

Join the "World's Biggest Walk" to promote organ donation



On October 25, at noon in five different continents, people will walk five kilometers to raise awareness for organ donation. Vancouver's event, hosted by BC Transplant, will take place at Locarno Beach. Event info and on line registration is available at: www.transplant.bc.ca/worldsbiggestwalk.htm

According to public opinion surveys, 80% of BC residents said that they support organ donation and intend to register their decision, yet less than one-fifth of them have done so, according to a press release from the City of Vancouver in support of the Vancouver Organ Donor Awareness Campaign.

If you are interested in learning more about the transplant program, the criteria for donation and the registration process, visit the BC Transplant web page: www.transplant.bc.ca/index.asp

—Una Walsh

Looking Glass Foundation for Eating Disorders

Dawn McCormick

As many of you know, my daughter has suffered from an eating disorder for about six years, being hospitalized several times and finally being treated for three months at a facility in East Vancouver, run by St. Paul's Hospital.

I was recently asked to join the board of the Looking Glass Foundation for Eating Disorders which was started in 2002 by Cindy Dobbe, Deborah Grimm and Dolores Elliott, mothers who were directly affected by the horrors of Anorexia Nervosa as each had a daughter with this terrible disease.

"Unfortunately, it was our experience as we suffered with our children that there was a lack of accessible care in the Province of British Columbia to treat these tragic diseases and many parents, like us, find the

need to send their children out of the country to receive the treatment they so desperately need and deserve. We could not watch our children deteriorate as they waited for one of the limited number of beds assigned to treat Eating Disorders in British Columbia. Our girls are now on their road to recovery but we could not stand by and have other adolescents and their parents suffer as we did when something can and should be done."

The Looking Glass Foundation has been working tirelessly for seven years to open a facility in British Columbia to treat adolescents suffering with Eating Disorders. A safe secure facility is conducive to healing and strengthening the will of these young people so that they can overcome these insidious disorders.

The Foundation is thrilled to have purchased a 12-room facility on Galiano Island that will operate as a residential treatment facility for adolescents with eating disorders. This facility will attract the best practitioners in the field of eating disorders and create partnerships and opportunities for researchers in the medical, nursing, and psychology fields at universities across Canada.



Founding mothers Cindy Dobbe, Deborah Grimm, and Dolores Elliott.



By complementing programs currently available, the facility will save lives, lessen the burden on scarce hospital resources, and reduce the long-term impact of the illness with early intervention, which studies show to be effective. It is hoped that the facility will be ready to open in late spring 2010. It will be run as a non-profit facility and we hope to eventually obtain some funding from the provincial government in order to keep our costs as low as possible.

Eating Disorders have the highest mortality rate of all mental illnesses. The annual death rate associated with Anorexia Nervosa is more than 12 times higher than that of all other causes combined for females between 15 and 24. Eating Disorders side-track young people in their formative years and can have lasting effects on their lives and can cause unbearable pain and desperation for those who support and love them.

The Looking Glass Foundation for Eating Disorders has

grown to be the leading eating disorder support organization in British Columbia and is now respected internationally. The Looking Glass Foundation has come a long way since 2002. The Foundation has the support of doctors, therapists and nutritionists across Canada who recognize the need for such a facility and believe that it can augment the services they now offer. They have the support of Dr. Blake Woodside, Director of Inpatient Program for Eating Disorders for Toronto General Hospital and President of the Canadian Psychiatric Association. Dr. Woodside is providing the professional leadership necessary to develop a state-of-the-art residential facility.

While the development of a residential facility has been a primary goal of the Foundation, it is also actively involved on a daily basis addressing the immediate needs of families by offering support to parents, programs for those afflicted, school prevention programs and a residential summer camp offered free of charge to adolescent females afflicted with an eating disorder. The success of this summer camp program resulted in overwhelmingly positive evaluations which were published and on display at the Academy of Eating Disorders International Conference in Barcelona, Spain last year.

