



Rotary Club of Regina Eastview

The ROTOR

Thursday, November 19, 2015

[Club Web Site](#)

Service Above Self

Editor: Peter Peters mppeters@sasktel.net
If you have any comments or questions, email the editor.

Nov 26	“Adventures in Agriculture Students” a Signature Project of the RC of Regina Eastview
Dec 3	“The Frontier Centre for Public Policy” with Mr. Peter Holle
Dec 10	“My Experiences as a Rotary Ambassadorial Scholar” with Dr. Susan Johnston
Dec 17	No Noon Meeting – in favour of Christmas Party on the 18th
Dec 18	“Eastview Family Christmas Dinner” – Evening Event
Dec 24	No Meeting – Christmas Eve
Dec 31	No Meeting – New Year’s Eve
Jan 7	“The Mamaweyatitan Centre and the George Bothwell Branch Library Development” with Jeff Barber, Director, Regina Public Library

NEXT WEEK

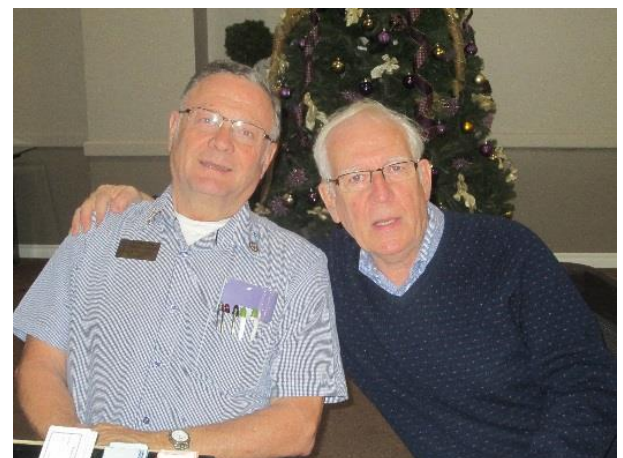
“Adventures in Agriculture”
Featuring the
Registered Students

Nov 26, 2015

DUTY ROSTER

Registration: Shreedhar Jachak
50/50: Doug Martin
Greeter: Clarence Krause

The **Registration Desk** was very competently manned by none other than our incomparable Club Secretary, Allen Hillsden. He was soon joined by our President Elect, Greg McNamara, selling **50/50 tickets**. Alas, Greg did not comply with the first part of the 4-Way Test, as he repeatedly promised arriving members that they could "Win a Million" or get a small



compensation prize! He paid for this later, leaving a donation for the Sergeant-at-Arms, basket (although there was no Sergeant-at-Arms today)!

The **Greeter** was Barry Strohan, standing in for Dave Edwards – seen here welcoming new member Jizinge Mwela

CHILI FOR CHILDREN

Duty Roster

NOV 27—Ann Grahame, Tanya Woroby, Alda Bouvier

DEC 4----NO SCHOOL

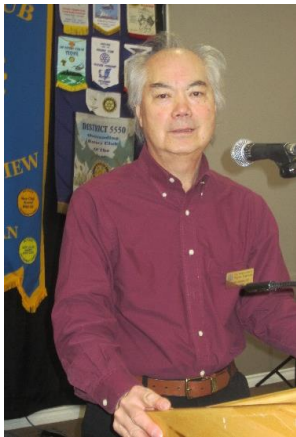
DEC 11-- Doug Archer, Nelson Falkowsky, Lyle Gollnick

DEC 18---Sherry McKinnon, Peter Peters, Greg McNamara

November is
“Foundation Month”
in the world of Rotary!

A donation makes a
difference in someone's world
and gets you a charitable
receipt.

The **Annual Adventures in Agriculture program** starts next Wednesday, November 25, 2015, and, after a consultation with Lyle Gollnick, Sherry McKinnon was busy handing out folders to those members who had kindly agreed to become Home Hosts.



President Ron Okumura chaired the meeting with his usual quiet efficiency, asking Nelson Falkowsky to lead us in singing "O' Canada". This was followed by **Rotary Grace**, and the speaker, (who had leave early to attend a RQHR meeting), was scheduled to present early in the meeting.

