



Manitoba
Association of
Home Economists

June 2010

FACETS

President's Message

Board Planning Update

On a soggy Saturday morning, seven brave and determined PHECs set out on a path to uncover MAHE's direction for 2010 to 2011.



Inside this Issue

- 1 President's Message
- 2 Conference Report
- 3 Potential Slate of Officers
- 3 Breakfast Television
- 4 Provincial Council of Women of Manitoba
- 4 Heart and Stroke Foundation of Manitoba
- 4 Centennial Celebration Update
- 5 Winnipeg Branch Update
- 6 Awards
- 7 Volunteer Opportunities
- 8 Volunteer Opportunities

We encountered rain, slippery slopes, obstacles and several forks in the road. But in the end, after reflecting on what we are most proud of, what we see two years from now, what we're most passionate about and how we can remain relevant to our members, we formulated a plan. High on the list are member communications, programming for members, building a public voice, creating stronger connections with students, a stronger advocacy role using our alliances with other organizations, continued IPHE Program improvements, more effective use of technology, engaging members and celebrating our successes. The plan builds on our existing activities and momentum. It will be ready to present at our AGM this upcoming October. Until then, we'll be dotting the i's, crossing the t's and creating a budget to go along with it.

Branch Changes

Twenty years ago, we celebrated the start of branches and MAHE under a federated structure. Today, we celebrate the freedom of not having to administer five separate branches with five separate Board of Directors. Everything, it seems, is cyclical.

MAHE is at a new and exciting time. The branch structure no longer exists, but the energy and excitement at MAHE are high and it is my sincere hope that regional gatherings, events and celebrations will

Opportunity

The MAHE conference committee is looking for someone to take the leadership role and either chair the event or co-chair with a colleague. Planning meetings can take in Winnipeg but with the use of technology, anyone in a rural setting can get involved as well. I can be reached at 1-204-641-4133 or email me at
Thelma.Blahey@gov.mb.ca

continue to be the norm throughout the province. Say goodbye to routine, administrative work and say hello to new and exciting opportunities.

Thank You

No President's message would be complete without a huge thank you to everyone who has contributed to the Association these past few months. Whether you sent us comments in response to an email, worked on a committee, represented MAHE at another organization, went on television, wrote an article, gave a presentation, served on a Branch, served on a Board, mentored an IPHE member, attended a meeting, contributed to the newsletter or did several of the above, I thank you. You're enthusiasm, dedication and hours of work are greatly appreciated. You make this Association strong. THANK YOU!

A big thank you also goes to all the Branches who gave money to MAHE. Whether earmarked for specific projects or for general purposes, your money is greatly appreciated and is being put to good use. Many of the projects that this money is being used toward are mentioned in this newsletter. So, sit back and enjoy as you read all about the great things happening at MAHE.

Sincerely,
Getty Stewart, PHEc
MAHE President

Conference Report

2010 is speeding along and before we know it, it will be time for the annual MAHE conference. This is such an exciting time.

Details are slowly but surely coming together for this event. While still looking for a conference chairperson, some items are being finalized. We are very pleased to have Kathy Kater, LICSW, Psychotherapist Author of: Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!, Second Edition (2005, NEDA) and Real Kids Come in All Sizes: Ten Essential Lessons to Build Your Child's Body Esteem (2004, Random House) as our keynote speaker for the Friday evening portion of the event. She will be focussing on the topic of eating disorders. She is based out of St. Paul Minnesota. She is also presenting at the MHETA conference earlier in the day.

We are partnering with MHETA in that we are promoting each other's conferences to our joint members.

So, please mark your calendars with the following dates.

When: October 22 & 23, 2010

Where: (tentatively, Holiday Inn South on Pembina Highway in Winnipeg)

Who: All MAHE and MHETA members, along with other interested professionals in our association.

We know members are waiting for more details and we will be promoting the conference as soon as we can. If you feel you would like to help out in any way you can contact me or our fearless president Getty Stewart.

Let me leave you with an opportunity to think about. (see above) Till next time.

Thelma Blahey
Director of Member Relations

**Potential Slate of Officers
October 2010/2011**

Every October, at our Annual General Meeting, our Board of Directors renews itself by welcoming new members and saying goodbye to those who have served for one or more years.

This year, in October, we will be saying thank you and goodbye to:

- **Thelma Blahey** as Director of Member Relations
- **Debra Kaleta** as Secretary
- **Rosemarie Holtmann, Karla Fehr and Christi VanDenBussche** as Director of Communications
- **Myrna Grahn** as Past President

Our proposed slate of officers for October 2010 is as follows. The numbers in brackets indicate what year of service out of the length of term the person will be serving from October 2010 to 2011 (for example Getty will be serving her second year of a two year term as President).

President – Getty Stewart (2/2)

President-Elect – Debora Durnin-Richards(1/1)

Past President - vacant

Finance Director – Carla Falkevitch (2/2)

Secretary - vacant

Director of Public Relations – Diana Mager (2/2)

Director of Internal Affairs- Joan Butcher (2/2)

Director of Membership Recruitment – Lindsey Mazur (2/2)

Director of Communications - vacant

Director of Member Relations – Myrna Grahn nominated

Government Appointed Representative - vacant

Government Appointed Representative - vacant

Registrar (Ex Officio) – Linda Hogue (3/5)

For more information about the Board and any of these positions, please contact Getty Stewart or any of the existing Board Members. Contact information is available at www.mahe.ca.



