

## Newsletter Highlights

President's Message

100 Years of CIPHI

2013 CIPHI Honorary Member Award

Mike Horwich Retires

Temple Grandin

## Welcome to "The Tartan"

### CIPHI NS/PEI Branch Newsletter



## PRESIDENTS MESSAGE

Welcome to the second edition of the Nova Scotia/Prince Edward Island Branch Newsletter! I would like to thank all of our members who have made this possible. I would like to provide a few highlights of Branch activities from the past few months.

The Centennial Tree Planting Ceremony took place on October 11, 2013 at Cape Breton University with many students, staff and members present for the event. A plaque was presented by our National President, Mr. Gary O'Toole to Dean Bailey, Vice-President Academic & Professional Studies, and staff of the Public Health Program. Following the ceremony the Branch sponsored a lunch and an educational session for all those in attendance. The presentation was provided by NCCEH on Quantitative Risk Assessment: An Overview & Discussion of Emerging Issues. Many thanks to all those involved especially Melissa MacDonald from CBU and Christina Chociolko from NCCEH for making this possible.

On the note of centennial items, the Branch has recently purchased Centennial Coins for each member and will be distributing them in the near future. I would also like to thank the National Committee who has worked very hard to ensure that our 100<sup>th</sup> Anniversary celebrations were recognized across the country.

I pleased to announce in the Province of PEI there is now a requirement under the Public Health Act whereby an Environmental Public Health Officer working in PEI must hold their CPHI (C) designation. The Environmental Health Office has always strived to employ certified, professional and competent EHO's and this update to legislation will ensure the tradition continues. As of September 1, 2013 the province has also brought into force new Tanning Facility Regulations. The regulations will address items such as a requirement for tanning facilities to be licensed, age restrictions and signage requirements.

The Branch Executive will be meeting in the near future to begin planning for our spring education session and AGM. Please watch the Branch website for updates, and should you have suggestions or would like to volunteer please contact myself or any member of the Executive.

On behalf of the NS/ PEI Branch, I would like to take this opportunity to wish our members and their families a wonderful Holiday Season!

Respectfully Submitted,  
Doreen Mackley, CPHI(C)  
NS/PEI Branch President



## MESSAGE FROM THE EDITOR

Welcome to our second newsletter! Congratulations are in order for Joe Bradley of PEI who was successful in winning the "Name Our Newsletter" Competition. We had a lot of submissions from within and outside our branch. Thanks for showing interest in the development of our newsletter, and Joe, your Tim's card is in the mail!

This newsletter wouldn't have transpired without the help of our members who showed interest, so thanks! As mentioned before, I welcome input and ideas from every member and hope that you will reach out and contribute. If you have suggestions for submissions, communication ideas, or would like to become part of the newsletter team please contact Vanessa Nickelo at [nickelvc@gov.ns.ca](mailto:nickelvc@gov.ns.ca) or myself at [camerocl@gov.ns.ca](mailto:camerocl@gov.ns.ca)

As we approach the holiday season I'd like to extend holiday wishes to all our members and readers!

Cheryl Cameron

# FLU SEASON

Text submitted by: Vanessa Nickelo

It's flu season here in Nova Scotia and for the second year in a row the flu vaccine is free for everyone. Dr. Robert Strang, Chief Public Health Officer for Nova Scotia, said 38 per cent of Nova Scotians were immunized last year.

Influenza is a serious disease that can potentially lead to hospitalization and sometimes even death. Every flu season is different, and influenza can affect people differently. The flu season can begin as early as October and last as late as May. An annual seasonal flu vaccine is the best way to reduce the chances that you will become infected and spread it to others.

Traditional flu vaccines (called trivalent vaccines) are made to protect against three flu viruses; an influenza A (H1N1) virus, an influenza A (H3N2) virus, and an influenza B virus. There are now also flu vaccines made to protect against four flu viruses (called "quadrivalent" vaccines). These vaccines protect against the same viruses as the trivalent vaccine as well as an additional B virus. (CDC, 2013)

A flu vaccine is needed every year because flu viruses are constantly mutating. It's not unusual for new flu viruses to appear each year. The flu vaccine is updated annually to keep up with the flu viruses as they mutate.

Multiple studies conducted over different seasons, cross vaccine types and influenza virus subtypes have shown that the body's immunity to influenza viruses (acquired either through natural infection or vaccination) declines over time. (CDC, 2013).

## **WAYS TO HELP AVOIDING THE FLU**

- Wash hands often with soap and water, especially after a sneeze or cough
- Cover your cough and sneeze
- Limit touching eyes, nose and mouth
- Do not share drinking glasses, water bottles, eating utensils, mouth guards or cosmetics

## **COMMON FLU MYTHS DEBUNKED**

### **My flu shot gave me the flu last year**

Your arm may be sore following the flu shot, but it doesn't actually give you the flu. The flu shot is made from a dead form of the virus and such types of vaccines can't give you the infection.

When people think they have come down with flu after getting the shot, they're either sick with something else like a cold or they were already incubating flu. Some people may experience minor discomforts such as headache or sore as the vaccine kicks in. It takes about two weeks after vaccination for our bodies to produce antibodies that protect against flu infection.

