

ALBERTA BRANCH NEWS

Canadian Institute of Public Health Inspectors (Alberta Branch)

Volume 18 : Issue 1 : Spring 2019



Prairie Crocuses

Photo by A. Barlow



CIPHI

**Annual Educational
Conference**

**September 8-11,
2019**

Halifax, NS

www.ciphi.ab.ca

Message from the President

Hello Alberta Branch members,

As spring beings to finally grace us, I am reminded of changing seasons and new beginnings. Similar to the seasons, organizations go through changes and the Alberta Branch is not immune to this process. My retirement as President was an unexpected change. However, changes often are needed despite being personally difficult. My decision was the process of months of personal reflection on what is best for Alberta Branch members and ultimately a hard decision. As mentioned in my announcement to members, I am not certain how much time will be needed to hurdle this challenge. It would certainly be irresponsible to continue as president despite my love for the work and the branch. As I step aside, I am pleased that there is no shortage of members who are interested in taking on this unexpected opportunity.

Reflecting on this past winter, our teams have been busy preparing for the Alberta workshop and the National Education Conference. Our team in Alberta has been working very hard to bring the very best workshop experience. I am pleased of the team, their devotion to our education and work ethic.

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Message from the President—Continued.

I can say based on the workshop updates that I've received that they will be very worthwhile and informative.

Additionally, our national advocacy group has been working on finding the ideal proactive advocacy plan for members. As several members have approached me on the topic of advocacy during my term, nationally we have discussed what is best for our members and how can we have the most impact with our limited resources. Discussions have involved most provinces and have been detailed and in-depth. We are still working towards delivering the best advocacy we can for CIPHI.

Lastly, I would like to thank Mr. Thomas Cheung for this time serving CIPHI. Thomas has graciously taken on far more than expected, including an extra year as past-president for Alberta Branch. His oversight will be missed and we wish him well.

Respectfully submitted,
Geoff Tomko CPHI(C)
Branch President, CIPHI Alberta

Message from the Editor

The spring 2019 edition of the ABN is hot off the press! We have a lot of interesting articles showcasing the great working being done by members across Alberta. We have the recurring piece "What Would Nelson Fok Do?" which discusses microplastics in the environment. There are also write-ups from the educational sponsorship winners that attended the AEC in Saskatchewan and the Fall Branch Workshop. Thank you to Danny Thepsouvanh for the photos from the Fall Branch Workshop! We also have a section highlighting the 2018 winners of the Branch Awards, retirement announcements and much more.

Thanks to the editing team and all the contributors for submitting content for this edition: Geoff Tomko, Heather Langemann, Wade Goin, Janine Legare, Nelson Fok, Michael Swystun, Pamela Scharfe, Phi Phan, Sharon Milroy and Philip Callbeck.

Angelina Barlow, CPHI(C)
Editor, ABN

Editorial Policy

In the pursuit of the Association's objectives, the Editor and the Newsletter Committee is authorized to publish this Newsletter on a periodic basis, as deemed appropriate. The objectives of the Association are:

- The development and advancement of environmental health, and
- To support the advancement of the Canadian Institute of Public Health Inspectors.

The Association Executive Board has the authority to provide general direction respecting the content of the Newsletter and, in consultation with the Editor, to set policies regarding administrative matters of each issue.

The Editor shall have the general authority to select material for publication in the Newsletter provided all material meets the criteria of being within the objectives of the Association.

Views, comments or positions within the contents of the Newsletter are those of the Editor, Editorial Staff and/or the author, respectively, and does not necessarily reflect those of the Association Executive or its membership.

Sponsorship Draw Winners

Editor's Note: Every year 3 names are drawn from all those who have paid their membership fees before January 1st. The winners are eligible for \$1000.00 to attend wither the AEC or the Fall Branch Workshop. The 2018 winners were Janine Legare, Heather Langemann and Wade Goin. These are their post event write ups.

2018 AEC Saskatoon Recap

Heather Langemann

I was one of the fortunate recipients of the 2018 CIPHI AB Branch Education Event Sponsorship. This allowed me to attend the National CIPHI Conference in Saskatoon. It has been many years since I was able to attend a national conference. As always the social aspect is fun, meeting new people, past colleagues and school mates.

The Saskatchewan CIPHI Branch ran a fantastic program with breakout presentations covering many topics, interesting personal public health experiences, emerging issues, best practices, and of course a riveting presentation from Nelson Fok! For me the highlights were the keynote speakers; Stuart Knight, Kevin Lamoureux, Dr. Cory Neudorf and Dr. Michael Schwandt. I am actually having more insightful conversations with friends and total strangers thanks to Stuart Knight's presentation. I am not sure what the total strangers think but it must be all positive, right!? They all brought a different perspective, a learning opportunity and a something to bring home, ponder, and practice.

Good job Saskatchewan Branch Conference Committee members for pulling together (in a short time) a very informative and fun conference! The Saskatoon

Radisson hotel was a terrific venue, a full hotel of public health professionals may have been a little overwhelming but the staff did a great job.

Thanks you so very much!

Sincerely, Heather Langemann

Wade Goin

I will start off by saying I am very appreciative of the CIPHI educational scholarship that helped me attend the CIPHI national conference in Saskatchewan this year.

