50 Years of CDHA Memories



"Of my many, many memories, the CDHA Conference in Victoria BC, 2015 stands out. Great presentations, fun, and an opportunity to visit British Columbia, where I first began practice. As Chairman of Legislation including the Standards Committee for Dental Materials, I learned so much about academics and management. CDHA was instrumental in shaping the path of my professional life and I have gratefully appreciated the connection warmth and kindness over the years".

Anne Bosy

My CDHA moment was when Diane Skene had nominated me for Life Membership. I received this honour at the Ottawa Conference in 1997

When I first came to BC in 69 I met Carol Kline who was our Placement Coordinator. She immediately got me involved with BCDHA

From 67-69 I worked for the Wentworth County Health Unit out of Dundas Ont.

I worked in private practice in BC from 69 till I retired in 2008

Then I became a full time ski instructor at Whistler Blackcomb till 2022. I still ski now even though I have had a hip replacement .

In 94 when Debbie McCloy was unable to go to the CDHA Board meeting in Niagara Falls I took her airplane ticket and showed up for another 3 yr board term! While I was there my group of 4, I think that we were the PR committee decided to go out for a burger. Long story after walking for some time and now in an area of tattoo parlours and pawn shops I asked a policeman parked along the side of the street if we had much farther to walk to the UFO! burger joint. We were given a ride in the police cruiser. By the way all 4 of us fit in the back seat. And they recommended that we take a taxi back to our hotel. Another interesting thing about that meeting was that our guest speaker Roberta Bondar got lost on her way so the presentation was a bit late but so interesting

So I hope that you have a great time in Halifax. It's a great city. I've already been to 3 CDHA meetings there.

Cheers

Barby

Barbara Brown Hewton

U of T 67

My favourite memory was when Dr Jackson selected me for the job of Assistant to the Director of Dental Hygiene at the Faculty of Dentistry at the University of Toronto

It was the beginning of my meaningful career combining clinical practice with teaching and contributing to the education of both dental hygienists and dental
students

I still feel grateful to my profession.

Bonnie Borins

"My involvement with CDHA began as I neared graduation from the University of Manitoba's first class in 1965. Professor MGE Forgay in preparing our class for dental hygiene practice and outlining our professional responsibilities made it very clear that it was our professional obligation to, at minimum, join CDHA and then our contributions to CDHA started. I served CDHA and BCDHA in many capacities, loving the challenges and opportunities for learning while making lifelong friendships. I am still touched and honoured to have been awarded CDHA Life Membership in 2001. I eventually, as UBC DH Degree Program Director, completed the circle by delivering Marnie's message about professional responsibility to CDHA to my graduating students over a 23 year period. CDHA was always at the core of my professional career. Thank you CDHA for everything!

Bonnie Craig

Memories – 50+ Years of Membership in CDHA

I joined the Alberta Dental Hygienists Association (ADHA) and the Canadian Dental Hygienists Association (CDHA) in 1971 as a new University of Alberta graduate. By 1973, I was actively involved in the ADHA with Joanne Clovis, Marilyn Mabey, Linda Risdon, Darlene Thomas, and Margaret Berry-MacLean, a founding member of the CDHA, as my mentors.

My first official interaction with the CDHA was as Alberta's delegate to the CDHA Board of Directors in 1976 and 1977. It was a huge privilege, and I was excited to get to know the other provincial representatives. I was also somewhat apprehensive about meeting some of the more experienced members of the group, but everyone was very welcoming.

Through my provincial elected/appointed positions, and later as Registrar of the College of Registered Dental Hygienists of Alberta, I was regularly in contact with each of the CDHA's Executive Directors from Carol Worobey through to Ondina Love. I always appreciated their support and enthusiasm for Alberta's legislative initiatives. I was grateful that the CDHA was willing to work with all the provinces to facilitate the development of practice standards and a code of ethics that could be adopted or adapted by each province as they achieved self-regulation. In addition, the CHDA's support for development of a national examination to further enhance the public's confidence in the credentials of dental hygienists was an important milestone for the profession.

