

Rotary



Club of Mt. Shasta

Club Leaders



Doug Carter
President



Thomas F. Stienstra
President-Elect



Gary L. Bostwick
Secretary



Lorinda Forrest Meyer
Secretary



Donna Boyd
Treasurer



Audra Beylik
Public Relations Chair



Kenneth Brummel-Smith
Membership Chair



Mark Foster
Rotary Foundation
Chair



Kathy L. Morter
Club Programs Chair



Heather Maria Solus
Past President



Heather Maria Solus
Assistant Governor

Mt Shasta Rotary Meeting 01-13-2021

Wednesday, January 13, 2021

Call to Order & Welcome
Pledge of Allegiance

Guests/Visiting Rotarians: Shannon Gerig, Mountain Valley Health Centers, Ana Pringles Speech therapist and potential member

Thought of the Day: Glen Harvey

Glen spoke of Jonathan Haidt, author of *The Righteous Mind: Why Good People are Divided by Politics and Religion*. In a recent podcast, Jonathan talked about why there is discord and spoke of populism. Populism has a negative connotation when people don't like what's going on in government. Populism is actually what created the United States and allowed us to separate from England. It doesn't have to have a negative connotation. It's never been our ability as humans to agree about different perspectives, including religious and political. What distinguishes us as humans is our ability to cooperate. The reason Glenn mentions cooperation is because Rotary has a youth program called Rise Above which is about rising above pettiness and learn to work together. Don't be concerned with people's beliefs, but the ability to live next door to people and get along. When things seem dark and not going well, our ability to cooperate despite our differences is what makes things work in Rotary, in our personal lives and across the world.

Reports:

Lorinda reported on the Pay it Forward movement started by Greg Juell. She had sent out an email to all members informing them that they learned there is a discrepancy between what we invoice members and what we are charged from Rotary International. Since this was discovered just before invoicing, she notified members we will not pass long this extra amount until next year. Greg immediately offered to pay the difference of \$15.15 for himself and four other members selected at random. This generous offer was repeated among several members, ending with Alisa Johnson who just before today's meeting offered to pay for the ten remaining members. The club collected an additional \$620 from this generous effort by club Rotarians.

Ken reported that he sent out the new Spouse/Partner member category description. He explained the fee is \$100 per year. Funds go to the club, and not to RI or District. He encouraged members to talk with their spouse about this and determine if they are interested in joining at this level. Kathy Morter said that at the Feb 3 meeting this will be discussed in more detail.

Doug said Kevin would be receptive to rejoining Rotary. Greg Messer will not be renewing his membership, saying it is time for him to be doing something else.

Tom met with the Paradise Rotary club last week. They are meeting via Zoom, figuring out new ways to do outreach. We aren't on a solo ship. There are a lot of clubs on parallel courses.

Ken provided a quick presentation on vaccine updates in Siskiyou County. Distribution has been a challenge. Only about a third of all shots have been given. Persons 65 and older may now receive the vaccine. CDC just released a report that severe reactions only occurred in 21 cases total, common reactions are at 2 per thousand.

COVID related links:

Siskiyou County update

<https://www.co.siskiyou.ca.us/publichealth/page/covid-19-current-statistics>

Siskiyou County Vaccination Plan

http://www.co.siskiyou.ca.us/sites/default/files/fileattachments/public_health/page/23221/ph_20201230_siskiyou_covid-19_vaccination_plan.pdf

COVID-19 Vaccine Distribution (national)

<https://nihcm.org/publications/covid-19-vaccine-distribution>

California ICU Capacity

<https://www.kqed.org/news/11850757/california-icu-capacity-see-your-countys-available-beds>

Current data - US and the World

Pat said he had the vaccine and his only reaction was a sore arm the next day.

Kathy M gave an update on programs. Ron Diridon will talk Jan 20 about climate change and climate change action committees and students of the month. Feb 3 will be for club business. The Feb 10 guest speaker will be Andrew Pelkoffer.

Program:

Shannon Gerig of Mountain Valleys Health Centers

MVHS has been around since 1981. It started as one small clinic in the town of Beaver, named Big Valley Medical Services. In 2000, they merged with Butte Valley/Tulelake Rural Health Project. In 2000, the name changed to Mountain Valleys Health Centers. In 2002, they merged with private practices in Burney and Fall River. In 2018, they merged with private practices in Mt Shasta and Weed. The core function of MVHS is to provide primary health care services including medical, dental, and behavioral health.

