



# Post Maes Pedr



NO 2

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## A visit from the Dentist!

Most of us are aware that Tony makes an annual visit to the Ukraine using his professional skills in dentistry. At the March meeting Tony gave us an insight into the work that he is involved in during these visits. Here is a brief summary.

The visits are part of a church project which was set up by a church in Esher in 2004. There are 3 dentists in the team and also a number of support staff. Trainee doctors and nurses from Hungary are also involved as they are able to provide a translation service.

The project involves the communities of 3 villages on the Hungarian/Rumanian border. The area has a poor record of dental health due to a lack of basic oral hygiene. This combined with high levels of sweets and fizzy drinks means that tooth decay is inevitable. With the use of projected photographs Tony illustrated some of the challenges that he and his team face when setting up treatment centres for the patients. Improvisation is a key feature and the patients looked very relaxed while receiving treatment in their reclining garden chairs.

As well as providing dental treatment Tony and the team also provide dental health

education. This is aimed at the youngsters as a preventative measure. The children are taught how to brush their teeth effectively and they are given toothpaste and toothbrushes to use at home. It is vital to improve oral hygiene as there is a link between inflammation of the gums and the development of plaque in arteries. The area has a high incidence of cardiac problems possibly caused by smoking, drinking alcohol and a fatty diet.

Dentistry is only part of the project though. The team is also involved in the social life of the community. There is an annual village fair where everyone takes part in singing or dancing. The summer school is also an important aspect of the support provided by the charity. The young people are engaged in a range of activities that both entertain and educate them.



## Spotlight



Each month one of our members will feature in the *Spotlight* section. This is a chance for us to get to know some interesting facts about each other.

Be prepared ... next month ... it could be YOU!

On page 2 see the 1<sup>st</sup> Spotlight Star.



## Spotlight



Our Spotlight star this month is our  
Chairman **Mr Stuart Rees**



How did I get from this to this in such a short time?

I was born in Cardiff and grew up in Caerphilly attending the local schools. When I left school I began work as an industrial chemist but the desire to “stretch my wings” took me to Leicester where I trained as a teacher.

I moved to Hampshire in 1974 to begin my teaching career and have lived and worked here ever since. I taught mainly primary age children for the first 15 years and then spent the final 20 years as an inspector/adviser specialising in the ICT and AAC requirements of pupils with Special Educational Needs. This job meant that I had to visit schools all over Hampshire and often in neighbouring authorities. The amount of driving involved and other considerations took their toll and I was forced to take early retirement in 2009.

I have been a wheelchair user since 1979 when I damaged my spinal cord during a rugby match. I was able to return to work after about 18 months and have led a full and active life ever since. My interests have varied over the years, initially I was a “family man” and most of my energies were spent in that respect. Latterly I have been able to follow my own interests and have enjoyed activities such as sailing (tall ships as well as small dinghies), skiing, flying, gliding, skydiving and basically anything that involves an adrenalin kick. Unfortunately the passage of time has meant that I have had to curtail many of these.

Since retiring I have become involved with a number of organisations in a voluntary capacity.

Coming soon ...

**19<sup>th</sup> April** : Stuart will be talking to us about his Swedish adventures.

**17<sup>th</sup> May** : Three Societies (Members from Portsmouth Welsh & ex Winchester Welsh have been invited to join us - as yet no numbers available)

Catering by Team D - Ann's Team

Raffle by Menna & Carwyn

### Images of Wales

Those of you who were not at the AGM will have missed the explanation for the January 2013 meeting. The evening is intended to show some of our favourite images of Wales. This can be in the form of a photograph or a picture illustrating your favourite view, artefact or memory of Wales. When you have made your selection, please give it to Tony or e-mail it to him. On the night be prepared to say a few words about your chosen image.

Don't forget ... if any of you have anything you would like to contribute in the next edition of ~~Post Alais~~ ~~Ped~~ please submit it to [suehobday@hotmail.com](mailto:suehobday@hotmail.com) or by hand. What about a recipe slot, recommended books to read, welsh jokes! etc



Cyfarchion y Pasg i chwi gyd

Easter greetings to you all