Over the years, I have had the honour and privilege of working on various initiatives with almost every one of the members who have achieved the "50 years or more" milestone with the CDHA. I have vivid memories of many long meeting days and late-night drafting sessions, but my fondest memories are of the camaraderie, mutual respect and support for one another as we worked together to move our profession forward. I am grateful and proud to have been a part of this community of women who have continuously demonstrated foresight, drive and dedication to our profession. I hope we have inspired the next generation to continue moving our profession forward.

I would also like to thank my frequent "roomies" - Lynda McKeown and Fran Richardson. Budgets were tight in the early days, so I frequently shared a hotel room with either Lynda or Fran. Fortunately, that was before any of us were old enough to start snoring! Thank you both for always be willing to share a great meal and glass of wine as we re-hashed our trials, tribulations, wins and losses.

Brenda Walker

My story in dental hygiene goes way, way back and cannot be told without bringing my two best hygienist buddies – Jo Gardner and Helen Balanko – into the story. Jo was registered as #3 hygienist in the province of B.C. and Helen was #4. I was #7. We immediately bonded, as fresh new graduates from American schools, having recently completed a very ghastly set of exams. All three of us were married to dentists and lived within a 3 block radius. Helen and I worked together and Jo and I both taught at the UBC dental hygiene program from the beginning to the end. We were also members of BC Dental Wives where we collected scrap amalgam and made enough money to fund a scholarship at UBC, which is still ongoing.

In the early days, we talked and dreamed of creating a professional dental hygiene organization. And we did it! We started in B.C. (BCDHA) and then joined with Ontario to get the CDHA ball rolling.

Over the years we attended CDHA conventions all over Canada and had a fabulous time. I was Vice-Chair of the first Convention held in Vancouver in 1979. It had 300 participants, which blew everyone away!

A memorable highlight of mine is when the BC contingent to Convention wore matching garb we made from bright purple plaid fabric. It was fun and certainly drew a lot of attention. But the best part was the congeniality we shared when making the outfits. I still have mine in my closet!

Carol Kline

University of Washington 1958

One of my most treasured memories of CDHA took place in 1985/86 at a strategic planning workshop held in Ottawa with the Board of Directors and facilitated by Sheryl Feller RDH, MBA. The outcome of that meeting was to provide a path forward for the association and profession for the next 12-15years.

The session began with the formidable task of determining what the national association was best and most uniquely placed to accomplish? Fortunately for the Board there was a document that clearly provided an answer. The Board found their mandate within the Federal Government Report on the working group on the practice of dental hygiene in Canada. A seminal report that clearly outlined the criteria required to move dental hygiene from an "emerging " profession to a recognized profession.

However, with limited financial and human resources how could the Board even begin to address the task before them? It began as soon as they chose to accept the responsibility and challenge for themselves, and from that moment a new mandate began. Dividing into four working groups, the Board allocated representation in each of the groups from Atlantic, Central, West and Executive, and a revised format began. The four "councils" directly mirrored the WGPDH recommendation categories, that of Practice & Regulation , Professional Development, Education & Research with the CDHA addition of Menbership. Form and function thus facilitated the Board as they worked to address the criteria identified for the professions maturation. Moving from " we have never done this " to " whats next on the list" the board members worked creatively, collectively and strategically. At the end of each session of the Board meeting Council's shared their accomplishments and next steps, then as a whole the Board confirmed priorities.

With this framework in place and the ongoing leadership and accomplishment of the CDHA Board many of the Requirements for Professional status for dental hygiene as a profession are in place including; National Practice Standards, National Certification Standards, the National DH Certification Board, National Education Standards and DH Accreditation Standards, CDHA journal, CDHA Scientific journal, National Research Conference and Annual conference.

