

Lis Vallaster Member of the Year 2008

The highlight of the BC Branch AGM in Richmond was the presentation of the 2008 Member of the Year Award to Lis. The following citation was read at the AGM.

We would like to nominate Lis Vallaster for the BC Branch Member of the Year Award. Lis works to a very high professional standard in Environmental Health and has made significant contributions to the Branch and to Vancouver Coastal Health over the past several years.

Lis has been a PHI for the past 17 years and has taken on a variety of positions over the years. Lis graduated from BCIT in 1991, where she entered the field of public health on the North Shore. In 1997 Lis left the field for a short period of time to enter the financial arena



Above: Lis receiving her award from BC Branch President Jasmina Egeler.

...Continued on page 2

Highlights...

Branch Update	p. 3	Beyond the Horizon in St. John's Nfld	p. 8
2008 AGM Summary	p. 5	Exploring Future Public Health Needs	p. 11
History of Public Health in Canada	p. 6	PHI Offers Simple Tips for the Home	p. 14

Lis Vallaster (continued from page 1)

but her dedication and interest in public health brought her back to the field in 1999 joining the Vancouver office.

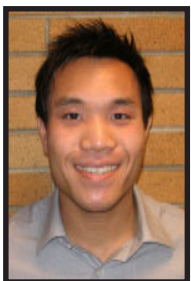
While in Vancouver Lis has and continues to play an active role in promoting and protecting public health. Lis has been involved in teaching FoodSafe, participating and teaching the regional swimming pool operators course. She developed a course for Spa and Personal Service operators to ensure public health standards are being met. Lis has coordinated many EHO student practicums and has been active in teaching Neighbourhood Emergency Preparedness workshops in conjunction with the City of Vancouver. In 2006/2007 Lis also held the position of the regional coordinator for the West Nile Virus Program where she set up active surveillance programs for mosquito trapping and corvid collection and worked very closely with many other government and private agencies.

Further to her busy work initiatives Lis is currently working on her Masters of Public Health through the University of London – London School of Hygiene and Tropical Medicine which she hopes to complete by 2010.

Lis has also been an active member for a number of years. Lis was a member of the Board of Registration and was instrumental in coordinating the Branch's membership drives. She became a member of the BC Branch Executive and continued to embrace the membership portfolio. Lis has assisted the BC Exam coordinator with delivering the BOC exams and attended many career fairs to promote our profession and recruit prospective students to BCIT – ENVH. In the last year, although no longer an official executive member, Lis continued to dedicate her time and energy as a nonvoting member on the executive. Lis volunteered to chair this year's education committee – a challenging task for anyone all the while continuing to pursue her membership committee duties.

In all of her work Lis exemplifies a very strong and professional work ethic. There is no task too small or too big for Lis to take on and she has a very positive and enthusiastic approach to all areas of public health. Lis has contributed significantly to promoting and upholding a very high standard for our profession and is highly respected in the field. Lis has been and will continue to be a tremendous asset to the BC Branch and to all of her work environments.

Message from the Editor



The past several months have been busy for our Editorial team in putting together some exciting stuff for you in this newsletter. As you have already seen on this issue's cover page, our 2008 Member of the Year is Lis Vallaster. Congratulations Lis on receiving this prestigious award and for all the hard work you put into our profession.

You will be interested to learn about a new project regarding public health in Canadian history. Recently, Klaus Seeger sent a letter to our Branch President about this exciting new project and inviting the Branch to participate. You can find Klaus' letter and the project summary on pages 6-7.

While we were publishing the summer issue, the 2008 National Education Conference was underway in Newfoundland. Virginia Jorgensen was there and you can read about her experience at the NEC starting on page 8. Recently, the BC Branch hosted their Annual Education Conference at the River Rock Casino in Richmond, BC. Keir Cordner was the MC and brings us a review of the jam-packed two days on starting page 14.

I hope you enjoy reading this issue. Keep your eyes peeled an interesting piece on rabies in the upcoming Winter issue!

Alex Kwan - Editor

BRANCH UPDATE

BC Branch Report – 2008 AGM Richmond BC

This past year has been a busy one for the BC Branch. I would like to take this opportunity to thank the Branch Executive for all of its hard work and support during the past year. I also would like to recognize the efforts of the volunteers who continue to assist the Executive with its many projects.

I would like to report on the following:

1. Membership

The table below provides information on our membership numbers. Our membership numbers have remained steady with a significant increase in our retired membership levels.

