

A Letter from our Program Director



Keith R. Swanson, MD

Greetings Alumni and friends,

So far we have had an epic Tahoe winter with tons of snow which our current fellows Chris and Steve have taken full advantage of by shoveling and skiing!

As you know we lost a friend and respected colleague when Dr. Steve Bannar took his life just before Christmas.

Steve came to Lake Tahoe as a Fellow in 1996 and fell in love with the mountains and the Tahoe lifestyle. After a short time practicing orthopedics in New Jersey he returned to Tahoe and became a busy orthopedic surgeon and a respected member of the community. He also became a member of the LTSMF faculty where his knowledge, humor and teaching skills benefited all the Fellows since.



Steve had such a passion for life and participated in just about every sport and activity that Lake Tahoe offered. While it is impossible for us to make any rational sense out of what he must have gone through in those dark moments, I hope this makes us aware that we are all vulnerable to life's good and bad challenges and will seek help when needed. None of us fully appreciates how important and far reaching our influence is in our family, colleagues, and our community.

We will miss Steve's smile, laugh, and calm demeanor. With those sentiments in mind, we dedicate this newsletter to our friend - Steve Bannar. I know he would want us to continue to love, play, and learn to the fullest just as he did.

The best to you all,

Keith R. Swanson, MD
Director of GME-Barton Health
Program Director, DIO, Barton/LTSMF



Fellowship Faculty

Spring 2019

Keith Swanson, MD
Director of Graduate Medical Education
Program Director
Designated Institutional Official

Robert Rupp, MD
Co-Director, Educational Director

Jeffrey Cummings, MD

Hilary Malcarney, MD

Terrence Orr, MD

Daniel Robertson, MD

Paul Shonnard, MD

Kyle Swanson, MD

Randy Watson, MD, Emeritus

Edward Tapper, MD, Emeritus

Britta Swanson, PhD
Research Coordinator

Jennifer Gaston
GME Administrator
Fellowship Coordinator
Institutional Coordinator



Steve Bannar's Memorial Fund

In lieu of flowers at his funeral, his family has requested donations be made to the *Stephan Bannar*

Memorial Fund at Lake Tahoe Unified School District. The fund is set up to benefit the students of our town dealing with mental health issues. Please send checks to Shannon Chandler at 1021 Lake Tahoe Blvd., South Lake Tahoe, CA 96150. (schandler@ltusd.org)

Jennifer Gaston, Fellowship Coordinator, emailed you with the news of Dr. Bannar in December. If you did not receive one, that meant we either did not have your email or the one on file has changed. Please update our records by emailing her with your current email address. jgaston@bartonhealth.org. Thank you



Lake Tahoe Sports Medicine Fellowship

(ACGME Accredited)

Barton Health

P.O. Box 11889
212 Elks Point Rd., Ste. 200
Zephyr Cove, NV 89448



Support the Fellowship

Your tax-deductible donation will help us continue to grow...

Please mail your donation to:
Lake Tahoe Sports Medicine Fellowship
Attn: Jennifer Gaston
P.O. Box 11889
Zephyr Cove, NV 89448

<http://laketahoesportsmed.com/fellowship>
email: jennifergaston54@hotmail.com

**Special Thanks to
Stuart Fromm for his
generous contribution
to the fellowship.**

If you would like to designate your donation to be used for a specific purpose, i.e. research, to attend a conference, etc., please let us know.

We are actively seeking funds to build our research capabilities. Please consider a donation to fund our abilities. Thank you!

Steve Bannar loved nature...



He loved fishing...



...and motorcycling...



...and hiking...



...and road biking.

He was always up for an adventure and exploring new places. His friends and colleagues accompanied him on many adventures.

He Affected the Fellowship

An email was sent out to all Fellowship Alumni informing them of Steve's passing. Here are excerpts of some of the touching comments we received...

