

# Wellness@BCTF

February 2009

## Core stability class

Charlesworth Meeting Room  
Wednesdays, 12 pm–1:00 pm

- Five stations, including an exercise ball
- Three exercise levels at each station
- Advance at your own pace
- Great way to begin an exercise plan



Pat Hamilton will be on hand to ensure that you are doing the exercises properly. If you have any questions, please contact

Pat at [pbamilton@bctf.ca](mailto:pbamilton@bctf.ca), or local 1835.

Please bring a towel, water, running shoes, and wear comfortable attire.

Hope to see you there!



## Water

### Thinking outside the bottle

Municipal water in Vancouver is sourced from pristine watersheds in North Vancouver and Coquitlam, fed by mountain creeks and streams. Naturally soft, our water is generally considered to be among the finest and safest drinking water in the world.

North Americans have a strange relationship with this precious resource. More than one billion people worldwide do not have access to safe drinking water. In Canada however, toilet flushing accounts for 30% of our municipal water consumption. According to the B.C. Government web site, less than three percent of our municipally-treated water is used for drinking purposes.

### A huge marketing success

Major producers such as *Coca Cola* and *Pepsi* have been very persuasive in selling consumers on the superiority and purity of their bottled water products. Their customers might be surprised to learn that they are paying good money for the same product that flows virtually for free from our kitchen faucets. In Canada, *Coca Cola* filters and bottles ordinary tap water from Calgary and Brampton for their *Dasani* brand, while *Pepsi* processes tap water from mostly

Vancouver and Mississauga municipal sources for their *Aquafina* brand ([macleans.ca/article.jsp?content=20070514\\_105163\\_105163](http://macleans.ca/article.jsp?content=20070514_105163_105163)). With almost one-fifth of Canadians drinking bottled water exclusively, *Coca Cola* and their counterparts must be laughing all the way to the bank. In 2007, Canadians spent \$670 million on bottled water. In the United States, it is a multi-billion dollar industry, and growing. We are fast embracing the privatization of one of our most precious resources.

Ironically, while municipal water is tested daily, bottled water is classified as a food product and is therefore subject to far less rigorous monitoring. The bottling plants in Canada are subject to inspection once every three years ([cbc.ca/news/background/consumers/bottled-water.html](http://cbc.ca/news/background/consumers/bottled-water.html)). Contaminations in the filtering and bottling process can and do happen. In the UK in 2004 for example, *Dasani* water was contaminated with high levels of bromate, a suspected carcinogen, and a by-product of the ozonization process *Coca Cola* uses to filter the water. Shortly after the product had been launched in this new market, half a million bottles had to be recalled from store shelves. Ridiculed for marketing filtered London tap water as “pure,” *Coca*

Cola pulled Dasani from the UK market. There has been no effort to reintroduce it there.

Concerns are also mounting over the leaching of chemicals from the plastic bottles. A University of Heidelberg study in 2006 found significant levels of antimony (a carcinogenic chemical used to produce plastic) had leached into the water of fifteen Canadian bottled water brands ([uni-heidelberg.de/press/news/news06/2601antime.html](http://uni-heidelberg.de/press/news/news06/2601antime.html)). With less frequent testing and lower standards set for bacterial and chemical contamination, there is no assurance that bottled water is safer than tap water.

According to *National Geographic*, the amount of oil required to manufacture a single-use plastic water bottle would fill one quarter of that bottle ([kids.nationalgeographic.com/Stories/SpaceScience/Water-bottle-pollution](http://kids.nationalgeographic.com/Stories/SpaceScience/Water-bottle-pollution)). At the same time, it takes three times more water to create the plastic than the bottle itself will hold. More than 85 percent of these plastic bottles end up in landfills, where it will take up to 1,000 years to disintegrate.

As knowledge of the environmental impact and unknown health consequences of the bottled water spreads, it may well become socially unacceptable to crack open a non-refillable bottle of water. In the last year, numerous Canadian organizations, the United Church of Canada, universities, municipalities, the Green Party, and the NDP have pledged to restrict bottled water usage. It has become acceptable again—trendy even—for restaurants to

serve up sparkling jugs of tap water.

If you are concerned about the safety of tap water, consider installing a filter system, or use a filter jug. When in doubt, most health authorities recommend heating water to a hard, rolling boil for at least one minute before cooling to drink.