YEAR	LIFE	REGULAR	RETIRED	STUDENT	HONORARY	ASSOCIATE	FRATERNAL	TOTAL # MEMBERS
2003	4	189	8	15	3		0	220
2004	3	214	8	15	3		1	244
2005	3	207	11	20				241
2006	3	184	16	31			1	235
2007	3	194	25	24	4	1	3	254

I would also like to recognize the Life Membership Award Recipient for 2007 – Mr. Charlie Young. Mr. Young was presented with the Award at the President's Banquet at the Kelowna AEC.

2. Finances

The BC Branch finances are strong largely due to a significant profit from the Kelowna AEC. The Branch revenue from the conference was over \$50,000. The additional monies allowed the Branch to provide one time funding to top up British Columbia Institute of Technology's John A. Stringer and Bill Leith Awards.

3. Education Conference

The CIPHI AEC hosted by the BC Branch in Kelowna was a resounding success. The conference organizing committee led by Ken Christian, Roger Parsonage and Domenic Losito delivered relevant and engaging educational tracks combined with highly entertaining social activities to over 350 delegates. A big thank you again to all the folks involved in the planning and delivery of this conference.

4. IFEH 2010 Conference Preparation

The BC Branch is gearing up in preparation for the 2010 IFEH Conference in Vancouver. A strong contingent attended the IFEH conference in Brisbane, Australia this May. This conference provided an excellent opportunity to promote the Vancouver 2010 conference. The conference saw over 600 delegates daily representing 50 countries. Our Branch delegates worked incredibly hard to promote our upcoming conference and we are expecting to see a significant number of overseas delegates travel to beautiful British Columbia.

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continued from page 3

5. Partnerships

The BC Branch partnered with the FoodSafe Secretariat to process certificates for out of province FoodSafe Level I online learners. This is a unique opportunity to generate additional revenue for the Branch. The processing of certificates is currently being done in house, however once the workload becomes more significant we will look at recruiting a part-time person to fulfill this role.

6. Advocacy

The BC Branch provided input and advocacy into several key areas over this past year:

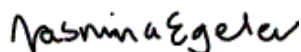
- Sewerage Systems Regulation Improvement Coalition (SSRIC) - The SSRIC's goal is to see the Regulation amended and the necessary administrative changes made to bring those solutions into effect.
- BC Health Act Renewal Project - As a key stakeholder the Branch provided official responses at several stages of the rewrite of the Act. The responses can be viewed on our website at www.ciphi.bc.ca/positionstatements.html
- Provincial Swimming Pool Regulation - The Branch Executive participated and continues to participate on a committee to review the provincial Swimming Pool Regulation. Key areas include modifying water chemistry parameters, inclusion of safety plans and supervision requirements of young children.
- Promotion of Environmental Public Health Profession - Branch Members attended several conferences to promote our Branch and our profession. Members also attended numerous career fairs to recruit University graduates to the Environmental Health Program at BCIT.

7. Kudos

In addition to the Branch Executive and its volunteers I would like to thank the following BC Branch folks: Ann Thomas, Chair of the BOC, Gord Stewart, BC Branch BOC Member and Exam Coordinator, David Butt, Chair of the BOR and Branch Webmaster, Alex Kwan, BC Page Editor, Tim Roark, Associate Editor, BC Page, Isher Deol, Associate Editor, BC Page and Debra Losito, Registrar of the BOR. Thanks also all the members that participate as Examiners for the BOC exams.

As you can see from reading this report the Branch has had a lot on its plate. It is only with the continued support from its members, executive board, and countless volunteers that we can function as a Branch. I would like to extend a heartfelt thank you to each of you for your support and dedication to this profession.

Respectfully submitted,



Jasmina Egeler
BC Branch President
CIPHI



Editor's Note: All BC Branch reports can be viewed on the BC Branch website (www.ciphi.bc.ca).

2008 Annual General Meeting Report

The 2008 Annual General Meeting of the BC Branch, Canadian Institute of Public Health Inspectors was held at the River Rock Hotel in Richmond on Sept 23rd in conjunction with the BC Branch Educational Conference. The meeting commenced shortly after 4:30 p.m. with 64 members plus guests in attendance. President Jasmina Egeler welcomed all the attendees. The agenda was approved as presented and Steve Chong was appointed as Parliamentarian. The minutes of the June 17, 2007 AGM in Kelowna were then reviewed and approved. A moments silence was held in recognition for those members, (Denis Schwinghamer, Don Marks, Frederick Alcock and Robin Gear) who had passed away.

