



Meetings: Tuesday 12 Noon, Virtual Meeting

President: Patrick Dobbyn
Secretary: Lynda Lawrence
Editor: Peter Boekhorst

Phone: 604-356-0923
Phone: 604-868-4674
Phone: 604-465-3392

[E-mail the President](#)
[E-mail the Secretary](#)
[E-mail the Editor](#)



AUGUST IS MEMBERSHIP & NEW CLUB DEVELOPMENT MONTH

Happy Birthday

Happy Anniversary

Aug 28: Patrick & Stefanie O'Brien

UPCOMING SPEAKERS:

Aug 24: Chris Thompson
Youth Exchange with an African Twist

Aug 31: Max Weselowski
InnerVisions and Hannah House – Recovery houses in Maple Ridge and Coquitlam

Sep 7: Dr. Baker
Treating Addictions

OUR CLUB LAST WEEK'S MEETING:

President **Patrick Dobbyn** presided over this In-Person and Zoom meeting.

Guests (in person): **Robert Hornsey** and **Peter Tam**.

Program: Dr. Jack Taunton MSc, MD, Dip Sport Med (CASEM), CFPC-SEM, FACSM

About Dr. Jack Taunton:



Dr. Jack Taunton is a Professor Emeritus in the Faculty of Medicine, Division of Sports Medicine at the University of British Columbia. He had a clinical practice in sports medicine at the Allan McGavin Sports Medicine Centre for over 40 years where he was the director for over 25 years after co-founding the Centre in 1979. He is very involved in clinical and exercise medicine research with a keen interest

in overuse injuries, injury prevention, concussion in sport and cardiac disease in athletes. He is a member and co-founder of Sports Cardiology BC. Over the past 2 years he has raised \$3.5million for the new sports medicine centre at UBC including \$1million for a cancer exercise program and more recently \$1million for the Chronic Brain Wellness program, and \$500,000 raised for the Chronic Brain Research program.

He was the Chief Medical Officer (CMO) for Vancouver 2010 Olympic and Paralympic Winter Games and CMO for Canada at the Sydney Olympics, two Pan American and two World Student Games. Dr. Taunton has worked with distance runners, cyclists, triathletes and other athletes both as doctor and coach. He was the Women's Team Physician and Association Coordinating Physician for Field Hockey Canada for over 25 years.

Dr. Taunton was the Team Physician for the Vancouver Grizzlies NBA Team during its time in Vancouver. He was co-founder of the Vancouver Marathon, the Vancouver Sun Run and most recently the UBC Grand Grand Prix of Cycling (now PoCo Grand Prix).

In 2016 Dr Taunton and two others initiated the establishment of a sports medicine clinic in Uganda. In May 2017 he and a team including an administrator, 2 physicians, a physiotherapist and an orthotist travelled to Uganda, examined over 100 athletes, completed two days of education for local physiotherapists and physicians and established traineeships. Groups continue to travel to Uganda on a yearly basis. Fundraising is an integral part of this initiative and Dr Taunton co-directed a fundraising evening and the group was able to send a much-needed MSK ultrasound to assist in the diagnosis of muscle and tendon injuries seen in 50% of the national team athletes.

Dr Taunton has been a competitive runner, completing over 60 marathons. He continues to be active and fit. He has been inducted into the following seven Sports Halls of Fame: BC Athletics, Burnaby, Simon Fraser University, BC, Richmond, Field Hockey Canada, and UBC Athletics.

He was named an outstanding alumnus at Simon Fraser University and received a Community Faculty award from the University of British Columbia Alumni. He was a recipient of the Queen's Diamond Jubilee Medal, named as one of Simon Fraser University Faculty of Science's 50 most inspiring alumni, and was chosen as a recipient of the Doctors of BC service award for long and distinguished service to the Doctors of BC and outstanding contributions to medicine in BC. He has received the Canadian Academy of Sport and Exercise Medicine Medal of Service Award that recognized individuals who have made an exceptional and outstanding contribution to the advancement of sport and exercise medicine in Canada.

Program: Returning to physical activity following COVID

Doctor Taunton's talk focused on concerns when returning to physical activity following COVID - in terms of one's immune system. The biggest concern is the effects of COVID on the brain, the lungs, and the heart, especially for persons with the more severe cases who have been hospitalized.

