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From the Chairman/Editor



We welcomed two new members to our committee last year: Matt Jerreat, the new Senior President of the University of Bristol Dental Students' Society (UBDSS), who graduated here in 1999 and is now a Specialist Registrar in Restorative Dentistry, and Michael Lessani, the new president of the UBDSS. Michael was heavily involved in organising a very successful national conference of the British Dental Students' Association here in February.

His family hails from Iran, adding further colour to a committee that already includes Ediz Cakin (Turkey), Gordon Gray (Scotland), Alun Jones (Wales – an especially happy Welshman this year!) and yours truly (Gibraltar – a bloody colonial). Our Secretary Nikki Atack, who I assume to be just plain English, produced a second daughter, Katherine, on 30th October last year, a sister for Eleanor who was born in November 2003. By a strange coincidence, her friend Emma Gray (Chourot) who, like Nikki, qualified in 1989, also gave birth to a child on 30th October, a son, Joseph, - not only born on the same day but within a few hours of Katherine and weighing in at exactly the same weight, 6lb 12oz. Now, isn't that an amazing bit of news to open my piece this year?

I mentioned last year that we had undertaken to cover the costs of publishing a booklet that the UBDSS Committee was preparing, aimed at helping new dental students acclimatise to Bristol and the dental course. Entitled *Alternative Prospectus*, it was duly published last year and Ediz Cakin and his colleagues deserve credit for having produced a really useful booklet.

Further congratulations should go to Geoff van Beek (76). I mentioned in our 2003 Newsletter that he was compiling a special edition of *Mouthpiece*, the magazine he edited as a student. At the time he was (rather over-optimistically) expecting to get it published by the end of that year, but such projects invariably take much longer than expected. However, it has now appeared – and it has been well worth waiting for. He somehow managed to extract contributions from 44 of his 'year' (only four failures) and from four retired staff,

and added miscellaneous articles which include an interview with 'Matron' (Sister Davidson), reminiscences of their 'GUMS' revue and of 'Root 76' reunions, and much more – all liberally sprinkled with photographs and the whole beautifully presented and printed. A lot of time and effort must have gone into it, but what a great result! The Class of 76 have each received a copy, and any present or former members of staff involved with them may obtain a copy by contacting me.

It is most gratifying that so many reunions continue to be enjoyed - six of the seven in 2004 are reported in this issue (I did not manage to extract a report from the 1989 year, whose reunion was at Center Parcs in Longleat). Almost all reunions in the past have been held late in the year in Bristol, and a successful pattern has become established: a Friday evening meeting in the dental students' bar (the Hathorn Bar), with the opportunity to meet current students and staff, a Saturday morning tour of the dental hospital, and a dinner in the evening. This year, however, a reunion broke new ground by joining the annual University Convocation Weekend in the summer, and Alan Lawrence's report (page 30) suggests that this might be something for future reunion organisers to consider. Eight more reunions are scheduled in 2005, confirming that most Bristol dental graduates are interested in maintaining contact with their year-group, with the Dental School and with Bristol. The plan outlined in my piece last year to have reunion photographs taken professionally (at our expense) has got off the ground with the 1964 and 1984 reunions. The photographs will be framed and hung in the students' common room, the first of what should in years to come become an interesting collection.

For many years now three portraits of important-looking but unidentified gentlemen draped in academic robes have hung in the dental library. Current students and most of the staff, however, have no idea who they are. They are in fact, the first three professors appointed in the Dental School: Arthur Darling, Eric Bradford and David Berry. It is not surprising that they are not recognised since the last one retired in 1987 but we felt it would be wrong for them to remain for ever incognito. We have therefore had brass plates cut, inscribed with their names and principal titles, and fixed below their portraits. This small project has led us to look further into the School's history, which has been poorly documented. Chris

Stephens is busy perusing available resources, and our aim is to record the principal milestones in the School's history and display them on a plaque in the library near the three professors.



Last year we supported nine students who travelled to far-flung parts of the world to carry out their elective research projects (and, just as an afterthought, to do some travelling). The world of science now knows more about the prevalence of meno va plastiki and keloid scars in Tanzania, of bone loss in Barcelona, of enamel hypomineralisation in New Zealand and of Tenax dental implants in Barbados, and we all know more about the thrills of climbing Kilimaniaro and of paragliding and swimming with wild dolphins in New Zealand, and about the beauty of Barcelona architecture and Barbados beaches. There's no doubt that these electives not only offer plenty of scope for the adventurous spirit but also in some cases (as in Tanzania) give an insight into a world and lifestyle far removed from our own. But it's not only the young who feel the urge to be adventurous, as evidenced by Shirley and Charlie Scola (1974 graduates) who decided in 1999 that it was time for a change, handed in their notices and set off on adventures that have taken them to work in India, Australia and (currently) Fiji.

I would like to thank those who have made donations for the dental library. The figures shown on page 52 show that £1000 was donated from our BDAA funds last year, but an additional £415 received from members was also donated. Over 100 books have been purchased with our donations over the last three years, books that might never have been bought or which might still be waiting for University funds to become available. All these books are acknowledged on the inside front cover as having been donated by the Bristol Dental Alumni Association, and the names of members

donating £50 or more are added if requested. A slip is again enclosed in this Newsletter for those who might like to donate this year.

As always, I would like to thank all the contributors to this Newsletter and Dominic Alder for preparing the copy.

The Year of Change

Gordon Gray, Dental Clinical Dean

A new calendar on the wall...Pretty snowy scenes...Buds coming to life in the garden... Daffodils in bloom ...Easter eggs in the



shops...Easter holiday just round the corner. Yes, it all means it's time yet again to write the report for the Alumni. It hardly seems like a year since I last sat down and tried to put together a report of what had happened. When I first put my mind into gear, my first reaction was that nothing had happened on which I could possibly report. However, in Dental School terms there is always something happening, but we

get so used to just jumping from one occurrence to another that the high spots soon wither away, only to be replaced with new buds like an ever-flowering shrub.

This new academic year commenced in August with a new Head of School to replace Professor Jonathan Cowpe. I am sure everyone would join me in thanking Jonathan for all his hard work over the past three years. I have enjoyed working with him but am sure he is pleased to return to his main duties as Professor and Head of Teaching Division of Oral and Maxillofacial Surgery. In addition to this however, he will assume the position of Head of the Dental Education Committee. The new incumbent to the post of Head of School is Professor Stephen Prime, Head of Teaching Division of Oral Medicine, Pathology and Microbiology. He has taken up the reins at a very exciting time and we all look forward to working with him.

If I were asked to reflect on the main highlight of the year for me, it has been the report from the General Dental Council about our teaching programme and finals examination. The disappointing result in the 1999 Subject Review, where it was thought that our procedures to support teaching were not as good as they could be, has finally been laid to rest by the publication of this report. We have come a long way and this has been recognised by the GDC who reported on our many areas of good practice and excellent standards. This was mirrored by last year's Departmental Review and the Audit Trail from Quality Assurance Agency who reported on many instances of excellent practice. Hopefully, this will raise our pole position amongst the dental schools to a level that we now deserve.

Changes to the staff complement at the School have left us struggling to provide the teaching for the past year in Restorative Dentistry. Ken Marshall retired last July and has spent most of his time thereafter wondering how he ever managed to fit in a day's work with all the commitments to the golf course and his expanding family of grandchildren. A family holiday in Majorca, and a visit back up north-east to top-up his accent, ensured that he put his leaving present of a digital camera to good use. Since then, he has been busy either on the golf course or acting as an assessor for the General Dental Council with its new International Qualifying Examination. Currently, he is in India overseeing a diet of the IQE Exam - I wonder if they have a golf course there? I fear a poor report if they don't!

Professor Alan Harrison also retired last July to provide us with yet another social event. He worked one day a week until Christmas to help out with the teaching of prosthodontics and to cover his consultant duties. His eyes cast quite widely to find a holiday home in the sun in the beautiful sea-side town of Calpe on the Costa Blanca. We wish him and his wife well in their retirement. One of the mainstays of the prosthodontics' teaching has been David Williams who retired a few years ago but has helped out by working part-time since then. David has decided, however, to put his mask and gloves in the bin and retire completely this Easter. He will be missed greatly amongst the staff and students for his jocular manner and enthusiastic attitude. Perhaps now he will find the time to shake that holiday home in France into a habitable condition – alternatively, it may become another never-ending project like the seven-year garden wall of his Clifton home.

Prosthodontics has just learned that this summer will bring forth another retirement in the form of Martin Woodhead. Martin came to Bristol as a consultant many years ago from his former life as a lecturer in prosthodontics in Edinburgh. He quickly became a mainstay of the department and was recognised by students, staff and referring dentists alike for his sensible advice. He will be difficult to replace but we wish him well for a happy and well-earned retirement.

We were delighted to celebrate with Jeremy Rees when he was appointed to a Chair in Restorative Dentistry back at his native Cardiff University. It was thanks to all the hard work put in by Jeremy that our new Clinical Skills Laboratory came to fruition and opened last year on schedule. Over the years there has been quite an exchange of staff between the two neighbouring university dental schools but this is the first time that I can remember Cardiff being successful in poaching from us a member of staff for a Chair. The depletion of the Restorative Teaching Division is not yet complete as Judith Phelan's resignation came as a surprise. However, her husband had secured a consultant post in Cork so the family had to re-locate to the Emerald Isle once again. We wish her and her young family well for the future.