Detailed reports were then presented by the President, Acting Treasurer, Chairman of the Board of Registration, the Chairman of the BoR for the Registrar, and lastly the Board of Certification Examination Coordinator. Members posed several questions to the presenters and satisfactory explanations were then provided.

The President indicated that a nomination had been received for Member of the Year Award and approval was given that the 2008 award should be presented to Lis Vallaster for her considerable dedication and contribution to the Branch and profession. Ms. Vallaster received a hearty round of applause from all in attendance.

The President indicated that following the normal procedures, honorariums in the amount of \$300.00 were recommended and required approval for the Branch Webmaster and BC Page Editor. A motion to this effect was approved.

The President indicated that Examiners for the Board of Certification required approval and a list was provided indicating all those to be approved. Such a motion was presented and approved.

The President invited Steve Chong, Parliamentarian, to chair the meeting during the election of Branch Officers. A report from the Chair of the Nominating Committee was presented which indicated that seven existing Councilors had agreed to continue and three new members had agreed to join the Board as Councilors. Hearing no further nominations, those agreeing to stand were approved. The position of Vice-President was presented and the incumbent, Shawn Parhar, indicated he was unable to continue and Keir Cordner was nominated and appointed as Vice Chair. Kuljeet Chattha and Gary Tam agreed to continue as Treasurer and Corresponding Secretary respectively and were accepted. Isher Deol agreed to stand as Recording Secretary and was accepted for this position. The position of President was presented for consideration and incumbent, Jasmina Egeler, was nominated and indicated her desire to continue for another term. Domenic Losito was also nominated for the position and expressed his interest in being Branch President as well. A closed ballot election was held and the incumbent, Jasmina Egeler, was elected for a further term as Branch President.

The President thanked all those who had agreed to stand for office and those that had previously been on the executive. The President also thanked all those others who had worked so hard on various branch committees and projects such as the educational conference. Thanks were also given to all the members who attended the AGM and then all were invited to stay after the meeting and enjoy a buffet that had been arranged.

Hearing no other business to be attended to a motion was presented and approved to adjourn the 2008 Annual General Meeting.

Tim Roark
BC Branch Historian



Canadian Institute of Public Health Inspectors
L'Institut canadien des inspecteurs en santé publique

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September 2008

Jasmina Egeler
President
CIPHI-BC Branch

Dear Ms. Egeler.:

I am writing to tell you and your Branch about an exciting project that is open to all disciplines in public health. You have likely heard that we are writing the history of public health in Canada from Confederation to the present day. The History Committee of CIPHI is taking the lead on this project.

There is currently no single publication available that provides a complete history of Canadian public health. This proposed book will serve as an informative tool of the experiences of the past and how the challenges have been met. It will be useful to all public health oriented schools, government agencies/departments and associations related to the various disciplines practicing public health in Canada.

As a first step, a pilot project (nearing completion) has been funded by the Public Health Agency of Canada to create a template for interviewing public health retirees who have a wealth of information to share. We hope to obtain digital recorded interviews which will be used for the book.

There are many retired PHIs/EHOs who need to be interviewed and therefore we will need volunteers who are interested in participating in this endeavour. In addition, there will be other opportunities for research, writing and compiling of the vast amounts of information that is available to be discovered.

Please respond as soon as possible to indicate whether your organization is interested in participating in this "historical" project. Once we know who our partners are we can schedule a conference call to provide details on next steps.

My email address is: seegerk522@gmail.com.

Attached is a short summary of what the larger project will entail. You will quickly get a sense of why your organization should participate. Please share the information from this letter with the members of your Executive and Branch.

I look forward to hearing from you.

Regards,

Klaus Seeger

Klaus Seeger
CIPHI History Committee

Health Protection: Cornerstone of Public Health
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September 2008

Project Summary of the History of Public Health in Canada

History is a valuable resource. Only through knowing our public health history can we learn from our shortfalls and repeat the benefits of our successes. However, in the fast paced field of public health there has been little time to collect and compile that history. Public health has been a concern since the time of the first settlers and it is a task done behind the scenes, one which the public as a whole does not recognize or rarely acknowledges. With that in mind, the Canadian Institute of Public Health Inspectors, in partnership with other public health organizations and agencies, is embarking on the remarkable job of compiling a history of public health in Canada since Confederation.

There is currently no such publication available that provides a complete history of Canadian public health. This proposed book will serve as an informative tool of the experiences of the past and how the challenges have been met. This tool will be useful to all public health oriented schools, government agencies/departments and associations related to the various disciplines practicing public health in Canada.