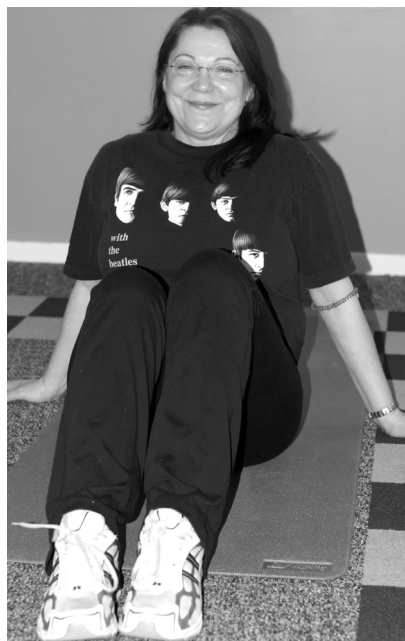
—Karen Steel

***The... patient should be made to understand that he or she must take charge of his own life. Don't take your body to the doctor as if he were a repair shop.***

—Quentin Regestein

## Blood donations

Blood donations are something that we all should consider. You probably know of or are related to someone who has received a life-saving blood transfusion. I was introduced to the concept of blood donations at a very early age by my father. He had been badly burned in a fire and received many blood transfusions during the two years he was in hospital. He encouraged me and my siblings, from a very young age, to give back when we were old enough.



Giving blood is an easy, painless process. The BCTF office is located not far from the Oak Street Blood Donor Clinic.

The Oak Street Blood Donor Clinic, operated by Canadian Blood Services is located at 4750 Oak Street. There is ample parking reserved for those visiting the clinic to donate.

The process of blood donation takes, on average, about an hour and a half. I have often taken an extended lunch break to give a blood donation. An appointment is required and you can book by calling 1-888-2-DONATE (1-888-236-6283).

### The process

The basic eligibility requirements are:

- Identification that shows full name and signature or full name and photograph.
- Age 17 to 71
- Weight at least 110 lbs.
- In general good health

You will be asked a number of questions that might lead to you having to wait before donating.

These are:

- Dental treatment (cleaning or filling), until the day after treatment. For extraction, root canal or dental surgery, 72 hours provided there is full recovery.
- Cold, flu, sore throat. Full recovery is required.
- Ear or body piercing or tattooing, six-month wait is required.

When you arrive for your appointment the following process is followed:

Your hemoglobin (iron) will be checked. This involves a prick in one of your fingers where a small amount of your blood is extracted. It is then tested to ensure that your hemoglobin levels are high enough for you to safely give blood.

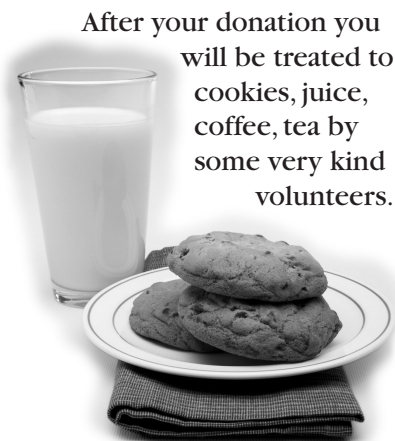
You will be asked to fill out a questionnaire. Some of the questions you will be asked will be:

- State of your general health
- Travel history
- Participation in potentially high risk activities

Once the questionnaire is completed you will meet privately with a registered nurse who will ask you further questions. The nurse will take your body temperature and blood pressure.

If you meet the criteria to safely give blood you will be ushered to a very comfy reclining chair and will be attended to by a Canadian Blood Services staff person. A registered nurse will perform the medical procedure and will oversee you during your donation.

Depending on how fast your blood flows the actual donation takes 20 to 30 minutes.



After your donation you will be treated to cookies, juice, coffee, tea by some very kind volunteers.

After your first donation you will be issued a blood donor card. Canadian Blood Services will follow up with you after 56 days which is the minimum interval between blood donations to request that you make another appointment to donate.

I encourage all of you to try to give blood if you are able. It truly is the gift of life.

