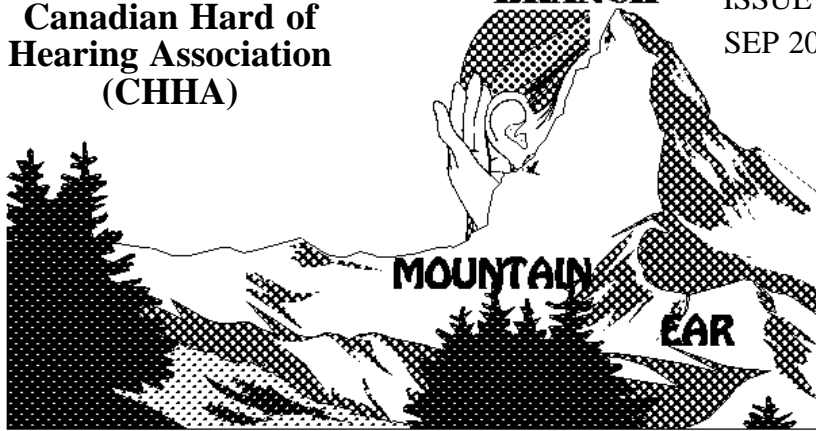


Publication of the
Canadian Hard of
Hearing Association
(CHHA)

**NORTH SHORE
BRANCH**

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MOUNTAIN EAR is a publication of the Canadian Hard of Hearing Association North Shore Branch. It is Published 4 times a year on the 15th of March, June, September and December.

Your submissions are always welcome. Please contact the Editor:

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PRESIDENT'S MESSAGE ANNUAL GENERAL MEETING

How time flies, our ANNUAL MEETING is coming up on SEPTEMBER 18th, at St. John's Anglican Church, 7:00 p.m. It will be nice to see all of you after the summer break. We have planned a special night for the members with our 50/50 drawing, other special prizes, and informational videos. We will also have a member speaking on two very interesting and different subjects, a display of the latest in listening devices, and a social with refreshments. This will be a very interesting and fun night, so do not miss it. You could bring your membership cheque for \$22.50 which you would already have made out to CHHA North Shore Branch and your receipt would be mailed to you, or handed to you. We depend on the membership fees to operate the branch.

ASSERTIVENESS

A question I feel we need to ask you, "How Assertive are you about your hearing loss"? On a recent trip, I found that by being more assertive and using my listening devices, my stress level was much reduced and I was able to enjoy my trip more. See my article in this Newsletter.

CHAT TIME

Getting to know each other better.

This summer some of the members started meeting on the third Monday of the month at 2 p.m. at West Vancouver Seniors Centre for some social chatting time. This is an unorganized get together, just getting to know each other better. If you are interested in attending, the next one is October 16th. Phone the office 988-7115 leaving your name, phone number and tell them you would like to attend the October

get together. Various topics have come up, one being "What is Your Favourite restaurant". (see item in Newsletter).

EXPERIENCES

If any of you have had any experiences that you feel members could benefit from, please write your article and send it to the Newsletter Editor, CHHA - North Shore Branch, 600 West Queens Rd. North Vancouver, B.C. V7N 2L3. We would love to hear from you.

MANAGING YOUR HEARING LOSS COURSE

A reminder that this course starts Tuesday, September 12th at 10:00 a.m. The course is 2 hours in length, held at Capilano Community Services Society, corner of Windsor and Stanley, half a block east of Delbook Avenue. Joan Bennett our member will be teaching the course for six weeks. Cost is \$20.00. If you have not taken this course, I highly recommend you consider doing so. Phone Joan at 983-3131 or our office at 988-7115, to register for the Course. You can still register until September 19th. See the poster with your AGM notice which was sent in August. If you live in an apartment complex, we would appreciate it if you would put the poster up on the bulletin board or in some other suitable location..

DONATIONS

All donations are most welcome. The Branch which is a charitable organization issues income tax receipts. Please consider leaving a legacy to this Branch so it can carry on its work in the community. There will be a short presentation on how to leave a Legacy at the AGM. To make use of our funding, the Board has developed a five year plan which includes


a specialized hearing testing plan for newborn infants, producing a video to help health care staff understand the difficulty of dealing with hard of hearing residents in nursing homes, seniors' homes, and hospitals, and raising awareness of the importance of having strobe lighting for fire and smoke alarms in apartments, hotels and public buildings. All of this and other endeavours will make your community more accessible for the hard of hearing. We also need to be able to send our representative to the National and Provincial CHHA conferences, which we are not able to do now because of lack of funding. It takes considerable funds to achieve the goals of your Branch, so please send your donations to the Treasurer, CHHA North Shore Branch, 600 West Queens road, North Vancouver, BC V7N 2L3.

VOLUNTEERING

We hope you all have enjoyed the summer time with the rain, thunder, lightning, and recently the hot summer weather, and are ready to start the beginning of the North Shore Branch year. Volunteers are needed for many small jobs which do not take much time. Have you considered volunteering in helping to carry on the important work of our Branch? Please let us know by phoning the office.