One of the most exciting presenters was Stuart Knight who spoke about powerful conversations. In our personal lives, powerful conversations help us connect with others more closely to get past the probing question, "How were the roads today?" and the ever heartfelt, "Did you get much snow last night?". Yet as inspectors, powerful conversations can also help us in our work. A way to prevent trading shallow greetings is to peel back a conversation like onion layers. Continually dig into a conversation to know the person better. This can build a better relationship and even make a person favourable to an inspector's requests. In summary, Stewart encouraged inspectors to take time to enjoy people and even improve our work. Now, if you are sullen and downcast because you missed this speaker never fear...visit stuartknight.com for some excellent resources.

Thanks,

Wade Goin

2019 Educational Sponsorship Winners:

Sharon Milroy, Dale Nelson and Darcy Chrisp, who will receive a \$1000 to attend

- 2019 AEC September 8-11 in Halifax NS or the
- AB Branch Fall Workshop Sept 30 – Oct 1, 2019

Sponsorship Draw Winners—Continued

2018 AB Fall Workshop Recap

Janine Legare

I would like to start by thanking the workshop organizing committee for bringing together an excellent educational opportunity. One of the themes of the workshop was the evolution of Environmental Health – an exciting topic as we will need to examine and adapt the focus of our practice to meet the changing demands on the healthcare system. The presentation by keynote speaker Dr. Karen Lee highlighted initiatives in the USA that have improved the overall health of communities using very pointed and specific strategies such as looking at diet and activity in daycares, encouraging physical activity by posting signs near elevators, and working with architects or designers to make stairs more attractive and easily accessible. The built environment can be altered to help people achieve healthy weights, reduce incidents of non-communicable disease, and lengthen life expectancy (after implementation of intervention strategies in New York City, there was an increase in life expectancy of over 2 years).

Collaboration was another theme throughout the workshop. This was well illustrated in the presentation on the Children’s Environmental Health Clinic in Edmonton, which has a multi-faceted approach (clinical services, research, and education) when it comes to the interface between children’s health and their environment. Presenters such as Dominic Ries (improving swimming pool indoor air quality through design) and Kate Snedeker (using Tableau to analyze and display a variety of data) furthered this theme. They, and all the other presenters, are experts in their field with whom we need to collaborate to be effective in our practice and have the biggest impact on the public we serve. While I find value in expanding my knowledge at these workshops, the biggest professional benefit comes in the partnerships we build with other organizations, agencies, or individuals – both during the day and during the evening social activities!

Finally, I appreciate the focus on personal wellbeing. Dora Newcombe with Morneau Shepelle (the Employee and Family Assistance Program) gave a dynamic presentation on self-care in challenging times, with a

key message to check in with each other following critical incidents. The Peer Support Team – a group of our colleagues who have undergone training – provides another avenue to help access support following incidents. In the words of presenter Al Farhat, “even big guys have feelings”.

Respectfully submitted,

Janine Legare

Thank you to the 2018 Branch Workshop Organizing Committee!

- ◆ Danny Thepsouvanh
- ◆ Kyle Wonsiak
- ◆ Thomas Cheung
- ◆ Meaghen Allen
- ◆ Rebecca Johnson
- ◆ Rabindra Mahabeer
- ◆ Sharon Milroy
- ◆ Leah Danyluk
- ◆ Amanda Robitaille
- ◆ Alaa Farhat
- ◆ Stephanie Bodnar
- ◆ Jamie Carbert
- ◆ Keara Shaw
- ◆ Lena Parker
- ◆ Chelsey Velthuizen
- ◆ Ravinder Thind
- ◆ Brenda Ntiamoah



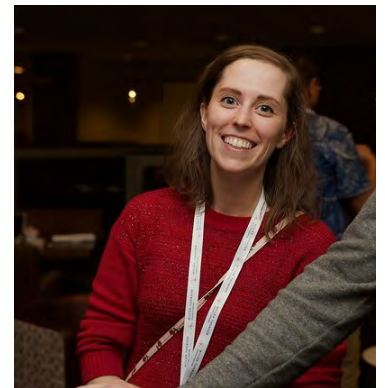
Photo credit: www.pixabay.com

2018 AB Fall Workshop Pictures



Photographs by Danny Thepsouvanh

2018 AB Fall Workshop Pictures—Continued



Photographs by Danny Thepsouvanh

2018 AB Fall Workshop Pictures—Continued



Photographs by Danny Thepsouvanh



2018 Branch Award Recipients

Editor's Note: The 2018 recipients were presented their awards at the CIPHI AB Branch Fall Workshop in Edmonton. This year a total of 11 nominations were received. There were no nominations for the Community Service Award, Court Case Award, or the Daniel Robert Vujevic Promising New Professional Award.

50 Year Membership Award Recipient: Doug Drysdale



(Above: Doug Drysdale and Geoff Tomko)

Long Term Service Award Recipient: David Terrance Scott "Terry" Nominated by: Tony Mak and Ashley Yu Other Nominee: Pauline Jackson

It is a great pleasure to nominate David Terrance Scott for the long-Term Service Award in recognition of his 42-year career with extraordinary contributions to the Environmental Public Health profession and to the community. Terry is a native of Ontario. He attended Ryerson Polytechnic Institute, and was awarded the CPHI(C) certificate in 1973. He moved to Alberta in 1998 and has been working in and around the Peace Country, most notably Grande Prairie since.

As colleagues, we often exchange ideas and opinions, and we are impressed. He is clearly an outstanding public health professional, a mentor, and a role model. Most notably, he is a motivator and an excellent ambassador to our profession. Indeed, Terry's long service to our profession and to the people

cannot be merely measured by length; his service has depth and he has touched the hearts of those who are lucky to have crossed paths with him!