We are enlisting interested volunteers from across Canada who will search out the research needed to produce this important reference tool.

Step One

We are already undertaking a literature search on just what is available in our public libraries, government archives (all levels including annual local board of health reports) as well as archives held by many other organizations across Canada.

Then there is the task of locating and reviewing all the bits and pieces in basements, attics and lost corners of private homes and offices.

Step Two

Each group will be asked to identify those interested in spearheading or at least helping gather the information in each province. Volunteers are critical to the success of this project. An advisory and editorial committee will be formed to guide the content and progress of the book.

What do we look at? What has shaped public health policy that leads to a healthier population? What were the stories through the decades that changed our approach to everyday problems? Consider for example, communicable diseases, outbreak control, pasteurization of milk, immunization, fluoridation, water and sewage treatment. We will be looking for input from public health inspectors, public health nurses, medical officers of health, epidemiologists and other health professionals regarding their part in the overall picture.

Your Part

On this journey we want to invite you and your CIPHI BC Branch to participate. As in many large projects, many hands make light work. Since this is a national endeavour, information, facts and stories are needed from every corner of Canada which in turn requires participation from as many interested volunteers as reasonably possible.

- Let us know if your organization/association/agency is interested in participating.
- Identify interested volunteers who are willing to work on this project.
- Identify a lead contact(s) that will coordinate your group's info.

Once we know who our partners are going to be in this project we can meet, initially, on a teleconference call, to discuss how we will proceed.

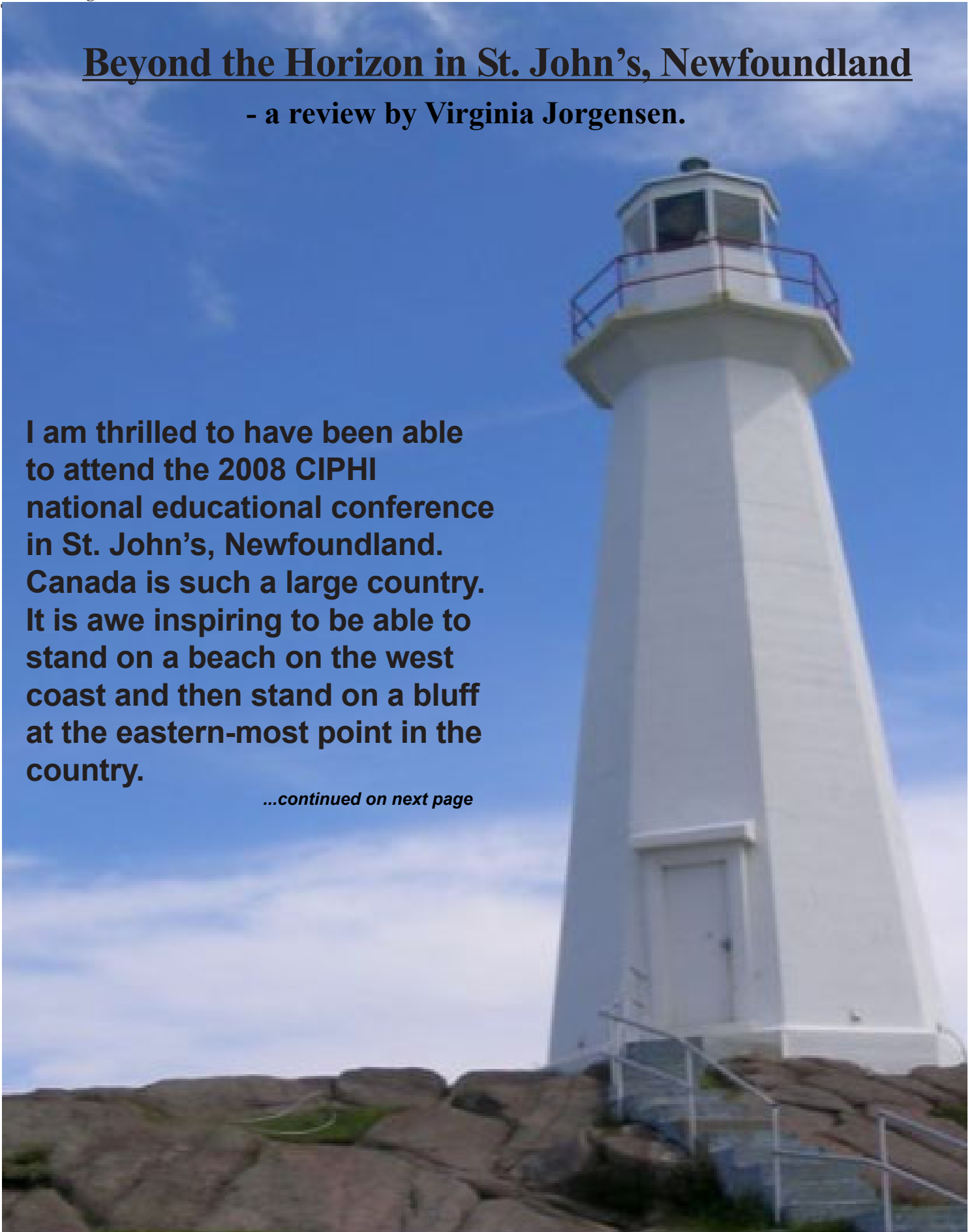
Contact: Klaus Seeger
519-529-7238
seegerk522@gmail.com