**For further information on blood donations** and other blood donor clinic locations you can view Canadian Blood Services website at [blood.ca/CentreApps/Internet/UW\\_V502\\_MainEngine.nsf/page](http://blood.ca/CentreApps/Internet/UW_V502_MainEngine.nsf/page)

**For information on organ donation** you can view BC Transplant website at [transplant.bc.ca/index.asp](http://transplant.bc.ca/index.asp) or [ccdt.ca/english/home.html](http://ccdt.ca/english/home.html)

—Donna Coulombe

*(Further information on organ donation to follow in a future newsletter.)*

## Participate!

There are a number of healthy lifestyle programs in progress at the BCTF. Further activities are in the planning stages. What would you like to see happening here? Let us know at [wellness@bctf.ca](mailto:wellness@bctf.ca).

- Shed those extra pounds by joining a supportive weight-loss group. See Liz Robinson for details on **Weight Watcher's** meetings at the BCTF.
- **Yoga** at the BCTF on Tuesdays and Thursdays, 1:15-2:15 pm. See Marion Shukin for further information.
- Exercise your brain by learning a new language. Glynis Andersson has organized **Spanish classes** at the local Starbucks.
- **Core-stability classes** in the Charlesworth meeting room on Wednesdays from 12:00-1:00 pm. See Pat Hamilton for further details.
- **Running club** at lunch times. See Moh Chelali for further information.
- Oprah "**Soul Series**" at lunch times. Staff members will be invited from time to time to view and discuss one of these episodes. See Glynis Andersson for more information.
- **Reduced membership rates** for BCTF staff at the YWCA, and *Fitness World*.
- Possible "**Lunch and Learn**" session and clinic on blood pressure, glucose, and cholesterol, with the VON (Victorian Order of Nurses).
- Possible "**Lunch and Learn**" session with *Stand Up for Mental Health* (SMH).



*The following recipe was submitted by Peggy Wilson:*

## Carrot Soup

3 tbsp unsalted butter  
2 pounds carrots, chopped  
2 large onions, sliced  
2 potatoes (about 1 pound) peeled and chopped  
1 bay leaf  
6 cups (or more) chicken stock (vegans substitute with vegetable broth)  
salt and freshly ground pepper  
minced fresh parsley (garnish)

Melt butter in Dutch oven or other large saucepan over low heat. Add carrot and onion. Cover with a circle of wax paper the size of the pan (the wax paper circle sits inside the pan and rests atop the carrots and onion) and let sweat about 8 minutes, remove wax paper. Add potatoes, bay leaf, and chicken stock to cover. Simmer, covered, until vegetables are tender, about 40 minutes. Discard bay leaf.

Puree soup in batches in processor or blender. Return to saucepan and season with salt and pepper to taste. Place over medium heat and bring to a gentle boil, stirring occasionally. Ladle into bowls and garnish with minced parsley.

Additional chicken stock can be added to puree if thinner soup is desired.

### Nutrient Analysis:

calories 77 kcal  
protein 1 gm  
carbohydrate 13 gm  
cholesterol 0 mg  
sodium 47 mg

total fat 3 gm  
saturated fat 1 gm  
polyunsaturated fat 1 gm  
monounsaturated fat 1 gm



### Be aware of portion distortion!

A helpful rule of thumb is that a serving of starch should be the size of your fist, a serving of protein the size of the palm of your hand and always aim for lots of vegetables (two open hands worth!)

—[www.dietitians.ca/index.asp](http://www.dietitians.ca/index.asp)

***What a wonderful life I've had! I only wish I'd realized it sooner.***

—Colette

## EFAP

The **Employee and Family Assistance Program** offers confidential counseling services 24 hours per day for you and your extended family. Check out their informative and interesting website:

[www.fgiworldmembers.com](http://www.fgiworldmembers.com)

**Username: bctf**

**Password: bctf001**

or call: (English) 1-800-268-5211 or (French) 1-800-363-3872.

—Dale Costanzo

### BCTF Wellness Committee Members

Donna Coulombe	(BCTF)
Chris Arcari	(CEP)
Moh Chelali	(CEP)
Una Walsh	(HR)
Glynis Andersson	(TFEU)
Karen Steel	(TFEU)

*The contents of this newsletter are intended to encourage better health decisions, not to provide medical advice. Please consult a qualified health professional before embarking on any new diet or exercise regime.*

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