Joining President Ron at the **Lead Table** were Charles Keple, Sherry McKinnon, Lyle Gollnick, Nelson Falkowsky, Susan Berg and Gary Carlson.



INTRODUCTION

Dr. Shreedhar Jachak was called forward to introduce Dr. George Carson, who went to medical school at Queen's University and did his internship and 2 years of residency in Internal Medicine at Queen's before switching to Obstetrics and Gynecology.

Residency was done at the Boston Hospital for Women and the Royal Victoria Hospital in Montreal. His high risk obstetrics education was then done at McGill University.

Dr. Carson was assistant then associate professor of Obstetrics and Gynecology and Medical Physiology at the University of Calgary. Since April Fool's Day 1989 he has been Director of Maternal-Fetal Medicine at Regina General Hospital, now Regina Qu'Appelle Health Region. He served as Head of the Department of Obstetrics and Gynecology in the RQHR for 15 years. He was founding co-chair for the ALARM (Advances in Labor and Risk Management) Course of the Society of Obstetricians and Gynecologists of Canada and has been on several other obstetrics-care-related provincial and SOGC committees. He is now on the Board of the SOGC. He is the co-chair of the Practice Enhancement Program in Saskatchewan. He is a Clinical Professor of Obstetrics, Gynecology and Reproductive Sciences at the University of Saskatchewan.



PRESENTATION

Dr. Carson spoke about pregnancy care for women with problematic substance abuse, starting by questioning what changes occur during pregnancy and viewing it as a useful opportunity to treat these women. Few diseases can compete with addiction which occurs because life hurts, the substances reduce pain and if taken intravenously give a more rapid, pleasurable response. "Everyone else uses" so the choice may be between addiction and having no friends and no family.



The things which produce effective dopamine release include food, sex, nicotine, cocaine, amphetamine and morphine. A pie chart was shown indicating the causes of problematic substance abuse, namely, genetic predisposition, (30%), behavioral problems, (40%), social circumstances (15%), health care (10%). Studies by Population and Public Health Services have identified some of the markers. Women living in the poorer areas of the city, with low income, adverse socioeconomic factors, and teens are more likely to suffer from substance abuse with risk of low birth weight and high risk of infant mortality.

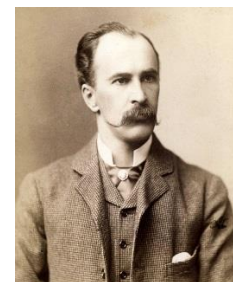
Saskatchewan has the distinction of having a HIV rate 4 times higher than anywhere else in Canada. In this province a positive HIV is associated with IV drug use, and of these, 53% are aboriginal and 14% non-aboriginal, 45% of females are aboriginal and 20% non-aboriginal. The aboriginal population is disproportionately young.

Care must be harm-reducing, which includes teaching social skills and self-control training. Methadone, an orally administered opioid does prevent withdrawal, craving and drug-seeking. It is not teratogenic. Antepartum care includes treatment of infection, treatment of anemia, as many of these patients have a very poor diet, good dental care is essential, so that they can eat comfortably, and teaching life-skills. Accurate dating is important as many of these patients have irregular cycles, "LMP sometime..." Use ultrasound to follow fetal growth and to "make the baby real" to the patient. Be the methadone prescriber to enhance compliance and to make getting care easier. There are three choices, medical detox., leave untreated or a low-threshold/high-tolerance methadone maintenance treatment clinic. Pregnancy issues must be managed, so prescribe Indomethacin for pain, and confirm that nausea and constipation are common, whether or not the patient is on methadone.

There may be partner issues and safety concerns. Anticipate Social Services and have the patient become used to a social worker. Leave orders for methadone to be given during labor, give an epidural and non-judgmental support, plus ensure that point of care HIV testing is done in case the woman's status has changed during pregnancy. Remember that these patients will require a 30% higher dosage of analgesia following C-section!

"The secret of caring for the patient is caring for the patient."

Sir William Osler (July 1849 – Dec 1919)



There were several excellent questions which Dr. Carson answered briefly before leaving for his appointment.