Beyond the Horizon in St. John's, Newfoundland

- a review by Virginia Jorgensen.

I am thrilled to have been able to attend the 2008 CIPHI national educational conference in St. John's, Newfoundland. Canada is such a large country. It is awe inspiring to be able to stand on a beach on the west coast and then stand on a bluff at the eastern-most point in the country.

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The Newfoundland branch put on a wonderful and unique conference and in doing so showed us the passion and spirit of Newfoundlanders. The 74th Annual Education Conference was very well organized, including the caliber of the speakers. Kudos go to the small but enthusiastic group of Newfoundland EHO's.

Trying to fit as much in as I could during my short stay in Newfoundland, I was hiking up Signal Hill with a small group of new friends, old friends and inspectors within an hour of getting off the plane. We then hiked around Cape Spears, watching whales from the bluffs. Fort Amherst also provided the opportunity to see whales. Both the history of St. Johns and the views of the harbour and the Atlantic were amazing. Later, on my first day, I was able to renew old acquaintances and meet new friends at the "Meet and Greet."

The conference got started with our first keynote speaker, the inspirational TA Loeffler, a St. John's resident and mountain climber. She reminded us of the importance of dreaming and setting goals, "big dreams and big goals." Her story also showed us that it is not always possible to achieve all of our goals but we can celebrate the "steps along the way."

Our second keynote speaker was Mr. Stewart Petrie, an environmental health consultant from the UK. Mr. Petrie has been an advisor to the WHO and the UN. In a sense, he continued the "big dreams, big goals" theme by showing that we can make a difference by taking our knowledge and skills to the many areas around the world which are facing serious public health issues daily.

Mr. Robert O'Neill, our final keynote speaker brought us back home—at least to Alberta—to emphasize how important it is to use the health and safety legislation that is available to us. Regulations are certainly a powerful tool but of course, they are only effective if they are enforced. In the province of Alberta, Mr. O'Neill has won 656 cases and only lost 2 cases on behalf of environmental health professionals. He also reminded us that we must keep up to date so that we can react quickly to emerging threats. Public health is often silent, unless public health has failed.

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Above: BC Delegates

continued from page 9

My focus at the conference was on the communicable disease stream, along with food safety. Anthony Sharpe, another speaker from England presented a talk entitled “Religious Food Dynamics”. He emphasized how important it is to know the premises and the people and to understand the pressure points that can be used. He was basically emphasizing how important cross-cultural communication and problem solving can be in multi-cultural communities in order to achieve lasting changes. This is something that I have been aware of in the multi-cultural city of Vancouver for some time. It was uplifting to hear this being promoted at a national conference.



Above - Bus ride to Rally in the Alley Social

There were many other excellent speakers during the conference. What about the nightlife? Well, in true Newfoundland fashion, the “Rally in the Alley Social” was amazing. This was not just any pub-crawl! The Medical Officer of Health dressed in his Scottish attire and playing the bagpipes, led my group to the pubs. At the various pubs we were treated to fish and chips, given songbooks and taught the chorus to “Newfie” songs, and screeched in at another pub. This involved eating a piece of bologna (you can read into that whatever you wish), reciting a colourful phrase, kissing a fish, supposedly a cod although I think it was a trout and then downing the screech! At another pub we were treated to an amazing display of Irish step dancing. The “Rally in the Alley” was totally unique and a lot of fun.

