ankle) stating that she hopes to have her cast removed in a couple of weeks.

Jim Maxwell was relieved his son Ian and daughter in law Janine managed to get out of eSwatini despite the unrest there and travel to Chicago for their son's wedding. We hope **Jim** and Diane can also enter the US to see their grandson wed.

Don Butler was happy to hear the word "reticent" used correctly.

MEETING ENDS

President Graeme told us that DG Fay Campbell would speak to us in August and passed on her reminder us about the history of The Rotary Foundation and the value of

contributing to it. A Cash Calendar meeting would follow this one and we would be welcome to attend Board meetings. They are held the third Wednesday of the month and just let him know to get an invite. With an overview of the July 27 meeting **President Graeme** adjourned this one

27 July 2021 12:30

Club Assembly: to review and vote on accepting changes to the club bylaws, the proposed club budget for 2021-2022 and the nomination of **Susan Dalati** to the board

Scribe: **Don Butler**

Meeting at <https://us02web.zoom.us/j/81365346181>

See **President Graeme** email for log-in details