



**ciphi**  
**saskatchewan**

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I would like to wish everyone a Happy Spring and So Long Winter. I know that I am looking forward to some warm sunny weather after such a long winter last year and no summer to speak of. Let's hope for our traditional Sask. summer, plenty of sunshine and high temperatures.

Firstly on behalf of the SK Branch I would like to thank all involved in the Core Competency Program and all the other work National does for its Members. All the on going projects are too numerous to mention that CIPHI is involved with. Too often we forget to congratulate and thank the ones at the top for all their hard work. CIPHI National President Claudia Kurzac is representing all Members at various meetings to promote CIPHI. Members must remember that all the work on your behalf is done by PHI's just like yourself and is done so voluntarily. I urge you to renew your Membership, continue your support to our profession and support your National Office.

On behalf of the SK Branch I would like to wish Jane Lyster all the best in Ontario. Jane has left the province to resume responsibilities in Ontario. Thanks Jane for all your years of Membership and support to SK Branch and CIPHI. Jane will be missed but not forgotten. Congratulations and all the best in your future endeavors.

The SK Branch held its first meeting with the new Executive Members and I am proud to be representing such a knowledgeable and dedicated enthusiastic team. With new blood come new ideas and a spirit to better what we have already done. Mike McCann our

Marketing/Merchandising Chair has added new SK Branch merchandise for Members to purchase and support our Branch and profession. Ryan Philpation, our Continuing Educational Chair has wrapped up the very successful PFRA Water courses and is working on the 2005 In-Service. Dwayne Liebelt our Communications Chair has completed the Branch information pamphlets and Swimming Pool Manuals and has distributed to the Health Regions. Travis Philpation the Branch Operational Co-Coordinator has updated the Branch Executive Binders. Ron Belak the Branch Secretary/Treasurer continues to maintain the finances. Roger Piatt our Web page Chair continues to amaze us all with his excellent work on our SK Branch webpage. And I do the President work, basically what ever is left. The SK Branch can make available chemical test strips/kits for Members to order through the Branch. Contact Dwayne with your orders and check out the SK Branch webpage for details, [www.ciphi-sk.ca](http://www.ciphi-sk.ca).

Jacqueline Treen the SK Branch Newsletter Editor is ready to role out the reinstated Branch Newsletter. After a brief hiatus Jackie returns as Editor and the SK Branch Newsletter will be distributed in April. The Executive has made this a priority and has submitted articles and will add this to our duties to ensure support is there should Jackie require it. I would like to thank Jackie for her hard work and dedication to this project. On behalf of the SK Branch I would like to thank all the correspondence/support from other Branches. Members forget that as CIPHI Members all Branches work together for the betterment of the profession and help each other out when needed. That's what makes CIPHI such a strong, professional organization to belong to.

I would like to congratulate Yvonne Graff and Bryce Graham and welcome them to the 25-year Membership club. Both received their 25-year recognition pins at Educational Conferences this past year. Thank you for your dedicated service and support in CIPHI.

Congratulations to Victor Mah Alberta Past President and his commitment to CIPHI in producing the National Newsletter. It is very impressive and not only informs Members of happenings within CIPHI but brings together all

Branch Newsletter Editors to share ideas and team build nationally. Good work Victor and your staff. I look forward to the upcoming editions.

Victor has also been busy preparing a CIPHI Power Point Presentation informing the public to our profession. This comes from information gathered by all Branches and information from the information pamphlets also designed and prepared by Victor. Also Victor has almost completed the CIPHI information display banners to be used at Educational fairs. Victor stepped off National because he was too busy; his dedication to the profession is unrivaled.

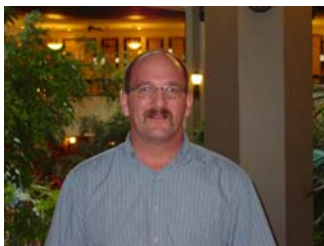


The SK Branch is currently involved and discussing educational delivery and training to all SK PHI's in private sewage disposal systems. All parties involved want to coordinate to provide the most economical and complete educational training sessions available. Watch for future announcements and your invitation to attend this in-depth training opportunity.

The SK Branch Executive is presently working on the 2006 Annual Educational Conference in Regina. We are assembling a working group to attend the 2005 AEC in Toronto to represent SK Branch and promote the 2006 AEC. Committee work is progressing as per the outline in the Conference Guide and we are preparing to host the Best AEC CIPHI has witnessed. This is a tall order but we are up to the challenge! Opportunities are still available for Members to join the team and help in hosting the 2006 AEC. I have extended an invitation to all CIPHI Members to come back and see old friends, make new ones and get prepared to "meet tomorrow's challenges today".

