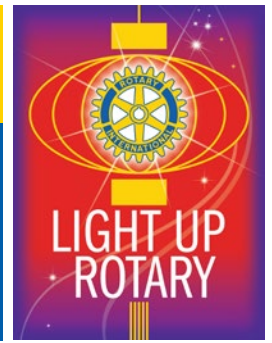


ROTARY SPOKES

The Weekly Bulletin of the Rotary Club of Ventura, est. May 1, 1919

Volume VC
Number 25
11 FEB 2015



The Ventura Family Medicine Residency Program

Today's speaker is Dr. Leslie-Lynn Pawson, Associate Program Director at Ventura County Medical Center.



Dr. Pawson graduated from McMaster University Medical School in Hamilton, Ontario, Canada. She completed the UCLA-affiliated Northridge Hospital Family Medicine Residency. After graduation she started a small group private practice encompassing broad spectrum Family Medicine while teaching part time. She joined the VCMC full-time faculty in 1991. Her special expertise includes HIV/AIDS as the lead physician for the Ventura County Women's HIV Clinic. Other interests include palliative and end-of-life care and education.

Ventura Family Medicine Residency Program was named the # 1 Family Medicine Residency in the country. The top 10 programs, out of a total of approximately 470 programs in the country, are all very different. What made Ventura #1?

The shortage of primary care physicians in the USA is a problem that threatens our ability as a country to provide good access to comprehensive cost effective care. Major economic forces within medical

education, the funding of medical education, physician reimbursement and other factors influence medical student choices away from Family Medicine and other primary care specialties.

Ventura County Medical Center has been training new physicians in the specialty of Family Medicine for 46 years. Family Medicine became a specialty recognized by the American Board of Medical Specialties in 1968. In the last year of medical school students choose their specialty and enter a Graduate Medical Education (GME) program approved by either the Accreditation Council for Graduate Medical Education (ACGME) or the American Osteopathic Association (AOA). VCMC is an ACGME approved program affiliated with the University of California- Los Angeles.

The rules that govern Graduate Medical Education changed significantly beginning in 2003. The forces that set these changes in motion shone the spotlight on GME practices and how we educate physicians. Work hour restrictions were enacted and all residency programs have adapted to these changes – including VCMC.

VCMC has had a national reputation of excellence in medical education. We are known for providing broad spectrum Family Medicine education enabling our residents to fulfill our mission - "Our graduates are empowered to work in all settings, valuing all peoples. "

The Ventura Family Medicine Residency Program received 455 applications from US medical students during the 2015 selection season for 15 intern openings. We received an additional 359 applications from foreign medical graduates. We remain the largest Family Medicine Residency in California.

In 2014 GME residency programs were rated by US News and World Report for the very first time.

VCMC is committed to continuing to train the Family Physicians of the future with broad spectrum skills to deliver excellent primary care to the citizens of Ventura County, the United States of America and the entire globe.

Meeting Recap of February 04

as reported by Dave Bianco

Ron Bamieh started the meeting admitting he “doesn’t like anyone here” and offered the shortest prayer ever.

Ellyn Dembowski asked members to save the date of April 11, 5:00-9:00 p.m. for a fundraiser to help our exchange student, Cristhian Pazmino, for his end-of-year train trip.

Terry Schaeffer reported on Leo Tauber and encouraged members to visit him. Terry reminded us that Leo was a member since 1948. Kristin Taylor, updating us on the Coats for Kids program, displayed plaques thanking sponsors of the program.

Steve Doll and organizers of last Thanksgiving’s Turkey Trot presented the club with a sizeable donation.

Hutch Hutchinson presented Paul Harris Fellowships to Michael Scar and Ron Bamieh.

Ed Summers fined on the Super Bowl while Ken Leandro offered his Rotary Moment.

Program

The Speaker was local doctor, Tesu Lin. M.D. with the Island View Gastroenterology Associates.

Dr. Lin spoke of cancer and the latest information available about the disease. Prevention through regular check-ups includes colonoscopies, cat scans, hepatitis screening, mammograms and prostate exams.

Exercise has shown a 50% reduction in cancer so he recommends about 30 minutes daily.

He cautioned that evidence is still needed to find if vitamins and supplements can prevent cancer, such as anti-oxidants such as Vitamin E. In fact, fish oil may not be good for you.

Today’s Program *Member Spotlights*

Introductions: Lynda Girtsman
Rotary Moment:
Fining: Dick Hatcher

Future Programs

Feb 18 Ventura College Capital Projects
Feb 25 Civil Grand Jury
Mar 11 Amarok Society



President Rob vanNieuwburg leads the club.



Dr. Tesu Lin spoke of the latest information about cancer and its prevention.



Ken Leandro offers his Rotary Moment.



President Rob is presented with a donation from the Turkey Trot.



Hutch Hutchinson congratulates Michael Scar and Ron Bamieh on their latest Paul Harris Fellowships.



Sherry Scott spoke about the recent Super Bowl party.



Ed Summers fined on the Super Bowl.



Kristin Taylor gave us an update on the Coats for Kids program.

Cautious Optimism for Nigeria

January 24, 2015 marked six months with no new cases of wild polio reported in Nigeria, the only remaining endemic country in Africa. While this milestone marks a major achievement for global polio eradication efforts, we must remain cautiously optimistic.



Nigeria's total polio case count for 2014 remains 6, compared to 53 in 2013. The most recent case had onset of paralysis on July 24, 2014 in the southern Kano state. Polio case numbers in Africa decreased by 92 percent between 2013 and 2014. In 2013, outbreaks in central Africa, the Horn of

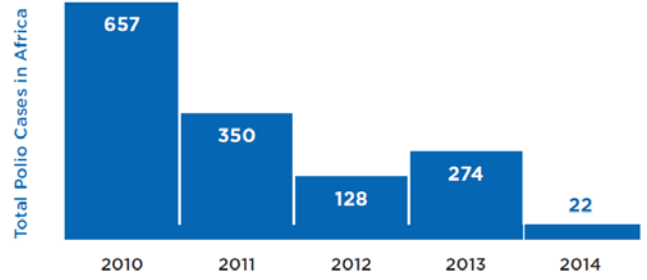
Africa and Nigeria, left the entire continent at risk of polio.

"Now we must be more vigilant than ever, as our progress is fragile," says Dr. Tunji Funsho, Rotary's PolioPlus chair for Nigeria. One of Nigeria's greatest challenges in the eradication efforts was reaching children in hard to access areas and low levels of campaign engagement. The Expert Review




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|---------------------------|-------------------------------|
| February Birthdays | Albert McCartney, Feb 23 |
| Lynda Girtsman, Feb 04 | Duane Georgeson, Feb. 24 |
| John Hammer, Feb.04 | Chris Brashears, Feb 29 |
| John J. Johnson, Feb 06 | |
| Cessy Figueroa, Feb 12 | February Anniversaries |
| Norbert Tan, Feb 13 | Clyde Reynolds, Feb 07 |
| Gary Young, Feb.21 | Warren Lovell, Feb 13 |

POLIO-FREE AFRICA IN SIGHT



Committee on Polio Eradication and Routine Immunization, the country's technical advisory body, met this month in order to review current progress and to discuss what next steps will ensure a polio-free Nigeria.

Nigeria's progress is at risk unless polio is ended in the other two countries where it also remains endemic: Afghanistan and Pakistan. Until polio is stopped in the remaining endemic areas, all countries need to maintain sensitive surveillance and high immunization rates to rapidly detect any importation of the poliovirus and minimize its impact. Now that 99 percent of the world's population lives in regions certified polio-free, the goal of eradication is closer than ever.




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