Through all of this history of the Board's strength, dedication and tenacity, what I remember most is the joy, laughter, growth, confidence, collaboration and support of an amazing group of professional colleagues. Roberta Bondar reminded us that perspective matters, from her position in space she identified water as Canada's most valuable resource. From my perspective for CDHA, its most valuable resource remains, friends and colleagues.

Carol Worobey

50 years has provided me with wonderful memories of CDHA. The friendships made both here and abroad, the advances made within our profession, and the pride we took in being a registered Dental Hygienist.

My most memorable highlights consist of organizing the 1985 CDHA conference held in Ottawa, the 1989 11th International Symposium also in Ottawa, and the 1993 Research Conference held in Niagara Falls where Roberta Bondar was the guest speaker. The laughter, the learning and the shenanigans (lobster shipped by President Audrey Newcombe to the Chateau Laurier in 1985 and covertly brought up to the President's reception) are fond memories. Sharing experiences and knowledge with Dental hygienists from around the world was invaluable. Thanks to everyone who made the profession what it is today and for allowing me to be a part of it.

Dale Scanlan

Getting on the Dental Hygiene Bus with CDHA:

When I reflect back on my 52 years with CDHA - two thoughts come to mind.

1. In the first year of dental hygiene school, I went to a CDHA meeting and I was scared, shy and quiet (can you believe it!). Luckily, I sat beside Lynda McKeown and she truly welcomed me into CDHA as well as the dental hygiene profession. Having Lynda as a mentor to guide me - made the difference in my career as a dental hygienist, CDHA board member and CDHO president. One brief encounter holds meaning for more than 50 years!

2. Years ago I went to a CDHA conference and the then Executive Director spoke about getting on the dental hygiene bus. It was an amazing lecture and taught me the value of coming on the RIDE- helping to change the direction of our dental hygiene profession for the public we serve every day, building a life time of friends across Canada and enjoying my life each and every day as a DENTAL HYGIENIST. I am still working and not ready to hang up those scalers - too much fun each and every day!

Evie Jesin

When I think of my years with CDHA I have nothing but fond memories. As someone who has lived and worked in four provinces and one US state, I can honestly say that CDHA is a unifying force for dental hygiene and dental hygienists. The progressive jurisdictions assisted the others in making necessary changes to the profession. Even though there was sometimes a sense of disdain for those segments of the country that did not move as quickly as others, the CDHA Board was always there to provide resources so the others could catch up.

We were never afraid to take risks. I remember contributing to policy drafts and position papers that were considered radical at the time, but are now common place to new graduates.

Fifty plus years is a long time in many respects but the education and skills that we learned through our involvement with CDHA have been invaluable as we moved through our careers. I now use that knowledge in the volunteer work that I do in retirement.

Fran Richardson

Joanne B. Clovis, Dip. D.H., B.Ed., M.Sc., PhD

This invitation to record some of my story has given me a wonderful opportunity to reflect on how dental public health and academia have shaped my career.

Along the way my career has taken many turns, some by choice and planning, some by serendipity. Following my graduation from the Dental Hygiene program at the University of Alberta in 1967, my career began in public health in Alberta where I worked for two years as a return-in-service commitment for the bursary that allowed me to become a dental hygienist.

Those two years took me into schools, health clinics, and homes in northern and remote Alberta communities with Metis, First Nations, Francophone and blended populations. Those experiences were my introduction to public health with a diversity of cultures and population needs, and the beginning of my understanding regarding the determinants of health. Those early experiences also confirmed how fortunate I was that my circumstances in life had permitted me to grow up and live in the safe, clean, and loving environments of my particular family and community.

Very early in that Alberta public health commitment, my academic interests were expanded with the opportunity to begin teaching part time in the University of Alberta Dental Hygiene program. For that, I am grateful to Margaret Berry Maclean, the Director, who believed that I had some potential for teaching. A highlight of my Alberta days was being awarded the Alberta Dental Hygienists Association's Joanne Clovis Community Health Award.