Ken Cross, President  
CIPHI, SK Branch

## *SK BRANCH 2005 EXECUTIVE*



**Ken Cross**  
**SK Branch President**

Ken was born and raised in Regina and now resides in Weyburn. Has been the SK Branch President since 2002 and was on the Executive before that. He was certified in 1989, trained in PA and Melfort, worked briefly in Humboldt, then moved to Weyburn and has been there for 15 years.

Branch and National duties fills his spare time plus hunting, fishing, volleyball and working in the yard and cottage.

*If you have any information, articles or suggestions for our Newsletter, please contact the editor:*

**Jacqueline Treen**  
**306-778-5198 or**  
**[jackie.treen@cypressrha.ca](mailto:jackie.treen@cypressrha.ca)**

*The next issue will come out in July.*



**Travis Philipation**  
**Operational Coordinator**

Travis obtained his BASc in Environmental Health from Ryerson in 1997. His first PHI job in was in LaRonge, SK in 1998. Travis moved to Drayton Valley, AB where he worked as a PHI for the Crossroads Regional Health Authority. This was followed by a move to Brandon, Manitoba in 1999 where Manitoba Environment as an Environmental Health Officer employed him. Travis also served as a councilor for the Manitoba CIPHI branch prior to moving to Moose Jaw in 2003.

Travis is currently employed as a public health inspector with the Five Hills Health Region. In his spare time, Travis enjoys biking, hiking, and golf.



**Dwayne Liebelt**  
**Communications**

Dwayne was born and raised in Swift Current Saskatchewan. Acquired his diploma from BCIT in 1996 and field trained in Vancouver. Dwayne started his Environmental Health career in Swift Current June 1996, worked there for 1 year. 1997 moved to Humboldt and worked out of a Saskatoon office there before moving into Saskatoon in 1999 and has been there since. This is Dwayne's 5th year as councilor with the Branch.

Dwayne enjoys golfing, skiing, volleyball scuba diving and traveling to foreign countries. His latest craze is to keep up with new technology in the electronics industry.



**Michael McCann**  
**Marketing /**  
**Merchandising**

Hailing from the Queen City, Michael left the Regina Health District to pursue a career in public health. He moved to Burnaby, BC, where he attained a Diploma in Public Health Inspection and a Bachelor of Technology Degree from BCIT. During his studies he did practicum's in Kamloops and Richmond BC.

Michael came home and began working as a PHI for the Regina Qu'Appelle Health Region in 2000. He has been actively involved on the branch executive since 2003, as a councilor and is in charge of Branch merchandise. He is excited to be hosting the CIPHI 2006 National Conference. He has been a member of CIPHI for 7 years.

He is a VW enthusiast, who enjoys wine making, playing hockey and slo-pitch in his leisure time.



**Ryan Philipation**  
**Continuing Education**

Ryan was born and raised in the small community of Alida. He attended BCIT where he obtained a Bachelor of Technology. During that time he field trained in Regina and Grand Forks, BC. He moved to Melfort in 1998 and has been working there ever since. He has been a CIPHI member since 1998 and a CIPHI councilor since 2001.

Ryan and his wife Lana just recently completed building a new home in Melfort. Hobbies include hockey, golf, baseball, and skiing.



**Jacqueline Treen**  
**Newsletter Editor**

Jacqueline was born and raised in Regina where she attended the U of R before pursuing a career as a PHI. She graduated B.C.I.T. in 1992 and moved to Swift Current, worked in Rosetown/Saskatoon for 1 year, and returned to Swift. Jackie really enjoys vast variety the job and working with people.

Jackie was Newsletter Editor from 1993–1999, and then resumed the position in 2005 after taking 2 maternity leaves.

When not being MOM, Jackie loves golf, soccer, aerobics, water polo, music, gardening and traveling.



**Ron Belak**  
**Secretary / Treasurer**

Ron has been a dedicated member of our SK Branch for many years. He is now the Senior PHI in the Heartland Health Authority.

## *Hello From Northern Health, But Farewell To Saskatchewan Colleagues*

Greetings from the northern half of the province! Times are very challenging here with staffing levels and the types of challenges presenting themselves.

Currently we have 4 PHI positions 2 are vacant, James Taylor is in Buffalo Narrows and David Sampson, PHI Trainee is in La Ronge soon to be completing oral examination.

David Sampson PHI Trainee and his wife Sheila are proud parents of baby Luke Joseph born on April 3, 2005. He is a true Sampson with lovely auburn hair.

James Taylor continues working out of Buffalo Narrows and is in his 17<sup>th</sup> year of service as a health inspector in the north and continues to add to his collection of "gadgets."

Jane Lyster will be leaving at the end of May to work with the Leeds Grenville Lanark Health Unit out of Brockville, Ontario. This is after 30 years in northern Saskatchewan.