**I never get sick so I don't need a flu shot.**

Even if you don't get sick you could be a carrier. You may have the flu virus without having symptoms which can infect others.

**People with egg allergies can't be vaccinated.**

Canada's National Advisory Committee on Immunization concluded most egg-allergic individuals may be vaccinated against influenza using the traditional vaccine with conditions. Anyone who has a **severe allergy** to eggs, chicken, or any other part of the vaccine should talk to a doctor first.

**Pregnant women can't be immunized against influenza.**

Canada's National Advisory Committee on Immunization includes healthy pregnant women on its priority list, saying the risk of influenza-related hospitalization is higher in the third than the second trimester (PHAC, 2013)

## PUBLIC HEALTH INSPECTORS: YESTERDAY, TODAY AND TOMORROW

Text submitted by: Alan McMullin

I became a Certified Public Health Inspector in the early 1980's. At that time and for many years prior, Public Health Inspectors in NS worked for the Department of Health, along side other Health Professionals such as the Medical Officer of Health, and Public Health Nurses. The Public Health Inspector was responsible for the inspection of food establishments, the administration of the on-site program, water supply and many other programs.

In April, 1994 the Public Health Inspectors and some of the programs they were responsible for were transferred from the Department of Health to the Department of Environment.

In July, 1997 the food establishment inspection program was transferred from the Department of Environment to the Department of Agriculture. With the transfer of this program several Public Health Inspectors moved to the Department of Agriculture and others remained with the Department of Environment.


Today you will find Public Health Inspectors in various departments. Some are working as Inspector Specialist with the Department of Environment, others are with the Department of Agriculture as Food Safety Specialists and Public Health Inspectors also work with the Department of Health and Wellness as Environmental Health Consultants providing advice to the Medical Officers of Health.

What department Public Health Inspectors will be with in the future, is anyone's guess but we will continue to work closely together as a team of professionals ensuring the Public Health of Nova Scotian's is protected.



## CPC PROGRAM – PDH's REMINDER

The Continuing Professional Competencies (CPC) Program was started in 2010 for all CIPHI members. Continuing education is a critical part of our profession as the field of environmental health is every changing. Each year, it is important that we maintain and log our professional development hours (PDH's). At the years end these hours are to be submitted through the CIPHI membership site. To better assist CIPHI members any questions or concerns pertaining to the CPC program can be directed to [cope@ciphi.ca](mailto:cope@ciphi.ca). To log your PDH's visit the Member's Service Center at [www.ciphimember.ca](http://www.ciphimember.ca). Remember to log your PDH's for 2013!



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Join CIPHI's growing social network by signing up for one or all of CIPHI's four Twitter accounts. Keep up to date with the latest business of the NEC, standards of practice, research, awards, centenary celebrations, and professional development opportunities. Engage with your colleagues coast to coast to coast using CIPHI's inclusive social network.

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## 100 YEARS OF CIPHI

Photos submitted by: Sean O'Toole



# CIPHI TREE PLANTING CEREMONY

Text submitted by: Michelle Prendergast

On Friday October 11<sup>th</sup>, 2013, a crowd gathered outside the MacDonald Residence on the Cape Breton University Campus to take part in a tree planting ceremony in honour of Environmental Public Health Week and most notably, CIPHI's 100 Years of Distinction and Public Health Protection.

The guests, who included CIPHI National President Gary O'Toole, Nova Scotia/PEI Branch President Doreen Mackley, CIPHI Branch Representatives and members, current public health students, and CBU faculty and staff, assembled around the site to hear words of thanks from invited guests.

National President and Cape Breton University alumnus Gary O'Toole spoke of how much he enjoyed his time in the program and Vice-President of Academic & Professional Studies for CBU, Dr. Robert Bailey spoke about the merits of the program at CBU. Current students and Public Health Professionals were encouraged to continue building upon decades of Public Health knowledge. All speakers acknowledged the tremendous efforts of public health professionals and the educational institutions that had a hand in their development.

A plaque that was made to accompany the tree declares that the tree "acknowledges the Cape Breton University Environmental Public Health Program for its educational contributions to Environmental Public Health in Nova Scotia and Canada."

After the ceremony, all guests were invited to attend a reception and Webinar titled, Quantitative Risk Assessment: An Overview and Discussion of Emerging Issues.

The tree planting ceremony at CBU was made possible through the CIPHI Centenary Committee. This tree is among others planted across the country at educational institutions where public health students train to one day become Certified Public Health Inspectors.





# 2013 CIPHI HONORARY MEMBER AWARD

Text submitted by: Doreen MacKley

Dr. Lamont Sweet has been a cornerstone for public health in Prince Edward Island for the past 23 years. Dr. Sweet is presently serving as Deputy Chief Public Health Officer after spending 17 years as the Chief (Public) Health Officer in PEI. Over this time, Dr. Sweet has provided leadership, guidance and support for environmental/public health programming provincially, nationally and internationally. Since his arrival on PEI in 1980, the Chief Public Health Office has grown from a small section to over 25 staff working in immunization, infection control, epidemiology, communicable disease control, environmental/public health, reproductive care, health promotion, emergency management and other programs.