From 1971 to 1975, I taught Inuit children in public schools in then Northwest Territories. I used the sink in my portable classroom to reinforce basic hygiene including toothbrushing. A complete change of environment followed that when I participated in a three-month dental public health project in the British Virgin Islands. Those two quite different climatic and cultural environments reinforced and expanded my understanding and appreciation of the basic tenets of public health.

On returning to Canada in 1977, I accepted a position as a dental health consultant with the Government of Alberta, consulting to 27 public health districts. During that time I completed a Master of Science degree with a research project related to the effects of fluoride in drinking water, hence my ongoing interest in fluoride. Concurrent with my Government position, I was privileged to maintain a teaching commitment in dental hygiene in the community dental health course at the University of Alberta. During this time I was also the Parliamentarian for the CDHA Board meeting in Edmonton in 1980. and the president of the Alberta Dental Hygienists Association. My knowledge of dental hygiene was hugely expanded by membership on the committee of Health and Welfare Canada, The Practice of Dental Hygiene in Canada. Description, Guidelines and Recommendations. Report of the Working Group on the Practice of Dental Hygiene, Part I. 1988. This group, chaired by Dr. Marnie Forgay, laid the foundation of understanding about dental hygiene in Canada.

When the opportunity came to join the faculty at Dalhousie in 1988, I made the move to full-time academia. The privilege of teaching, research, and service - especially in a tenured position – has often translated into more than an average workweek as those privileges come with many responsibilities. From 1990 to 1995 I was the Director of the School of Dental Hygiene. A few rocky times notwithstanding, my career expanded into more teaching and research, with the addition of a PhD in Interdisciplinary Studies and a renewed commitment to interprofessional health and health policy. My publications and presentations during this time are a record of my history.

Over the years I have been privileged to have the very best academic mentors and supporters: Dr. Tony Hargreaves and Drs. Herschel and Alice Horowitz, who inspired ongoing dedication to fluoride and health education, Dr. Marnie Forgay, a first class educator, and Dr. Dale Poel, who carefully and kindly marshalled me through the amazing learning voyage known as a PhD. I have also learned from respected colleagues in many fields in Canada and United States.

Early experiences with challenged populations shaped my commitment to public health and to the oral health of vulnerable populations with research and teaching focused on health promotion, health policy, oral epidemiology, knowledge translation and research utilization.

Throughout there were cherished milestones: honorary life membership in the Canadian Dental Hygienists Association, the first dental hygienist in Canada to be awarded a grant as a Principle Investigator from the Canadian Institutes of Health Research, the first dental hygienist to hold the office of President of the Canadian Association of Public Health Dentistry, and an Honorary Life Membership in the Canadian Association of Public Health Dentistry. I believe that my commitments were passed on to my masters and PhD students.

In my position as President of CAPHD from 2003 to 2005, I advocated to the Honourable Carolyn Bennett, then Minister of Health, for the creation of a Chief Oral Health Officer within the newly established Public Health Agency of Canada; assisted with the development of two CAPHD position statements; and, established linkages with the Canadian Public Health Association and the Canadian Coalition for Public Health in the 21st Century.

Currently I am retired from full time academia. My service did continue with the Research Exchange Group on Oral Health sponsored by the Newfoundland and Labrador Centre for Applied Health Research. In my spare time, I have worked with the Board of the Association of Dalhousie Retirees and Pensioners as Editor of their newsletter, and also as Secretary of my Condominium Corporation Board.

Throughout my career, I came to understand that public health in its broadest meaning is about the health of the public, and that literally means all of us! However we situate ourselves we are all part of this movement. It's our collective thought and action grounded in commitment to our social responsibility that creates the meaningful partnerships needed to advance health for all.

With my home in CDHA and the CAPHD, I am deeply honoured to be part of the 50+ years of membership in CDHA. I thank all my colleagues for their consideration and acknowledgement, and I thank them for helping me along the way in my career and on our journey together to better oral health.