Fortunately, there were still a few of us left to keep the teaching of restorative dentistry afloat. The new Chair and Head of Division was hotly contested but the post was awarded to Daryll Jagger who already worked in the Division as a senior lecturer and honorary consultant. A popular choice for this position, Daryll has settled in well and has fought hard for new staff to build her army around her. She has been successful in attracting not only one but two material scientists: Dr Michelle Barbour was appointed as a lecturer and was known to us as she gained her PhD at Bristol Dental School for her work on erosion of hard dental tissues in Professor Addy's Research Group; the other material scientist to gain a senior lecturer post was Dr Bo Su who is working currently at the University of Birmingham and will join us after Easter.

Restorative Teaching Division was successful in attracting Mr Rob Jagger as Senior Lecturer and Honorary Consultant in Prosthodontics. Rob came to us from Cardiff Dental School where he was renowned for his abilities in the diagnosis and treatment of temperomandibular joint disease and occlusal disharmony. We welcome these new members of staff and wish them well. We just eagerly await further new members to bring us once again back up to speed as a teaching division.

It was with regret that we heard of the resignation of Carolyn Donaghue. Carolyn was the General Manager of the Dental Hospital

and worked closely with her counterparts on the University side to provide a quality management structure. She strived to integrate the two teams to the best of her ability and for the benefit of the institution. Her new post sees her change hats to become the Operational Manager to the Dean of the Faculty of Medicine and Dentistry. As such, Carolyn has not been lost to us but continues to work for us at Faculty Office. She will be replaced by a new General Manager - Matthew Rodieck - from America. He comes from a background in hospital administration and management and held the post of Senior Research Programmes Coordinator at John Hopkins University in Maryland, where he planned, implemented and coevaluated eleven community-based tuberculosis projects and managed the staff and budget of this large-scale project. He will work closely with Jane Luker who is the current Clinical Director.

A former student has come back to join us in the form of Matthew Garrett who has been appointed to the post of Specialist Registrar in Restorative Dentistry. Matt returns to the fold after completing his General Professional Training north of the border in the Capital City of Edinburgh. Following this, he worked as a house officer at the dental schools of Sheffield and King's. Matt will join the other former student - Matthew Jerreat - to work under Paul King who is the Consultant in Restorative Dentistry.

A new post of Departmental Manager has been created in the Dental School. This post is to support the work of the Head of School and progress matters of national assessment and local administration. We were delighted to welcome Dr Matthew Wainwright to this post from a similar one at the University of Liverpool. Matthew is a botany graduate and holds a PhD from the University of Manchester. His arrival is at a very pertinent time while the School considers its position about introducing a new curriculum and increasing student numbers. I hope all past students note that the name Matthew appears to be synonymous with success this year – remember this when naming your children!

On a final note, the most recent challenge for us has been the announcement of increased student numbers. The shortage of dentists is being addressed nationally by asking dental schools to increase their intake and by making some funds available for increased staffing and redevelopment of the facilities within the existing schools. Bristol currently has an intake, ideally, of 54 students but, as from October this year, we will increase this to almost 90 undergraduates. Obviously, this requires major redevelopment of the clinical facilities

and the final outcome of this new challenge will form a major part of next year's report. Until then, please keep in touch with us and let us know of your successes so that I can report on them.

The Students' Year

Michael Lessani, UBDSS President



Bristol Dental School has always been an institution that has produced not only exceptional dental surgeons but has also tremendous influence in the blossoming of a collection of multitalented individuals. In my travels across the country to various dental schools I find that the ambience here in Bristol has inspired the students to aim for the best, and so we are proud to review an exceptional year of activity for our students and staff.

Ediz Cakin and his committee

must be thanked for their efforts with the *Alternative Prospectus* for incoming students, and throughout last year in association with the Alumni. Their Dental Revue, 'I'm a Dentist, Get Me Out of Here' was a resounding success and set the tone for the summer term.

Soon after, Harman Chahal and Claire Dunbar took over the keys and have been running our (in)famous Dental (Hathorn) Bar smoothly ever since. The summer term saw the Annual Inter-Year Football and Netball Tournaments prove a resounding success, especially for the victorious M year. The Hannover Exchange celebrated its 30th anniversary with our delegation travelling to meet our friends at MHH. We returned for the exam season, but the Bar provided us with a Summer Party to send us away and a 'First-Letter-of-your-Name' fancy dress Late Bar to welcome us back after the summer.

The new academic year also saw our First Year's Initiation, when we introduce our Freshers not only to the perils of The Bar but also to their loving Dental Parents. Our Annual Hallowe'en Late Bar was a ghoulish success and saw the new committee in high spirits.

The Bar's cross-over with our sports' activities has included the light-hearted Conker Tournament and fundraising for our recent, and extremely successful, Easter Ski & Snowboard Trip to Risoul. Our intramural netball and football teams have enjoyed success in top division games this season.

We've had weekends away with adventures in the Brecon Beacons and at the Newcastle BDSA Sportsday, not to mention our tours of other dental schools, such as Birmingham for their Annual Ball, Liverpool for a social, Cardiff for a Six Nations-inspired sportsday, and (GKT) London for a combined Tsunami Relief Fundraiser.

The Christmas Late Bar sent us away in preparation for the two biggest events of the year. Firstly, the Annual Dental Ball at the Marriott Royal, which was a beautiful night, enjoyed by all and many thanks to our guest speaker, Dr Karen Duncan. Secondly the BDSA Conference. At last year's Conference, Bristol won the bid to host the event in February 2005 with myself as BDSA Conference Organiser. Our pioneering spirit led to the inception of the BDSA Antics Roadshow touring dental schools to publicise the event. It was our biggest event of the year and it was a resounding success, with the highest student turnout ever, the first time in decades that all the dental schools were represented and the best programme of events ever offered to delegates. Jury's Hotel provided accommodation and lecture venues for our world-renowned speakers such as BDJ Editor Stephen Hancocks and forensics specialist Professor Whittaker. The City of Bristol Council House and Chamber provided the setting for our Masquerde-themed Annual BDSA Ball, whilst Bristol's finest watering-holes were the route for our 'Famous Musicals'- themed pubcrawl and the Hathorn Bar was turned out for a Westcountry Dental Bar-n-Dance.

I am proud to say that Bristol has become everyone's favourite dental school since the event and at the BDSA AGM two Bristol students were voted on to the 5-person executive committee: Oskar Mason as Treasurer and myself as President. Bristol's tradition of involvement locally, nationally and beyond is an inspiration to the younger years and long may it continue.

We have just completed the Dental Revue 2005 – 'The Sound of Mucous' – which was a sterling success brought together by a talented M year I'm proud to have studied with. And as I write we are planning to launch our Bristol Dental Student Newsletter, organise the summer term charity event, fundraise for the return of our German

Exchange students with a Staff / Student Slave Auction, launch the UBDSS website and many more activities before we fly the flag at Prague (IADS Congress) and Athens (EDSA Conference).

It may not be fluoride, but there is definitely something in the Bristol water...

We thank the Alumni for all the support, advice and inspiration. We hope to make you proud of us.

THE BRITISH DENTAL STUDENTS' ASSOCIATION CONFERENCE, Bristol, 17-19 February 2005

Reprinted from Launchpad, the BDA Journal for dental students and first year graduates, with kind permission of the editor.

The students of Bristol Dental School invited you all to attend the BDSA Conference in February and you came *en masse*. On 17 February over 150 budding young dentists ventured into the West Country from all over the country for what promised to be a weekend of fun and games.

It all began early on the Thursday morning when students started trickling in from as far away as Newcastle. By 1.30pm the conference hall was packed tighter than an amalgam filling, just in time for the welcome speech from the head of Bristol Dental School, followed by lectures ranging from forensic dentistry to talks from our sponsors. The evening antics began with a themed pub crawl around Bristol harbour, with the GKT boys looking fabulous in their pink saris. After 'a few refreshing beverages' the party mood kicked off and continued well into the early hours.

Not surprisingly, Friday morning started slightly slower than the night before, but picked up in time for several interesting lectures from the Editor of the BDJ, Stephen Hancocks, Bonjela and the "mystery topic" lecture from our very own Dr Anita Sengupta. By Friday evening everyone was truly into the spirit of the West Country (well just cider actually!!!). The Bristol Dental Bar was packed with farmers, cow girls and Matt Sica (Bristol final year) in his legendary gold bikini. The 'specials' were flowing freely and the cider was going faster than GKT's drinking games.

The rumours of freebies were enough to ensure a good turnout for the Saturday morning tradeshow with our kind sponsors showing off their goodies. The AGM saw Michael Lessani (Conference Organiser) being promoted to BDSA President, and good luck to all the other new committee members, you've got a hard act to follow.

The weekend was topped off by the Masquerade Ball held in the gorgeous City of Bristol Council House. With a three course meal, a live band, a casino, and the ultimate sumo.

We would like to thank Michael Lessani, Oskar Mason and their dedicated team for organising such an enjoyable weekend, as well as our sponsors and all the delegates who made the effort to attend and make the weekend a success.

Neil Patel and Emily Wright, Bristol Dental School

STUDENT ELECTIVES

Highs and Lows in Tanzania

Jonathan Gollings



I travelled to Africa with two other students in my year, Ediz Cakin and Carla Fleming. The journey took us to Nairobi first, where we tried our hardest to integrate in the hustle and bustle of this densely populated city. However, we felt very unsafe here as there is a high crime rate and 'white' tourists are easy bait to some. This was to be a good 'learning curve' for us in how to stay safe and be careful in this

country. In Kenya we also visited the white sandy beaches that stretch the length of the east coast, the main city being Mombasa. The scenery was breath-taking: the expanse of colours in the sea and the miles of coral reef. We relaxed in true tropical style – much needed after our long, exam-filled, summer term at University.