I hope that I have provided a glimpse of the wonderful time that we had at the 2008 CIPHI conference. For those of you who have not attended a national conference, I encourage you to do so. Not only is it a tremendous learning opportunity but it is also a chance to see fellow EHO’s, participate in the decision making at the annual general meeting and perhaps gain new insights and appreciation for the multifaceted skills and knowledge that we as environmental health officers draw upon in our professions.

Submitted by Virginia Jorgensen



Above - Don Corrigan & Ann Thomas



Above - Life Members: left - right - Len Gallant (PEI), Mike Bragg (Ont), Klaus Seeger (Ont), Tim Roark (BC), & Brian Hatton (Ont). Missing: Ron de Burger

Exploring Future Public Health Needs at the River Rock

A review by Keir Cordner

The BC Branch hosted the Fall Education Conference - *Exploring Future Public Health Needs* - this year on September 23rd and 24th at River Rock Casino and Resort. This was our first two-day Conference. It was a fantastic success with over 100 delegates in attendance filling the Whistler Conference Room to capacity.

On September 23rd the Conference began with inspiring opening remarks from our President, Jasmina Egeler. The first days keynote speaker Dr. Laugh (a.k.a. Chris Johnson) kicked the Conference Room into fine spirits as he engaged delegates with his energetic and witty reminder of the important role humour plays in our personal and professional lives; too often forgotten in government services. A myriad of diverse presentations followed the keynote including: Glenn Westrup and Domenic Losito speaking on the partnership between Environmental Health and the Olympic organizing committee to ensure a safe and healthy Olympic event; Dr. Edith Blondel-Hill refreshed and enlightened delegates on the value of hand washing; Dr. Patty Daly, Chief Medical Health Officer for Vancouver Coastal Health, identified trends in emerging diseases in BC, Dr. Brian Radke, Public Health Veterinarian for the BC Centre for Disease Control, presented on rabies trends and facts in BC; and Dr. Charmaine Enns, Medical Health Officer for Vancouver Island Health Authority discussed the challenges faced in protecting the Comox Valley's watershed from deterioration in times of increased population growth and development pressures. A group of four



Above: Keir Cordner & Barbara Peters

B.C.I.T. students rose to the challenge of presenting to the 100 strong crowd of future colleagues on the topic of the raw food diet and trends. Day one closed with Sion Shyng's presentation on BC's role in Canada's Food Safety Initiative, an initiative to increase food safety in BC's small and medium sized food manufacturing sector.

The second day of the conference opened with another inspirational keynote address from Kelly Murumets from Canada's ParticipACTION. She spoke of the challenge to bring the ParticipACTION organization back to the public forefront in their efforts to meet their ambitious goal of making Canadians the physically healthiest citizens on the planet. Trevor Hancock from the Ministry of Healthy Living and Sport revisited predictions he presented to BC's Environmental Health Officers twenty years earlier. He demonstrated that future trends and efforts to improve public health remain quite similar today and that his predictions remain accurate. Claudia Kurzac updated the crowd on the Professional

C o n t i n u i n g
Competency Project;
Rabbi Feigelstock

spoke on BC's Kosher foods approval and ongoing inspection process; Dr. Brian Emerson, from the Ministry of Healthy Living and Sport presented highlights on BC's New Public Health Act with a focus on the roles and responsibilities of Environmental Health Officers; and Nancy Clements, Environmental Health Officer for Vancouver Island Health Authority, discussed Personal Emergency Preparedness for Environmental Health Officers to ensure their families are prepared and safe so they can fulfill their professional roles in assisting their communities in times of crisis. Elwood Reid, in all his pierced and tattooed glory, spoke candidly on the state of

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Above: L-R - Eileen Schmidt, Sandra Gill, Ashleen Nadan, & Tara Abraham

continued from page 11

BC's tattooing and body modification industry. Dale Miller, President of the Lifesaving Society, gave knowledgeable highlights on recent trends in BC Aquatics and pools. Chris Twemlow, Cross-connection Control Program Manager for BC Water and Waste Association, presented on the challenges faced in controlling cross-connection threats in older existing facilities, great photos Chris! The final speaker was Dr. Bonnie Henry from the BC Centre for Disease Control presenting on infection control in personal service settings, a great pairing with Elwood Reid's body modification presentation. Whew! That was a lot of great presentations! Oh and MC-ing was tight if I do say so myself!



Other highlights included free burgers and drinks at the Fireside Lounge, B – I – G 50/50 draw wins, a fully packed BC Branch Annual General Meeting – thanks to all who attended, and some great catching up with long lost colleagues from around the province.