Dr. Sweet was born and raised in Kentville, Nova Scotia. His dedication to higher education and passion for learning are obvious by his many academic achievements including: Bachelor of Science (Acadia University), Medical Degree (McGill University), Specialist in Pediatrics (Dalhousie University) and Master in Health Science, Clinical Epidemiology (University of British Columbia). In addition to his work as a family physician and pediatrician in Nova Scotia and Newfoundland for 15 years, Dr. Sweet has served as Director of Ambulatory Care, Janeway Child Health Care Centre, St. John's Newfoundland; Director of Poison Control for Newfoundland; Clinical Lecturer in Pediatrics, Memorial University of Newfoundland; and Director, Western Health Unit, Nova Scotia Department of Health.

Dr. Sweet has an extensive list of peer-reviewed publications spanning across 40 years. His works are found in such journals as : Environmental Health Review, Canadian Journal of Public Health, Canadian Medical Association Journal, Canadian Journal of Infection Control, Canadian Journal of Infectious Diseases, Clinical Pediatrics, Pediatric Infectious Disease Journal to name a few. He has been guest speaker at numerous events over his career including keynote speaker at the 2004 CIPHI Educational Conference in PEI. He continues to teach and share his knowledge through presentations and speaking engagements on a regular basis.

Dr. Sweet's exemplary achievements and dedication and support of the environmental/public health profession on PEI and across Canada make him a well deserving recipient of the Canadian Institute of Public Health Inspectors Honorary Member Award.

**First Nominator:**

Ryan Neale

**Second Nominator:**

Joe Bradley



# FOOD SAFETY INFO POINT – SOUS VIDE

Text submitted by: Karen Wong- Petrie

“Sous-vide” is a cooking technique that incorporates immersion of vacuum-packed food under temperature-controlled water/steam for typically longer periods of time, and at lower temperatures, than other cooking techniques. When translated, it means “under vacuum”.

Sous-vide techniques were widely used in the 1960s for industrial food preservation and production. The method was adopted in later years by the culinary world. The method can maximize cooking uniformity and tenderness by controlling water bath temperature, as well as increase flavour infusion. Although the method has been available to restaurants for decades, in recent years, sous-vide controller units are readily accessible to many food establishments in Nova Scotia.

There are some food safety considerations which must be considered when using sous-vide techniques. In Nova Scotia, the Department of Agriculture, Food Safety and Enforcement Section provides a policy document to facility operators with standards that need to be employed if this cooking method is used.

A significant food safety issue associated with sous-vide technology are the concerns regarding reduced oxygen packaging. Bacterial spores are often present in many foods, and are difficult to destroy by most cooking methods. Reduction of air around food can provide a hospitable environment for C. botulinum spores to produce toxins, if other control factors are not used. These toxins can have life threatening, neurotoxic effects. Some strains are capable of growing and producing toxin at temperatures less than 4C (40F). Spore-forming Bacillus cereus bacteria have also been classified as organisms that can grow at temperatures of 4C (40F). Although toxins from B. cereus are usually not life-threatening, they can cause significant foodborne illness symptoms.

Food must be handled so that the spore-forming bacteria do not produce toxin. Spore-forming bacterial strains have the ability to produce toxin in different food/ packaging environments. These organisms are not destroyed by recommended cooking temperatures, and will still exist in the product after most sous-vide cooking processes. Ingestion of these spores without toxin is harmless for most consumers. Toxin production is limited by controlled temperature, the timeframe the food is in a vacuum/ modified atmosphere environment, and the presence of other bacteria (a factor called “competitive exclusion”). These toxin production control factors are the basis for the requirements outlined in the NSDA document. Cooking temperatures which are often prolonged and vary depending on recipes are also addressed in the policy.

When covering this specific subject, I think of a past conversation with an acquaintance of mine; a previous executive chef at one of the most well-known hotel restaurants in southern California, which shall remain nameless. Conversation led to the topic of sous vide and food safety concerns. He stated that it was internal policy to hide all sous vide-associated equipment when the lobby called down to the kitchen to inform them that the health inspection staff had arrived for a routine compliance audit. They *perceived* the level of understanding of inspection staff to be lacking in this culinary method, that the inspector would automatically conclude that these processes would be unsafe, and require them to discontinue the process. In Nova Scotia, our food inspection program continues to take into account novel foods, food technologies, and trends. Mitigating the health risk (if possible) of some culinary approaches through specific food safety standards and policies is the preferred regulatory approach, before prohibition is considered.



## AEC 2013 – Winnipeg, Manitoba

Text submitted by: Sean O'Toole

Our profession began in Winnipeg, Manitoba in 1913. As part of 100<sup>th</sup> year celebration, the National Education Conference was held back where it all started from June 23-26, 2013. The NS/PEI Branch was well represented by Doreen Mackley, Sean O'Toole, Barry MacGregor, Mark Durkee, Jim McCorry, Gary O'Toole and Sara Timpa. The program was packed with many topics, from food safety, built environments, emerging environmental health areas, communicable diseases, integrated pest management, emergency management, reflections on our history and where the profession is headed in the future.