Relaxing soon became boring, and our energetic bodies needed a challenge. Someone suggested that there was a mountain that we should climb – Kilimanjaro! Talk about going from one extreme to the other. Nevertheless, we took a rickety 20-hour bus journey across Kenya to bring us to the foot of the mountain, at a town called Moshi. We spent the next 7 days trekking to reach the target of 5895m. Waking at midnight to attempt the summit on our last day we finally made it to Uhuru peak at 8am in the morning. This was one of the toughest challenges I have ever done – the lack of oxygen at that altitude restricts you to walking at snail's pace, and sent us delirious. As we descended things became easier, but, looking back, it was a very surreal experience. It gave me a huge sense of achievement conquering the highest free-standing mountain on earth.

After such an ordeal we needed rest and what better way to do this than going off on a safari to Serengeti, host to the famous film 'The Lion King'. We travelled off road for miles into the depths of Tanzania stopping to observe Africa's finest species of wildlife, and the odd wondering Masai! In the Serengeti we saw many varieties of animals – the highlight was seeing two cheetahs track down a group

of waterbuck (they look like wildebeest) and kill one of them by ripping into the neck. Nature at its most natural. Then, a few moments later lions roared to claim their stake on the catch. We couldn't help but sing Elton John's 'Circle of Life' song; we felt part of the action.

With our zoology knowledge now fully up to scratch we headed to the island of Zanzibar to have another week on the beach. Zanzibar has a history of being famous for the export of spices, and historically was largely involved as a trading centre during the period of slave trading in the 19th century. Miles of white sandy beaches and the spectacular Indian Ocean encircle the island. We headed north to Nungwi where we met many other travellers and exchanged our experiences. There were numerous British medical students on their electives, but we held the flag for the dentists. It was a fantastic week spent relaxing on desolate beaches, eating fresh fish, and generally totally unwinding. One day we went scuba diving on the coral reefs, an exhilarating experience. I never realised how much life there is below the surface, and the array of colours of nautical wildlife was fascinating. In the space of a week I had experienced the highest (top of Kilimanjaro) and the lowest (12m below sea level) place I'd ever been. Awesome!



With Carla at the summit of Mount Kilimanjaro

After Zanzibar we flew to Mwanza, a large city on the shores of Lake Victoria, on the eastern border of Tanzania. Here we were hosted by Dr Ian Wilson and his wife Andie, and their two energetic children, Jake (4) and Imi (3). Dr Wilson moved to Tanzania to help

improve the problem of oral health that so many parts of Africa face. We quickly stepped out of holiday mode as the next ten days would involve long days of treating patients in 'non-conventional' dental conditions. The following is a diary of my elective period:



From left: Dr Ian Wilson, Jonathan Gollings, Ediz Cakin, Andie Wilson (wife), Carla Fleming,

DAY 1: A day of learning about the work of 'Bridge 2 Aid' and getting to know our host and supervisor, Dr Ian Wilson. We unloaded two crates containing dental surgeries donated by Dentaid as Ian is setting up a new surgery in Mwanza. When fitted the clinic will provide dental facilities of a standard that would be expected of a British surgery. Later on we met the regional dental officer, Dr Joseph, and talked about the research projects we would be doing whilst with Dr Wilson. We were shown around the dental clinic in the regional district hospital, Secou-Touri. It was very eve-opening only two chairs (neither works), limited dental instruments and materials, poor sterilising facilities and hypodermic needles to administer local anaesthetic. The main form of treatment is extraction, which costs the patient 2000Tsh (only £1 - but a relatively large amount for most people). Fillings cost up to 15000Tsh, so very few can even have this as a treatment option, even though it may be in their best interest.

DAY 2: Woke early to fly over Lake Victoria in a small plane to Kahuma Gold mines. Here we assisted Ian with dental treatment, and took an opportunity to do some of our research. Kahama is in a remote area so was an ideal opportunity to ask patients from the waiting room what they knew about Infant Oral Mutilation (IOM) – known to Tanzanians as 'meno ya plastiki' ('plastic' or 'nylon' teeth).



The results were startling: only two were not aware of the condition. Later that day we flew again to our next destination, North Mara Gold mines, up on the border of Kenya.

DAY 3: Another early start, as for the next two days we were to screen a whole senior school that is just outside the mines in the local village. Arriving at the school by 7:30 am, we screened about 150 children for DMF. I also noted those that showed signs of IOM. We set up our clinic inside one of the classrooms and treated those

who needed simple ART (atraumatic restorative treatment), scaling and extractions. Equipment was limited as there is no electricity at the school and we used only hand instruments. We maintained high standards of care as would be expected in the UK. The afternoon was extremely tiring, but very rewarding. The experience was to prove very useful when coming back to do oral surgery at the dental school.

DAY 4: Again the morning was spent screening the rest of the school. In the afternoon I left the others in order to carry out some research for my elective study. examined 80 children aged 8-16, looking for oral signs of mutilation (for absent example



canines and hypoplastic teeth) and asking the children if they had 'meno ya plastiki' as a child. The results were shocking: 28 of the children (35%) had 'plastic teeth' as a child, emphasising that this practice is very prevalent in Tanzania. It was very evident that there

is a strong belief that extracting deciduous tooth buds is a cure for illnesses such as diarrhoea and fever in infants.

DAY 5: We flew back to Mwanza very early, and then headed straight to Bukumbi, where there is a community of lepers. It was very disturbing seeing the conditions in which they live. The children were wonderful, bursting with joy and smiles, yet they had nothing. It really made me appreciate how fortunate I have been with my upbringing. We spent the day doing a 'tooth camp' – treating people in pain and with grossly carious teeth. That evening I was exhausted.

DAY 6: Rest day – went to the local church to get a taste of true African singing, a great way to start the day. Later we went to the beach to take it easy – we were all shattered from our previous few days' work. That evening we visited the Maskini (street community) who are homeless and live in dreadful conditions on the streets of Mwanza. We gave out tea and donuts, but it was hard not to get upset with the unfair situation they are in. Very emotional experience.

DAY 7: Today we drove out of Mwanza to set up a tooth camp at the Bethany Orphanage. Through support from the UK they have established an amazing facility in this remote place to look after children of all ages who have been rejected by their parents. This was the hardest day of dentistry we did. Over 100 teeth were extracted between the three of us, absolutely non-stop work. Running on adrenaline you don't feel the heat of the conditions you are working in, until you stop, and then you know you've definitely done a hard day's work!

DAY 8: Spent the day working with the dental team at the regional district hospital.

DAY 9: Another day at the regional district hospital. Ediz and Carla were busy with their research, which left me running the dental clinic. A fantastic experience, as I had a position of responsibility. When Dr Joseph returned I had got through all the patients in the waiting room – he was very impressed, and obviously happy that he hadn't had to do any work that morning!

DAY 10: Our trip had come to an end. As we travelled home we looked back on what we had done in Tanzania and had to pinch ourselves that it wasn't a dream. This was the best experience I could have ever imagined. I wish all elective students could have the same opportunity. It really did open our eyes up to the oppressive conditions that people can live in – sometimes we found it hard to believe that the year was 2004.

The aim of my project was to raise awareness of infant oral mutilation. The findings show that it is prevalent in Tanzania. Education programmes need to be targeted at the local healers who usually carry out the 'treatments', and taken to schools, to dispel the belief that developing deciduous tooth buds can cause feverish illnesses in children.

A Tale of Tanzania Ediz Cakin and Carla Fleming





Approaching the end of my fourth year, I knew I had a fantastic opportunity to do some travelling and carry out a research project during my elective study. After teaming up with Carla Fleming, we decided that we both wanted to do a 'hands on' elective and we wanted to put our dental skills to some good use. Fortunately, a dental charity called Dentaid put us in contact with Dr Ian Wilson who was running a Bridge-2-Aid project in Mwanza, Tanzania. Dr Wilson arranged for us to stay with his family and help him treat the deprived communities in rural Tanzania. Before all the hard work, we decided to do a bit of travelling in Kenya and Tanzania.

We woke up bright and early on 16th July knowing that in 10^{1/2} hours' time we would be landing at Nairobi airport. It was a fantastic feeling but I felt apprehensive at the same time. Our only commitment was to be in Mwanza in 4^{1/2} weeks time so we decided that the best way to see Africa was to do a round trip starting and ending at Nairobi via central Tanzania.

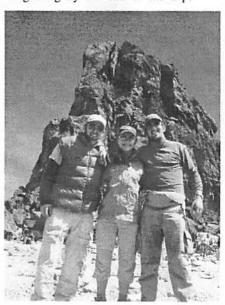
Over the next two days we saw the main sites in Nairobi, including the national museum and the City Park, and we ate at the famous game restaurant called Carnivore. The food was exquisite,

especially the ostrich steaks and antelope meatballs! During our stay, we were based in a hotel in the middle of town, which meant that walking around at night was quite scary, especially with touts and beggars pestering us. However, I could not stop feeling sympathetic towards them, as most are just trying to provide food for their families. Leaving Nairobi, we headed towards Mombasa, a large city on the east coast of Africa where we stayed with a friend and her family. This enabled us to see Kenya from a local's point of view and we got to experience some of the local cuisine. After a leisurely week on the beach, where unfortunately we had torrential rain, we decided to take a 'luxury minibus' to the base town of Mount Kilimanjaro, called Moshi.