Lis Vallaster was named Member of the Year at the AGM – well-deserved accolades for all of Lis's great contributions to the Branch this past year, including Chairperson to the 2008 Education Conference Committee.



Conference organization is a huge undertaking with duties ranging from publications, technical, venue, presenters, sponsorship, exhibitors, registration, and social planning. Many thanks to this years team whose energy and efforts truly paid off to make the 2008 Fall Education Conference a massive success.

- Keir Cordner



Pictures

**Top: (L-R) Vanessa Ouellette & Tracy Au-Yeung.
Middle: (L-R) Claudia Kurzac & Ann Thomas.
Bottom: Patricia Tymiak & Dalton Cross.**

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PHI OFFERS SIMPLE TIPS FOR THE HOME



Have you been watching TV lately, or perhaps thumbing through a Canadian Living, Style at Home or Homemakers magazine and thought, gee that girl in the ad looks familiar? Well, you just may know her. I, Shelly Stetsko, BCIT

Environmental Health 1994 was recently chosen out of hundreds of Canadian to appear in a Proctor and Gamble promotion. I along with 4 other women make up the "Homemade Simple Squad" - which is a group of women who are sharing their simple household tips - sort of ironic with my Public Health Background. The magazine ads were 2 page spreads in the April, May and June issues of those 3 magazines. Kim Woodburn from "How Clean is your House" and the new Canadian show named "Kim's Rude Awakenings" is in the commercials with us and she was a hoot. How did this come about you may wonder, well I seen an online ad in a Canadian Living e-newsletter for a contest to be a part of the "Homemade Simple Squad". The prize was 2 expense paid trips to Toronto for photo shoots and commercial shoots which sounded fun, so I applied. A few weeks after the contest closed I was invited to Vancouver for an interview. Although it is an 8 hour drive from the Kootenays I decided I didn't want to not do it and then always think "what if" so off I went for my 30 minute audition. Obviously they liked me as a week later they called and 3 weeks later I was in Toronto. Our photo session was with Dan Lim who is very well known and Corus entertainment made the commercials. I must say it has been fun to have people email, phone or approach me on the street to ask if I am the lady in the commercial. I had a great time in Toronto and would love to do more if the opportunity ever came my way. You can also check us out on the website www.homemadesimplesquad.ca

Happy spring cleaning,
Shelly Stetsko

Right: Shelly's P&G Ad

New Test in Development for Detecting BSE

Scientists are developing a new test that will be able to detect Bovine Spongiform Encephalopathy (BSE) in urine. Currently, BSE is only detectable through post-mortem analysis of brain tissue for prions. The new test analyses the urine of live cattle for the presence of certain proteins which indicate the presence of BSE. This new test is not only able to detect the presence of BSE by identifying certain proteins, but also how far the disease has progressed by the number of those proteins in the urine. This promising new test method may have potential use in developing similar tests for identifying Cruetzfeldt-Jakob Disease (CJD) in humans by analyzing human urine.

Source: "Changes in urine could lead to BSE test for live animals" - Biomed Central (www.biomedcentral.com)



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fun in the sun

*Shelly's sons love summer
- but their clothes really
take a beating.*

Once the summer fun starts and the kids spend more time playing outdoors, the amount of laundry increases.

Shelly's tips:

- For extra-tough stains, presoak clothes in the washer with laundry detergent. Let the machine agitate for a moment to mix the detergent through, then stop the washer and let clothes sit for 10 minutes before restarting the machine.

REMEMBER WHEN AND WHO???

CLASS OF...????



Answers: Class of 1974 1. Ken Christian 2. Domenic Losito 3. Brian Vath 4. Ron Cook 5. Maxine Marchenski 6. Gundie Hattenbach



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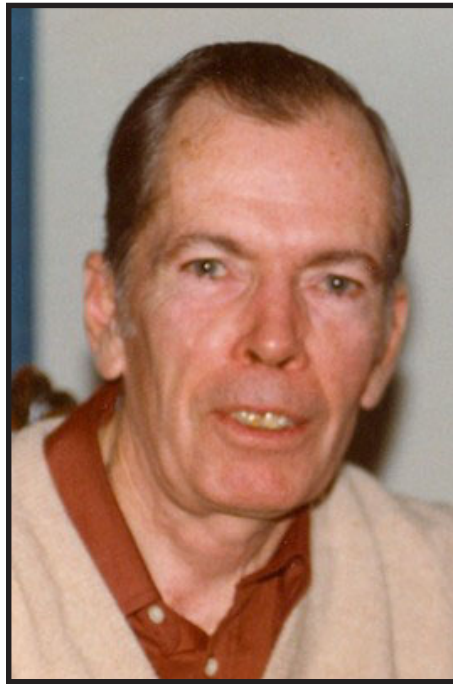
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In Memorium Griff Owen