Winnipeg had many 100<sup>th</sup> year celebrations beside our Institute and these were showcased during the conference program. The Winnipeg Art Gallery was celebrating its 100<sup>th</sup> year with a showcase of 100 pieces from collections across Canada including van Gogh, Rembrandt, as well as many other International and Canadian artists. The Fort Gary Hotel that hosted the conference was built in 1913 to support the Grand Trunk Pacific Railway, and now Via's Union Station sits only a block away from this national historic landmark and historic site. Winnipeg is known as a meeting place, especially at The Forks, another National Historic Site, where early Aboriginal peoples traded, followed by European fur traders, Métis buffalo hunters, Scottish settlers, riverboat workers, railway pioneers and tens of thousands of immigrants. So it makes sense that our founders would begin the Institute in this city, a meeting place for many like-minded individuals.

On Monday, the conference opened with remarks and congratulations from the Branch, National and dignitaries. The conference's first keynote speaker was Laurie Garrett, a journalist and writer who spoke about the global threats and challenges to science and our own biology including 3D printing and nano technology. It was a captivating talk and scary all at the same time, to see how rapidly the world is changing and that we do not have systems to keep up with those changes. The first session I attended was, "Who's Who in The Zoo" with NCCEH and CIPHI that looked at the layout of Public Health Inspectors across Canada. The next session was very interesting and is a pilot surveillance system called C-Enetnet which helps to accurately track disease rates over time; identify significant risk factors for enteric illnesses; identify what food and other sources are making Canadians ill; and provide information to prioritize risks, compare interventions, and measure effectiveness of food safety activities. The afternoon session I attended was the Annual General Meeting of the Institute and included a variety of reports prepared for the Institute from the Branches, NEC and Committees, all of which is detailed on the national website. Monday was capped off with a gathering at the Winnipeg Art Gallery that included a tour of 100 of Canada's Masters, great food and a glass of wine with friends and colleagues.

Tuesday kicked off with an amazing keynote address by Bruce Clark of the Food Safety law firm Marler Clark. The presentation really valued the work of EPHPs to protect the public health and provide safe food to the public. He talked about some of the civil cases that he has been involved in over the last number of years and the personal stories of disease and death that sometimes we do not always hear about in our daily work. The first breakout session discussed the Hooka, which is an emerging public concern because of tobacco control and sale legislation is limited or does not exist. There are also sanitation concerns because often these products are used in bars or cafes where food is served. The second session was a retrospective on EPHPs, called "Looking Back and Moving Forward." It was a very interesting presentation on the history of our Institute and the challenges today as we move forward. The Awards Luncheon recognized Dr. Lamont Sweet,

Deputy Chief Public Health Officer PEI with the Honorary Membership Award for his contribution to EPHPs in NS/PEI Branch and NB Office of the Chief Medical Officer of Health with the Environmental Health Award for the research and position it took on shale gas exploration. The day wrapped up with a session from Fran Geldart on mentoring of millennials. All members who attended the conference went to the Manitoba Legislature grounds for a large group picture, like they did 100 years go. The day ended with an amazing Presidential Banquet that showcased the multi-culturalism of Winnipeg and our Institute. The night also recognized a number of people for their work of CIPHI including: Bernard Chrisp, Lifetime Member Award; Kari Engele-Carter, Alexander Officer Award; and Julie Scarpino, Alex Cross Award. The most exciting moment came at end of the banquet with the presentation of the President's Pin to our new National President Gary O'Toole, a member of NS/PEI branch.

Wednesday began with a keynote address by John Hindle, although not currently practicing as a CIPHI, he is a professional speaker, baseball coach, author and spoke about the power of listening and connecting with people and the time we invest in others as we do our work. The morning session was the BOC examiner workshop, which was very interesting. I presented at the afternoon session on my Canadian Red Cross humanitarian experience, which has changed the way I view things in my daily work in showing empathy, without compromising our professional ethics. The challenges in natural disasters will continue to challenge us as they did in Calgary, High River and many other communities in Southern Alberta in June 2013. As the conference continued, some PHIs left to work on this operation.

Finally I would like to congratulate Manitoba on a successful conference that provided a great education session, while reflecting on the past 100 years. Also I would like to give a shout out to the Centenary Committee for all of its great work at this conference and throughout our 100<sup>th</sup> year. Hope many of our member get a chance to attend Newfoundland in 2014 as we embark on another 100 years!