The bus ride was quite interesting to say the least. Nine hours in the baking heat of the coach plus the dirt from the road smothering my clothes made me feel quite disgusting by the end of the trip.

However, it was the best way to see real Africa. The mud huts where the masai mara lived were quite exquisite and I began to realise that a culture markedly different to ours existed. Moshi was a fairy small place, full of backpackers and, obviously, home to the infamous Kilimanjaro mountain.

One of my life ambitions is to climb Everest and as a the 5895m-high warm-up Kilimanjaro mountain is not a bad place for a first climb. We decided to go with a group of four other climbers along with a guide, cook, and twelve porters. The next six days were the hardest of my life! Waking up in the early hours, then walking for nine hours up hill.



With Carla and Jonathan Gollings on Kilimanjaro

culminating in a well-deserved rest. Regrettably, I was unable to sleep most evenings due to altitude sickness. Each day grew significantly harder than the last until summit day, which was the most tiresome of all. It included a 10-hour walk initially in the morning, followed by a few hours' rest and lunch, before starting the final ascent at midnight. On certain days temperatures at the top can reach -20 degrees centigrade and fortunately for us it was quite a tepid evening. Slowly progressing up the mountain, I felt worse and worse until I reached a point where it was unsafe to continue. I decided enough was enough and my guide reluctantly took me down from the 5200 m altitude that I had reached. Looking back, I am fairly disappointed at not reaching the summit but relieved to still be alive! Carla did get to the top, which I was not too happy about!

A day's relaxation by the pool was in order for me to recover before setting off on a four-day safari. The first national park was called Lake Manyaro, which was similar to Bristol Zoo! It was quite small and not much variety of wild animals to see. It was as if the animals had been let out of their cages for the day! However, the Serengeti and Ngorogoro Crater were quite the opposite. The sunbathed savannahs were picture perfect. I somehow managed to get through two films in the first couple of hours! We were lucky enough to see a pair of cheetahs hunt down an antelope right in front of our jeep. It was a genuine 'circle of life' moment. In the evening we set up our tent and this time I was able to sleep without suffering. This was not the case for our neighbours who had an unexpected visitor drop by their tent in the middle of the night – a large bush pig crept in to try and find some left-over food but only managed to find a pair of screaming girls!

Our next stop was the beautiful island of Zanzibar. The ferry dropped us off at the centre of old town where we stayed for a couple of days. The streets were very narrow but Arabian in architecture. The Fordhani gardens held a fantastic flea market in the evening where we could treat ourselves to some of the local food. Once we had exhausted the city's sites, we headed north of the island, to a place called Nungwi. This truly was paradise and the week we spent there was definitely not enough. The relaxed atmosphere made me forget about all my worries and was the right place to go before heading to Mwanza to do our elective.

After flying in a twelve-seater plane for two hours we arrived at the west border of Tanzania in a city called Mwanza. I was quite surprised at the minute size of the airport, as it is the second largest city in Tanzania – I expected it to be the size of Manchester's but in fact it was the size of an average two-bedroom house! I walked into the arrival lounge to collect my rucksack, but to my horror it was

missing! After the initial shock, we met up with Dr Wilson who welcomed us into his home where we set up base for ten days, which were spent doing emergency treatment for the homeless, orphans, and also a leper community. This was a very humbling experience and changed my outlook on life, as well as great practical experience.

With the help of the local doctors at the regional hospital we were also able to conduct a survey for our elective project, which was on 'The prevalence of Keloid Scars in a Tanzanian Population'. We screened 250 people for any scars on their body, whilst taking care of their teeth. Patients with scars were asked whether they would mind us examining them – the majority were in the head and neck region, a few on the chest or abdomen. The prevalence was 8%.

The whole trip was fantastic and very eye-opening. I cannot wait until I go again and visit more of Africa. Carla and I would like to say a big thank-you to the Bristol Dental Alumni Association for making this trip possible.

Bone Loss in Barcelona Bethan Davies and Claire Newland





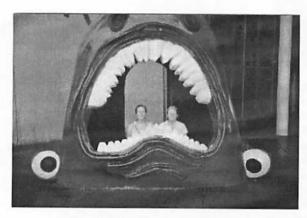
As our title suggests our elective project in Barcelona involved measuring interdental bone levels in both the maxilla and mandible of smokers, non-smokers and ex-smokers. This was performed using an instrument called a graticule to measure the distance from the bone level between the teeth to the cemento-enamel junction on over 200 radiographs. This was carried out on all present premolar and molar teeth. Our hypothesis predicted that the bone levels would be lower in smokers than in non-smokers, After many calculations we were able to conclude that our results supported our hypothesis, which indicates that smoking does indeed have a systemic influence on the body.



Outside Hospital Sant Pau

Our supervisor in Barcelona, Professor Mendieta. was very helpful and provided us with the radiographs and other required materials. He also gave us advice about our stay in Barcelona. He arranged for us to carry out our project in the library of cardiovascular in the scenic Hospital Sant Pau. The hospital contained many

department in the scenic Hospital Sant Pau. The hospital contained many sections located in separate pavilions surrounded by gardens linked by paths, in an atmosphere of peace and tranquillity fostered by the artistry of the beginning of the last century.



Barcelona aquarium... look at the bone loss on these!

When we were not busy calculating bone heights we discovered that Barcelona had much to offer. We decided that a 'must' was to take the *Bus Turistic* guide of the city. This was a two-day tour with two routes, one running north of the city and the other south. It stopped at many popular sites in Barcelona, and the advantage of this trip was that we were free to jump on and off as often as we wanted to see the sites.

We visited many sites, which included Placa d'Espanya, which has a central monumental fountain by Josep Maria, and Poble Espanyol, which is an authentic Spanish village dating from 1929 when the international exhibition was held in Barcelona – it is packed with bars, shops and craft workshops and is a nice place to stop for a relaxing lunch. A visit to the MNAC was enjoyable and a 'must see' – it contains the world's finest collection of Romanesque art and interesting temporary exhibitions. We also enjoyed the visit to the



At the top of Montserrat, a mountain near Barcelona.

Montjuic cable car, which leads to the castle on top of the mountain where we were able to get a spectacular view of Barcelona. Another 'must' visit is Barcelona's most famous building, the Sagrada Familia, which is the only cathedral in the world still under construction and designed by the famous Gaudi. Gaudi has many sites in Barcelona – another we visited was Park Guell, a park and

museum devoted to the architect, which has an outdoor café to enjoy a nice cold drink on a hot summer's day.

When we were not busy sightseeing we spent our time relaxing on the beach or visiting the famous tourist street in Barcelona, Las Ramblas, which is the old heart of the city. This street is lined by trees and crammed with delights such as bars, cafés and restaurants. There are a few placas off the street, also worth a visit, all within a short walking distance. However, we also found that it was a more costly area to visit and hence it didn't take us long to settle down and become locals in Lesseps, the area where our university accommodation was located. The accommodation was very nice and reasonably priced and had all the facilities we required.

We enjoyed our time in Barcelona very much. We were able to find plenty to keep ourselves occupied and also enjoyed using the time to relax. It is a splendid city and an acknowledged leader in cutting-edge style, a let-your-hair-down city that parties against a backdrop of architectural splendour.

We would like to thank the Bristol Dental Alumni Association for their financial assistance.

An Elective in New Zealand
Helen Anziani, Sarah Ingrams and Kimberly Owens







After the elective information session we realised many difficult sessions had to be made regarding our elective project. An easy one was deciding to carry it out in paediatric dentistry. Finding a destination and a subject for our project proved much harder! After many discussions with our supervisor, Mr Peter Crawford, and many e-mails, we arranged to investigate the prevalence of Molar and

Incisor Hypomineralisation (MIH) in a New Zealand population. We arranged to carry this out at the University of Otago Dental School in Dunedin, New Zealand. Here we were to use previous data collected on enamel defects amongst 9-year-olds by Dr Tim Mackay and to reexamine them to observe prevalence of MIH. Due to ethical constraints we were unable to gain permission to examine the



children, but used photographs and clinical data collected previously.

24th On June we started our mammoth journey to chilly Dunedin, arriving finally on the evening of 26th June after flying via Bangkok, Sydney and

Christchurch, amazingly with all of us and all

our luggage! We were warmly welcomed by our New Zealand supervisor, Associate Professor Murray Thompson, and their elective co-ordinator Vivien Obermayer (Dunedin's version of Theresa



With Professor Murray Thompson

Munns!) Whilst carrying out our project we were also fortunate to be able to observe some clinics in the hospital, gaining an insight into hospital dentistry in New Zealand including, watching conservation work on children under general anaesthesia. We were also fortunate to be able to have many consultations with Dr Bernadette Drummond, a paediatric dentistry consultant in Dunedin, about the restorative management of MIH which, combined with library research, added another perspective to our study.

After finishing our project in Dunedin, we spent two weeks travelling around South Island New Zealand, carrying out many varied and highly enjoyable activities, from paragliding in snowy Queenstown to swimming in the very cold sea with wild dolphins in Kaikoura. We also made time to visit the beautiful fjords of Milford Sound and visit Cadbury World in Dunedin. We were then fortunate to be able to visit Sydney, where we climbed the magnificent Harbour Bridge and visited the Opera House, before flying up north for the last



Sydney Harbour Bridge

part of our adventure: three weeks of sunshine travelling up the east coast of Australia. Here we also made the most of every opportunity – scuba diving on the Great Barrier Reef, cuddling koalas and stroking kangaroos in a wildlife sanctuary, platypus safaris and many Aussie barbecues!



