

SEPTEMBER 2022



Mount Baker District

DENTAL SOCIETY

TOOTHSAYER

INCLUDED IN THIS ISSUE

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Photo courtesy of Jonathan Borba

PRESIDENT'S MESSAGE

BAGPIPING AND DENTISTRY: SOME PARALLELS

Hello Everyone and a very happy welcome to the start of the 2022-2023 season!

My name is Will Nichols and I have the distinct pleasure of getting to write the President's Message for the next nine months. A little bit about me: I graduated from the local high school in Blaine, finished my undergraduate degree at WWU, and attended Midwestern University outside of Chicago for my Dental School. This is all interesting information but what I really want to talk about today is Bagpipes. Scottish Bagpipes. More specifically Scottish Bagpipe bands.

You see, at the young age of six I started learning the bagpipes. Not an easy feat considering 1) I was living in Alaska at the time, and 2) I came in about 6 inches shorter than the entire bagpipes themselves. But I practiced and practiced and as the years went on my playing progressed until, in 2001, I played in my first World Pipe Band Championships in Glasgow, Scotland. And on that August rain sodden, 58 degree day, surrounded by Scots wearing various forms of rain jackets, tarps, and capes, my group placed . . . 38th . . . out of 40 bands. . . in the second-to-worst class of bands in all the world. My 12-year-old heart could barely handle the disappointment.

I bring up this riveting story because I think there are parallels that can be drawn between the World Championships of Scottish Bagpiping and the every day life that we as dentists and society members have lived for the last three years: Adaptation and Perseverance.

August in Scotland is fairly similar to April or May in Skagit and Whatcom Counties. There will be sun. Maybe for a day, more likely for an hour. But even more certainly there will be rain. And usually lots of it. The heavens will open, and the wind will blow and the temperature will plummet 10 degrees and then slowly the clouds will peel back only to give you a glimpse of the next storm rolling in off the rugged North Sea. And that's all before noon tea. So we have to prepare our bagpipes for cold wet rainy conditions. This

past Scottish August was different. You may have seen in the news but the UK has been under an unprecedented heat wave and this past month I found myself standing on the fabled competition field of Glasgow not in a rain coat but under layers of sunscreen and dollar store sunglasses. It was now 81 degrees, one of the hottest days on record, and a rain cloud hadn't been seen in two weeks. Suddenly all the prep work put into preparing our instruments for the usual, the cold, the damp—it all had to go out the window. We, along with the other 146 Pipe Bands, had to adapt and in a very short amount of time with everything on the line.

It didn't feel so different from what we've all been doing in our practices and lives since 2020, trying to decide what mask fits best, how many air purifiers are too many air purifiers, when is it ok to finally remove the plexiglass shield hastily put up with screws and hooks. New regulations and recommendations being passed down that have to be considered and applied to our daily routines. The Society has had its own moments, moving to online meetings, canceling Midwinter, renewing zoom accounts, all the while attempting to adapt and support the membership in any and the best way possible. I'm so proud of Dr. Alamwala, Dr. Hernon, Nancy Tupper and the entirety of the board for standing at the head of the society during these tough times. Because of them we have been able to pivot and remain flexible while always looking out for those that make up our society. I'm happy to say we're in as strong a position as ever with new events like our sponsored cruise of Bellingham Bay and the return of in-person meetings throughout Skagit and Whatcom Counties.

Which brings me to my final point: Perseverance. Luckily for me my bagpiping career did not end back in 2001. I continued to practice (my Mom and Dad continued to buy foam earplugs in bulk), and I'm happy to say that even with the hot weather and arid conditions, my group went on to earn sixth place out of those 146 bands, the highest position of any band outside the UK. The hard work and practice of my youth helped shape and prepare me for the rigors of dental school and the perseverance we as dentists have all applied to

our years of hard learning have no doubt helped prepare us for the endeavor required to treat our patients and lead our businesses during some of the most trying times.

So going into this year, I am excited for the coming months, our mix of in -person and virtual meetings, our wonderful line up of continuing education speakers, and our annual winter meeting down Chuckanut Drive. Because with our ability to adapt and the perseverance we have all shown, the Mount Baker District Dental Society has never been in a better position to support and grow oral health care in the Northwest.

