

Mark your calendar...

Next

COFFEE BREAK

for

Mid-Island Ostomy Group

starts at 10:30 a.m. on



FRI., SEPT. 7

**Sessions are held in the Second Floor
meeting room at Country Grocer on
Bowen Road in Nanaimo**

Access is via the stairs through the door to the left of
the entrance to the store's cafeteria.

These are not business oriented get-togethers but rather just a group of ostomates, families and friends who meet once a month to spend some time in informal conversation and discussions on the various aspects of living with an ostomy.

**New people are always made welcome
to the group**

PHOTO: The little stone "Butter Church" stands lonely, abandoned and vandalized on Comiakien Hill on the Cowichan reserve east of Duncan. Its fascinating but short lived history began in 1858 with the arrival of Fr. Pierre Rondeault who was tasked with setting up a mission to serve the people of the reserve.

He had hiked from Victoria to Brentwood Bay then canoed to the area of Comiakien Hill. Upon arrival he discovered "there was no church, no house, no furniture and at times no food."

He built himself a dirt floored cabin and the people provided him with boards for the walls and roof, a bed, table and one chair.

(Continued inside)



COFFEE BREAK NEWS !!!

Well, Summer holidays, visiting friends and hot weather certainly punched a large hole in our August Coffee Break attendance. With only a few present no major actions were taken or decisions made.

Another new member attended the August session: 82-year-old Inga VonStackelberg who underwent ileostomy surgery in February was welcomed. She is adapting well to her new lifestyle. She lives with husband Roland in a Nanaimo seniors' complex, enjoying island life after living for many years in the northern part of BC.

Several new names have been added to the membership list that is kept up-to-date by Wayne, but it appears to be still evolving. When the list appears to have stabilized for a while, new copies will be e-mailed to members.

Among members giving reasons for being unable to attend, Wayne wrote: "I will not be able to make it on Friday as we are going over to Abbotsford for my Dad's 98th birthday. Mom was 95 so I might be an ostomate for a few more years." Congratulations!

The year is quickly passing by....the next Coffee Break will be Friday, September 7.

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While things were quiet at the regular Coffee Break the same can't be said about what was going in the background a bit later.

Early on we received notification of a disgusting image of an ostomy appliance about to be used as a warning on cigarette packages. This prompted immediate reaction on several fronts.

First off, a special mail-out was issued requesting members to write to the federal Minister of Health to express their disgust and opposition to the plan.

Then it was suggested (by Wendy) that a group letter be compiled and have it signed by local ostomates. A letter was laid out and members asked, again in a special mailing, to send in their approval if they agreed to allow their names to be attached to the letter.

When 18 OKs were received the letter was finalized and fired off to Ottawa. Eventually the government was bombarded with objections from groups such as ours, Ostomy Canada, individuals, and professional organizations.

MID-ISLAND ET NURSES

TERESA STONE, RN, BScN, ET

Ostomy Wound Care Clinician,
Central Island

E-Mail: Teresa.Stone@viha.ca

Phone: 250-716-7709

MEGHAN MALONEY, RN, BScN,

ETN Ostomy Wound Care
Clinician, NRGH

Phone 250-716-7709

COLETTE MacASKILL, RN, ET

Ostomy, Wound Care Clinician
Westhill Pharmasave

1816 Bowen Road

250-740-3880 on Tues and Wed. 9-4

E-Mail: 260hhc@forewest.ca

LINDA PENNEY, RN, BSN, ET

Ostomy, Wound Care and Diabetic
Foot Specialist

Contact her at Pharmasave

1816 Bowen Road, Thursdays

Phone 250-740-3880

Now we find that, as time has passed, and more sane minds have given the disgusting image some sober second thought, the illustration has been cancelled and will not again appear in public.

The relief and feeling of satisfaction among local members has been shown in the comments mailed to Coffee Break News.

We can all be proud of the part we played in the campaign and also enjoy a feeling of satisfaction in the realization that by pooling all our ostomates' resources we actually helped achieve a positive conclusion to a very negative situation.

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Attached is a copy of the letter as finalized before being sent off to the health minister.

Following the formal address to the minister (The Honourable, etc.), the message reads:

Dear Madam:

It has come to our attention that Health Canada Tobacco Control Directorate has recently proposed wrappers for cigarette packages that portray ostomates in an extremely negative and deliberately disgusting manner.

Upon calling up the image in question we cannot begin to express our disgust and shock that the group would so distort the situation to achieve its end. We are all in favor of telling people to stop smoking but to deliberately portray one specific group in this distorted manner is beyond the bounds of truth and basic news reporting.

Our group includes people who have been ostomates for just a few weeks to some for 50 years. None appear as shown in that proposed illustration. We would challenge you to pick us out from among any group of people. We wear ordinary clothing, take part in all the usual activities including the more strenuous ones such as curling, ice skating, hiking, dancing and swimming. And we also enjoy a wide range of social activities.