On the Great Barrier Reef

After the experience of a lifetime it was time to head back to sunny Bristol, to finish our project. We have found our elective project and experience to be immensely worthwhile and highly enjoyable.

We would like to thank the Bristol Dental Alumni Association for their generous donation.

Sun, Sea, Sand and Surgery

Richard Cobb



Finishing my seemingly unrelenting fourth year exams left me yearning for time away from the books and university atmosphere. I knew that the luxury of summer holidays were in short supply and so decided, for once, to make the most of one. I organised a four-week elective study in Barbados, working with a Bristol/Canadiantrained oral and maxillofacial surgeon named Dr Fred Weel. This would give me the

perfect opportunity to indulge my interest in oral surgery whilst benefiting from the beautiful attractions that Barbados has to offer. As I flew into Barbados I could quite literally feel the stresses and strains of city life falling away. The aeroplane descended over the beautiful blue, crystal clear sea and white sandy beaches which line the south coast of the island and I knew that this would be a summer to remember.

Dr Weel (BDS FDSRCPS) graduated from Bristol Dental School in 1971, achieved his FDS in oral and maxillofacial surgery in 1989 and has lived and practised in Barbados for the last 20 years. He primarily works at Pine Dental Services, which is a state-of-the-art practice housing three associate dentists and four specialists. This includes a consultant plastic and reconstructive surgeon named Dr Tony Lockwood (MD FRCSC) who regularly flies over from Canada



With Dr Weel (right) and Dr Lockwood

to perform a number of cosmetic surgical procedures. The practice, like all in Barbados, is purely private with patients from all social groups attending with private health insurance, as in the US. It contains a DPT machine, RA sedation equipment and intra-oral cameras. Here I saw the whole range of general dental practice as well as a huge amount of oral surgery, including the treatment of a maxillary dento-alveolar fracture (the West Indians love their cricket) and the placement of many osseo-integrated implants.

Dr Weel specialises in implant surgery and, between them, the two oral surgeons place around 500 per year. They use a new Canadian system called Tenax Dental Implants, which is a push-fit, single-surgery system not yet available in the UK. It has had little published research done on it, yet is being placed throughout Canada, the West Indies, Korea and South America. It is on this implant type that I chose to do my elective study. My initial aims were to gain some knowledge on osseo-integrated implants and assist with

maxillofacial surgery being performed in Barbados. I undertook a retrospective study of 393 Tenax implants placed in 200 patients. I recorded the age/sex of patients, operator number and site of implants placed, periodontal status, post-operative antibiotic regime, whether the implants were immediately placed or immediately loaded, relevant medical history, smoking status, use of bone grafting procedures, parafunction presence and length of time that implants had been in the mouth. I then looked at how each of these things affected implant success. A failure rate for Tenax Dental Implants in each sextant of the mouth was calculated and compared with other more mainstream implant types on the market. The second part of my project was then a more theory-based study into the reasons for implant failure and the risk factors associated with it.

As well as collecting large amounts of data I spent a lot of time at the private 30-bed Bay View hospital which has two operating theatres. Here I learned about general anaesthesia, helping to do endotracheal intubations and watching a lot of general surgery, including the amputation of a big toe in a diabetic patient and the laparoscopic removal of a gall bladder, as well as several cosmetic surgical procedures such as breast augmentation and scar-revision. I was especially interested to see some maxillofacial surgery and observed Dr Weel and Dr Lockwood perform a secondary mandibular reconstruction following the removal of a previously placed fibular microvascular graft across the symphysis of the mandible. Additionally, I observed the removal and repair of a large carcinoma of the nose using a nasolabial flap.

Barbados has a huge amount to offer in terms of beaches, water sports and eating/drinking out. I spent a lot of time scuba diving and exploring the beaches. The last weekend of my trip coincided with the August Crop-Over Festival, involving a lot of calypso music and big street parties with all the locals dancing in the street. The island also hosts a Jazz Festival in January and so there is plenty to do all year round.

Flying back to the UK I felt glad I had made the most of a summer vacation and managed to get something constructive from it. I had a fantastic four weeks in the Caribbean and can't wait to go back!

ALUMNI REUNIONS

1963 REUNION: 16-17 July 2004 Alan and Judith Lawrence

Editor's note: Up to 1993 dental students qualified in December but did not officially graduate until the following January. Because of this those who qualified in December 1993 were invited to celebrate the 40th anniversary of their graduation during the University's Convocation Weekend in 2004. The Dental School has always noted the qualifying rather than the graduation date.

We really admire those who hold regular reunions every five years (or oftener). 1963 graduates would certainly win the booby prize for reunions: in 40 years we have NEVER held a reunion AT ALL. Inertia rules -OK.

The University provided the catalyst to rectify this. They invited all the graduates they had current details of to a 40th anniversary Convocation Lunch. Everyone was enthusiastic to make an enjoyable weekend of it. We did some detective work to discover



<u>Back row</u>: Otto Tokvam, Rod Fox, Keith Osterloh, Alan Bailey, Stuart Coulson, John Shields, Brenda Maddick (Longworth), John Hughes, Alan Lawrence.

<u>Front row</u>: Judith Lawrence (Hayes) Shelagh Collihole, Paul Sayzeland, Karol Goldberg Norman Killingback, Harry Mayes, Janet Mayes (Fillmore), Paul Genney, Douglas Lovelock.

the missing members of the year. The University has a good alumni database and will forward letters. But most of the work was done with a telephone and the Dentists Register and also with help from other members of the year. This will not be so easy in the future as the GDC have removed addresses and the high cost of staying on the register means that most of the year will come off it as they retire. I found it fascinating talking to the others of the year as I tracked them down. Whilst faces change (or mature to put it more kindly) voices

remain quite distinctive. One member of the year summed it up well on the phone when he said 'I can't believe it is 40 years since we last met when I talk to you'.

Sadly four had died out of the original 25. Two weren't able to come and one couldn't be traced. 18 out of 25 is an excellent number. It included Paul Genney (who abandoned dentistry for law in the 1980s). We were delighted to get in touch with Otto Tokvam who flew over from Norway. In the 1960s quite a number of Norwegian students studied in England and Prof Darling tried to make them feel at home.

Bristol is a great place for a reunion and July is a good time. Many of us spent Friday exploring the city and Downs. Park Street seems to have stayed much the same. That reminded me of my first meeting with Prof. Darling at my entrance interview in the Wills Memorial building. The Downs brought back fond memories of sunny afternoons and courting. Brunel's suspension bridge was as elegant as ever. But the Floating Harbour and Centre have changed beyond recognition. In the early 60s it was a working harbour with tobacco as its prominent industry complete with bonded warehouses.



1964 group outside the Dental Hospital with Ken Marshall

Now it thrives on tourism and so is a great place for tourists and nostalgic graduates.

Friday evening was spent at the River Station catching up on lost years. This put us in fine form for a most interesting trip round the Dental School on Saturday morning conducted for us by the retiring Dean, Ken Marshall. We were utterly lost in the maze of new or rejuvenated departments and surgeries and managed to evade being roped into helping with the emergency service! We felt much more at home in the old prosthetics lab and were mesmerised by the hi-tech Clinical Skills Lab with computer workstations. In 1960 they had only just removed foot treadle drills from the phantom-head room!



Janet and Harry Mayes take it easy on the boat

Then a leisurely stroll on to Clifton Hill House for the Convocation Lunch where we fitted onto two large tables with a bit of a squeeze! Afternoon boat trips followed with tea on the quayside at the SS Great Britain (which first emerged from Bristol even before us).

The Dental '64' Evening Dinner at the Marriott Royal was first class. We were delighted that Ivor Robinson ('Robbie') was able to join us.

We all remembered Ivor as a great friend in times of stress. His memory is amazing. He could remember all of us. Were we that bad? He is great company. The evening flew by.



Karol Goldberg, Ivor Robinson, Shelagh Collihole



Reunion dinner at the Marriott Royal

Sunday breakfast was followed by pottering around the city or waterside. The weather was excellent again and the ferry boats took us up to the SS Great Britain so we could have a good look over the ship.

It was rounded off by a 'light buffet' (it looked pretty substantial to us!) at Norman Killingback's quayside house in Hotwells. We overflowed into the communal gardens and relaxed in the sun with pre-prandial drinks! It was just a great time to relax and partners seemed to enjoy it all just as much as the former students. The reunion was held during the run-up to the greatest change to NHS dentistry since 1948. But unusually for a gathering of dentists, there

Anatomy Table 20
in 2004 revising
for their next Viva
– (standing L to
R) Harry Mayes,
Alan Lawrence,
Norman
Killingback,
(seated L to R)
Paul Genney and
Rod Fox



seemed to be little or no discussion of dental politics (even though the group included Keith Osterloh, a former chairman of GDSC). However, most of us had either retired or were working reduced hours with the end in sight. Several grandparents were working as unpaid child carers!

The weekend proved there is life after dentistry! We definitely intend to hold our next reunion in 2009 (50 years from when we came up). We certainly can't afford to wait another 40 years.

And finally - a few old photographs...



Judith Lawrence (Hayes) in 1961 being instructed in the fine art of 'setting up' by 'Dobbie' (another great mentor and friend).