# MIKE HORWICH RETIRES

Text submitted by: Victor Schwartz

Mike began his career in 1978 as a Public Health Inspector working for the Atlantic Health Unit of the N.S. Dept. of Health where he very quickly moved from being mentored to mentoring new inspectors coming into the profession. Mike entered the ranks of management for the first time when he became Acting Supervisor of Public Health Inspectors, Lunenburg Queens Health Unit for a period of time in 1981. He later returned to work at the Atlantic Health Unit and also began a Masters Program in Health Services Administration and Human Resource Management at Dalhousie University. He graduated from this Program in 1991 with his Masters Degree, the same year that he became Chief Public Health Inspector with Dept. of Health. When Public Health Inspectors were transferred to Dept. of Environment in 1994, Mike became the Manager of Environmental Health. Mike's career then took him to Dept. Of Agriculture in 1996 as Manager of Meat Hygiene and in 1999, Provincial Manager, Food Protection. Mike later became Director of Food Protection as well as Administrator of the Meat Inspection Act, the Health Protection Act, Part II, and most recently the Fur Industry Act. He has also chaired Federal Provincial Territorial Committees on Food Safety and Meat Hygiene and sat on the Advisory Board of both Ryerson and Cape Breton Universities. Mike was also known as a strong supporter of the Canadian Institute of Public Health Inspectors and remains a member.

Mike retired on June 30, 2013 following over 35 years of service in public health protection with the Province of Nova Scotia. A formal event recognizing Mike's many achievements and dedication to public health was held in Halifax on October 16<sup>th</sup>, 2013. It was a large crowd with senior management, staff and many of Mike's family and friends in attendance. Many people took to the microphone to reminisce about as well as thank Mike for his many career contributions to the people of Nova Scotia and wish him well in this new chapter of his life. As would be expected, Mike remains active and still sits on Health Canada's Food Expert Advisory Committee.



# THE SOUS VIDE OF THE SUBURBS: COOKING THANKSGIVING IN THE DISHWASHER

Text submitted by: Janice Gammie

**Source: The Barf Blog: Safe Food From Farm to Fork**, posted on **November 27, 2013** by **Ben Chapman**

<https://rm.gov.ns.ca/2013/11/the-sous-vide-of-the-suburbs-cooking-thanksgiving-in-the-dishwasher/.DanalInfo=barfblog.com+>

*Ben Raymond is an MS student at North Carolina State University and self-proclaimed beer aficionado, focusing on food safety through social media, barf banter, and creating new foods. Raymond writes:*

As I wait impatiently for my girlfriend to come back from work in Boston, I'm hoping the freezing rain and sleet will hold off until later tonight. We have a three-hour drive this afternoon to Vermont, to visit my family for Thanksgiving.

Ben Chapman forwarded me a piece from the L.A. Times blog (thanks Michele -ben) on cooking a Thanksgiving dinner in the dishwasher (because I've become the dishwasher-cooking-food-safety guru of our group). If you can't seem to keep your Thanksgiving turkey moist in the oven, you may want to try your dishwasher. Yes, people have been using the kitchen washing machine to cook proteins and fish since the 1970s, but famed chef David Burke insists you can also use it to cook the star of your Thanksgiving meal.

But before you start shoving your entire turkey in the dishwasher, Burke's recipe calls for two boneless turkey breasts, not the entire bird. The meat and herbs are packed tightly in plastic wrap then sealed in Tupperware containers before hitting the top shelf of the dishwasher for three cycles or about 3 hours and 25 minutes.

This cooking technique is getting some play in the social mediaverse as a way to make moist, tender chicken, fish, or even beef—sort of a sous vide for the suburbs (without the thermal immersion circulator).

Earlier this fall I did a quick and dirty test of this technique in my own dishwasher. With some nifty water-proof stainless data-loggers, I've run few cycles in the dishwasher to see if you can safely cook various proteins. Is it a safe method? The data I've generated points to, unsurprisingly, sort of.

Salmon cooks nicely and reaches a safe (and tender) time and temperature combination as suggested 145° F. Even poultry may be cooked safely in the dishwasher (at least in my home, no promises for any other setup), but only if you have expensive tools to monitor the cooking process. The data shows the proteins were held at temperatures below 165° F, but still hot enough and for sufficient time to effectively be cooked (as per FSIS' appendix A. As a home cook, armed with a tip sensitive digital thermometer, the meat is unlikely to ever register the recommended 165° F internal temperature.

There's lots of variability though. Other dishwashers may be hotter than mine, or not (we have very hot water in my house, over 145° F from the tap).

All of this effort the chicken I cooked in my dishwasher was gross. It never got hot enough for the proteins to really cook and move past the rubbery texture of raw chicken. I like my steaks medium rare, but poultry? No thanks. In my house we will be sticking with our traditional, yet boring, oven to roast our Thanksgiving bird.





## TEMPLE GRANDIN

Text submitted by: Dana MacDonald

(With thanks to Sarah Turner and Karen Wong-Petrie)

On Tuesday, December 3<sup>rd</sup>, some members of our NS/PEI CIPHI Branch had the privilege of attending a private presentation by Dr. Temple Grandin at Dalhousie University in Bible Hill, NS. The session was put on for our provincial primary product inspectors, abattoir operators and their employees.

Dr. Grandin has a truly remarkable story. She was born in 1947 in Boston, MA, with the signs of severe autism. Her parents were told she should be institutionalized, as she had not shown any signs of speaking at three and a half years old. Fortunately, through many hours of speech therapy with her mother and mentoring by her teachers and her aunt on a ranch in Arizona, she was motivated to study and pursue a career as a scientist and livestock equipment designer.