Thought I would take this opportunity to write a farewell to CIPHI colleagues in the province.

I've seen and experienced a great deal over the last 30 years. When I started in northern Saskatchewan the

situation was very grim, infant mortality rates were unbelievable. I remember figuring out the cost to "the system" from "enteric" disease to infants in a community without water and sewage and then comparing the difference 5 years later after a municipal system was installed and it was a phenomenal change for the better.

I remember walking around the many "then" fly-in only communities, taking water samples (bless the lab in those days they did test the samples and yes we did send them on ice). I remember encouraging these same communities to have spring clean ups and sent movies of rat infestations for the community to view on movie night to encourage their efforts.

***More than ever our role  
is important at the  
community and region  
level***

I have had the honour of working with many excellent environmental health professionals in Saskatchewan. Thank you for your assistance and mentorship over the years. Let's face it we are an interesting diverse lot of people in our profession. We have the guts to march into places where we are the last person on Earth they want to see; often cost large amounts of money and yet can leave having made a collaborator and sometimes friend because we are effective.

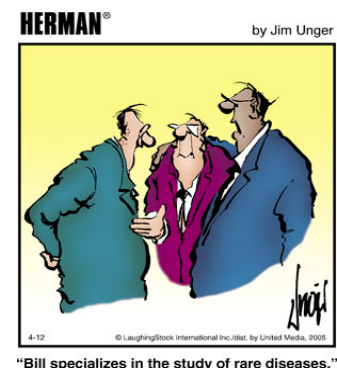
More than ever our role is important at the community

and region level. Our role may change somewhat but there will always be the need for a friendly, effective EH professional who is in touch with what is going on at the community level, who has his/her finger on the pulse of folks in the community, who encourages public facilities to maintain a satisfactory minimum standard and who generally cares about health promotion and disease prevention.

I remember the "old" PHIs talking about travelling to communities by train, acquiring the first "G" cars, how sanitation really improved in the years after the war. Some of these old "guys" started the notion of community development, wellness and empowerment of communities but this somehow became lost in the mythology of health services and then rediscovered. We will always be the ambassadors of health services to communities because we are there.

Please keep in touch. Drop by and visit me in Brockville if you are passing through. I wish you well. You know what they say about PHIs?

Jane



## *Good Decisions—And The Evidence To Prove It An Epidemiological Approach to Public Health*

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We are faced with many decisions in our busy lives both personally and professionally. Some decisions come easily. Others are complicated and require more time and thought. Good public health decisions hinge on many factors—experience, knowledge of the community, timing, values and leadership style. These all have a part to play in the process, but to make evidence-based decisions in public health, epidemiology is the essential process. It allows public health practitioners to make better decisions around programs, policies, planning and surveillance by carefully analyzing accurate data and using proven research findings.

You can join other public health practitioners across Canada and learn more about epidemiology through The Public Health Agency of Canada's Skills Enhancement for Health Surveillance on-line continuing education program. It offers front-line public health practitioners, managers, and decision-makers the opportunity to increase their skills in epidemiology, surveillance and information management. Decision-making will be more informed and communities will be better served. There are opportunities for both professional growth and individual learning that will lead to more knowledge, confidence and skills in the workplace. Because the learning occurs on-line, it can be done anytime, anywhere. It is accessible across the country, self-paced, self-directed, and cost effective.

A public health professional in the area of communicable diseases applauded the direct relevance of the course content around outbreak management, but also outlined other, secondary benefits. "My skills in computers were also upgraded by necessity in the course and that has been a great boon for me in this position." The series of modules currently includes "Basic Epidemiological Concepts" "Measurement of Health Status," and "Descriptive Epidemiological Methods." Participants so far have praised the relevance of the content and the flexibility of learning on-line. One public health

practitioner who completed the modules commented on the excellent public health overview it offered, making it applicable to her job on a daily basis. She encourages all new staff members at her health unit to review the material. Other participants revealed they are now better able to analyze data and focus their decision making on target populations.

Additional modules focusing on surveillance and outbreak management and investigation are in the works and will be ready in the New Year. These will complement the epidemiology modules and strengthen the capacity to help public health practitioners make better decisions.

### *A flexible, self-paced learning opportunity*

I have completed the 3 modules that have been developed and will be taking the new modules as they become available. I have gained knowledge in the areas of epidemiology from completing these modules. Some of the interesting points I learned included: the history of where epidemiology started and how it evolved to what it is today; how other health disciplines use epidemiology and studies to develop their theories and decision making; and the uses of this information that we as PHI's can use.

The on line course can be taken with a facilitated group where your fellow learners will be from many public health disciplines located all across Canada. This diversity in disciplines and locations is beneficial to the learning experience.