Here's to a wonderful fall everyone!

William Nichols, DMD
MBDDS President

[Editor's Note: [Check out this BBC recording](#) of our President Dr. Will Nichols and his pipe band performing in Vancouver, BC, last month!]

MBDDS MEETING & CE LECTURE

Tuesday, Sept. 13, 2022

6:30 PM Social, 7 PM Dinner Meeting & CE

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

Please let us know if you plan to attend [HERE!](#)



SPEAKER

Nate Seimears

Co-Owner, Whatcom Dental Lab

TOPIC

Avoiding Remakes with Effective Communication

Course Description

Strategies for communicating with your dental lab in order to ensure that cases are successful the first time.

Course Objectives

1. Writing Rx forms that eliminate the guesswork and reduce costs
2. Giving your lab what they need to succeed
3. Collaboration and building on each other's strengths
4. Ways your office staff can help or hinder communication

1 CE Credit Hour

AGD Subject Code: 149



PACE
ACADEMY of
GENERAL DENTISTRY
PROGRAM APPROVAL
FOR CONTINUING
EDUCATION

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

INTRODUCING 2022–2023 MBDDS OFFICERS AND DELEGATES

OFFICERS

PRESIDENT: **Dr. William Nichols**

PRESIDENT-ELECT: **Dr. Micah Marth**

SECRETARY-TREASURER: **Dr. Christopher Kyles**

IMMEDIATE PAST PRESIDENT: **Dr. Marion Hernon**

WSDA HOD DELEGATES

Dr. Kathleen Stambaugh

Marion Hernon

Emily Hobart

Linh Vu

NOTE: Our WSDA delegates will attend HOD in Bellevue, Sept. 22–24. Resolutions and Reports to the 2022 House of Delegates are available to members [HERE](#). Our delegates will give a report of events at our October 11 MBDDS meeting. Also, two of our own

members are candidates for elected positions: Dr. Mandy Alamwala, for ADA House of Delegates, and Dr. Emily Hobart, for WSDA Board Member. We wish them well!

ADDITIONAL NOTE: The officers and delegates listed above all serve on both the Executive and CE Planning Committees. There are two additional member positions on the Continuing Education Planning Committee, and **Dr. Mandy Alamwala** holds one position. The other is **currently open**. If you have an interest in serving on the CE Planning Committee, please contact Executive Director Nancy Tupper at mbdds.info@gmail.com.



Mount Baker District
DENTAL SOCIETY

NEW!
MBDDS WEBSITE
LAUNCHES SEPT. 7

TAKE A LOOK! Be sure to check out the new website, which has been streamlined with the ADA and WSDA websites. Same address, new look—you will find a Member Center with information about all our events, links to our virtual meetings, in addition to access to members-only resources.

www.mbdds.org

ADA FUNDED EVENT REACHES NEWER DENTISTS

What does an ADA grant, a perfectly gorgeous late summer evening, and a few dozen newer dentists make? An evening cruise on Bellingham Bay, of course! The August 30 event, funded by ADA with the intention of reaching newer dentists in our community and promoting involvement with MBDDS, was deemed a success by all. MBDDS hopes to find more ways to offer similar events in the future.



President Dr. Will Nichols welcomes participants.





Members and non-members



mingle.



SKAGIT COUNTY CORONER'S REQUEST
Potential Name, DOB, and Sketch Provided
Do you recognize the name, face, or dental work?

New information has been provided by the Skagit County Corobner's office, regarding the case of an unidentified individual that MBDDS has been asked for help in identifying:

Potential Name: **Timothy Narcizo Martinez**
Date of Birth: 11.18.1982

The case is an adult male with full porcelain crowns on teeth #6–11 and an RCT on #9. No other restorations were noted by the forensic odontologist. He is about 5'6" to 5'8" tall, with black hair.

[HERE is a link to a SKETCH](#) of the individual, published by KGMI News Talk.

If you recognize this individual, please contact the coroner's office:

Skagit County Coroner's Office
1700 Continental Place
Mount Bernon WA 98273
Office: (360) 416-1996
FAX: (360) 848-1173

Thank you!