When CDHA President Mai Pollock spoke to my dental hygiene class in 1964, I never imagined that one day I would serve as CDHA President or represent Canada internationally, carrying our national flag at the ISDH Congress in Australia in 2001. Since that first introduction, CDHA has been the thread connecting my 60+-year journey in dental hygiene.

Looking back, the greatest gift has not been the positions I held, but the extraordinary colleagues who inspired me and contributed to advancing our profession. My most cherished memories are of the remarkable people whose friendship, generosity, and shared commitment enriched both my life and the dental hygiene profession.

Lynda McKeown

Right from the moment I was accepted into the dental hygiene program at UBC I felt honored and privileged to be entering the oral health care profession. The director of the program instilled into us the value of belonging to our professional association and I was given the impression it was mandatory that we join CDHA. We also had regular contact with dental hygiene pioneers like Carol Kline and Jo Gardner who championed the organization and inspired us to get involved in promoting our profession. Despite the size of Canada and the relatively small population of dental hygienists we are remarkably connected thanks to the passion that CDHA inspires. I feel this through the communication tools CDHA has embraced. Joining CDHA and maintaining a membership for over 50 years has been a sacred commitment to a profession dedicated to promoting oral health for all. Thank you everyone for all the dedication and hard work to make it happen….long live the
purple.

Mary Findlay aka Tooth Mary

STILL LOVING WHAT I DO

I have loved Dental Hygiene from the beginning of my career in 1969. What has kept me passionate all these years is the opportunity to make a difference-improving oral health, transforming smiles and attitudes and most importantly connecting with people. I'm still practicing 1 day a week. I continue to feel proud, grateful and connected to my profession and especially to my patients!!!

Fran Donis

Pat Johnson's memory of Dental Hygiene:

As I reflect over 68 years it is difficult to come up with just one memory. I've experienced the profession through many different lenses – as a clinician, educator, advisor to government, researcher and board member. Yet the memory I keep coming back to is how consistently we envisioned our future - locally, provincially, nationally and eventually internationally.

In the early 1960s, I was a recent graduate of the University of Toronto's Dental Hygiene program—the only dental hygiene program in Canada at the time—and a new mother on maternity leave. When I talked with colleagues, our conversations often turned to the future of dental hygiene. We shared ideas about how we wanted the profession to evolve and, importantly, how we could work together to make that vision a reality. Because I was tied to my home with a newborn and a husband whose work required him to be away in the evenings, I offered to host our meetings in my living room. Those informal gatherings became an opportunity for us to think collectively about our profession, its possibilities, and how best to leverage our combined efforts.

Those discussions ultimately led to the formation of the Dental Hygiene Alumnae Association in Toronto. As additional dental hygiene programs were established across Canada in the early 1960s, we connected with their alumnae groups so that, together, we could promote the profession and help shape its evolution. In 1963, we took another important step forward with the formation of both the Ontario Dental Hygienists' Association and the Canadian Dental Hygienists Association. Our vision was no longer simply local—it was becoming provincial and national.

By 1970, we had begun conversations with dental hygiene organizations in other parts of the world. Once again, we recognized that we shared a common vision for the profession, and that many of our goals could best be achieved by working together internationally. By 1986, those efforts culminated in the formation of the International Federation of Dental Hygienists.

I believe it was this shared vision that ultimately led me to undertake my 20-year comparative study of dental hygiene practices around the world. I wanted to document our history, understand how the profession was evolving in different countries, and explore what dental hygiene might become. The relationships and connections I had developed at the local, national, and international levels made this research possible and gave me a lifetime of memories.