The community has benefited from his technical know-how, devotion and communication skills. While he is a fatherly figure at the office, he is not paternalistic when he interacts with the community. He does not present himself as an authoritative figure; instead, he is a friend and a partner. He achieves public health objectives through dialoguing and advocacy. He is a motivator with abilities drawing people together for a common goal. As a community worker, he understands diversity and inclusiveness. He has the determination to go that extra mile to convince our community partners to opt for healthy behaviour and practices. The outcome is clear; his accomplishments are more sustainable and long lasting. Terry's approach and the extra mile are far reaching.

Terry is devoted to students and those who entered the profession after him. His nurture extends beyond text book knowledge and regulatory framework. He observes, recognizes and un-leashes the younger generations' potential. Over the years, numerous hearts of students and young inspectors have been touched.

Mr. David Terrance Scott deserves to be the recipient of the Long-Term Service Award for his 42-year commitment to our profession and to the community. Terry has not only exemplified the notion that one person's extra effort can make a difference; he has also demonstrated the true essence of public health.

Through communication, collaboration and inclusiveness, Terry has brought positive changes to our community with long term sustainability. His efforts and commitment have contributed markedly impacting many of us. He is an excellent ambassador for our profession. An award to Terry is indeed an honour to all of us whom he has inspired.

Continued on next page.



2018 Branch Award Recipients – Continued

LE Stewart Award

Recipient: Keara Shaw

Nominated by Shauna Dimock and Lance Honish

When one thinks of dedication and commitment, the name Keara Shaw should come to mind.

Keara has been an active member of CIPHI Alberta Branch ever since she was certified in 2003. She has been a tremendous advocate for public health education and research as evidenced by her publication of papers in both the Environmental Health Review, as well as the Journal of Food Protection in 2008 and 2009, respectively. She has also been integral in environmental public health policy changes when she was seconded to Alberta Health from 2011-2012.

More recently, as part of the Masters of Education in Health Sciences she earned in 2014, she again published a paper in the Environmental Health Review about infection control education in the personal services industry in 2016. In an effort to share the importance of the advancement of public health education in our field, she presented the findings of her study to fellow colleagues at the 2016 CIPHI Annual Educational Conference (AEC).

Keara also played a pivotal role as a part of the organizing committees for both the 2016 AEC in Edmonton, and 2017 Fall Workshop in Fort McMurray. Both events were huge successes for the Branch because of her diligent work in acquiring sponsors and exhibitors. Even while organizing these conferences, Keara continued to serve the association by hosting Board of Certification (BOC) panel discussions during those events.

In addition to her tireless work with conferences and workshops, Keara also finds time from her busy life to volunteer as the Alberta Representative to the BOC. Prior to joining the BOC, she was a BOC examiner and also held mock BOC examinations for student health inspectors. Starting in 2014, she served as a member of the National Exam Panel tasked with developing exams used to test BOC candidates. Now as a member of the BOC, she has travelled across Canada from coast to coast to conduct school reviews of the Environmental Health Programs at British Columbia Institute of Technology (BCIT) and Cape Breton University (CBU). As one of the few members of

the BOC fluent in both English and French, she was also part of the Canadian Armed Forces (CAF) school review in 2017. She has accomplished all this while balancing busy family life with four children. One must not forget that much of her contributions to the association and profession were achieved with volunteer time.

Her passion and drive for the advancement of the field, supplemented with her mad skills for multi-tasking and balancing her time with work, life, and CIPHI, Keara Shaw is unequivocally deserving of the LE Stewart award for her dedication to the association and profession.

Environmental Public Health Manager Award

Recipient: Sean Robison

Other Nominees: Kevin McLeod and Nyall Hislop

To the Executive Canadian Institute of Public Health Inspectors, Alberta Branch. Please accept our nomination of Mr. Sean Robison for the CIPHI Manager Award. Sean has been a Public Health Inspector in Alberta for 15 years, and has been working in a supervisory/Manager role since 2010. He began his career in the Calgary Health Region, and later relocated to Chinook Health Region, which would later become Alberta Health Services – South Zone.

Sean has been an active CIPHI member since 2002, and has volunteered his time and energy for the organization in several capacities. He has been a BOC examiner, helped with conferences such as the National CIPHI Conference in Kananaskis in 2009. Sean wrote a detailed historical account of Public Health Inspection in south western Alberta that included researching and tracking down stories and old photos, connecting with museum historians and family members of former Public Health Inspectors and Sanitarians, who worked in the area.

Over the years Sean has demonstrated a strong dedication to advancing the field of Environmental Public Health. He has participated on a number of provincial committees and programs. He is an active member of the provincial Safe Healthy Environments Safe Food Group and has been participating on the ePHIS Implementation team and hardware team.

Continued on next page.



2018 Branch Award Recipients – Continued

Sean demonstrates all of the characteristics of a great leader. He is very knowledgeable and experienced with a wide range of environmental public health issues (water, land use, built and food), can assess risk and make decisions quickly with his take-charge attitude. Sean is very passionate about his job and is an effective communicator, who can pull the shyest person out of their shell. Sean has fostered excellent working relationships with various stakeholders and agencies in southern Alberta. Sean recently had a key role in organizing a multi-agency Hoarding Task Force in the city of Lethbridge.