In 1970, Dr. Grandin obtained her B.A. at Franklin Pierce College. In 1974, she was employed as Livestock Editor for the Arizona Farmer Ranchman and also worked for Corral Industries on equipment design. In 1975, she earned her M.Sc. in Animal Science at Arizona State University and in 1989 was awarded her Ph.D. in Animal Science from the University of Illinois. She is currently a Professor at Colorado State University. In 2010, Hollywood even took an interest in Dr. Grandin's incredible life. Claire Danes starred as the lead role and won an Emmy that year for her spot-on portrayal.

Dr. Grandin has had a major impact on the meat and livestock industry worldwide. She has visited over 400 slaughter facilities in 20 countries as part of her research on the design of handling facilities. She has served as a consultant on the design of handling systems, correct operation of stunning equipment, writing animal welfare guidelines and training welfare auditors. In North America, almost half of all cattle processing facilities include a center track restrainer system designed by Dr. Grandin. Her curved chute systems are used worldwide and her writings on animal behavior have helped many producers, transporters and plant operators reduce stress during handling.

Stress reduction throughout the food animal continuum is a very important aspect for the meat processing industry because slaughtering a chronically stressed animal can produce meat that is darker, drier and has a shorter shelf life due to higher levels of pH. Conversely, acute stress situations just prior to slaughter can produce meat (particularly in pork and poultry) to become pale and soft with severe reduction in water-holding capacity; a very significant undesirable characteristic in meats used for value-added products.

Dr. Grandin has a common sense, no non-sense approach to troubleshooting problems which was evident during her presentation. Sometimes it just takes a new perspective to see things differently and many times, a simple change in structure or practice can yield the required results. She also stressed the importance of not letting *bad become normal* in the facilities she visits. These words resonated with many of us in the audience as they can easily be applied to the different scenarios we face daily as inspectors.

For anyone that has not seen the movie, *Temple Grandin* or attended a presentation in person, I highly recommend it!

# FLYING SOUTH FOR THE WINTER

Text submitted by: Vanessa Nickelo

It's that time of year again! Many of us are getting the winter blues and are looking to head down south to escape the cold temperatures and relax on the beach. Does that sound relaxing? It should be, but it is important not to forget potential risks associated with such an enjoyable experience.

Food-borne and water-borne illnesses are sometimes referred to as *travellers' diarrhea* (TD). They are the most common cause of illness in travellers, usually caused by eating or drinking food or drinks contaminated with bacteria, parasites, or viruses. Travellers are at higher risk when traveling from a developed region to developing destinations with poor standards of hygiene, sanitation and food handling procedures. Illness can also occur from swimming in contaminated water or close contact with someone else who is ill. Each year between 20%-50% of international travelers, an estimated 10 million persons, develop diarrhea (CDC, 2013).

The severity of symptoms depends on which type of bacteria, parasite or virus has caused the illness. Most episodes of diarrhea are not severe and only last for a few days. Those with chronic diseases or weakened immune systems may face a higher risk of complications.

Many different microbes can be to blame, including bacteria such as *E. coli*, *Salmonella*, *Shigella*, *Campylobacter*, parasites, like *Giardia*, *Cryptosporidium*, *Cyclospora* and viruses such as *norovirus* and *rotavirus* (PHAC, 2013).

Consult a health care provider or visit a travel health clinic preferably six weeks before you travel.

## Follow safe food and water practices:

- Always wash your hands with soap and water before eating and drinking.
- Drink and use ice only from water that has been boiled or disinfected with chlorine or iodine, or commercially bottled water in sealed containers. Carbonated drinks, including beer, are usually safe.
- Brush your teeth with purified or bottled water.
- Avoid unpasteurized dairy products.
- Avoid eating foods or drinking beverages from street vendors or other establishments where unhygienic conditions are present
- Avoid swimming, wading, bathing or washing clothing in polluted or contaminated water.
- Avoid eating raw or undercooked meat and seafood
- Avoid eating raw fruits and vegetables unless you can peel them yourself.

Health Canada provides further details about how to disinfect water for emergency or short-term requirements including directions for, and the advantages of, each method.

viajes adiós y seguros!

# FOOD RECIPE “PUBLIC HEALTH STYLE”

## CANTONESE BBQ DUCK

Text submitted by: Karen Wong-Petrie

Hurray for the State of Victoria (Australia), Department of Health for establishing CCPs in 2010 for a much beloved food of mine. I prepare my favourite meal guilt-free now, knowing the methods I have been using are validated as safe. It is also a great example of how traditional ethnic food preparations are not necessary ‘wrong’. Some simply require the support of sound science, which can be used for the development of food safety policy, accommodating the safe production of the product at the retail level.

I do not choose to hang my finished roasted ducks on display in the house – my German Shepherd would make short work of that.