Patricia Johnson

Salme Lavigne
My most Memorable CDHA Moment

Representing Canada as CDHA President (ADHA Conference, Nashville Tennessee)

Shortly after graduation from the University of Toronto in 1967, I attended a meeting in Toronto where I heard CDHA President-Elect Pat Johnson speak about the importance of belonging to one's professional organization. I was so moved by her speech that I joined immediately. I never in a million years imagined at that time that 30 years later, I too would be President of CDHA!

Fast forward 30 years, I found myself arriving in Nashville Tennessee with the CDHA Executive Director, to attend the ADHA conference. As we stood there in our casual clothes waiting for our luggage, I saw hers arrive, as well as all the people who were at that turnstile waiting! However, mine did not appear. "Oh no!", was my first thought! "How on earth will I ever give my speech as CDHA president without my conference clothes?!" After assurances from Air Canada that my luggage would be delivered to the hotel as soon as it arrived, I was relieved. But the next morning when there still was no sign of my luggage, nerves had settled in and I went off to select some appropriate conference clothing for the day as well and the following day when I had to deliver my speech! However, to my horror, all I could find was "country and western" apparel! It was indeed the home of country and western music! I did draw the line refusing to purchase a cowboy hat to go along with my skirt and western top despite the sales lady's attempts!

My speech was indeed delivered wearing my newly purchased "western apparel" since my suitcase was not delivered until the last day of the conference! Luckily the outfit did not interfere at all with the enormous pride I felt representing Canada as the CDHA President!

Dreams. Vision. Goals. Advocacy. When I reflect on the growth of the Dental Hygiene profession and the CDHA over the last 50 years, these words come to my mind.

Once known as “auxiliaries” or the “girls in the office”, dental hygienists have evolved into primary healthcare professionals. Hard work, commitment, lobbying and dedication by members and the CDHA has led other professions and members of the public to recognize the contributions dental hygiene brings to healthcare. It has truly been a remarkable journey.

A round of applause to volunteers, members, the CDHA board directors and the association itself for contributing to the profession’s growth. The friendships made, the laughter, the tears shed and the challenges faced all bring fond and special meaning.

May the next 50 years of our profession and the CDHA continue to be inspired by dreams, vision, goals and advocacy.

Sandra Lawlor

Submission for a cherished memory or moment of my profession or CDHA:

My original connection with my fellow hygiene colleagues was encouraged at the local level thru the *Southern Alberta Dental Hygienists Society* when I accepted the chair position for monthly meetings (and finding speakers). This morphed into 8 years on the board of the ADHA, as editor, CDHA Director (2 years) and President in the 1970's. As a young Alberta Director I met many strong 'movers, visionaries and shakers' within my profession while attending meetings and conferences both east and west.

One of my most memorable times was the CDHA Conference of 1981, "*Keep Abreast*, *Come West*" theme. As a committee member with Molly Moore chairing, we decided to highlight the Sat. evening activities with each local hygienist hosting as many conference attendees as they could, brimming with Calgary hospitality!



Sherry (Duncan) Saunderson and classmate Joan Connelly ready to welcome conference guests at *Keep Abreast*, *Come West CDHA Conference* - 1981.

My dining table saw 13 CDHA members breaking bread together and toasting to our amazing community of hygienists nation wide. Present on right side is Joan Connelly, Brenda Walker, Linda Risdon, Sharon Heise, and Patricia Johnson at end. I cannot remember the younger hygienists on the left.



Calgary hygienists also made a series of comedy videos as the entertainment for the conference, of personal experiences in private practice. Filmed with Super 8mm film, each skit

highlighted some of our more embarrassing chair side moments with patients. (I still have the film in my basement!) It was a big hit with the audience, a bit ‘racy’ at the time! Our lab tech made a gorgeous solid gold life size molar pendant as a door prize for us, which was won by Edmonton hygienist Paulette Schulte.

(And looking back 45 years, one can see in the video how changed clinical care has become. No gloves, masks, eye protection worn at the time…and my first operatory upon graduation had no suction or water source at the chair, only a belt driven handpiece; I worked standing up. Fortunately I found a full time job with proper equipment by September ‘69.)