Sean has true compassion for his fellow man and is one of the good guys. His self-deprecating sense of humor, provides a calming influence and level of trust for anyone who knows him or meets him for the first time. He is well-liked and respected by all who know him within the South Zone as well as across the province.

One of his greatest attributes is that he leads his staff by example. He's always willing to pitch in when the workload gets heavy, and has been known to get his hands dirty doing special event inspections, night inspections at bars, helping collect water samples on a remote colony, and even helping little old ladies move their bed bug filled mattresses.

Sean's leadership skill set really shines during emergency events, participating as an Incident Commander during the Fort McMurray fire in 2016, and large involvement in the EPH response to the fires in southern Alberta and Waterton National Park in 2017.

On the social front, Sean enjoys organizing and participating in afterhours social activities with his staff, which have included scavenger hunts, murder mysteries, curling bonspiels and pub nights. Sean is also an exemplary example of personal determination and fortitude. He has built two of his own homes, and has mastered the bagpipes in the last two years, and even played the lament at the City of Lethbridge Remembrance Day Ceremony in 2017.

He is innovative and creative when trying to solve problems. When one inspector was struggling with an operator whose first language wasn't English, Sean came up with the idea to arrange a "Facetime" meeting with an inspector in Calgary. Sean works

with a high level of energy, and is often found doing laps down the office hallways or pacing at the back of a meeting room. When he is in his office, he always has an open-door policy. No matter how busy he is, he always makes time to listen.

Sean not only leads his staff, but also plays an important role in leading his community. He is the President of his Community Association, has volunteered for coulee clean-ups around Lethbridge, has served as a Board Member on the Old Man Watershed Council of Canada, and coaching sports. It is even suspected that he uses some of the same tactics on his EPH staff that he uses with the children's hockey and soccer teams.

Thank you for your consideration of our nomination of Mr. Sean Robison for the Environmental Public Health Manager Award.

Advocate Award

Recipients: Zakk Morrison, Tina Fielding and Trudy Reimer

Nominated by: Michel Gervais and Sean Robison

We nominate Zakk Morrison, Director of Barons-Eureka-Warner Family & Community Support Services (BEW FCSS) and Tina Fielding and Trudy Reimer, Community Health Representatives of Alberta Health Services (AHS) Health Promotion Services, for the Advocate Award for their support in the development of food safety education videos for vulnerable populations in southern Alberta.

Low German Speaking Mennonites (LGSM) account for approximately 10 percent of the population in the South Zone. In general, income, social status, education and literacy, among other key determinants of health, identifies the LGSM population as being at risk for health inequities. Public Health Inspectors in southern Alberta noted an increase in LGSM working in the food industry in recent years and have identified the need for food safety training. The South Zone Education Sub-Committee (SZESC) researched food safety education material and opportunities to help support LGSM. Despite efforts, the SZESC was unable to find food safety education in Low German to share with LGSM food handlers.

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2018 Branch Award Recipients – Continued

Tina and Trudy became aware of the education gap and offered their support to the SZESC with translation services for LGSM. To ensure the education was widely accessible, the idea for educational videos was conceived. However, this initiative would come at a significant cost. Tina and Trudy approached Zakk to see if BEW FCSS would be willing to provide financial support for the education video initiative. Zakk agreed in the value of the project to support families in southern Alberta and agreed to fund videography services for the video. With the support of Tina, Trudy and Zakk, SZESC was able to develop two educational videos in Low German. The actors demonstrating safe food handling practices in the videos were SZESC members and AHS Health Promotion staff, while a Tina hosted and narrated the video in Low German. The videos were uploaded to YouTube for broader distribution in the LGSM population. The reach of these educational videos far exceeded expectations, with approximately 3850 views in seven different countries.

- ◆ <https://www.youtube.com/watch?v=AlxxUZhdU-w>
- ◆ <https://www.youtube.com/watch?v=DvRaXxkco2w>

Additionally, the SZESC sought approval from Alberta Health to have a Section 31 Alberta Safety Certification Course in Low German. In March of 2017, the SZESC hosted an approved food safety education class that was co-taught with SZESC members, Tina and Trudy. Tina and Trudy's translation services were instrumental in ensuring a successful culturally-sensitive education session. 12 students successfully obtained Section 31 food safety certification; participants of the course noted that the learnings from the course will extend into the family home in addition to the place of work.

Without the collaboration and support from Tina, Trudy and Zakk, the SZESC would not have been able to develop the educational videos or offer the targeted education for this vulnerable population. For this collaboration and support, we support Zakk Morrison, Director of Barons-Eureka-Warner Family & Community Support Services (BEW FCSS) and Tina Fielding and Trudy Reimer, Community Health Representatives of Alberta Health Services (AHS) Health

Promotion Services, as recipients 2018 Advocate Award.

Fortitude Award

Recipients: Alberta Health Services Environmental Health Calgary Zone Disease Control Team

Other Nominees: Edmonton SBE Housing Team - Ingrid Bohac, Rebecca Johnson, Alaa Farhat and Chelsey Velthuzien.

In 2017 the first Canadian outbreak of E. coli non-O157 (E. coli O121) occurred where the source of the outbreak was found to be contaminated flour made from contaminated wheat and processed at Ardent Mills in Saskatchewan. Flour is not considered a 'ready to eat' product and the public may not understand the risk of potentially contaminated flour as eating cookie dough and making homemade playdough are common practices at home and in day cares and preschools. Furthermore, this finding was particularly impressive because flour is not an intuitive source for E. coli.