### Ingredients:

4 to 5 ½ lb	duck salt
1 tbsp	peanut oil
2	chopped spring onions
2 tsp	chopped fresh ginger
1 tbsp	white sugar
3 tbsp	Chinese rice wine
2 tbsp	Chinese bean paste
1 tbsp	hoisin sauce
2 tsp	Chinese 5 spice

### For basting sauce:

1 cup	hot water
4 tbsp	liquid maltose
1 tbsp	rice vinegar
Pinch	Chinese 5 spice
½ tsp	red food colouring (optional)

### Directions:

Immerse duck for a couple minutes in boiling water to blanch. Remove duck from water, and rub with salt on all external surfaces. Close the neck hole with skewers, or sew it up, to make sure that the filling doesn't drip out. In a saucepan combine the 8 ingredients and cook long enough for the flavours to meld. Put inside the cavity of the duck. Sew up this end of the duck cavity.

In the meantime, combine the basting sauce ingredients together in a pot and heat until all is homogenous. Baste the duck with the sauce, going over the surface with several coatings. Refrigerate the remaining basting sauce for later. Hang the duck neck-end down with catch pan underneath for 5 hours at a temperature at or cooler than 25C (hot, humid kitchens not permitted), and have a fan blowing on it to dehydrate the skin a bit.

Baste duck again from reserved, refrigerated sauce, and roast on the grill or in oven at 350F (177C) for 1 to 1 ½ hours until an internal temperature of 185F (85C) for 15 seconds. Alternately, use a validated 7-log reduction of *Salmonella* spp. via another desired time/ temperature relationship per Chapter 4, Annex D, Table 2, of a certain federal meat hygiene document.

# AT GFSR, FOOD SAFETY GOES GLOBAL IN 60 LANGUAGES

Text submitted by: Kristin MacIntyre

Source: <http://www.traincan.com/nov27-2013.asp>

BusinessWire · Nov. 27, 2013

From Swahili to Swedish, Icelandic to Indonesian, Georgian to German and even Estonian, Canadian-based Global Food Safety Resource Inc.'s (GFSR) website is now available 60 languages.

"We're excited to expand the reach of our content to the global food community so that it's not only mobile friendly, but also readable in 60 languages," said GFSR President and CEO Tina Brillinger. "As supply chains expand into global markets, food businesses need to find new ways to stay on top of the latest food regulations and industry requirements."

Increasing globalization and trade make supply chains vulnerable to tampering, security and contamination, resulting in recalls, illness and even death. GFSR works to ensure the world has a safer food supply that protects consumer and animal health.

GFSR, which launched in 2010, is an online information hub that provides free, trusted food safety expertise and solutions to food businesses operating in global markets. "We communicate best practices to industry stakeholders through interactive digital platforms," said Brillinger.

As food businesses expand to meet the growing needs of populations in emerging markets, GFSR helps bridge the food safety information gap. "No matter where they live, food safety professionals can now access information on-the-go in their own language," said Brillinger. "The ability to obtain international information through a central repository in 60 languages is ground-breaking."

"If English is not one's first spoken language, the ability to comprehend content can be challenging," said Dr. Ruby Lee of Toronto-based Lee Food Microbiologists Inc. "My mother tongues are Cantonese and Mandarin, and the translation quality is excellent — 99 per cent accurate. GFSR is a one-stop shop of food safety information that benefits food safety professionals everywhere."

GFSR plans to expand its food safety resources to meet the needs of a growing industry. "In addition to our 60-language translator, we've added a search field that makes finding information much faster," said Brillinger. "As new requirements begin to roll out, communicating them will be a challenge. Through collaboration with industry leaders, GFSR plans to bring innovation to the world of food safety. Technology has an amazing capacity to inform and unite, and we feel we've only just scratched the surface of what's possible."





## **BRANCH EXECUTIVE**

**Branch President: Doreen Mackley**

**Past President/BOC Exam Coordinator: Barry MacGregor**

**President-Elect: Sean O'Toole**

**Cape Breton NS Representative: Rodney Lahey**

**Central NS Representative: Sara Morrison**

**Northern NS Representative: Dana MacDonald**

**Southern NS Representative: Alan McMullin**

**Western NS Representative: Stephen Ferguson**

**PEI Representative: Ryan Neale**

**Branch Secretary: Wanda Timmons**

**Branch Treasurer: Jason Catoul**

*To all NS and PEI CIPHI Members: Unsure about your member status? Is your certification current? If you would like to verify your membership status please contact the branch president Doreen MacKley or contact national executive administration at [office@ciphi.ca](mailto:office@ciphi.ca)*



## MEMBERSHIP APPLICATION / RENEWAL FORM 2014

Membership Period: January 1 to December 31, 2014

I hereby make application for Membership (see list below) in the Canadian Institute of Public Health Inspectors. This application implies that membership is to continue until resignation is tendered, or until membership is discontinued under the conditions contained in the By-Laws of the Institute.

CPHI(C) Certificate #: \_\_\_\_\_ Year Issued: \_\_\_\_\_ How many years have you been a member of CIPHI? \_\_\_\_\_

☐ No Changes From Last Year ☐ Yes, Changes – See Below (Complete section below only if personal information has changed.)