I am sure many of you have seen The Foundation's national media awareness campaign "not every suicide note looks like a suicide note." This campaign has brought attention to the many

inadequacies in the treatment of youth across Canada and it is high time that these are addressed.

What's next? Well, one of my roles is volunteer co-ordinator. We have volunteers helping with a newsletter, we are working to put together a Speakers' Bureau to address adolescents in schools, and parent groups, and hope to organize a Walk to Raise Awareness for Eating Disorders. We hold an annual fund raiser dinner and silent auction, normally in February which is Eating Disorders Awareness Month. If any of this would be of interest to you, or you know someone who would like to volunteer, please contact me at dmccormick@bctf.ca.

And, of course, financial donations are ALWAYS welcome!!

All donations are gratefully accepted and tax deductible receipts will be issued upon request.

9504 Erickson Dr, Burnaby BC
CRA :63814042 RR0001
BC Society Registration #344941
www.lookingglassbc.com

Looking Glass Foundation Fundraiser

**A Night to Remember
Wednesday, October 21, 2009
6:30 p.m.-Closing**

Tickets \$25
(includes a beer and a burger)
Live music by

The Adam Woodall Band
Mosquito Creek Bar & Grill

See Dawn McCormick for more information

Book review

Slow Death by Rubber Duck: How the Toxic Chemistry of Everyday Life Affects Our Health

by Rick Smith and Bruce Lourie
Knopf Canada (2009)

This book was written by two Canadian environmental activists with the goal of raising awareness of some of the potentially harmful substances around us. It documents the authors' deliberate exposure to chemicals in common household products that they (as educated consumers) would normally avoid.

Over the course of the chapters, the authors systematically concentrated on utilizing products containing the following chemicals:

phthalates (uses include making plastic soft and pliable—hence the rubber duck reference in the book's title—and to add fragrance to personal-care products)

bisphenol-A (used in some plastics, and as a lining in tin cans)

brominated flame retardants (used in sofas, sleepwear, and electronics)

triclosan (used in anti-bacterial products such as soaps)

non-stick chemicals (used in frying pans)

mercury

pesticides

What were these products? The authors look at a multiple of items, ranging from a new sofa, to pajamas, to tins of tuna, and personal care products.

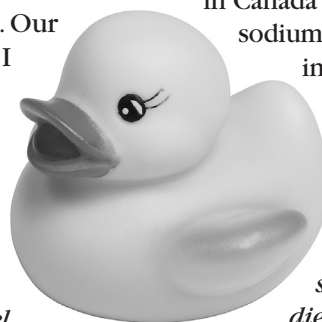
The authors carefully monitored their blood and urine samples before and after using the products over a period of time. While some of the tests didn't always model typical behaviour (who would eat tuna three times a day for four days in a row, for example?), the results were never-the-less pretty alarming.

While it is a bit daunting to realize the prevalence of these toxins and other unnecessary and potentially harmful chemicals in our everyday lives, the overall message of this book is one of hope and empowerment. We can read labels, we can make informed choices, and we can pressure manufacturers and legislators to make changes.

In our house, we love our new cast-iron frying pan, which now that it is seasoned, is as easy to clean as the old Teflon pan. Our plastic containers are gradually being replaced with glass. I now know that the ingredients "fragrance" or "parfume" generally means phthalates in a wide range of otherwise "green" products. And I will never again savour that smell of a brand new car.

I found this book a very good read. A best seller, it is widely available from booksellers locally.

—Karen Steel



Skin Deep

Cosmetic safety database

www.cosmeticsdatabase.com/

This extensive website is produced by the Environmental Working Group (EWG), a non-profit organization. The EWG's stated mission "is to use the power of public information to protect public health and the environment" (www.ewg.org/about).

EWG's team of researchers and scientists analyze thousands of cosmetic products, rank each product by the level of concern the ingredients raise, and publish their findings online. Look up your current personal care products, (from toothpaste to cosmetics) to see how they measure up. There may be a healthier option available. This website contains analysis of men's products as well as women's.

Did you know?