A national Outbreak Investigation Coordinating Committee (OICC) was activated on January 4, 2017 and Outbreak Coordinator Raminderjeet Sandhu was appointed the AHS representative to the OICC. In the beginning of the outbreak investigation ground beef consumption looked to be a possible source but as the investigation progressed it was looking less likely. In Calgary Zone all E. coli cases are administered the 2015 E. coli PHAC Hypothesis Generating Questionnaire, and with this additional information collected from cases, the disease control team (DCT) in Calgary Zone began to consider exposure to baking products as a possible source. On March 13th, Calgary Zone DCT requested the testing of five baking food items from an Alberta case's home. On March 22nd, the flour came back positive for E. coli O121. Based on the positive AB flour result, CFIA decided to test two closed bags with the same lot code as the AB flour bag. On March 25th, CFIA relayed the results that one of the two bags came back positive for E. coli O121. On March 27th, the molecular typing (PFGE) for the Alberta flour bag came back with the same PFGE pattern as the case whose home it was collected from and who admitted to eating raw cookie dough.

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2018 Branch Award Recipients – Continued

This resulted in a request for a Health Risk Assessment from Health Canada and a recall of the flour was initiated by CFIA on March 28th. PHAC declared the outbreak over as of May 29, 2017. The final case count was 29 cases across Canada (ON-1, NL-5, SK-4, BC-13, AB-5, QC-1) and 1 case from the US.

Alberta's sampling on a local level was acknowledged as what helped "break" the investigation and the ability to liaise with investigators and provide information during the OICC meetings was held up as a model for other jurisdictions as in other provinces the local level is not involved in the OICC, only the provincial representatives.

For their dedication and professionalism, and for "thinking outside the box" during a national E.coli outbreak the Disease Control Team in Calgary Zone is nominated for the Fortitude award.

Innovation Award

Recipients: Alberta Health Services South Zone Education Sub-Committee

Nominated by: Ken Longmore and Sean Robison
Other Nominee: Joan Yee

We nominate the South Zone Education Sub-Committee (SZESC) the Innovation Award, for the development of food safety education videos for vulnerable populations in southern Alberta. Low German Speaking Mennonites (LGSM) account for approximately 10 percent of the population in the South Zone. In general, income, social status, education and literacy, among other key determinants of health, identifies the LGSM population as being at-risk for health inequities. Public Health Inspectors in southern Alberta noted an increase in LGSM working in the food industry and requested the support of the SZESC for food safety education material and opportunities to help support these populations. Despite efforts, the SZESC was unable to find food safety education in Low German to share with LGSM food handlers. To address this education gap, the SZESC partnered with LGSM Community Health Representatives from Alberta Health Services (AHS) Health Promotion Services, to strategize on possible food safety educational opportunities. To ensure the education was widely accessible, the idea

for an animated educational video was conceived.

Funding for two short, animated educational videos in Low German was secured through a Barons-Eureka-Warner Family & Community Support Services grant, and the Southern Alberta Ethnic Association donated the use of their kitchen to film the food handling scenes. The actors demonstrating food handling in the videos were SZESC members and AHS Health Promotion staff, while a LGSM Community Health team member narrated the video in Low German. The video was uploaded to YouTube for broader distribution in the LGSM population. The reach of these educational videos far exceeded expectations, with approximately 3600 views in seven different countries.

<https://www.youtube.com/watch?v=AlxxUZhDU-w>
<https://www.youtube.com/watch?v=DvRaXxkco2w>

Additionally, the SZESC sought approval from Alberta Health to have a Section 31 Alberta Safety Certification Course in Low German. In March of 2017, the SZESC hosted an approved food safety education class with the translation assistance of LGSM Community Health Representatives. 12 students successfully obtained certification, and noted that the benefit of the course will extend into the family home in addition to the place of work.

For this innovated approach to address an education gap by utilizing community partners, other health professionals, and utilizing web-based visual media to extend food safety education opportunities to a vulnerable population that would otherwise not have access to these resources, we believe the SZESC qualifies for the CIPHI Alberta Branch Innovation Award. Members of the SZESC initiative include: Michel Gevais, Theron White, Jenny Andrews and Mark Albiez.



Photo credit: <http://cuteinquotes.blogspot.com/2013/04/congratulations-quotes.html>





The Canadian Institute of Public Health Inspectors is excited to present the 85th Annual Education Conference (AEC), in the Halifax Regional Municipality, Nova Scotia at the DoubleTree by Hilton Halifax Dartmouth September 8- 11, 2019. It is time to get inspired, develop new knowledge, share experiences and reflect on public health practices from across the country! This year's theme will emphasize "Exploring the Edge" and will showcase how we are steering new and existing environmental public health issues, while keeping our feet firmly anchored.

There is so much to experience in **Nova Scotia**, Canada, why come just for the conference when you can **come early and stay late to discover our stunning province!** Whether you're looking for outdoor adventures, beautiful scenery, fresh seafood, local cuisine and wine, an urban experience or something off the beaten path, Nova Scotia offers lots to do, **see and experience.**

Visit www.ciphi.ca/aec2019 for more information



What Would Nelson Fok Do?