Medics-7-a-side rugby team in 1962 with dentists Brian Hobby (standing first left), Dave Mayo (standing third left) and Paul Sayzeland (crouching right)



Clinical years in October 1963 with Profs Darling and Bradford (centre)

1964 REUNION, 30 October 2004 Dave Lewis

The thought of a new millennium surely occurred to none of the group of twenty-odd fledgling dentists as they began their professional careers around the Christmas of 1964. Yet forty years on, exactly twenty of them turned up at the Marriot Royal in Bristol to meet old friends, compare grandchildren and to find, somewhat to their surprise, that no-one seemed to have dropped off the perch in the previous five years.



Standing: Rod Staines, Ruth Staines, Liz Durbin, John Turner, Trisha Harrison, Mary Evans, Ron Harrison, Maurice Dunford, Maureen Erskine (Mahood), Alan Durbin, John Caddick, Fred Leach, Anne Leach, Claire Godward, Wyn Evans, Ken Jones, Alan Godward, Lisa Jones, Geoff Harrison, Ian Jenkins, Ray Valteris, Sonya Jenkins, Dave Lewis, Reg Andlaw, Chris Lewis, Ivor Robinson, Trevor Thomas, Tony Williams.

Seated: Joan Turner (Marlor), Jenny Williams (Ellis-Jones), Theresa Dwyer (Lane), Chris Watkins (Hamman), Gina Dunford (Baker), Pat Caddick (Byrne), Val Lawn (Platts), Yvonne Thomas (Branch).

It was a relaxed and low-key gathering – ours was never a flamboyant year – but there was plenty of opportunity for reminiscence and banter. Messages were received from Sue Walker (Peacock) and from Dave Tessler, both of whom were resident in Australia and much regretted being unable to attend. We failed to elicit any response from Frankie Poku, who is apparently still in practice in Accra, and three other members of the year were not contactable, but 20 out of 26 is not a bad score after such a long period.

Also present were Reg Andlaw, wearing his Alumni hat, Maureen Erskine (formerly Mahood), getting younger every year, and Ivor Robinson (Robbie) who certainly doesn't seem to get any older. No peppermints handed out, though....

All in all a very pleasant and worthwhile event: so much so that there's a consensus for another reunion in 2007. We drank to "Absent Friends", but how much better if they had been present?

1974 REUNION, 12-13 November 2004 Prue Simpson

I can only imagine one thing more difficult than synchronising the lives of a varied and disparate group of individuals



<u>Back row</u>: Charles Coe, Rob Salvin, Rob Goodrum, Paul Williams, Ron Nash, Tony Wootton, Rob Lenko, Dave Robinson, Dave Adlam, Salim Ladha, Kent Glace, Mike Li. <u>Seated</u>: Rob Pierce-Williams, Angela Cropper (Crabb) Judy Lewis (Cox), Celia Staunton (Darlington), Prue Simpson (White), Jan Barnes (Reynolds), Mike Coakley and that would be herding cats. However, the outcome of the latter activity would probably be less rewarding in the end!

So, it was with a great deal of pleasure that the 'Class of '74' held their 30-year reunion in Bristol over the weekend of 12-13th November 2004. The event, which had been organised by Celia Staunton (Darlington) and Prue Simpson (White), was well attended members of the year travelled from as far afield as St Lucia and the Far East to meet up with old friends - and all agreed that it was a diary date that was worth keeping.

The usual faces appeared and it was particularly good to see Rob Lenko and Salim Ladha with their partners, neither of whom had been able to attend the previous gathering. Apart from the fact that in 30 years we had all become a little greyer and slightly more rotund and with a detectable tendency towards the 'Grumpy Old Git' syndrome we can still say that we are pretty much the same people that we always were - and roll on the next reunion!

1979 REUNION, 11-13th March 2005 Pam Whyte (Norman)

It took us 22 years to have our first reunion, but having done it once we thought we'd celebrate our silver anniversary. Yes, we have now been qualified for 25 years!

Only nine of us met this year, but together with some partners we were 15 in all. The format from three years ago was very enjoyable so we decided to go for the same again.

On Friday night we met up in the dental students' bar with Reg Andlaw and Chris Bell and we were delighted to find that things haven't changed much. There were cheap drinks, and a sort of competition involving a funnel, a length of plastic tube and a pint of '£3 special'. The students couldn't believe that people as old as us who qualified from Bristol weren't using zimmer frames.

As a few people hadn't come to the last reunion we had a tour of the Dental Hospital with Dave Williams, who was due to retire the following week. There were a few alterations since the last tour, mainly in the GA department, but the 'new' lecture theatre and op.tech were still as we remembered them. And do you know that the black chair in the x-ray department is still the same one!

We had a change of venue for the meal on Saturday. We went to the Hotel Du Vin and it was superb. The food, wine, room and the



<u>Back row</u>; Richard Gregory, Claire Gregory (Woods), Carol Barclay, Di Radstake (Mulrooney), Rachel Pinder (Jeffery), Nawshi Dhalla (Rahim) Brian Whyte, Rod Milne, Alan Barclay.

<u>Front row</u>; Ian Pinder, Christopher Richards, Andrea Richards (Findlay), Lesley Nolan (Ayres), Pam Whyte (Norman), Dick Radstake.

service were all faultless. Everyone had a brilliant evening. So much so, that we have decided to have a meal every year in the Hotel Du Vin on the same weekend for those who want. So I have provisionally booked Saturday March 11th 2006 at 7.30 pm in the Hotel Du Vin. It seems that now we have started we just can't stop!

So anyone who thinks they might like to come please e-mail me at thewhytesathome@aol.com or write to me (6 Burnham Drive, Newton, Swansea SA3 4TW). Let me know if it is one or two of you so that I can decide on the room size. Like this year it won't be a 'reunion', just a meal with good friends. Please come and join us if you can.

1979 REUNION – VIEW FROM AN OUTSIDER Dick Radstake, Lt. Col. Royal Netherlands Air Force

Yes, an outsider I surely am: not only am I not a dentist or even employed in any vaguely related profession; but on top of that I am not even British! So what made me join the 25th anniversary of the 1979 Bristol University Dental Reunion? It is my wife Di Mulrooney, now better known as Di Radstake! I met her when posted by the Royal Netherlands Air Force as a jet-fighter pilot to RAF Rheindahlen in Germany, where Di was a RAF dental surgeon.

Only organised for the first time 22 years after graduating, I had already met quite a few of the former students at their very first reunion in 2002. It was great fun, and when we got our invitation for 2005 – to better fit into the normal cycle of 20, 25 years and so on – I had absolutely no hesitation to join, even though we would only return just a few days before from a 7-week holiday 'Down Under' - without being able to return to our current home in Germany first..... that must tell you something!

A reunion is not necessarily a dull 'Oldies' get-together, but a great and fun way for outsiders to learn about University time, what the University looked like and what had changed, and to also meet all these people who – in my particular case - played such an important role in my wife's life. It is very interesting to see what had become of them, what they were doing now, where they lived and how they had developed their views. Brilliant and very, very interesting to step out of my usual circle and experience a totally different environment: instead of Fighter Jets we were now Talking Teeth!

After having kicked-off on Friday night in the dental students' bar (in those old days an amenity apparently sadly only available for certain functions), several current students shared their views (and drinks!) with us until the wee hours. Old stories (mmmm... I am sure not all though!!!) and memories emerged. I have to say it was rather satisfying to be the last ones to leave the bar – Old Soldiers Never Die they say – what happened to the drinking standards?! A challenge for next year perhaps?

Very quickly the group became more than just 'passers-by' and started to become a close-knit circle of friends – again looking from an 'outsider's' perspective of course! Some apparently had developed in the most unlikely direction compared to who they were and how they were. Some had given up dentistry, some had never left Bristol, some travelled the whole world, some had settled abroad, some went

the scientific way, some became managers and some were practising. We continued in the hotel bar, and the next day (oh well, by then it had become the *same* day!!) we were shown the Dental School. Although some headaches had to be battled with pills, we noticed some of the areas had virtually not changed (all students just took their usual seats...). Not sure whether this lack of change was a good sign though! But fun it was, and a good backdrop for the obligatory photographs!

That evening we all dressed up properly for a formal dinner. Even more 'reunionists' had now joined the party with their spouses; the atmosphere was great and exciting. I got to know more exstudents, and bonds were made. What a fantastic group of people! In the end, over many wines, beers and spirits, it was proposed that we should repeat this *every* year, and so it was decided.

So Dental School beware: we will be back, and this includes the har!

For you, slightly younger readers, one small piece of advice from an outsider: stick together, get those reunions going, start straight away: it's big fun! And include those outsiders!

1984 REUNION, 19-21 November 2004 Lisa Sprod

Our 20-year reunion celebration started early on the Friday evening with traditional "early doors" drinks in the students' common room at the dental hospital. This was a brand new building when we qualified but brought back many happy memories of Friday evening gatherings. The earliest arrivals were typically those who had come from the furthest away. Curtis Sealy had travelled from Trinidad, Martin Thomas from Canada and Carole Subadan from Germany. Martin arrived in Bristol from Canada as a mature student in 1980 with his wife, Beth, and one-year-old son, Tristan. Twenty years later Tristan is also studying dentistry ay Bristol. This now makes three generations of Thomases to have studies dentistry here, Martin's father having started the trend before immigrating to Canada.

We were all congratulating ourselves how we hadn't changed at all when a current student approached us and brought us back to reality. Everyone was really pleased to see Reg Andlaw, who lectured us in paediatric dentistry. He <u>really</u> hadn't changed at all and looked

as though he could still thrash any of us at squash as he could when we were students.