We respectfully request that you use the authority vested in you to stop this particular illustration from being used in the campaign to stop smoking. It is both an insult and embarrassment to all of us.

Yours Truly.... Signed by the following ostomates from central Vancouver Island.

Joyce Hedges, colostomate;	April Clarke, ileostomate;
Bill Stuart, urostomate;	Wendy Calvin, ileostomate;
Floradena Wandler, ileostomate;	Ray Jerome, colostomate;
Lloyd Torgerson, colostomate;	Julian Mattock, ileostomate;
Joe Ives, urostomate;	Marlene Vancoughnett, colostomate;
Wayne Guenter, urostomate;	Michael Sandeford, colostomate;
Susan Erickson, urostomate;	Bev Cottrell, urostomate;
Carol Leonard, colostomate;	Frank Scarpino, urostomate;
Dave Clark, urostomate;	Peter Williams, colostomate

The Butter Church (Continued from Page One)

In 1870 he decided it was time to build a church, so work was begun and he paid his helpers with funds raised from the sale of butter from the mission's dairy farm. And so the name "The Butter Church" was coined to mark the little stone church and it continues to be referred to by that name to this day.

For 10 years the little church was the centre of religious activity for the Cowichan people then one day the church was suddenly ordered abandoned.

There are two stories give differing reasons for the closure: 1st because the land was not owned by the church; and 2nd, it had become too small for the population.

Regardless of the reason, land was acquired outside the reserve just north along Tzouhalem Road and a new church, St. Ann's, was built. Unfortunately it was destroyed by fire in 1902 and the current St. Ann's (**right**) was built in 1903 and continues to serve the people of the area.

This new church stands overlooking its cemetery where headstones date back to 1891. From this church a Way of the Cross pilgrimage is conducted each Good Friday. It wends its way from the church to the large white cross visible on the summit of Mt. Tzouhalem.



History tells us that the doors and the beautiful stained glass windows of The Butter Church were moved by canoe to the north end of Saltspring Island then transported overland to be used in another little stone church (**left**) at Fulford Harbour at the south end of that island.

So now St. Paul's church there displays the beautiful windows and doors of The Butter Church. A quick comparison of the photos of The Butter Church and St. Paul's indicates how well they fitted into the little Saltspring Island church.

In 1922, 1958 and 1959 the original Butter Church was repaired and attempts made to once again make it into a cultural centre but eventually all attempts failed.

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Letters received at Coffee Break News

From Debra Rooney, Vancouver:

Western representative of Ostomy Canada (re: ostomy ad protest)

Good job, all you Mid-Islanders!!

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From Colette MacAskill:

I have found out that many hotels in BC offer discounted rates for medical appointments, out of town surgeries, etc.!

My Mom was booked for OR & was quoted \$500.00 per night in Victoria 2 weeks ago. (hyper-inflated price for tourist season!)

Found this website and same hotel for same dates was 149.00/night plus tax as she qualified for medical discounted rate. Big savings!

Please pass this website along to the group. <http://csa.pss.gov.bc.ca/medicaltravel/>
Thanks for all you do. My best,
Colette MacAskill

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From Health Canada:

Dear Joe Ives,

Thank you for your letter received August 15th, 2018, addressed to the Honourable Ginette Petitpas Taylor, concerning the draft Health Warnings for cigarettes. I have been asked to respond on the Minister's behalf.

We would like to assure you that Health Canada will not be using the draft Health Warning that you and your fellow Mid-Island Ostomy Group members have concerns about. Health Canada is currently developing new Health Warnings, Health Information Messages and Toxic Statements that are required on tobacco packaging. Graphic warnings have been proven through research to be the most effective way to inform tobacco users and non-users about the harms of tobacco use. This includes portraying the lasting health effects of the diseases caused by tobacco use.

As part of this process, we tested 39 draft Health Warnings through Public Opinion Research (POR) using focus groups. The report that was posted is a mandatory government requirement for the POR process. Unfortunately, some of the reporting gave the impression that these labels were final, which was not the case.

POR is one way in which we ensure that we are developing labels to be as effective as possible. One of our other key criteria we follow is to avoid stigmatizing Canadians who have suffered from tobacco-related illnesses or from other diseases. We are aware that the draft Health Warning number 10 – *Cigarettes cause colorectal cancer* could stigmatize those who rely on ostomy bags for a range of health reasons. As a result, we are discarding this Health Warning and it will not appear anywhere other than in the POR report.

Thank you again for taking the time to write and for providing insight to living with an ostomy bag.

Yours sincerely,

James Van Loon,

Director General, Tobacco Control Directorate,

Healthy Environments and Consumer Safety Branch, Health Canada

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Thought for the day...

Even though there are days I wish I could change some things that happened in the past, there's a reason the rear view mirror is so small and the windshield is so big, where you're headed is much more important than what you've left behind.

SO GLAD I GREW UP



DOING THIS

NOT THIS