Since I have been out of school for many years, I found this program very useful in upgrading my education in this area, which like many of you was not part of our education and training to become public health inspectors. I encourage all of you to look at the course and hope that many of you will partake in the training. One positive note is that this type of training ties directly in with the recommendations that Justice Laing made in the North Battleford Water Inquiry for PHI's/CD Investigators to receive further training in investigation techniques and interpretation of investigation results. For more information about the Skills Enhancement Program, please visit <http://www.healthsurv.net>.

Ken D. Startup

## *Food Safety for Volunteers*

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Our province has a strong tradition of community involvement including volunteer run concessions, fundraisers and the famous Fall/Fowl Suppers. Over the years, inspectors of the Sun Country Health Region have received regular inquiries from the public about safe food handling issues for these valuable and popular community events. Many of these calls identify food safety myths that have prevailed over the years. In some cases, the concern for food safety generated extreme precautions that went way beyond the practical precautions found in commercial eating establishments.

In 2002, our inspectors decided to create a Food Safety Class that was geared specifically towards these volunteer-run events. Derrick Mooney agreed to develop a shortened version of the eight-hour Food Safe course. The 2-½ hour presentation contained the following topics:

- How does the regulation requiring food safety certification apply (or not) to volunteer events?
- What is food borne illness?
- What are the consequences of a food borne illness on the customer, the volunteer and the organization?
- Discussion of immune challenged people who attend community events
- Why is food handling for community events different than for my family?
- Three types of Food Borne Illness
  - o Includes discussion of heat stabile toxins and spores
- There is no such thing as the 24 hour "flu"
- How common are food borne illnesses, really?
- The cycle of transmission
- Effects of personal hygiene (uniforms, hand washing, hair control...) on food borne illness
- Five things needed to cause bacterial food borne illness
- Norwalk Virus.
- Hot holding, reheating and thawing (quick cooling is not discussed)
- What to do if a customer vomits.
- Caring for a buffet.
- Dishwashing steps (when is it OK to use cloth towels?)

- What to do if a customer complains of a food borne illness.
- Top 10 causes of food borne illness
- Common food safety myths

The class does not discuss other topics found in the full 8 hour Food Safe course including:

- The role of the Public Health Inspector
- Details of microbiology
- Ways to prevent botulism
- Methods of disease transmission
- Infections vs. intoxications (and their symptoms)
- Top 10 foods most likely to cause food borne illness
- Washing fruits and vegetables
- Receiving and storing food (all topics)
- Serving and dispensing (all topics)
- Potentially hazardous foods
- Fast cooling methods
- Thermometers
- Importance & types of dishwashing
- Dish/cutlery storage
- Using the authority of your Food Safe Certificate

Participants attending the Food Safety for Volunteers presentation are offered the following:

- A copy of "Cooking for Groups" (One per organization; published by USDA)
- A package of 11 X 17" laminated posters (one per organization)
- A "participant" certificate (offered when time allows)

This 2-½ hour seminar was presented 13 times over a two-year period in the spring and fall. Attendance at each evening presentation ranged from 16 to 70 people. Attendance was strongly influenced by the amount of promotion. Best participation was found with a combination of newspaper announcements; formal press releases to media; direct mail (posters & letter) to churches, sports organizations and service clubs and posters placed throughout each community.

Derrick Mooney  
Sun Country Health Region

## *A Fact In History*

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The next time you're washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be. Here are some facts about the 1500s:

Most people got married in June because they took their yearly bath in May and still smelled pretty good by June. However, they were starting to smell so brides carried a bouquet of flowers to hide the body odor, hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women, and finally the children -- last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water,"

## *For Sale Through Our SK Branch*



*Golf Shirts  
\$40 and \$45*



*\$15 and \$20*



*Mugs and Thermal  
Cups - \$15 and \$20*

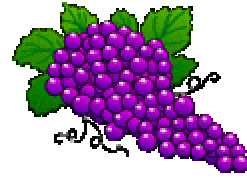
*For other merchandise  
check our SK website at  
<http://www.ciphi-sk.ca/>*

*Contact Mike McCann  
at 766-7716*

*All purchases help to  
support our SK Branch.*

## *PHI GRAPEVINE*

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Welcome to new staff in the province:

Moe ElRahfihi – Swift Current  
Valentina Satsoura – Swift Current  
Leanne Stricker - Regina  
David Sampson - LaRonge

Welcome to the summer students:

Ken Waker – Swift Current  
Stephan Yeo in Yorkton  
Brad Giesbrecht – Rosetown  
Carmen Buschow - Regina

Congratulations to Tannis and John Gaudry who got married in Yorkton at Easter.