The majority of people arrived at the dental hospital on the Saturday morning. Sue Hooper gave us a very informative tour of the hospital. There had been so many changes it was difficult to recognise most of the clinics and a whole new building containing a state-of-the-art operative techniques laboratory had been added. We were all very envious of the facilities the students enjoy today.

The main reunion was held on Saturday evening at the Riverside suite in the Avon Gorge Hotel. It started with a champagne reception and soon became lively as many reminiscences were recounted. All partners attending were very understanding and indulged us in our memories.

Nye Fathers kindly took some photos and gave us a wonderful



Back row: Jon Lampard, Dave Babb, Simon Dunstan.

Middle Row: Delyth Evans, Judith Grimes, Matt Nuttall, Martyn Thomas, Phil Benson, Altaf Kotadia, Jon Baber, Zahir Nasser, Helen Stobart, Mukesh Shikotra, Ian Brignall, Andy Sprod, Chris Avery, Annie Walker, Curtis Seataj, Muriel Babb.

<u>Front Row:</u> Sophie White, Lisa Davies, Carol Subadan, Anthea Hardiman, Jan Kirby, Sue Anderson, Adrienne Benns, Sue Lavington

memento of the evening. The evening continued with a meal and dancing with the music stopping far too early; however we were still able to celebrate into the early hours.

It was very encouraging to note that we were all happy in our work, from the consultants to the general practitioners. As a group we appeared to have explored the many aspects of dentistry and each ound our niche within it. Twenty years ago we all spent an important and formative time together and the bonds and friendships were soon re-established. Here's looking forward to the next reunion.

1999 REUNION, 24-25 September 2004 Scott Wetton

After five years of being qualified we finally arranged to meet up for our first reunion. We managed to track down and meet almost forty of our year with partners, some travelling as far away as sunny Australia.

The weekend commenced with a compulsory and reminiscent Friday night at the ubiquitous dental students' bar! We were welcomed by the existing students who arranged a late bar (still have the headache now!).

Saturday daytime found us back in the dental hospital for a tour of the new facilities and a lecture kindly given by current Clinical Dean Dr Gordon Gray. As an added bonus, we were able to obtain those clusive CPD points. The lecture was finished off by lunch at a nearby bar - the Zero Degrees.



The main event was dinner and entertainment at The Thistle Hotel in Bristol. The hotel provided a great setting and the food was fantastic. Cheesy music and a suspect DJ, complete with flickering tissue paper lights – sorry – candle effects, helped to make the party go with a swing.

Our clinical dean Mr Ken Marshall was our very entertaining and enchanting guest speaker. The evening was helped along with vast quantities of alcohol provided by kind donations from GSK, www.locumsure.co.uk (locum insurance for dentists and dental practices), Dental Protection, Pfizer and Denplan.

A special thanks extends to my mate Mark Gillis for all the help and time in organizing the event (great speech).

Thanks to all those who made it, and hope to see those who didn't next time.

TIME FOR A CHANGE

Shirley and Charles Scola (74)

It was the phone calls from Thailand and Australia, from our youngest son who was taking a 'gap' year having finished his degree, that made us think that the time had come for us to make a change. So in 1999 we wrote the date 'December 2002' on a large piece of paper and pinned it to our notice board. It could have just stayed there, except that we took the important, irreversible, step of telling people about our plans, so that when January 2002 came people started asking us what we would be doing, and then we really had to make some move towards the change. I handed in my notice for the end of the year with the Community Service where I worked as a specialist orthodontist, and Charlie told his partners that he would be selling his share of the practice he had worked in for 25 years. Our sons were enthusiastic about our new venture and our parents gave us their blessing, so there was no turning back.

We decided to rent out our house so that we would have some income, and we bought a small flat in which to store our personal possessions and be a base to return to. The next question was 'where would we go?' We started looking on the internet, keying in words like 'voluntary' and 'dental' and scanned our way through various web sites. We started writing to a few likely-looking sites and soon two or three people were writing back asking us to forward CVs. Some people wanted to interview us, but one group, 'The Friends of

Ludhiana', was quick to reply, asking us to go out to the Christian Medical College in Ludhiana to teach for a months or so. It seemed interesting and, although they couldn't pay our air fare or salary, they were happy to provide accommodation and food for us, so we agreed to go for 6 weeks in January 2003. At the same time we saw an advertisement in the BDJ for jobs in Australia and we decided to apply. We started the long process of obtaining an Australian visa and work permit with a view to working in Queensland. December





2002 saw us saying fond farewells to colleagues and friends and celebrating a last family Christmas in our house.

Our travels started with our trip to India. Teaching in India was an amazing experience. They were delighted to have Charlie to show them how to use some of modern dental the materials that they had been given or ordered, which were sitting in the cupboard gradually dateexpiring. They knew the principles of rubber dam but didn't really have any experience of using it and that was the lecturers. I was left to run the orthodontic department.

as the part-time lecturer there was taking a trip to England to see if he could get a postgraduate position. I took over the patients under active treatment, where the challenge was to know what was being done. There were no initial records and no treatment plans, and even when study models were available they were not based or trimmed and the occlusion had not been marked or recorded.

The Indians were most welcoming and students were a delight to teach as they were so keen to learn. We were working six days a week and rarely got away before 6pm in the evening. We were invited to medical camps in remote villages where a hospital group went to provide basic treatment for the villagers. From the dental side it was mainly extractions, but a technician came too and was busily making dentures to replace the extracted teeth. We were embarrassed to find that we were often not expected to do any work ourselves but were considered 'guests of honour', often receiving garlands and bouquets and merely having to give a short speech saying how delighted we were to be there.

The time in India passed all too quickly, and after a short holiday we were on our way home again. We had three weeks back in the UK, just enough time to see our parents and sons, but a bit short on time to pack our bags for six months in Australia. We found that we could get a 'Round the World' air ticket which allowed us to stop off as we liked as long as we kept going in the same direction. So we 'stopped off' with relations in Vancouver and then with friends in New Zealand before visiting Raratonga and finally arriving in Brisbane. We had nearly a week in Brisbane, which gave us a chance to see the city whilst we bought a car, registered with Oueensland Health Authority and organised radiographers' and prescribers' licences. We drove up to Rockhampton where they had organised accommodation for us in Yeppoon on the coast, where we would be working a couple of days a week. We were employed as senior dentists, Charlie in the equivalent of an access centre, and me in the school service checking the work of therapists, assessing the malocclusions of the children and then referring them to the appropriate specialists.

We worked just four days a week and every weekend we went for trips to other areas. We volunteered to work in the outback for a few weeks, where they only had visiting dentists every few months. We also worked for a week in an Aboriginal settlement, which gave us an insight into a different aspect of Australian life. Over our six months there we saw quite a lot of Queensland and made many friends.

All too soon we were starting to plan our trip home and thinking about what we would do in 2004. We had met a lady in New Zealand, a professor of periodontology, who 'volunteered' to go out to Fiji once a year to teach at the dental school there. We said that we would be pleased to visit there and she thought they would definitely like that. We sent her our CVs and by return the head of school asked us to go for the academic year 2004. They were to pay us a half-salary each, enough to cover our expenses.

We spent Christmas 2003 in UK and waited patiently for our Fiji work permits to arrive. January came and went without the permits arriving and the University term was due to start on the 9th February. We were soon to find that this lack of organisation is the norm in Fiji. Eventually we decided just to e-mail the head of school to say that we were on our way and could they arrange for us to be met. It is long journey to Fiji – nearly 24 hours of flight with a short stop-over in Los Angeles. We were pleased that they had organised hotel accommodation for the first week after we arrived. We bought an old car and found a flat near the school. Suva, the capital of Fiji, is a city with a very high rainfall. There are no lovely beaches nearby, but just 1 hour's drive away the weather is much better and there are some lovely beaches for swimming and snorkelling.

We are now teaching undergraduates on their 5-year BDS course. I had naively asked for details of the orthodontic department only to find that I was the only member of the new department. They have just 12 dental chairs for the whole school, which are fully used by the 24 students in each year. They work in pairs, acting as nurses for each other - there are no dental nurses at the school. There are no separate departments and the patients are seen and treated as in a general dental practice. The University of Queensland provide the external examiners and the academic teaching standard is fairly high. There is a dental laboratory, and three trainee technicians work alongside the dental students as they prepare the laboratory work for their patients — this is mainly dentures but now includes their orthodontic appliances.

We are fortunate to have excellent IT facilities, with our own computers and a multimedia projector for our lecturers. The staff of the dental school are young and enthusiastic, and keen to learn themselves. The students have a range of abilities, reflecting the flexible entry and exit system of the course, with therapists, dental students and technicians all attending the first BDS year, after which the technicians continue two years' laboratory-based teaching whilst the therapists and dental students continue together for a further two years, the dental students completing the final two years. Therapists and technicians can rejoin the course and thus there are a number of mature students in the final years.

Although the facilities are basic and there is sometimes a shortage of basic materials, this is more than compensated for by the enthusiasm and respect of the students and the genuine friendliness and welcome from the staff. As with most things, the more you put

into something the more you receive. We have found that although we are working longer hours than we were in the UK the challenge of doing something new in a different culture has inspired us both, and inevitably we have both learned a lot. If you feel that you are stuck in a rut we can certainly recommend the change that we have made to renew your enthusiasm for dentistry.