So, so very sorry to hear this! Completely heartbroken! RIP Steven!
~ Andrew Bulczynski, MD Feb05-July 05

I loved working with Dr. Bannar. Our prayers are with his family and everyone in the Tahoe area. ~ JR Meadows, MD Aug 13-July 14

A great mentor and friend. Gone far too soon. Such a loss for the Lake Tahoe Community. ~ Lauren Hansen, MD Aug 14-July 15

I am shocked and saddened to hear of Steve's passing. He was a valuable mentor, great orthopedist and all around great guy. I can't believe he's gone. So often we have no idea that people we are close to struggle with deeply personal issues and we have no idea of their suffering. My condolences to everyone. ~ Laura Sciaroni, MD Aug 02-Jan 03

Steve was an amazing person. He positively impacted so many lives as a physician, teacher, friend, and family member. I have only good memories of the time I spent with Steve. It makes me incredibly sad that I did not realize the inner pain he was suffering. My thoughts and prayers go out to his family, friends, and loved ones during this time of grieving.
~ Jon Finnoff, DO Former Attending

It is with great sorrow that I receive the news of Steve's passing. He was a great mentor and just as great a friend. I learned a lot from him and my condolences go to all that have been lucky enough to have known him. He will be missed greatly. May he rest in peace.
~ Robert Stchur, MD Aug 03-Jan 04

You are all in my thoughts and prayers. We lost a great one today. I am shocked and sad. Dr. Bannar was one of the reasons I decided to come out West for fellowship. He was a kind soul and excellent doc. I am so sorry for the loss. ~ Hilary Malcarney, MD Feb 04-July 05

I cannot say enough great things about Steve. We were a lot alike. We loved and enjoyed our work with a type of laid-back laughing attitude. In fact I trusted Steve so much that I returned to Lake Tahoe so he could do my knee arthroscopy. We both went into medicine for the right reasons -- to help others. In summary, Steve was my friend and he will be missed. ~ Stuart Fromm, MD Aug 95-Jan 96

Thank you for letting me know about Dr. Banner's passing. My prayers are with his family, and my heart is deeply saddened. ~ Heather McIntosh, MD Aug 08-Jan 09

First, I'm so very sorry to hear about Steve Bannar, shocked as many were. He was a real joy to work with and clearly loved by his patients/community etc. Physician suicide is a real problem that people are just starting to talk about. Those highest at risk are: 1.) Male MDAs; 2.) Male Ortho Surgeons. I hope this tragedy will increase awareness in everyone and help someone else that may be struggling. ~ Nancy Luger, MD Aug 11-Jan 12

He is one whom I have stayed in closest contact with since my time in the fellowship. So sorry to hear the crushing news. ~ Josh Neubauer, MD Feb 08-July 08

Really sad to hear about this. I have such fond memories of snowboarding with Steve down the fire break after finishing a good day in the operating room. He was a really great friend and mentor during my time there.
~ Jad Dorizas, MD Aug 04-Jan 05

I don't even know what to say to this tragic news, especially during the holiday season. I remember him as vibrant, fun, and full of life. I'm extremely sad for his family and those whose lives he touched (including mine). He will be greatly missed for sure. ~ Mimi Zumwalt, MD Feb 00-July 00

A great mentor and friend. Gone far too soon. Such a loss for the Lake Tahoe community. ~ Lauren Hansen, MD Aug 14-July 15

I'm shocked to hear about this tragedy. I was definitely impacted by Dr. Bannar's mentorship. He treated me so well when I was a fellow there. My condolences to all affected by his passing. ~ Roger Sohn, MD Aug 07-Jan 08

Thank you for letting me know. I am deeply saddened by this. He treated me, and my wife, so very well. I respected and admired him. Please let his family, and the entire office staff, know how deeply sorry I am for their loss. ~ Chad Maclachlan, MD Feb 08-July 08

So incredibly sad and shocked to hear about Dr. Bannar. Never would have seen that coming from him of all people. ~ Andrew Odland, MD Aug 17-July 18

I just heard the news about Dr. Bannar. My heart is broken! Let me know if there is anything I can do for you guys. ~ Judd Allen, MD Aug 16-July 17

His commitment to helping others

Steve traveled to several 3rd-world countries over the years. His last trip was to Tanzania in 2011. The surgery and treatment to those underserved children changed their life forever.

"It is very rewarding and in reality, it forces you to be a better doctor - that's why I do it. This is a great way to be a good ambassador."



His competitive spirit

Steve participated in Med-Wars (Medical Wilderness Adventure Race) since 2016 in Lake Tahoe. Various teams would compete with different medical scenarios and the team's goal was to successfully complete the task and move to the next.

This past September our fellows Chris Carver and Steve Pancio competed and won the race.



Participants of the Med-Wars competition enjoy camaraderie in the outdoors.

His passion for teaching



Not only was Steve an intricate teaching attending for the fellowship, he taught UNRSOM medical students each spring. He attended and lead many Anatomy Cadaver labs for the fellows. He also did many community wellness lectures, most notably on Wilderness Preparation.

Anatomy Lab with Judd Allen