Sherry Saunderson, Class of ‘69 U of A



Graduated at 19 years, Still keen at 76 years!

Additional Memories:

Quite wonderful to see so many names here from the past again! Brings up memories of my early days as a CDHA Director from Alberta, and before that spending 8 years on the ADHA Board. National conferences were very special and hygienists networked within components back then - the Southern Alberta D.H. Society centered in Calgary with monthly speakers.

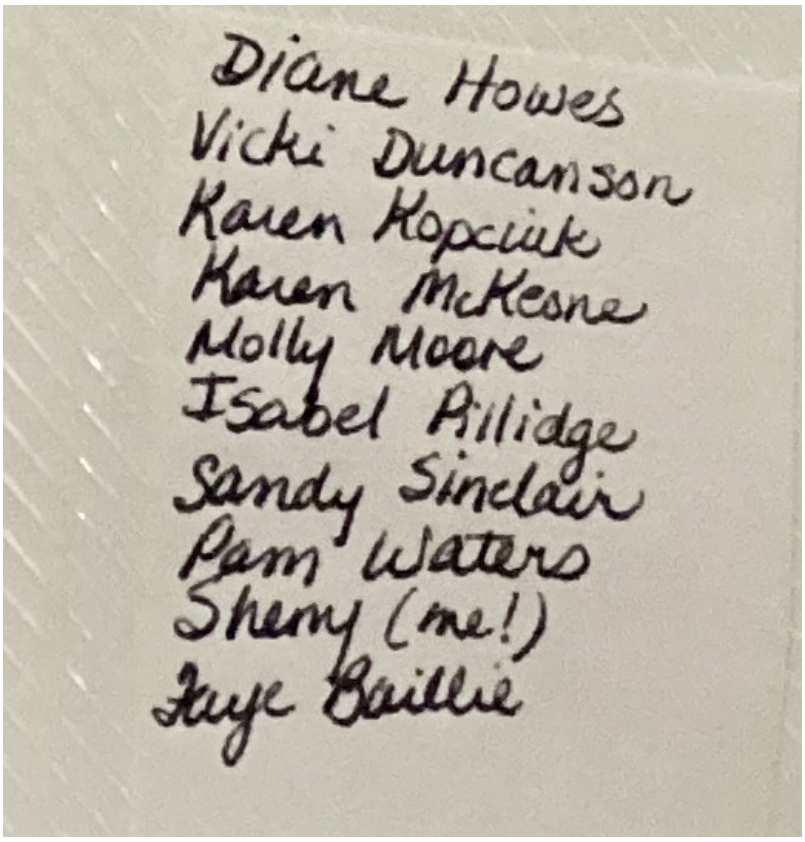
Seeing Pat Johnson's welcome message brought back a memory of hosting both Pat and Brenda Walker for a dinner along with about 10 other conference participants at my home in Calgary. "Keep Abreast, Come West" was the theme and Molly Moore chaired the Calgary Conference Committee. We were so young back then, full of energy and ideas (and frustrated by the control the dentists had over our profession at the time).



Pat is at the back center, Brenda second from the right, beside Linda Risdon. Two of my classmates from U. of A. '69 are also here- Sharon Heise (4th from right) and Joan Connelly (far right). Joanne Clovis was our clinical instructor! Rather than plan a dinner out somewhere for the conference, every Calgary hygienist was encouraged to host a dinner party and invite the rest of the conference registrants to join in and break bread together. No one was to be left on their own!



The Conference Committee of 10, chaired by Molly Moore, all Calgary hygienists, summer of 1981.



The western theme was fun; this is my classmate Joan Connelly who had moved to Kelowna from Calgary. To this day we are very close friends, "Soul Sisters", although now Joan is widowed and living in Gibsons, BC and I am north of Victoria.