It's a Plastic World I: Microplastics

One of the biggest environmental issues facing the next generation is plastic, with concerns relating to the use, disposal and recycling of plastics. Plastics have revolutionized our culture, but sometimes are not for the best. Of all the problems traced to plastic, the most important, but lesser known is the use and presence of microplastics in the environment. Microplastics are defined as plastic particles that are less than 5 mm, the size of sesame seeds. 30% of ocean plastic pollution, including all the plastics found in the Great Pacific Garbage Patch, would be in the form of microplastics.

There are two types of microplastic particles: those that are intentionally made (primary source) and those that are the result from the breakdown, fragmentation, photodegradation and weathering of larger objects (secondary source).

Primary source microplastics are created for use in many consumer products. Microbeads are defined as synthetic polymer particles that are manufactured with size ranging from 0.1 μm to 5 mm. The incorporation of spherical microbeads allows for better spreading of creams or can be formulated to be abrasive. For example, facial scrubs in the US may be responsible for the discharge of 263 tonnes per year of polyethylene microplastics. The use of microplastics in exfoliants is very common and may contain up to 2.8 million microplastic particles per 150 mL bottle. Microbeads are found in nail polish, bubble baths, hairsprays, mascaras lotions, sunscreen and many other personal care products. Microbeads can also be found as abrasive media in cleaning products, printer toner, oil and gas exploration and in anti-slip applications. Aside from cosmetics, one of the most common sources of microplastics is our clothing.

Polyester, nylon, and acrylic and other synthetic textiles all contain different forms of plastic. Some 63% of clothes are made from plastic with polyester being one of the fastest growing fabrics in the world. Synthetic plastic fibers are cheap and extremely versatile, providing for stretch and breathability in athleisure, and warmth and sturdiness in winter clothes. Polar fleece, for example, is made from PET plastic, or a mix of cotton and polyester. Microfibers can be released from any synthetic fabric, including polyester, rayon, and acrylics, or blends of these materials with natural

materials. When one washes these clothes, millions of microplastic fibres end up in the wastewater when the clothing sheds them.

A 2011 study found 1,900 fibers could be released from a single synthetic garment in a wash while another study estimated 1 million fibers could be released from washing polyester fleece. 35% of the microplastics that enter the ocean may have originated from synthetic textiles.

Microplastics can reach the ocean via a few different routes. When we shower, wash hands or wash clothing, microplastics in our personal care products may enter the wastewater system. Primary and secondary wastewater treatment can provide up to 3-log microplastics reduction, but some would still enter waterways. Microplastics removed from wastewater effluents are stored in the sewage sludge. If the sludge is used for land spreading, with rainfall, surface runoff and flooding, most microplastics find their way into the ocean. A study in New York found the Hudson River transports around 150 million microfibrils into the Atlantic Ocean every day, while flooding in UK washed 5 trillion pieces of microplastic into the sea. These microplastics ultimately ended up in the oceans where they are absorbed by the sea life - birds, seals, fish, prawns and everything else that lives in the marine environment.

Studies have found microplastics to be ubiquitous. In the environment, microplastics had been found in the deepest part of ocean trenches and the Arctic. Around 73% of fish caught at mid-ocean depths in the North-west Atlantic had microplastics in their stomachs and are equally present in farmed or wild salmon. 81% of tap water have been found to contain particles, most are fibers between 0.1 to 5 mm in length. One study found microplastics can be transferred from a feeding larva onto pupae and adult stages of mosquitoes, representing a potential aerial pathway to contamination of new environments. Microplastics have also been found in bottled water, beer and sea salt. Testing in Europe, Japan and Russia has found microplastics in human stools, about 20 particles per 10 g, showing the tiny particles may be widespread in the human food chain.

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WWND—Continued



Governments are aware of the issue and some have acted on it. In 2015, US President Obama signed the Microbead-Free Waters Act of 2015, banning plastic microbeads in cosmetics and personal care products. Microbeads were added to the Canada's Toxic Substances List Schedule 1 in 2017 and the use of microbeads in shower gels, toothpaste and facial scrubs was banned in July 2018. Microbeads have been banned in most cosmetics in some developed countries such as France but not in developing countries and are still allowed to be used in industry. Manufacturers have replaced microbeads with natural substances such as natural salts, minerals and ground-up fruit pits in cosmetics. There is no solution to plastics in clothing. Microplastics, like all plastics, take a long time to break down. Microplastics have the ability to adsorb pollutants such as PCBs, flame retardants (PBDEs) and poly-aromatic hydrocarbons (PAHs) and desorb them

in organisms, resulting in biomagnification in the food chain.

More action and awareness is needed to reduce the use of microplastic and plastic in general.

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Environment Canada, Microbeads- A Science Summary, En4-277/2015E-PDF, July 2015

Kosuth M et al, Anthropogenic Contamination of Tap Water, Beer and Sea Salt, *PLOS One*, doi.org/10.1371/journal.pone.0194970 April 11, 2018

South Zone Update

Editor's Note: Thank you to Michael Swystun for providing this update!

Ken Longmore recently celebrated his 60th birthday in AHS South Zone in February.

The River Heights Professional Center EPH staff hosted a small coffee and cupcake celebration, complete with a piñata of goodies. Ken has been based in Medicine Hat as a Public Health Inspector for thirty years, starting in the Southeastern Alberta Board of Health after his practicum and transitioning through the many different health agencies known as the Palliser Triangle Health Authority, Chinook Regional Health Authority, Chinook Health Region and Alberta Health Services.

He has seen the public health program expand over the years, outgrowing two different office buildings and now residing in the third location since 2007.

