

Name: Lars Refling (Doc)

Date of Profile: July 17, 2020

Born: May 18 1946

Voted in to the WCMC Fall of 2019

First Bike BMW 650 ST Funduro purchased in 2002.

Current Bike: 2013 Burgman 650 Executive.

Bikes owned: BMW 650 ST Funduro, Honda Shadow which I traded in for a 1997 Honda ST 1100 and a 2013 Burgman 650 Executive Scooter.

I was interested in motorcycles for some years, but as a practising physician with a young family, postponed getting involved until my daughters were well established and I was in the twilight years of my career in Emergency Medicine.

Reason I joined: for companionship and riding partners.



BMW 650 ST Funduro



Honda Shadow

After the BMW purchase, I bought a Honda Shadow which I traded in for a 1997 Honda ST 1100. This was a great sport touring bike and in the summers from 2005 to 2008 I would ride it up to my job in Sioux Lookout- 2000 km one way( a two day ride), every month. I even rode it up to Yellowknife, NWT, for a locum in their Emergency Dept. Unfortunately, it was totalled when someone blew through a stop sign in front of me on the Trans Canada Highway near Dryden. I was able to swerve around them, but reflexively hit the brakes(no ABS) and low sided, skidding across the highway into the ditch. I escaped with multiple bruises, a forearm abrasion, dislocated right great toe and broken right ankle. When the ambulance and paramedics arrived, I asked them to pull on my great toe, which was quite painful, to reduce the dislocation but they wouldn't do so because it was "not in their job description", so I had to do it myself. You could probably find my account of the accident with photos on the internet. The vehicle responsible slowed but didn't stop and the police never found the guilty party.



1997 Honda ST 1100



2013 Burgman 650 Executive Scooter

I retired due to a lower back disability in December 2015 and resigned my licence to practice Medicine in May 2018, after 44 years in the trenches.

Don't hesitate to approach me with medical questions and I'll try to give general advice.



This is a picture of me when I was working as a ships physician on the Wind Surf.

If anyone is interested, I've also included a brief personal biography that I gave to my patients during my last 6 months of work in a Walk-In clinic in Welland. See below.

# Dr. Lars Refling MD, CCFP, CCFP(EM), FCFP

## AdvancedMD Urgent Care

### PROFESSIONAL BIOGRAPHY

Born in Norway, Dr. Refling arrived in Canada at age 6. After completing University of Toronto Premeds, second in his class, he went on to graduate summa cum laude and AOA from U of T medical school in 1971.

After a rotating internship at Toronto East General hospital he arrived to start a General and Family Practice in Port Colborne. During the next 27 years, he maintained an active diversified practice with office, emergency, obstetrics, paediatrics, CCU, inpatient management, etc. at Port Colborne General Hospital. During that tenure he earned his Certification in Family Medicine from the College of Family Physicians of Canada followed by Certification in Emergency Medicine. Administrative duties included serving as Chief of Medical Staff for seven years and serving as the chief of every clinical service at some point except surgery and radiology.

In 1999 he became an employee of McMaster University with his mission to work in the Sioux Lookout Zone of Northwest Ontario. Home to about 30 First Nation Communities, most only reachable by flying in or ice roads, it measures in geographic size to France. While there he flew into communities to spend a week at a time doing clinics and public health education. He also worked at the Zone Hospital in Sioux Lookout. Serving at different times as the Chief of Family Medicine and Chief of Emergency, he was there for ten years. He was an Assistant Professor at the Northern Ontario School of Medicine and earned his fellowship in Family Medicine. During every other month not in Sioux Lookout, he enjoyed employment, at different times, as a cruise physician for Holland America, Air Ambulance out of Toronto to IJSA and overseas, and in many Ontario Emergency Departments as a locum physician.

For the past 5 years he has laboured almost exclusively in the NHS ED's and Urgent Care Centres, but early on, also including many shifts at MUMC ED and locums in Yellowknife's and PEI's ED's.

He looks forward to starting the next, and probably last phase of his clinical work at Advanced MD, serving the urgent care needs of the population of Southern Niagara. His two married daughters and their families live in Welland with his 4 grandchildren. He continues to live in Port Colborne with the most important person in his life, his wife Linda.