

MARCH 2023



# Mount Baker District DENTAL SOCIETY

## TOOTHSAYER

### INCLUDED IN THIS ISSUE

- President's Message
- In-person Meetings: April & May
- April 11 Meeting & CE
- Pre-Dental Students' Request
- Member Renewal Deadline
- Golf Fundraiser Invitation
- Calendar of Events 2022–2023
- Feb. 7 Meeting Minutes
- . . . and more!



Dental Kits Distributed by MBDDS

Photo courtesy Whatcom Boys & Girls Clubs

## PRESIDENT'S MESSAGE OUR GIVING ENDEAVORS

Brittany and I were living in Chicago when I discovered what St. Patrick's Day could really be. For those who have never been, Chicago is well known for dyeing the river that runs through the city green. And not like greenish blue, or a hint of green. We are talking lime, neon, fluorescent green, making swirls and ebbs around the boats that fill the canal. The people go nuts, cheering and yelling, waving their green beers over their heads, and blocking the streets at 7 AM.

These last few years, Brittany and my Patrick's Day has been spent in Woodinville, home of countless winerie beautiful tasting rooms, and some of western Washington's worst parking availability. But it's not pinots or cabs that we head south for; it's for the annual Woodinville Leprechaun Leap! This is 5K/10K, a fundraiser directly benefiting the Health and Hope Foundation. We don't arrive with running shoes and cropped shorts (the last jog I took was the bagel place across the street on a short lunch break between patients), but instead, we are there as volunteers ushering runners this way and that, handing out bibs and water bottles, and sharing stories from our time with the foundation. All of this sounds fantastic unless you're dressed as a Leprechaun the entire time. As I was. The entire time.



MBDDS President Dr. William Nichols, Leprechaun Extraordinaire

Brittany and I first worked with the Health and Hope Foundation on a dental aid trip to western Tanzania in July of 2018. The foundation, led by retired dentist Dr. Loree Bolin, focuses on healthcare access, clean water, and women's business startups, usually taking a team of dentists, doctors, and volunteers to Tanzania once a year for a three week clinic. Over the last decade, the organization has started a school for children in Mwanza, outfitted and supplied rural villages with water testing kits, and helped women move from crushing rocks by hand to running successful farming businesses. Every year her team completes dental, OBGYN, emergency medical, and optometry at rural clinics. She has sought out contacts in the local hospital and has referral slips prepared for larger cases and diagnosis and has local dentists available for follow up care. She usually ends the trip

by hiking into the Ngorongoro Crater to work with the local nomadic Maasai tribes and chart changes in oral disease. If this all sounds like a lot, it's because it is. In fact, Dr. Bolin's work with the organization won her the ADA's Humanitarian of the Year award in 2020. And all i've done is dress like a Leprechaun...

We can't all be Dr. Loree Bolins, but we can all give back in our own way. For some it's working with our local community projects; for others, it's as simple as giving that one patient a break on their procedure cost because you know it would help. We have incredible stories like Dr. Frank Repanich's travels to Nepal, or even our own Mount Baker District Dental Society members raising over \$7,800 for the Boys and Girls Club through scrap gold and precious metals.

We all became dental health care providers for different reasons, but I believe we share a common thread of selflessness. We wouldn't be in the world of healthcare if we didn't. We wouldn't be healers without it. So this month I click my brogues, tip my hat, raise my pint of lukewarm Chicago green beer to you all, and say *Thank You* and *Best of Luck* with our giving endeavors.

Warmly yours,

William Nichols, DMD  
MBDDS President

**Health and Hope Foundation**

<https://www.healthandhopefoundation.org/>

**Leprechaun Leap**

<https://runsignup.com/Race/WA/Woodinville/WoodinvilleLeprechaunLeap>

**You asked, we delivered!**  
**Both the April and May meetings are IN PERSON!**

**MBDDS MEETING & CE  
LECTURE**

Tuesday, April 11, 2023

**Free dinner for  
members!**

## **IN PERSON MEETING!**

6:30 PM Meeting and CE Presentation  
Mt Baker Rm, Four Points Sheraton, Bellingham

Please let us know, either way, whether you might be attending: See [LINK](#) below. Thanks!