Ken shares fond memories of staff golfing events, office holiday parties and "real work", including housing complaints, disease outbreak investigations and emergency response situations such as the numerous floods Medicine Hat has seen over the years. The CIPHI Southern Branch would like to extend birthday greetings to Ken, and wish him many more happy memories.



(Ken Longmore at his 60th Birthday Party Lunch in the Medicine Hat Office on February 15, 2019.)

Continued on next page.

South Zone Update—Continued

Congratulations Theron White with your shiny new EHO III position as the South Zone CDC coordinator. Theron started as a certified inspector in Cardston, AB in 2011. He then moved to Taber in 2012 where he worked as the district inspector until 2017. Theron then worked with HPE as an EHO II on provincial projects including Lead in drinking water student project as well as manganese and strychnine in Southern Alberta drinking water study.



(Above - Inspectors at a SZ EPH event. From Left: Mike Gevais, Theron White, Pam Hodgkinson, Todd Baxter)

Theron also made significant contributions to policy development with Alberta Health and Alberta Environment and Parks on reclaimed water and storm water re-use. Before leaving HPE to start his new role, he co-authored a paper in the Environmental Health Review titled: "A review of the potential risks associated with chemicals present in poured-in-place rubber surfacing". CIPHI AB Branch and AHS South Zone wishes Theron success in his new position.

Congratulations to Kelsie Dale on her new position in Regina, Saskatchewan as the Provincial Food Safety Consultant for the Saskatchewan Health Authority. Kelsie started her career as a certified inspector in 2009 with the Heartland Health Region in Unity, Saskatchewan. In 2011 she temporarily left health inspection and was an environmental consultant in the Oil and Gas industry for 2 years. In 2013, AHS South Zone was very

lucky to see her return to the field of Environmental Public Health as the regional inspector in the Cardston and Lethbridge Offices.

Kelsie took on the EHO III position as AHS South Zone CDC coordinator in 2016 and continued developing and implementing the program to become one of the most effective and efficient CDC programs in Alberta Today. Furthermore, during this time, Kelsie pursued and completed a Master's of Public Health (MPH) from Brock University. In her new role as the Provincial Food Safety consultant for the Saskatchewan Health Authority (SHA), Kelsie will be the leading the development of policy, procedures and collaborations for all things food and personal services related.



(Photo of colleagues in the Medicine Hat Office. From Left Kelsie Dale, Pam Hodgkinson, Brittany Dulle)

In her short time with SHA she has already finalized the draft Milk Pasteurization Regulations and Milk Plant Standards and will soon be taking on all things Cannabinoid edibles. Even though South Zone had a hard time saying goodbye to Kelsie and the significant contributions she made to the field of Environmental Public Health and CDC in Alberta, we want to wish her continued success in Saskatchewan.

Submitted by Michael Swystun
South Zone Councilor



**Environmental Health
Foundation of Canada**
Celebrating 30 Years

**Fondation canadienne
de l'hygiène du milieu**
Fêtons nos 30 ans



March 2019

Hello CIPHI AB Branch Members,

As Chair of the Environmental Health Foundation of Canada (EHFC) I am pleased to bring greetings to you from the Board of Trustees and our Honourary Chair Dr. David Jones, and to extend our sincerest thanks for your continued financial support.

This year marks the 30th anniversary of the EHFC which was established in 1989 to operate as the independent charitable division of the Canadian Institute of Public Health Inspector. The EHFC is dedicated to advancing environmental public health protection in Canada and internationally through the development and support of public health education, research and the development of aid projects.

The Board is busy finalizing 30th anniversary celebratory events including:

- completion of a 3-year strategic plan;
- creation of an anniversary logo;
- launching our new website;
- issuing a special 30-year edition of our annual newsletter;
- anniversary event/information posts on our website, Facebook and Twitter social media;
- fund raising events; and much more.

Best Regards,

Pamela L. Scharfe

Pamela Scharfe, CPHI(C), Chair

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Retired Members

Shauna Dimock

After an incredible 40 years of public service, Shauna Dimock has decided to step away from her AHS family to focus on her ever growing non-work family and quilting! We will miss her smile, wisdom, and “tell it like it is” attitude. She leaves a hole in the organization that will be difficult to fill. She has been a pioneer in the field, advocating and leading the health education charge over almost two decades from the Edmonton Board of Health days to AHS.

During her long career, Shauna received several accolades for exemplary service and professionalism including the LE Stewart Award (four-time winner), and several Capital Health Directors’ Awards (multiple). Most recently, CIPHI Alberta recognized her contributions to the field with the Long Service Award in 2017. She has been a mentor to many and a friend to all (even Steve Probert).

Shauna, you have been a staple to AHS – Edmonton Zone as far as we can remember. Your absence will be felt and your “mom” like qualities deeply missed. Thank you for all your devotion to our profession and its people over your years. We wish you all the best and many many grandbabies at your feet!

Submitted by Phi Phan and Sharon Milroy



Edwina Kordyback

After 35 years of public service, Edwina Kordyback has decided to invest her time in her family and travel. A longtime health educator, Edwina has shared her wisdom and knowledge with thousands in the greater Edmonton area.

Her easy-going and friendly style made her courses fun and engaging for all involved. Never without a smile, Edwina always had practical and pragmatic advice for a wide variety of Environmental Health topics. Her enthusiasm for education did not go by unnoticed. Recognized with many awards and accolades over the years, Edwina was also a dedicated supporter of CIPHI, the field of environmental public health and its professionals. We will miss you Edwina! Thank you for all you have done for our profession over your years. Enjoy this time with your family and Bon Voyage!