Assistant Editor's note: In discussing his proposed presentation when I was working on the Speakers' Schedule, Dr. Carson stated emphatically that he would not be speaking about alcohol abuse in pregnancy. I now see why, as he concentrated on the positive outcomes of treating addiction in pregnancy.

President Ron then introduced the **Lead Table**, which had (past tense!) included Jeff Barber, Dr. George Carson, (speaker), Hans Gaastra, John Van Koll, Dr. Shreedhar Jachak and himself.

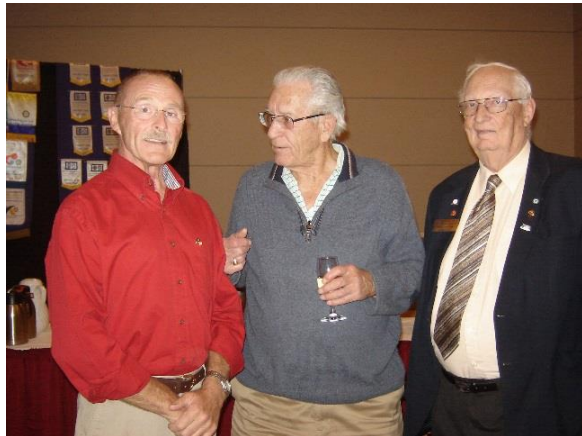


Allen Hillsden then introduced one **visiting Rotarian**, Dr. George Carson, of the Rotary Club of Regina and today's speaker, and one **guest**, Laurel Mattison (left), guest of Gordon Wicijowski, following which Nelson led us in singing the **Welcome Song**.

Greg McNamara had to leave, so Allen Hillsden asked Jeff barber to pull a **50/50 ticket** and Sherry McKinnon was the lucky winner of \$25. (She had also had to leave.)

A second draw was made for a coffee mug which had been donated by a Construction group meeting in the hotel, and it was won by Hans Gaastra, who asked that another draw be made and the winner was Zarin Zavery.

Hans Gaastra was then called forward to present President Ron with a Paul Harris award with a pin with one sapphire and Doreen Pankewich a Paul Harris award with a pin with 3 sapphires. Doreen also received an award for becoming a member of the Bequest Society.



Sick and Visiting:

Rotarian Ted Gyles (left centre – file photo) has been moved to the William Booth Nursing Home.

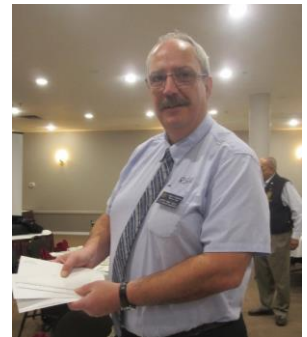
There was no **Sergeant-at-Arms** today, but President Ron Okumura called for **Happy Bucks** and Barry Strohan paid as he had met with Jeff Barber when out with his grandson who received some candy from Jeff. Doug Mortin had several Happy Bucks as he had completed the *Rotary Leadership Institute (RLI)* course and wished to acknowledge the hard work of President-Elect Greg McNamara, past District Governor Peter Peters and District Governor Nominee Peter Neufeldt in putting on these workshops.

ANNOUNCEMENTS

Valentine Gala 2016 - Peter Neufeldt went to the podium to show us that the tickets for the Valentine Gala 2016 have come from the printers. Wally Dressler will be giving these out to each member, so **SELL, SELL, SELL!**

Rotary Carol Festival - Please review the e-mail which had been sent out by Peter Peters asking members to consider buying a banner to be inserted in the Rotary Carol Festival programs. The sign-up sheets to **volunteer at the Rotary Carol Festival** were again on the tables.

HAMS – John Van Koll (**right**), the King of Hams reminded us that the last day for ordering HAMS will be November 22, 2015. Order forms have been e-mailed to members and are online.



Service Above Self Award - The **Service Above Self** nomination Form is attached to this ROTOR. The **deadline** for nominations will be **December 31, 2015**. Please search out candidates for this Award and get your nomination in to Jeanne Martinson, Director of Vocational Services.

For the Regina Eastview ROTOR, I am Ann Grahame