Griffith Daniel Owen was born August 8, 1923 in South Vancouver and passed away peacefully on May 4, 2008. He is lovingly remembered by his wife of 56 years, Pat; his sons Brian (Anne) and Barrie (Judy); 2 grandchildren Sean and Jade; sister Catherine Allan; nieces; nephews; many relatives and good friends. The family thanks the staff at VGH and Peace Arch Hospital for their attentive care of Griff. A gathering of friends was held on May 17th at Victory Memorial Park Funeral Centre in Surrey.

Griff was a pilot with the Royal Air Force and the Royal Canadian Air Force from 1940 to 1970. He then worked as a Public Health Inspector for the Vancouver Health Dept. until his retirement to White Rock.

His friend and colleague, Alf Guthrie, prepared the following comments regarding Griff. "To describe Griff, we could do it in a number of ways, but the perfect way to describe him as unassuming. He was never pretentious, was very modest and maintained a humorous outlook on life. These are the qualities that made it easy to respect and like Griff.

Griff never bragged about his accomplishments and he never fussed about anything. We worked closely together throughout the years and it was after many years that I knew about some of his adventures in the Air Force. It was his wife Pat that led the conversation and narrated the stories while Griff filled in the blanks. I enjoyed the story about him going down in the wheel well of his aircraft to release the nose gear.he made it sound easy but we all know what that could mean.

Griff's life took him into many areas of endeavor and travel.... As a training officer in the Air-force, as a Meat inspector and as a Supervising Health Inspector....his title then was Communicable Disease Control Officer. He remained in this position until he retired. I was his relief and backup person for much of this period.

Griff lived the life of a gracious, gentle and kind individual. He had a great sense of humor and never an unkind word for anyone. He could make you laugh but you would have to be close enough to hear him laugh.he was a quiet man.

I can see him resting peacefully in his new home, not wanting us to worry or fuss. We know he is okay but we all miss him." "Oh! I have slipped the surly bonds of earth and danced the skies on silvered wings".

By Tim Roark & Alf Guthrie

In Memorium Russell Sankey



SANKEY Russell Frederick ~ April 22, 1949 to July 1, 2008. Russ passed away suddenly at the age of 59 due to complications arising from cancer. He was born and lived all his life in the Lower Mainland.

Russ graduated from BCIT's Environmental Health program in 1975. He joined the City of Vancouver's Health Department as a Public Health Inspector on July 14, 1975 working out of the 517 Hamilton Street office downtown. For many years he was our "Ice Cream Man", collecting weekly samples of soft-serve ice cream around the City to deliver to the old Dairy Lab on Willingdon for coliform tests.

He was a health inspector exclusively for the Vancouver Health Department (then the Vancouver-Richmond Health Board and finally Vancouver Coastal Health Authority) until he chose an early retirement in 2002. He and his best friend, Alan Vince, decided to retire together.

Those of us who had the pleasure to work alongside Russ deeply appreciated his wry and insightful wit, his so-dry-it-was-parched sense of humour and his easy chuckle. We always knew when that quick mind was working on another witticism because his moustache would start to twitch and his eyes would start to twinkle. His copper-topped head held a lot of common sense and we all enjoyed being in his relaxed presence.

Russ was quiet, very intelligent and spent a great deal of his life either playing or enjoying listening to music. This deep appreciation of music, especially where a guitar was involved, was near and dear to his heart. He played guitar and during the late 1960s was a member of the band Reign. His former band mates say he was one of the best. That sentiment is echoed by his colleagues.

Enjoyment of fine food prepared by himself or at a dining establishment was a favourite past-time for Russ. He also loved to travel and found the perfect marriage of these two passions in the fine art of cruising!

Russ will be lovingly remembered by his wife, Elaine Ferrero, step-son Scott, daughter-in-law Donna, much beloved Grandson Tyler, sister Barbara, brother Neville, his niece Andria and family, and nephew Todd and family. He will also be dearly missed by many friends and particularly by his special little friend, Daily. A celebration of Russ' life was held on July 6, 2008 at the Firefighters Club at 6515 Bonsor Street, Burnaby.

By Karen Cummings & Brigitte Beaman

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