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

Additional monthly meeting Speakers and Topics to be announced SOON! Check the website for continual updates—www.mbdds.org

Oct. 11

Virtual

Speaker: TBD

Topic: TBD

Nov. 8

Virtual

Speaker: TBD

Topic: TBD

Nov. 10–12

Seattle

WSDA – PNDC

Details: www.wsda.org

Dec. 13

Chuckanut Manor

Speaker: WSDA President Dr. John Gibbons

Topic: WSDA President's Message, Updates

Jan. 10

Virtual

Speaker: TBD

Topic: TBD

Feb. 7

Virtual

Speaker: TBD

Topic: TBD

March 10 or March 3 (TBD)

MOUNT BAKER SUMMIT

Details to follow

April 11

Virtual

Speaker: TBD

Topic: TBD

May 9

Venue: TBD

Speaker: TBD

Topic: TBD

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. Emily Hobart (term ends
WSDA HOD Rep Dr. Linh Vu (term ends May 2024)

COMMITTEES

Midwinter and CE Planning Meeting

Dr. Mandy Alamwala, Chair

All Executive Committee Officers and Reps serve on this committee

Open Position

Membership

Dr. Kurt Swanson

Dr. Will Nichols

Nominations

Dr. Mandy Alamwala

Dr. Marion Hernon

Dr. William Nichols

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 District DENTAL SOCIETY

MINUTES
May 3, 2022
Virtual Meeting

1. **Call to Order:** President Dr. Marion Hernon called the meeting to order at 6:33 p.m.

2. **Approval of April 5 Minutes:** Minutes of the April 5 Minutes as printed in May issue of *Toothsayer* were approved.

3. **Introduction of Guests:** No guests

4. Announcements

Reminder: Attendees expecting to receive a CE attendance verification: Be sure your name is showing on the screen; if not, sign in on Chat with both first and last name; if Chat is not an option, voice your attendance. AGD members, please provide your AGD number or at least indicate your membership. AGD verification code to be issued at the conclusion of tonight's lecture.

No other announcements were made.

5. **Correspondence:** No correspondence to report

6. **Budget Report:** Secretary-Treasurer Dr. Micah Marth gave the budget report, noting the balance difference is due to a deposit at Sheraton for the cancelled Midwinter Meeting, which will be held for a future event/CE.

7. Committee Reports

Membership Committee: No new members reported.

No other committee reports were made.

8. Business: Old and New

May 7 Event: The social event was cancelled due to lack of interest. The deposit with the Sheraton will be held toward a future event, to be determined by Executive/CE Planning Committee.

Officer and HOD Nominations: President Dr. Marion Hernon opened the floor to additional nominations for Secretary-Treasurer and WSDA HOD Delegate. Dr. Emily Hobart was nominated for an open HOD position.

Officer and HOD Elections:

SUCCESSION OF OFFICERS: The following succession of officers was approved: Dr. Marion Hernon will assume the position of Past-President; Dr. Will Nichols, President; and Dr. Micah Marth, President-Elect.

OPEN POSITIONS: Chris Kyles was elected to the position of Secretary-Treasurer. Dr. Emily Hobart was elected to an HOD delegate position.

Annual Survey: President Dr. Marion Hernon noted that the annual survey will be sent to all members in the coming week. It's important that we receive feedback from everyone, to make improvements in continuing education and in any other ways we can make MBDDS better for members. Please be sure to complete your survey. Thank you!

9. Continuing Education: President-Elect Dr. Micah Marth introduced Dr. Pardeep Brar, who lectured on Strategies for Success in Managing the Anti-coagulated Patient

10. Course Completion Verification Code, for AGD members: President Dr. Marion Hernon gave the verification code.

11. Next Meeting: September, details to be determined

12. Adjournment: President Dr. Marion Hernon adjourned the meeting at 7:45 p.m.

Respectfully submitted,

Micah Marth, DDS
MBDDS Secretary-Treasurer

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MBDDS@MBDDS.org, Mount Baker District Dental Society, 423 Clark Court, Lynden, WA, 98264

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