TREASURER NEEDED

Do you know of anyone who could handle the TREASURER's position? We need someone who can take on this job and work with us on the Board. Alfred Kobbeltvedt will be moving to Kelowna sometime in the near future and will be giving up the position. The person does not have to be hard of hearing, however. it would be most helpful if he or she had some knowledge of the disability. There is a complete job description available. Do please let us know as soon as you can.

See you September 18th 7:00 p.m. at St. John's Anglican 

Municipal Community Grants

The Canadian Hard of Hearing Association - North Shore Branch gratefully acknowledges the receipt of the following Municipal Community Grants:

Corporation of the District of North Vancouver - \$2000.00

Corporation of the City of North Vancouver - \$650.00

Corporation of the District of West Vancouver - \$200.00

The North Shore Community Foundation - \$200.00

Annual General Meeting

The CHHA North Shore Branch's Annual General Meeting will be held on Monday, September 18, 2000 at 7:00 PM. The location will be St. John's Anglican Church, 220 West 8th Street, North Vancouver. This is one and a half blocks west of Lonsdale on 8th Street. Plenty of street parking is available.

The short AGM with the election a new Board of Directors for 2000/2001 will be followed by some special presentations with videos, a social evening with refreshments and a 50/50 drawing plus other prizes. Come along and join in the fun. Hearing aid batteries will again be on sale at a 20% discount and there will be assistive listening devices on display.

Your presence at the AGM is very important to the Branch as we must have a quorum in order to conduct the business. We look forward to seeing you on September 18.

CHHA B.C. Conference

Place: Delta Airport Inn

Date: November 3rd and 4th.

Register: Before October 20 \$50 one day \$90.00 both days

After October 20 \$60.00 one day \$110.00 both days

Students \$35 one day \$60.00 for the Conference

Children 7-14 years \$15.00 for the Conference

There are no senior rates this year.

This is a excellent conference to attend and if you have not attended one I urge you to consider doing so.

Please let the office know if you will be attending.

Office Telephone: 988-7115 or Fax: 980-6695

WHAT IS YOUR FAVOURITE RESTAURANT?

Submitted by Erica Barrett

Where do you find the quieter restaurants on the North Shore???

Please phone your information to the office Monday to Friday. Our office phone number is 988-7115, or mail to CHHA North Shore Branch, 600 W. Queens Rd. North Vancouver, V7N 2L3.

You may like to try:

Andrea's 153 W. 16th St. North Vancouver for lunch or dinner. average prices

Gambrinus 707 Queensbury, North Vancouver for dinner, a little more expensive

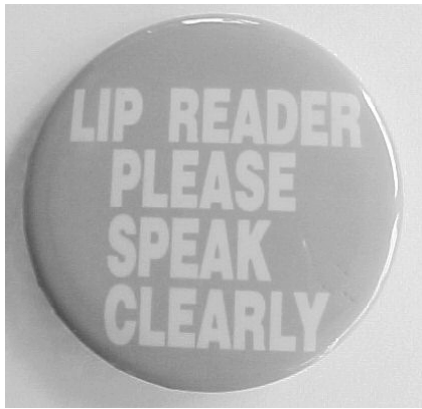
Eighties Restaurant, 110 W. 14th St. North Vancouver for family dining

I have found if one goes weekdays instead of weekends, the restaurants are quieter. We hope to hear from you. Thanks, Erica.

TRAVELLING WITH A HEARING LOSS

By Erica Barrett

I recently did some travelling and would like to share my experiences with you. I found that a major key to being able to enjoy my trip and effectively communicate and take part in the activities was to ensure that everyone I came into contact with knew about my hearing loss. This required BEING ASSERTIVE about my needs and taking responsibility to see that they were met. I did not



have any difficulty as I wore the large lapel pin which said "Lip Reader, Please Speak Clearly". I also wore the Ear Pin and I always placed the Lapel pin on the dining table for the waiters to see. I had basically no trouble going through customs, at

the check-in counter for the plane, on the plane, or with the tour guides.

With my FM Easy Listener and the neck loop (North Shore Branch loops), and the loop with the Radio Shack Listener, it was fairly easy to hear the tour guides when we were at various historical places. In fact, in talking with hearing people I felt I did better than many hearing people due to the fact I could turn the volume up and not have too much background noise. On the plane the stewardess saw my lapel pin and leaned forward to my level so I could speechread her. On the buses I found that the acoustics are extremely good, but in most cases, it was more difficult to hear everything the guides said, because they were sitting on the lower level of the tour bus and so were talking to the window and, of course, sometimes far to fast. I could pick up some of the information, however, because they hardly stopped talking for four hours or more, I found it very tiring. After a while one just turns off because of the concentration problem we all have. The hearing people said that after three hours they also turned off for a while.