**April 11 at the Sheraton – RSVP HERE, PLEASE!**

### **Speaker**

**Christopher Kyles, DMD, MD**

### **Topic**

**Medical Emergencies in the Dental Office**

### **Course Description**

All dental providers have a responsibility to be prepared for emergencies that may occur at the office. This lecture will be a review of patient evaluation, equipment, and case scenarios of these medical emergencies. My hope is that everyone will leave feeling confident and refreshed on how to be an effective provider in these situations.



### **Objectives**

1. Understand how to evaluate patients prior to treatment
2. Identify proper components of an emergency kit
3. Feel confident with the identification and management of common medical emergencies in the dental setting

### **About Dr. Kyles**

Dr. Christopher Kyles received his bachelor's degree in biology from Occidental College in Los Angeles. He attended Oregon Health and Science University (OSHU) in Portland for dental school, and then completed OSHU's six-year Oral and Maxillofacial Surgery Residency, which included two years of medical school, a one-year general surgery internship, and three years of intensive training in head and neck oncology, facial trauma, and advanced dentoalveolar surgery including arch implant rehabilitation. Dr. Kyles practices oral surgery in Bellingham and enjoys the northwest with his wife and two kids.

1 CE Credit Hour

AGD Subject Code: 142



Mount Baker District Dental Society  
Locally Approved PACE Provider for  
FAGD/MAGD credit.  
Approval does not imply acceptance by any  
regulatory authority, or AGD endorsement.  
04/01/2021 to 03/31/2025  
Provider ID#: 212497

## WWU Pre-Dental Students to Shadow Local Dentists

A REQUEST FROM WWU HEALTH PROFESSIONS & GRADUATE SCHOOL ADVISING

Are you interested in working with college students pursuing careers as dentists? Pre-dental students at Western Washington University are actively looking for opportunities to shadow dentists in our local area (primarily Whatcom and Skagit counties). **If you are willing to be added to our list of participating dentists, please email me—Anna Tognazzini at [tognaza@wwu.edu](mailto:tognaza@wwu.edu). We promise not to overload you with requests!**

Alternatively, if you are willing to give a short talk or presentation to our Pre-Dental Club or are open to talking with students about your career path, please let me know. You can learn more about Health Professions Advising at WWU at our website: <https://www.wwu.edu/careers/prehealth.shtml>.

—Anna Tognazzini

Assistant Director, Health Professions & Graduate School Advising, WWU  
[tognazaa@wwu.edu](mailto:tognazaa@wwu.edu)

## Dr. Paul Bergman, 1946 – 2022

48-YEAR MBDDS MEMBER

MBDDS member Paul Bergman passed away on December 17, 2022. Dr. Bergman practiced dentistry in Burlington for many years. He joined MBDDS in 1975 and was an

active member for 48 years. Condolences to Dr. Bergman's wife, Susan, and son Erik.  
Obituary available [HERE](#).

## REMINDER

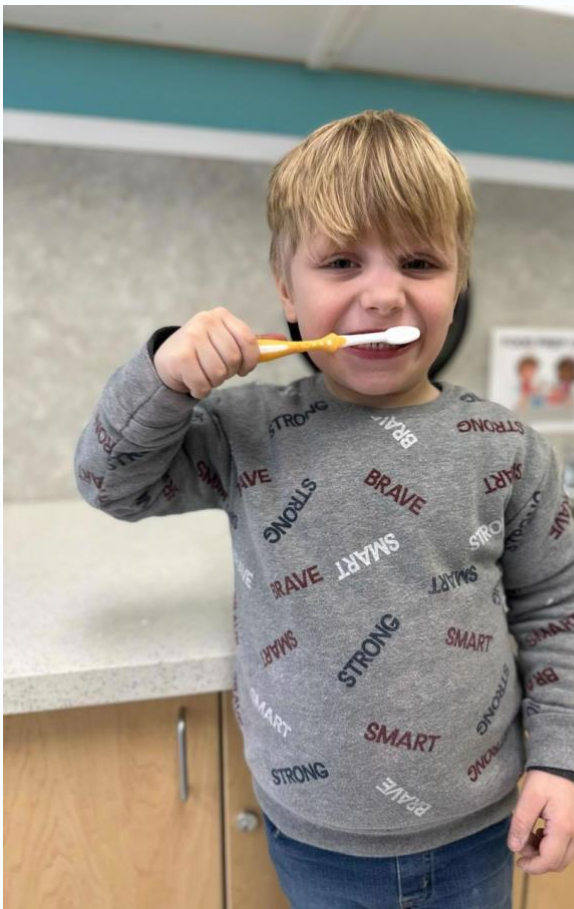
**YOUR MEMBERSHIP RENEWAL DEADLINE: MARCH 31**

Renew your membership now — [HERE](#)

## CHILDREN'S DENTAL HEALTH KITS DISTRIBUTED

Whatcom and Skagit Boys & Girls Clubs Recipients

Smiles abound as Boys & Girls Club children receive their dental kits from MBDDS!