With respect to the brain, COVID causes symptoms much like a concussion or Parkinson's disease: altered gait, loss of balance, falls, and neuromotor dysfunction (i.e., a condition that typically affects movement, gross motor ability [involving movements of the large muscles of the arms, legs, and torso], posture, and fine motor ability [the ability to make movements using the small muscles in our hands and wrists]). Neuromotor disorders are caused by damage to the central nervous system. China has had the longest follow-up, and reported (among other symptoms) that 27% of COVID patients had depression, 42% had Post Traumatic Stress Disorder symptoms, 13% suffered headaches, and 16.8% suffered dizziness.

With respect to the lungs (pulmonary involvement), COVID patients often suffered acutely reduced oxygen saturation. Some patients with this condition would collapse if the oxygen saturation fell below 90% (a normal level of oxygen is usually 95% or higher), while other persons who suffered reduced oxygen saturation were asymptomatic. This is why it was very important that a person who had suffered COVID should monitor themselves with a home pulse oximeter, which may be purchased from most pharmacies. Persons who plan to return to sports should obtain medical investigations, such as chest x-rays and spirometry (spirometry is the most common type of pulmonary function or breathing test, that measures how much air you can breathe in and out of your lungs, as well as how easily and fast you can blow the air out of your lungs).

With respect to the heart, COVID patients may suffer viral myocarditis (an inflammation of the heart muscle), causing injury to the heart as a result of oxygen deprivation, which in turn is caused by obstruction of the blood supply commonly referred to as a "heart attack", hypotension (low blood pressure), hypoxia (low oxygen levels in your tissue), and arrhythmias (Heart rhythm problems, that occur when the electrical impulses that coordinate your heartbeats don't work properly, causing your heart to beat too fast, too slow or irregularly). Athletes with myocarditis should return to exercise under medical supervision, with periods of complete rest, monthly ECGs and other tests.

Some patients who have had COVID have experienced symptoms for over six months are known as "Long Haulers". They may feel as if there is no help available, but there is a clinic at St. Paul's Hospital (604-806-8057, room 5900 – 5th floor Burrard Building; and there are now at least 3 Studies in Ontario on the long-term effects of COVID. Symptoms that have been reported by Long Haulers include the following:

- fever
- headache
- muscle pain
- fatigue
- poor exercise capacity
- unable to climb stairs
- loss of short-term memory
- brain fog
- seizures
- hair loss

Not all physicians are up to speed on these problems and the proper medical treatment and interventions that should be undertaken.

It is therefore important for persons who have had COVID (especially persons involved in sports or other strenuous physical activities) to be aware of possible problems and to monitor themselves as much as possible, and seek proper medical attention before returning to active sports.

The West Coast Coalition Against Racism Society (WC_CARS)

Peter Tam (from the Haney Rotary Club) introduced **Robert Hornsey**, an executive member of WC_CARS. Mr. Hornsey briefly introduced himself and told us about WC_CARS, with the hope that Rotary might become involved with its cause.

Mr. Hornsey said that he grew up in the racialized cities of Windsor and Detroit, and that in fact, he was in downtown Detroit on July 23, 1967 when the inner-city ghetto was set on fire and put into chaos for five days. 43 people died. He stated that this left an indelible impression on his life and reinforced his disdain for racism and its underlying causes. Currently, he is the owner / Director of Bergthorson Academy of Musical Arts, with locations in Maple Ridge in Pitt Meadows, and a founding member of WC_CARS.

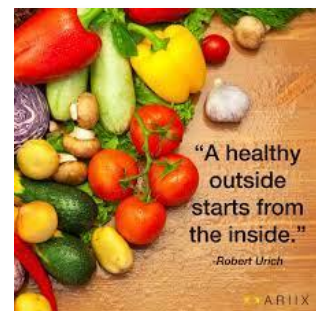


Mr. Hornsey said that the objective of WC_CARS is to provide support, education and action to reinforce a struggle against all forms of racism, and that this organization would work to facilitate positive changes that address structural racism as well as overt racist practices in our community and beyond.

It is stated on the website of WC_CARS:

".....We recognize that the founding structure of American and European societies is grounded on the conquest of America. The establishment of settler colonialism in the Americas – as in other parts of the world – was based on the appropriation of the land and resources of the conquered territories and the dehumanization of Indigenous people..... We believe that all struggles against oppression today are related and must come together both to make each struggle stronger but also because no partial gain can make substantial difference to the system as a whole. It is only by making a total change to the system of capitalism, imperialism, and colonialism that we can save ourselves from the catastrophe of climate change and the many forms of racialized and sexualized oppression facing us.... We must come together to unmake a world built of violence, oppression, systems of dehumanization, and destruction of our habitat and build one where we can all live as equal human beings in harmony with nature".

Today's Quote:



Submitted by Laurie Anderson