Locations include:

- Big Valley Health Center
- Burney Dental Center
- Burney Health Center
- Fall River Valley Health Center
- Mt Shasta Health Center
- Tulelake Health Center
- Weed Health Center

Shannon is originally from Washington state. Her husband played sports at COS. They have been married 25 years and currently live on a ranch. She is a registered nurse, the director of nursing, quality coordinator, chief operations officer, and chief executive officer. Shannon has been with MVHS for 25 years.

MVHS receives federal funding which helps them manage operations. They also provide loan repayment programs for practitioners who want to move to the area and practice medicine.

The MVHS local providers for our area are:

Mt Shasta
Dr Alan Cohn, MD
Dr Erik Van Houten (Aug 2021)

Weed Health Center
Kate West, Family Nurse practitioner
Troy Bainbridge, Physician Assistant
Eric Monthei, psychologist

Board Representatives in our area are Ed Stokes (Mt Shasta), Jana Blevins (Weed)

Dr. Alison Liewen, Family Physician, joined the staff in Nov 2020. She is seeing patients in Weed and Butte Valley Health Centers. She studied molecular biology at Harvard University where she received her bachelor's degree. Allison worked in cancer research and spend a year in rural Uganda. She received medical degree from University of Pennsylvania, and completed family medicine residency in Duluth, MN. Her medical interests include women's health, chronic disease management, mental health and addiction medicine.

Dr Eric Van Houten will join the team in Aug 2021. Eric, his wife, boys and a third child on the way are excited to move to Mt. Shasta. He completed his associates at Cuesta College in San Luis Obispo and transferred to Cal Poly, San Luis Obispo. He completed medical school at UC Davis and residency training at Mercy in Redding.

COVID testing is available at their clinics. They prefer people make an appointment rather than walk-in. Mt Shasta clinic is by appt only. They are fortunate to have the rapid testing for patients with symptoms The PCR test is sent out, takes 3-5 days to get results.

She reported it has been a wild ride to acquire vaccines. They have been left out of the loop until now and the only places receiving vaccines so far have been the hospitals. The state has a website at which they need to apply to get permission after the county invites them to do so. They were able to apply the first week in January. Each of their clinics had to submit a separate application with detailed questions. On January 8, they received notification the website will close down and open a new website. Their data should be migrated to the new system.

MVHS hopes to get the vaccine in Weed and Mt Shasta next week. They will receive the Moderna vaccine. Side effects are minimal. She recommends people remain patient. Their staff is currently taking names to put on a list to be vaccinated.

Lorinda asked about the antibody test. Shannon replied that in a rural area the antibody test isn't as helpful as in larger, more dense communities.

Linda asked about levels of immunity after first and second vaccinations. Coverage increases after second injection. Shannon said she didn't think you can shed the virus after vaccination and infect

others. People with COVID shed the virus at different rates ♦ depends on viral load. After ten days of COVID you shed very little.

Ken said there was a study published which shows very robust antibody production after the first vaccination injection which is higher in older people than in younger people. Recommendations will continue if you have had COVID you should still get the vaccine ♦ you get a more robust immunization response than from having COVID alone. Transmitting the virus and transmitting infection are two different things. You may get a positive test even though you can♦ transmit the infection. You are very unlikely to transmit the virus after receiving the vaccine.

Ken asked if she saw a need in geriatric training at their clinics due to the higher average age in our county. Shannon said they would be open to this sort of training.

Happy Bucks:

- Ken \$5 working on DacDB, was able to get Shayna♦s Rotary ID number
- Audra is retiring from the Community Foundation on March 12 - \$5. She looks forward to what♦s next in retirement
- Kathy Morter - \$10 for how cool it was to see people step up for the pay it forward movement
- Doug acknowledged Heather, Paul, Ana and Patrick and Michael Mondeau ♦ we don♦ see you that often. You are missed when you aren♦ here. - \$5 per person for a total of \$20
- Ted wants to congratulate Lorinda, Gary and Ken for stepping up and doing a great job with trying to make the treasurer job easier going forward, including new electronic invoicing and the ability to pay with credit card. He loves the automated system - \$20

Marble game:

Patrick Titus did not draw the blue marble

Birthdays



[Thomas F. Hesseldenz](#)
January 13th

Wedding Anniversaries

No Wedding Anniversaries Found

Years of Service



[Kenneth Brummel-Smith](#)
0 Years

Club Meeting

Mt. Shasta
Meets at Normally, Mt. Shasta Resort. Currently via Zoom. Contact us for link to join a meeting.
1000 Siskiyou Lake Boulevard
Mt. Shasta, CA 96067
Time: Wednesday at 12:30 PM