75% of the salt consumed in Canadian diets is not added to food at our stoves or tables. It's already in packaged foods or loaded into our restaurant meals. (*Salty to a Fault*, www.cspinet.org/canada/)

According to food processing companies, Canadians in taste tests prefer saltier products. This has translated into some amazing sodium-content differences internationally. For example, according to the World Action on Salt and Health (WASH) in 2006, Kellogg's Rice Krispies sold in Canada contained 85% more sodium than Rice Krispies sold in Portugal! The average Canadian is consuming far more salt than is healthy.

For further information, see www.cbc.ca/health/story/2009/09/23/salt-diet-food-supply.html



**BCTF Staff
Potluck Soup Day**
Tuesday, November 17, 2009
12:00 to 2:00 p.m.

Bring your favourite soup in a crock pot (or other self-heating dish ware) to share with your colleagues at lunch time.

If you don't have a soup to share but would like to contribute, please bring a non-perishable food item for the food bank.

Hope you will join us!

Sign up in the staff room.

**BCTF Wellness
Committee Members**

Donna Coulombe	(BCTF)
Chris Arcari	(CEP)
James Chamberlain	(CEP)
Una Walsh	(HR)
Margaret White	(TFEU)
Karen Steel	(TFEU)

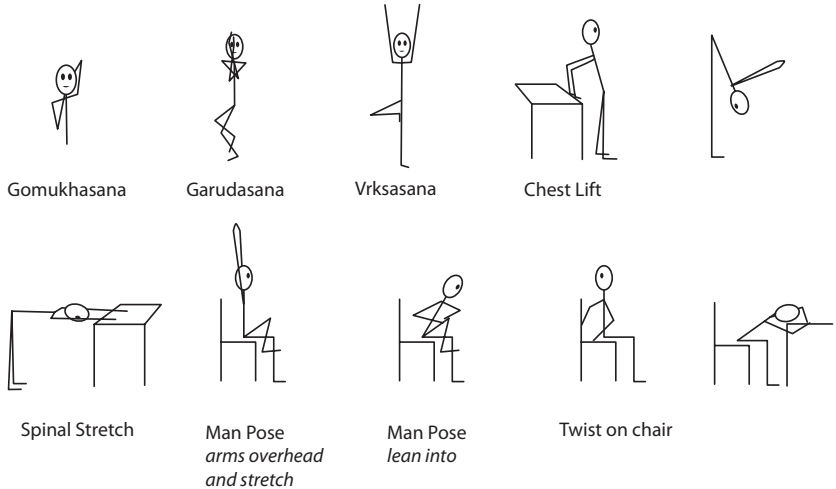
The contents of this newsletter are intended to encourage better health decisions, not to provide medical advice. Please consult a qualified health professional before embarking on any new diet or exercise regime.

The following was submitted by Dale Costanzo, with permission by Heather Graham.

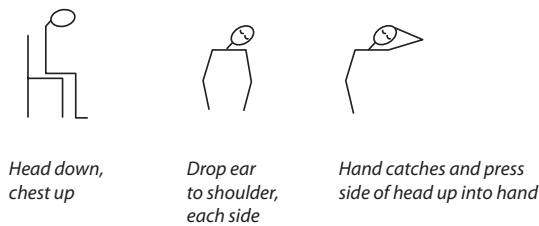
Office Yoga Review

Heather Graham, Certified Iyengar Instructor 604-515-9209

Office stretches to maintain mobility in hips and shoulders



Neck mobility



Centering and calming

- take at least one deep breath cycle with closed eyes each hour
- with eyes closed, move eyes in the 4 directions
- square breathing: inhale, pause, exhale, pause (build a square with your breath)

Go for a walk!

You don't have to be an athlete to make a workout part of your regular schedule. According the University of Berkeley *Wellness Letter*, "briskly walking one mile (brisk usually means 3.5 to 4 miles per hour) burns nearly as many calories as running a mile at a moderate pace, and confers similar fitness and health benefits."

See <http://wellnessletter.com/html/fw/fwFit04Walking.html> for ideas on how to get the most out of your walk.

Swing your arms and go for it!