Photos courtesy of Boys & Girls Clubs of Whatcom County

## GIFTS OF GOLD Successful Collection!

Many thanks to participants of the MBDDS Gifts of Gold project. The scrap gold collection of Feb. 23 yielded **\$7,619.61**, which has been gifted to the Boys & Girls Clubs of Whatcom County.





MBDDS Executive Director Nancy Tupper and President Dr. Will Nichols present, present a Gifts of Gold donation of \$7,619.61 to Boys & Girls Clubs of Whatcom County on Friday, March 3. Accepting the donation is B&GC Vice President of Development Sara Maloney (middle). Photo courtesy Boys & Girls Clubs of Whatcom County.

## MBDDS OFFICER AND DELEGATE NOMINATIONS

Would you like to run for office? Do you have a nominee in mind? Nominations will be accepted at the April 11 meeting, and elections will be held at the May 9 meeting. If you are interested in being nominated, contact a Nominations Committee member (Drs. Will Nichols, Micah Marth, and Marion Herson).

### POSITIONS OPENING UP

#### MBDDS Secretary-Treasurer

**Duties** include taking minutes at society meetings, presenting the correspondence and budget reports (both provided by Executive Director) at each meeting, serving on Executive and Continuing Education Planning Committees.

**WSDA HOD Delegate: Two positions**



**Duties** include representing MBDDS at annual WSDA House of Delegates meeting, reporting on proceedings at the following society meeting, and serving on the Executive Committee.

For more details about each position, see Article III: Duties of Officers in the [bylaws, on the MBDDS website.](#)

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## **An Invitation from Thurston-Mason County Dental Society**

12TH ANNUAL  
**CHARITY GOLF TOURNAMENT**

*Thurston Mason  
County  
Dental Society*

**FRIDAY  
MAY  
19**

**THE GOLF  
CLUB  
AT HAWKS  
PRAIRIE  
THE LINKS**

OUR ORGANIZATION IS HOSTING  
AN 18 HOLE MODIFIED SHOTGUN  
GOLF TOURNEY - **ALL PROCEEDS  
DONATED** TO THE OLYMPIA UNION  
GOSPEL MISSIONS ER DENTAL  
CLINIC AND THE TURNING POINT  
SURVIVOR ADVOCACY CENTER

**ALL SKILL LEVELS ENCOURAGED!**

8383 VICWOOD LANE; LACEY 98516

**COST: \$150/PLAYER -  
\$100/PLAYER TMCDS MEMBERS**

**8:00 AM START  
1:00 PM LUNCH / CLOSING  
CEREMONIES**

MULLIGANS \$10/EACH (MAX 2/PP)

**CONTACT: CINDY KRAMER  
TMCENTALSOCIETY@GMAIL.COM  
360-915-4062**

**FUN  
CONTESTS,  
PRIZES,  
RAFFLES  
AND MORE!**

## MBDDS CALENDAR OF EVENTS 2022–2023

### Sept. 13

Il Granaio, 100 W. Montgomery #110, Mount Vernon

Speaker: Nate Seimears, Whatcom Dental Lab

Topic: Avoiding Remakes with Effective Communication

### Oct. 11

Virtual

Speaker: Dr. Frank Repanich

Topic: Digital Dentistry: Why, When, and How

### Nov. 8

Virtual

Speaker: Sam Martin, CPA

Topic: Financial Health for Dentists

### Nov. 10–12

Seattle

**WSDA – PNDC**

Details: [www.wsda.org](http://www.wsda.org)