SUMMA CUM LAGER - THE BAR MANAGERS' REUNION Jon Moore (1985 Bar Manager)

It would be wrong to call the occasion that took place on 28th January 2005 a 'reunion', since many of those present had never met before and their graduation dates ranged from 1983-2004. However, until somebody can provide the collective noun for a gathering of bar managers, the 'Bar Managers' Reunion' it will remain.

The coming together of keepers of fine ales, wine and spirits, and Porky scratchings, was the idea of Iain Hathorn, eponymous licensee of 'Hathorn's Bar' who is about to retire. Iain decided that the passing of 20 years of legal drinking at B.D.H should not go unmarked and who better to celebrate than those hardworking, selfless individuals who had devoted part of their undergraduate career to cleaning the pipes and polishing the glasses.

At some point in the 1980s the hospital administration became aware that the students were given to arranging large parties in the common room, at which alcohol was consumed and singing and dancing took place. These occasions, though all good clean fun, were of dubious legality under the terms of the licensing act and the authorities were somewhat concerned. There followed a period which some may remember, when an attempt was made to circumvent those laws by organising 'raffles' in which every ticket was a price of any one of a number of refreshing alcoholic beverages. When it became clear that this was no long-term solution and that an upright, sober citizen of good character was required to become a licensee, Iain had no hesitation in putting himself forward. At the time, the common room was being moved from the main body of the hospital to its current position underneath the library, and although there was plenty of space for a bar there was no money available for its construction. Iain not only made an enormous contribution to the design of the bar. he was also instrumental in persuading sponsors to cough up their cash.

For those bar managers returning after an absence of several years the common room returns a familiar atmosphere. It may have received a fresh coat of paint but the basic layout is still the same, and the prices have a pleasing old world charm! Fuelled by reassuringly inexpensive prices the initial quiet conversation was quickly replaced by the sound of bar managers reminiscing. In best 'sponsored lecture' fashions Iain laid out a fine spread of Marks & Spencer's nibbles which were quickly consumed. The evening proceeded much as one might have expected and at some point a boat race was arranged for all the bar managers present. Traditionalists will be horrified to hear that instead of the usual pint of bitter this was conducted using a bottle of alcopop and a straw. Truly horrible.

As the evening finally drew to a close the company started to thin out. The younger element with their greater stamina heading off to a nightclub no doubt, while the more senior citizens would make do with the traditional chicken vindaloo at a local curry house – for one individual there was a nice sleep in the toilet of said establishment. Left behind to clear up the mess in the common room – the current bar managers!!

A thoroughly pleasant evening was had by all. The Hathorn Bar is a great asset to the Dental Hospital. Its continued success is a tribute to both the hard work and enthusiasm of the students, and the energy and eternal patience of Iain Hathorn. Anybody who has enjoyed an evening in the bar over the last 20 years should raise a glass in appreciation of what Iain has achieved – and a second glass to wish his successor Jonathan Sandy good luck for the future.

FORTHCOMING REUNIONS

We have been notified that the following reunions are being organised. Please contact the organiser if you have not already been in touch.

1966 Bob Binnersley

75 St Martins Street Tel: 01432 265 613 (work) Hereford HR2 7RG e-mail: bobwbin@aol.com

1975 Peter Barter

Algar's Cottage Walcot Green

Diss Tel: 01379 641 691 (home) Norfolk IP22 5SR e-mail: pbarter@clara.co.uk

1979 Pam Norman

6 Burnham Drive

Newton Tel: 01792 368 699 (home) Swansea SA3 4TW e-mail: thewhytesathome@aol.com

1980 Warren Gamblin 2 Providence Lane

Long Ashton

Bristol BS41 9DG Tel: 01275 394 349 (home)

1985 Mark Doyle

Collins House Dental Surgery Tel: 01432 853 155 (home)

19 St Owen Street Tel: 01432 357 717 (work)

Hereford HR1 2JB e-mail: mark,doyle@ukgateway,net

1990 Simon Uren

93 High Street

Portishead

Bristol BS20 6PR Tel: 01275 842 058 (work)

1995 Colin Langley Dental Surgery

104 Church Street

Sutton On Hull e-mail: clangley@clangley.karoo.co.uk

Hull, North Humberside HU7 4TD

2000 Heidi Nuttall

12a Brockley Road Tel: 07769 655 497 (mobile)
West Bridgford Tel: 0115 981 4018 (home)
Nottingham NG2 5JY e-mail: heidi.nuttall@tesco.net

Reunion organisers please note:

We would be pleased to help reunion organisers in any way we can, for example by providing information of suitable venues in Bristol and by reimbursing stationery and postage expenses. Unfortunately the Data Protection Act now does not allow us to release addresses of alumni. However, the University's Campaigns and Alumni Relations Office can inform organisers of the number of graduates in their year and then, if that number of stamped envelopes is sent to the office, will attach address labels and post them. To use this service contact Laura Merlino. Telephone 0117 3317139 or e-mail laura.merlino@bris.ac.uk.

We can arrange for group photographs to be taken, which would be available for purchase at reasonable cost (Nye Fathers, of BDH, is the photographer). Reunion organisers should inform Reg Andlaw or Nikki Atack (contact details on inside front cover) if they would like this to be arranged.

The Hathorn Bar in the students' common room is a convivial place to meet for those arriving on a Friday evening. The bar is open from 5:30 to 8pm - a 'late bar' can be arranged, and also a buffet, if requested

A Saturday morning tour of the dental hospital can be arranged by contacting the Clinical Dean's office.

Reunion organisers sometimes ask whether members of staff they knew during their student days are still at the Dental School. The following is a list of current University and NHS staff.

Dr YEY Aboush	Dr GB Gray	Dr LM Nash
Prof M Addy	Mr JR Green	Dr DJ O'Sullivan
Dr DB Armstrong	Mr ME Green	Dr IC Paterson
Ms BK Ashton	Mr P Guest	Prof SS Prime
Miss NE Atack	Dr A Hague	Dr CM Robinson
Dr ME Barbour	Mr N Harradine	Mr RJ Robinson
Miss AL Barker	Mr I Hathorn	Mrs JC Rooney
Dr C Bell	Mr I Holloway	Mr SL Sale
Mr RJ Benjamin	Miss SM Hooper	Mr RA Salvin

Dr TM Benn	Dr JA Hughes	Prof JR Sandy
Mr PN Bennett	Dr AJ Ireland	Mrs CM Sellen
Miss GM Boswell	Prof DC Jagger	Mr PN Sellen
Mr NL Brown	Mr RG Jagger	Dr RP Shellis
Dr MD Bruce	Prof HF Jenkinson	Mr RJ Spittal
Mr P Bucknell	Mr M Jerreat	Mr AJ Sprod
Dr NCA Claydon	Mrs AE Jones	Dr B Su
Prof JG Cowpe	Mr PG Keeton	Mr AD Telford
Mr PJM Crawford	Mr PA King	Dr SJ Thomas
Mr MJC Davidson	Mr DH Lee	Ms PA Trevithick
Dr M Davies	Dr J Luker	Mr AG Vaughan
Dr S Dhara	Dr JP Mansell	Mr RW Vowles
Dr K Duncan	Mrs DM Marriott	Dr MP Wainwright
Dr D Dymock	Miss LM McNally	Dr NX West
Prof JW Eveson	Mrs JM Moore	Dr SL Wetton
Dr D Franklin	Dr JM Moran	Mr M Woodhead
Dr HF Frenkel		Mr R Yates

WHERE ARE THEY NOW?

We do not have valid addresses for the following members. We would be very grateful for information about their current addresses.

Christopher Andrew	(99)	David Hickleton	(01)
Scott Bentley	(95)	Alison Howe	(98)
Oliver Bowyer	(02)	Stephen Keane	(98)
Catherine Breach	(99)	Sarah McNally	(97)
Gordon Carey	(01)	Claire Patchett	(00)
Simon Carlyle	(79)	Gregory Peake	(92)
Melissa Chen	(90)	Sarah Richards	(98)
Josephine Corbett	(97)	Richard Seaton	(01)
Justin Dinley	(99)	Fleur Shanson	(01)
Hester Degraeve	(00)	Caroline Tothill	(96)
Simon Dunstan	(84)	Fiona Turner	(91)
Carol Gough	(96)	Helen Walters	(95)
Zoe Harrington	(93)	Clare Watson	(93)
		Danyel Lisa Yates	(93)

INCOME AND EXPENDITURE 15/11/2003 - 15/11/2004

Income Subscriptions Donations Med	ical Sickness Society	£3,289.00 £ 150.00 £3,439.00
Expenditure Donations		
Dental Sch Electives	ool Library	£ 1000.00 £ 1000.00
Newsletter Preparation Printing Distributio		£ 150.00 £ 400.80 £ 250.00
Reunion photographs Bank charges		£ 23.00 £ 137.40
•	ationery, postage etc.)	£ 102.82 £3,314.02
Excess income o	ver expenditure	£ 124.98
Bank balance	at 15 November 2003 at 15 November 2004	£7,497.51 £7,622.49

DONORS TO DENTAL LIBRARY FUNDS

Our thanks to the following members who have made donations – and apologies to any inadvertently omitted.

Geoffrey C. van Beek	Marjorie Wedgewood	
Annemarie Ayling	Michael Treweeke	
Bert Jukes	Fred Leach	
Dan Glover	Curtis Sealy	
Michael Sultan	Pierre Viader	
Alun Jones	Kate Gunnery	
Karen Lintin	Christopher Stephenson	
Gordon Tucker	Robert Binnersley	