Submitted by Phi Phan and Sharon Milroy.



Retired Members

Blair Bartley

An Era is defined as “a long and distinct period of history with a particular feature or characteristic”.

In this case, Blair’s career has spanned more than 40 years, so fair to say it’s an Era.

When Blair began his career in 1978 the news of the day was concerned with the Camp David Accord, the first test tube babies, and the first ever cellular telephone. Popular culture revolved films such as Close Encounters of the Third Kind, Saturday Night Fever, and Grease!, and musical artists like the Bee Gees, Queen, Kansas, and Bob Seeger topped the charts. The Alberta Progressive conservatives were the ruling political party, and Don Getty was our Premier. Notably, Blair was around to see the entire Ralph Klein political era from beginning to end.



Blair’s public health journey began in Hinton, AB in 1978 with the West Central Health Unit. From there, he moved several times, heading to British Columbia,

then out to Northern Saskatchewan, and finally back to Alberta.

Blair rose quickly in the EPH ranks and worked as a Director in Northern Saskatchewan, and then as CEO of the Jasper Health Unit for a time.

My many discussions with Blair over the years highlighted several interesting events that transpired during his time as Director and CEO, including Board interactions, staff issues, and the inevitable politics. After his time as CEO, Blair made a choice to return to the public health field in the mid 1990’s, settling in Stony Plain, where he finished his career in Spruce Grove office.

Although beginning his career in 1978, Blair’s official seniority date with AHS is actually 1991, due in part to his dynamic career path. During that time he has worked with several iterations of Health organizations in Alberta, including West Central Health Unit, Stony Plain/Lac Ste. Health units, Westview RHA, Capital Health RHA, and finally Alberta Health Services for the last 10 years. Just like we say about the weather in Alberta, if you don’t like it, just wait 10 minutes, it will change!

Over that time, Blair has worn many titles, from a PHI, EHO, Director, CEO, OHS rep, and a JWHS chair, among many others. Blair is one of the friendliest people you could ever meet in Public Health. He almost always has a smile on his face, and finds the humor in many situations within the office and in the public health sphere. Staff and clients alike would always comment on Blair’s positive outlook and his very talkative nature. He is an excellent communicator and writer, often mentoring others upon request with reports, and was teased by colleagues for doing “too good of a job and making them look bad”. Blair was a teacher to staff and students alike, and excelled in helping the practicum and mentoring students to experience many aspects of the field.

Continued on next page.



Retired Members

Blair worked in various specialist and liason roles over his time and was always looked to by staff and co-workers for information and guidance on a variety of topics.

Blair was also a handy guy to have around the office. He could patch drywall, change out fixtures, put up privacy glass, hang pictures, and advise on the mechanical systems, and was always one to take initiative around the office as needed.

As well, Blair is very organized. Blair's co-workers can recall one Christmas break, returning to the office after vacation, and finding the ENTIRE back storage area re-organized with filing cabinets moved about the room. Blair had come in on his spare time over Christmas to re-organize the entire area.

It would be remiss not to note Blair's prowess with festivity decorating. Whether it was Halloween or Christmas, Blair could be counted on to make up a world class display at the Bartley residence and also in the office that would amaze clients and co-workers alike, year after year. It's the mark of a true artist to attract the attention of the authorities, and Blair was no exception, as the I'm sure the AHS Fire Inspector had Blair's name circled on his seasonal "to do" list!

Blair has left a legacy in his 40 years as one of a detail oriented, highly organized individual that possessed an even disposition in the face of adversity. Blair possesses a broad range of knowledge, and was a mentor to many staff and students. Besides being over 6 feet tall, Blair will leave large shoes to fill in the Spruce Grove office.



We wish Blair Congratulations on a wonderful career, and best wishes for the next phase-it has been our pleasure to know you and to work with you.

Submitted by Philip Callbeck



Photo credit: www.pixabay.com

Alberta Branch News

The Alberta Branch News is published twice yearly by the Newsletter Committee of the Alberta Branch to provide current information on the many activities of the Alberta Branch. The newsletter is distributed to members and friends of the Alberta Branch.

Any inquiries, correspondence or change of address should be forwarded to:

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Alberta Branch News

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Mark your calendars— AHS South and Calgary zones, in collaboration with CIPHI AB, bring you the first ever dual zone planning committee for the 2019 fall educational workshop. The educational programming will feature keynote speakers, concurrent education sessions and learning activities with the focus on serving the health and wellbeing of Environmental Public Health professionals. Integrated wellness/self-care activities and active lifestyle challenges will be incorporated into the workshop itinerary as well as participation in Orange Shirt Day on September 30th. The planning committee is honored to hosting the workshop on Blackfoot Territory, in Calgary.

This integrated approach demonstrates our commitment to our profession, our personal development and our people, in order to empower and encourage us to take care of others. As our professional work is dedicated to the core functions of Public Health, it is imperative to take care of each other and the communities we serve. The venue for this workshop will be the Courtyard Marriott Calgary Airport. Registration will begin late May 2019 <https://eventmobi.com/ciphi2019/>.

Submitted by the 2019 Branch Workshop Organizing Committee

Final Thoughts:

Do you know of great work being done by yourself or your colleagues?

If you are interested in contributing to the next edition, please send an email to the ABN Editor at newsletter@ciphi.ab.ca



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