



President's Message

Dr. Peter Fritz

The Path of Least Resistance is Why Rivers Don't Run Straight

"Life without industry is guilt, and industry without art is brutality." – John Ruskin

In these turbulent times, we are faced with challenges new and old. As a member of the NPDA, you are by definition a dentist and inherently a leader. Due to the latter role, you are expected to have the answers and to know what to do. Being a dentist and a leader inextricably links you to the serious tasks of guiding a team, advocating for patients and developing those around you. The potential consequences of the success of your leadership are far reaching and can improve and impact many lives, as well as the community in which we live. It has been said "you can accomplish anything so long as you are willing to let others take credit for it".

With this in mind, I want to share a situation where the NPDA network has facilitated the ability to create something positive from an otherwise terrible position by connecting art, industry, nature and creativity.

We all work closely with our teams and spend many hours interacting with our work colleagues. As such, we become aware of each other's personal family situations, triumphs and challenges that life will inevitably reveal. Life never runs in a straight line for anyone. Like a river, there are obstacles all of the time that give us no choice but to change direction, to find a different path.

One of my team members, Cathy, is experiencing a tremendous challenge.

As many of us do, we first meet our team's spouses at social events such as a holiday party. I first met John at our Christmas party. After being a mechanical engineer and volunteer firefighter for many years, he switched careers in his forties and realized his dream of becoming a professional firefighter. John was with a fire hall in Vaughan and just before the party, he was featured on a safety segment on CityTV. He fit the profile of the ambassador you would want on television to promote safety to the citizens of a big city; Bright, energetic, charming and fit.

Not two years after that encounter he started to notice he was having trouble with his leg but brushed it off as being a little clumsy. Soon after, he realized it might be more of a problem that shouldn't be ignored and had it investigated. A few months later, John was diagnosed with ALS. This relentless disease slowly moved forward and soon John needed to retire from firefighting. To expedite the process, his colleagues at the fire-hall covered his shifts so he could retire sooner than he had planned.

The disease continued through its brutal stages and our team tried to do what we could to support Cathy, his wife, our teammate, but we knew our efforts were only a drop in the bucket of support that the Hamm family so gracefully receives.

Continued on page 3

inside...

President's Message	1
Executive Council	2
From the Historical Archives	4
Save the Dates!	6
Category 1 Lecture	7
ODA Council Report.	8-9
October Lecture	10
NPDA Events	
Naloxone Training	14

Continued from page 1

In December of 2017, Cathy made the decision to be with John and take a leave from the clinic. As a leader, I had no direction to offer, no peppy catchphrase and no amount of encouragement could make the situation better. Much like playing tennis against a brick wall, there was no way yet to win against this relentless and brutal disease.

However, on a canoe trip last September in Algonquin Park, I learned of an opportunity to make a very, very tiny difference. Algonquin Outfitters had organized a "Paddle Art" promotion to raise funds for Parks Canada. I asked their organizers if we could use their idea to support the Niagara chapter of ALS Canada and do something useful for John and Cathy and their family. Algonquin Outfitters instantly agreed and the "Paint a Paddle" Promotion was born. Very quickly support has grown from our local community including Niagara College and many members of our NPDA.



As you are aware, a canoe paddle is a timeless Canadian icon that represents simplicity, utility, and nature. It symbolizes an essential instrument one needs to explore and journey through all stages of life with. It symbolizes change and beauty.

With our 'Paint a Paddle' Initiative for ALS Canada, it can also be used for artistic expression, to harness creativity and to knit a community together by forging towards a common goal.

How the fundraiser works is a simple three-step process:

1. **Buy** an unfinished canoe paddle for \$45 with all proceeds supporting ALS Canada.
2. **Decorate** your paddle. Take it home and paint it, etch it, burn it, carve it. Decorate it to make it as beautiful as you can however you wish. The only limitation is your imagination. Paddles can be decorated on your own (solo mission) or as a team (group trek).
3. **Return** your paddle by March 4, 2020 for auction with all proceeds supporting ALS Canada.

Returning your paddles for auction and those that receive the highest bid, win prizes.

Top prize: The Atlantic Ocean (kidding).

Top prize: A 17' Kevlar Swift Canoe. Every 20 entries will receive a prize. There is also a special prize for the best group effort, which would be an ideal team building project.

For more information on the Paint the Paddle fundraiser please visit, www.periointhe peninsula.com or download the Dr. Peter Fritz app on the App Store (for Apple) or Google Play (for Android).

As leaders for our teams and communities, belonging to organized dentistry is certainly a great advantage. I am touched by the support of many of my colleagues from the NPDA who have purchased a paddle as an individual or to use the paddle promotion to pull together with their team to forge ahead for a great cause.

I've always believed in hands that work, brains that think, and hearts that love. It is comforting and a privilege to be among colleagues who believe the same, especially in these turbulent times where our path is unknown, much like the path of a river.