### Dec. 13

Chuckanut Manor

Speaker: WSDA President Dr. John Gibbons

Topic: WSDA President's Message, Updates

### Jan. 10

Virtual

Speaker: Dr. Kevin Mangelson

Topic: TMJ Made Easy: Simple Treatments for Common Problems

### Feb. 7

Virtual

Speaker: Dr. Eric Yaremko

Topic: TLC and Sedation for the Nervous Dental Patient

### April 11

Mt Baker Room at Four Points by Sheraton, Bellingham

Speaker: Dr. Chris Kyles

Topic: Medical Emergencies in the Dental Office

## May 9

Mt Baker Room at Four Points by Sheraton, Bellingham

Speaker: Dr. Roxanne Moore

Topic: Patients with Alzheimer's and Dementia

## MBDDS Officers 2022–2023

### EXECUTIVE COMMITTEE:

**President** Dr. William Nichols

**President-Elect** Dr. Micah Marth

**Secretary-Treasurer** Dr. Christopher Kyles

**Past President** Dr. Marion Hernon

**WSDA HOD Rep** Dr. Marion Hernon (term ends May 2023)

**WSDA HOD Rep** Dr. Kathleen Stambaugh (term ends May 2023)

**WSDA HOD Rep** Dr. Linh Vu (term ends 2024)

**WSDA HOD Rep** Dr. Emily Hobart (term ends May 2025)

### COMMITTEES

#### Midwinter and CE Planning Meeting

Dr. Mandy Alamwala, Chair

Dr. Annika King

All Executive Committee Officers and Reps also serve on this committee

#### Membership

Dr. Kurt Swanson

Dr. Will Nichols

#### Nominations

Dr. Marion Hernon

Dr. William Nichols

Dr. Micah Marth

#### Peer Review

Dr. Darcie Morris, Chair

Dr. Karen Homitz, Skagit, San Juan, Island Rep (currently on leave)  
Dr. Frank Repanich, Whatcom Rep

**Bellingham Technical College Liaisons**

Dr. Will Nichols  
Dr. Micah Marth

**Community Outreach / Dental Care Outreach**

Dr. Linh Vu (ad hoc task force organizer)



**Mount Baker Dist**  
**DENTAL SOCIETY**

**MINUTES**  
Feb. 7, 2023  
Meeting & CE  
Virtual

1. **Call to Order:** President Dr. William Nichols called the meeting to order at 6:33 p.m.
2. **Approval of January 10 Minutes:** Minutes were approved, as printed in February issue of *Toothsayer*
3. **Introduction of Guests:** Dr. Richard Clough was introduced; he has recently rejoined.
4. **Announcements**  
Reminder: Please sign in on Chat if your full name is not showing on screen.  
No other announcements made.
5. **Correspondence:** Secretary-Treasurer Dr. Chris Kyles reported no correspondence.
6. **Budget Report:** Secretary-Treasurer Dr. Chris Kyles gave the budget report, reviewing current balance; no other budget announcements to make.
7. **Committee Reports**  
Membership Committee: No new members to report  
No other committee reports made.
8. **Business: Old and New**  
Dental Action Day: Participants reported the following:
  - Bill proposed to make it easier for hygienists to become licensed.
  - Bill to require water authorities to inform if they are to cut off fluoride in water.

- Voiced opposition to dental therapy outside of reservations.

Free Children's Dental Health Screenings: It was reported that the screenings have been cancelled, due to lack of member volunteers; please let us know if you would like to be in on planning and/or volunteering for next year. Children's dental health kits were donated to Whatcom and Skagit Boys & Girls Clubs, approx. nearly 300 kits to each.

Nominations: It was announced that nominees are requested for MBDDS Secretary-Treasurer and WSDA HOD delegates.

**9. Continuing Education:** President-Elect Dr. Micah Marth introduced speaker Dr. Eric Yaremko, who provided a lecture on TLC and Sedation for the Nervous Dental Patient.

**10. Course Completion Code, for AGD members:** Nichols provided the code.

**11. Next Meeting:** April 11, ~~VIRTUAL~~ **[Editor's Note: The meeting has since been changed to an in-person meeting at Four Points by Sheraton, Bellingham.]** Speaker: Dr. Chris Kyles, Topic: Medical Emergencies in the Dental Office.

**12. Adjournment:** President-Elect Dr. Micah Marth adjourned the meeting at 8:16 p.m.

Respectfully submitted,  
Chris Kyles, DMD, MD  
MBDDS Secretary-Treasurer

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