In St. Petersburg, Russia, it was interesting to note that the tour guides did not talk to the window. They sat behind the driver on the same level as passengers and faced us when speaking. Out of six European countries, Russia was the only one where the tour guides faced us while speaking. Many of the tour

guides showed concern about my ability to hear them. I told them that it took me three seconds longer than a hearing person to absorb what was being said and it was necessary for them to speak slightly slower, which most did. The guides always approached me on the matter of hearing and seemed very interested in making sure that I could hear them. They only knew that I had a hearing loss because I was BEING ASSERTIVE and wearing my "LIP READER, PLEASE SPEAK CLEARLY" button and the EAR PIN. They all spoke the English language well, in fact better than some people right here in Vancouver.

I met numerous people who inquired about the listening devices I was using. The waiters were very helpful when dining. I did find it more difficult at the dining table, being at a table of six and in an extremely noisy environment. To overcome this I would BE ASSERTIVE and would again ask, what is the subject, which always cued me in once more, and reminded them that I was hard of hearing and my needs of hearing loss should be met.

It is always helpful to have a hearing person with you. While I always strive to be as independent as I



can, I also found people were most interested in helping me with my hearing loss. I always told everyone right away that this is my listening device and I am deaf. They always tried to include me in the various demonstrations etc. that were taking place on the ship. Yes, wearing my large lapel pin and ear pin, did indeed draw attention to everyone that I had a hearing

loss, which is what I wanted to do so I would be included and not be left out.

I found it necessary to have a powerful pocket flashlight to see in the darker areas of the historical places. People with vision did not have difficulty but as I also have glaucoma I found that the going out of the sunlight to much darker places I was unable to see anything, in fact I was totally blind, which was rather scary. It is always wise to carry a flashlight anyway just in case the lights go out or there is an emergency.

As a hard of hearing person, I find that my sight is important in being able to comprehend what is being said. The various commentators didn't hold the microphone under their lips so I could speechread. I also found that the concerts or any music programs on the ship were too loud to attend. It seems there is nothing we can do about that noise factor on the ships. I see in a recent newspaper item that mobility is making some headway with the cruise lines and they are trying to become wheelchair accessible, especially in the rest rooms and their cabin bathrooms. Hearing loss is now the number 1 disability in our society today, and I think, as number 1 we should also expect some accommodation to overcome our difficulty in hearing.

Yes, I was asked if I was recording by other travellers when we were on the tour, and once on a previous cruise trip I was asked if I was recording the music. Of course, I did not know anything about recording and I told them that I was deaf and this was my listening device. I always tell people right at the beginning that it is my listening device and that I am not taping them. They are most interested and say they have never seen such a device. My trip was made much less stressful by having the equipment that was necessary to participate. I did not find it difficult being ASSERTIVE. Each time I travel I seem to just get BRAVER, and so it gets easier to be ASSERTIVE.

When travelling one should always have their medication booklet with them. This would not only have your medications recorded but also your doctor's and family phone numbers available. There are times when your medication is not always with you, such as in the hotel, motel, ship etc., and in an emergency this information is vital.

In restaurants and other places where the music is too loud, I ask that it be turned down, because generally it is far too loud. When they say we cannot do that, I say fine, we will go elsewhere. At a wedding reception the canned music director was repeatedly asked by guests to turn the music down. He would turn it down for a few minutes and then up it would go again. When I asked him the second time, he told me to take my hearing aids out, which I did. I hear nothing without my hearing aids. The noise was still intolerable with the thump, thump, which I presume was the vibration. This was even worse. I told the mother of the bride that we were leaving because of the noise factor. After we left I understand they did turn it down. We were not the only ones who left because of the noise factor. The problem that really bothered me was that there were many young children at this reception sitting fairly close to the loud speakers. I wonder if damage was done to their ears

Questions and Answers

Extracted from the Web site for the League for the Hard of Hearing, New York. For more useful information concerning the hard of hearing visit: <http://www.lhh.org>

Some questions to help you determine if you have a hearing loss...

1. Do others accuse you of turning the television too loud?
2. Do others accuse you of not paying attention?
3. Do you misunderstand 50 for 15 or 60 for 16?
4. Can you hear better with one ear than the other on the phone?
5. Have you stopped attending plays and lectures because of the strain exerted to hear what is being said?
6. Do you have trouble understanding someone speaking to you from another room?
7. Do you have difficulty understanding speech when there is background noise?
8. Do you miss the punchline of jokes?
9. Do you seem to hear the words but not understand them?
10. Do you have a history of ear infections, earaches or running ears?

If your answer to these questions is "Yes," then do all of the following:

- 1) Have a complete hearing evaluation by an audiologist. An audiologist, a professional (Masters or Doctorate degree) trained in the evaluation of hearing, may be connected to a hearing and speech center, or in private practice.
- 2) See your general physician -- many hearing losses are due to general physical problems.
- 3) Have an evaluation by an otologist, a physician specializing in diseases of the ear.

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References:

1. <http://www.lhh.org/noise/index.htm>
2. <http://www.lhh.org/index.htm>
3. <http://www.lhh.org/noise/index.htm>
4. <http://www.lhh.org/links>
5. <mailto:postmaster@lhh.org>
6. <http://www.lhh.org/copyright.htm>