\* Name: \_\_\_\_\_ \* Date of Birth: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Surname First Middle (For identification purposes) Day Month Year

Home Address: \_\_\_\_\_  
Street Address City / Town Province Postal Code

Home Phone #: \_\_\_\_\_ / \_\_\_\_\_ Home Email Address: \_\_\_\_\_  
Area Code

Present Employer: \_\_\_\_\_ Work Phone #: \_\_\_\_\_ / \_\_\_\_\_ Ext. \_\_\_\_\_  
Agency Area Code

Fax #: \_\_\_\_\_ / \_\_\_\_\_ Work Email Address: \_\_\_\_\_  
Area Code

Employer Address: \_\_\_\_\_  
Street Address City / Town Province Postal Code

By checking the following boxes, the application / undersigned does not give permission for CIPHI to provide his / her name and contact information to CIPHI stakeholders and corporate / affiliate members for the purposes of: ☐ CIPHI fundraising ☐ Information from Corporate / Affiliate members

**Code of Ethics** - As a Member of the Canadian Institute of Public Health Inspectors, I acknowledge:

That I have moral obligations relating to my professional practice in return for the trust given to me by society. I am obliged to uphold the law and to act to protect the public's health, follow the Constitution, the Bylaws, the Standards of Practice of CIPHI, and conduct myself in a manner worthy of the environmental public health profession and practice in accordance with these fundamental principles and ethics including:

- Promoting Justice
- Being Accountable
- Maintaining Privacy & Confidentiality
- Promoting Evidence-Informed Decision Making
- Promoting Health, Well-Being & Collaboration
- Competent Practice

My signature hereon constitutes a realization of my personal commitment to the Code of Ethics of CIPHI.

\* Signature: \_\_\_\_\_ \* Date: \_\_\_\_\_

Please check the type of membership you require: ☐ Regular ☐ Student ☐ Retired ☐ Fraternal ☐ International

- On the table below, please **circle the dues amount** that corresponds with the branch and membership type you wish to apply for.

**NOTE:** The branch is the province in which you reside unless you live in Quebec, Northwest Territories, Nunavut, or Yukon.

For Quebec, please select New Brunswick branch; for the NWT and Nunavut, please select Alberta branch; and for the Yukon, please select British Columbia branch.

- If you reside outside Canada and do not hold a CPHI(C) certificate, please select International membership.

Membership Type	Branch							
	British Columbia**	Alberta**	Saskatchewan	Manitoba	Ontario	New Brunswick	Nova Scotia / PEI**	NFLD / Labrador
<b>Tax Rate</b>	5%	5%	5%	5%	13%	13%	15%	13%
<b>Regular Dues (by branch)</b>	\$200.00 plus tax	\$200.00 plus tax	\$200.00 plus tax	\$200.00 plus tax	\$200.00 plus tax	\$200.00 plus tax	\$195.00 plus tax	\$190.00 plus tax
<b>Total Dues With Taxes</b>	<b>\$210.00</b>	<b>\$210.00</b>	<b>\$210.00</b>	<b>\$210.00</b>	<b>\$226.00</b>	<b>\$226.00</b>	<b>\$224.25</b>	<b>\$214.70</b>
<b>Retired Dues \$50.00</b>	<b>\$52.50</b>	<b>\$52.50</b>	<b>\$52.50</b>	<b>\$52.50</b>	<b>\$56.50</b>	<b>\$56.50</b>	<b>\$57.50</b>	<b>\$56.50</b>
<b>Student Dues \$50.00</b>	<b>\$52.50</b>	<b>\$52.50</b>	<b>\$52.50</b>	<b>\$52.50</b>	<b>\$56.50</b>	<b>\$56.50</b>	<b>\$57.50</b>	<b>\$56.50</b>
<b>Fraternal Dues \$120.00</b>	<b>\$126.00</b>	<b>\$126.00</b>	<b>\$126.00</b>	<b>\$126.00</b>	<b>\$135.60</b>	<b>\$135.60</b>	<b>\$138.00</b>	<b>\$135.60</b>
<b>International Dues Non-CPHI(C) Holder</b>	<b>\$105.00 (taxes not applicable)</b>							

\*\* CIPHI is required to collect the higher tax rate of the participating provinces / territories.

**\* Payment is made by:**

- ☐ Personal Cheque (Payable to CIPHI)
- ☐ Credit Card
- ☐ Money Order
- ☐ Employer (cheque or credit card info attached)
- ☐ Payroll Deduction (contact your HR dept for payment set up)

HST REGISTRATION NUMBER: 101766484

Credit Card Type: ☐ Visa ☐ MasterCard ☐ American Express

Number on Card: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Expiry Date: \_\_\_\_ / \_\_\_\_

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_

Please forward application & payment to: CIPHI, #720 – 999 West Broadway, Vancouver, BC V5Z 1K5 Canada

Phone: 604-739-8180 (Toll free: 1-888-245-8180) • Fax: 604-738-4080 • Email: [office@ciphi.ca](mailto:office@ciphi.ca)

November 12, 2013