Forty five years later, a cancelled float plane flight out of Nanaimo left Joan a stranded passenger last Dec. 31st so we were able to host her for New Year's Eve for 2 days until the fog

lifted on the Sunshine Coast near Sechelt. Both Joan and I were blessed to have worked most of our careers in dental offices that valued their staff and became like family over the years. Bringing in 2026 together, a rare treat although on New Year's Eve 1977 we were on our honeymoon at Joan's home in Kelowna, to ski Big White together...



Our Class of '69 has held a reunion pretty much every 5 years since graduation, our 50th held in Osoyoos in 2019 before Covid hit. We missed holding our 55th in person, although 3 classmates met up in Summerland last year, coming from Switzerland and California to be together- they had shared an apartment at university. Mary Gross from Calabasas, Calif. only retired last year at 76 from the same perio office she had worked in for about 45 years. She said when new dentists came in, "she trained them" to the standards the senior periodontist used! Once she was widowed, Mary found great support and friendship at work, (and going to work was also respite from the days she was with her small grandchildren she said!)

I wonder how many hygienists have kept in touch with their classmates over the years? Might be an interesting survey. Thanks to CDHA for bringing so many like minded women (of my generation) together over the years!

Warmly,
Sherry Saunderson

Memories of my nine-plus years with CDHA take centre stage~ from director to executive positions, each role built an unexpected toolkit of skills and a wealth of lasting friendships.I owe much to CDHA for reshaping and deepening my appreciation of our profession. May others be so fortunate!

Sue MacIntosh

CDHA professional conferences provided the opportunity to meet dental hygienists from across the country. These introductions established new friendships with many colleagues during my professional career.

Susan Matheson

Since I retired in 2022, I have told all who will listen about the wonderful career I had in clinical dental hygiene practice, all 48 1/2 years of it. I had fabulous classmates who still gather on a regular basis and I made lifelong friends among both my co-workers and clients. And then there was the wonder of learning all through the decades, both through the people I served and continuing education, of course. I LOVED being a dental hygienist!.

Best regards

Susan Sumi

UBC class of '74

The Depth of CDHA

I was attending the annual CDHA conference in Regina. Several of us had spent a night of laughter drinking red wine till 2 am. Then the phone rang at 7 am! It was the CDHA Executive Director and she was looking for people to present that day! The key conference speaker had cancelled due to weather conditions. There was a whole day of slots to fill! Our deadline for delivering topics was 9:30. Everyone responded! For me it proved how much depth CDHA had; I was proud to be part of it. A new adjective was also coined that day …'being Lavigned' as many of us were a little under the weather after staying up that late with Salme!

Susanne Sunell

My CDHA Memory!

One of the most rewarding experiences in my dental hygiene career with CDHA/BCDHA was a talking tour I made with my friend and colleague, Barb Drewry in the early 90s. BC Dental Hygienists were on the path of self-regulation and we wanted to encourage support among members who lived far from the hubs of Victoria and Vancouver. Barb and I researched the history of the dental hygiene profession and the regulatory options adopted in various parts of the world. We studied other medical professions to see how they were regulated and supervised. We compiled all of this into a one-day presentation. We had pamphlets printed (no internet, no handy printers). Dental hygiene societies around the province helped us by distributing them to their members. All fall and winter, with the support of BCDHA, we travelled to eight different communities on weekends to share our views. We were rewarded with full attendance everywhere we went as our topic was "hot". It was clear to all that the time for self-regulation by the very capable hygienists in BC had arrived.

The dental community did not support our plans, but unknowingly boosted our position. This happened the following spring, at the Pacific Dental Conference. The dental association hired a speaker to present in support of the status quo…. which was registration and supervision of dental hygienists by dentists. That speaker had attended one of our sessions, and we sat in on hers. It was a surprise and a compliment that she copied almost word for word our presentation, yet somehow concluded against self-regulation. In the end our argument won the day and self-regulation was overwhelming supported by BC Dental Hygienists.

Yvonne Smith