Breakfast Television

We are happy to announce that the Breakfast Television series on CityTV is well on its way and is being turned into a regular monthly feature with special billing and promotion. With this new designation, MAHE will also have the ability to feature the segments on our website. Soon, everyone around the province will be able to watch these segments on our website under a new MAHE TV tab.

On Tuesday, June 15 Susan Proven, PHEc from Minnedosa aired on Breakfast Television to talk about home gardening and using her produce in her B&B. Susan had two, four minute segments to share tips and do some demonstrations on starting a home garden, dehydrating home grown goods and using fresh produce for a delicious salad.

Our previous BT stars include: Holly Brownlee, PHEc with the Canadian Diabetes Association on Managing Type 2 Diabetes and the Hand & Plate Model
Laurel Lyons, PHEc with the Manitoba Pork Council on Kitchen Sanitation.

Your opportunity to provide practical tips for home and family is just around the corner. Within the next two weeks you'll see changes to our website that include a Presenter Registration form.

All PHEcs are invited to register for their chance to share their tips via Breakfast Television and our very own MAHE TV.

For more information about this Building Our Voice initiative contact Diana Mager at dmager@hydro.mb.ca.

All the best,

Getty Stewart, PHEc
MAHE President

Provincial Council of Women of Manitoba

MAHE continues to be a federate member of the Provincial Council of Women of Manitoba and I'm happy to continue to be the MAHE representative. PCWM has had a busy spring! Their 2010 AGM was held May 8, 2010 in Carman, Manitoba. It was a full day of networking, learning, and socializing. We enjoyed four panelists and a special presentation by Manitoba Women's Institute and highlights of the 60th Anniversary of PCWM. The theme for the day was "Women and the Economy-Past the Perimeter." Evelyn Forget shared on her research based on the effects of a guaranteed income. Laura Rance, Co-Editor of the Manitoba Co-Operator and Free Press Columnist gave insight on the current rural economy. Betty Kelly a researcher from the Rural Development Institute shared the process and findings of her research on needs of the rural family. Diana Wiebe, representative from the UNPAC program-Change Makers in Altona, Manitoba, shared stories of how the program is unfolding. The day was a huge success especially in part to our fellow PHECs-Lavonne Kroeker who did a wonderful job chairing the event and Peggy Barker who was on the Program Committee. PCWM is looking forward to our annual 'Celebrating Women' Gala on July 7, 2010 where we will recognize individual and federate members for their service to the community. This year MAHE is very proud to announce Joan Butcher as an Individual Nominee. Congratulations Joan! This event will be held at Khartum Shrine House and if anyone would like to attend please send me an email meghan_cafferty7@hotmail.com and I will get tickets for you. Tickets are \$25.00.

Heart and Stroke Foundation of Manitoba

MAHE, along with several other organizations, have the pleasure of being part of the Heart and Stroke Prevention Stakeholders Group. There have been two meetings since fall of 2009. My presence within the stakeholders group is to operate as a representative for MAHE. The goal is to find ways to promote healthy lifestyles that prevent disease and improve health outcomes. The group would like to do so by supporting practice at the community level and through the health care system. So far, we have discussed the role that organizations within the health care system play in the lives of Manitobans, and how they can team up with the Heart and Stroke Foundation in order to promote these goals. These organizations vary in their functions, including research, risk factor surveillance, practice-based evidence, capacity development, monitoring and evaluation, program and policy implementation, process planning and coordination, sufficient and sustainable funding, advocacy, and knowledge exchange. The next meeting will be held in fall 2010.

Jocelyne Gaudet, IPHE, B.Sc. HNS

Faculty of Home Economics/Human Ecology Centennial Celebration September 23-26, 2010

Thursday – Art Show, Coffee Party & Faculty of Music Concert

Friday – Art Show, Walking Tours of the Campus, On-Your-Own Tour of the Canadian Costume Museum, Tour of Manitoba Hydro Building, DeLuca's Wine and Bothwell Cheese Reception & Class Reunion Parties

Saturday – Art Show, Continental Breakfast, Opening Ceremonies, Lunch-On-The-Go, Research in the Second Millennium Tours, Reception for HEC Grads and Guests & Homecoming Reunion Dinner

Sunday – Farewell Brunch for Grads and Guests

For information on events call Tammy Holowachuk at (204)474-6455; Toll free at 1-800-668-4908 or email holowac@cc.umanitoba.ca

Manitoba Association of Home Economists – Winnipeg Branch

The MAHE – Winnipeg Branch held their Annual General Meeting on May 31, 2010 at the Norwood Hotel in Winnipeg with 31 members and 6 proxies participating in the business of the Branch.

This was the culmination of a year long discussion with members about the future of the Branch. It started at the 2009 AGM where discussion was facilitated about the future of the Winnipeg Branch structure as it pertained to the new provincial structure of the Board and members.

Comments, suggestions, cautions and ideas were gathered from the members present at the 2009 AGM and worked into a discussion document for members. The Executive looked at ways the Winnipeg Branch could support the organization to become stronger and even more vibrant. As a result of the discussion document a series of motions and resolutions were drafted for presentation to membership.

On April 12, 2010 a general membership meeting of the Winnipeg Branch was held with the express purpose to review, refine and move forward on the suggestions. The two areas of discussion was whether the Branch will remain as a formal Branch with a Constitution and By-laws and the process to work within the organization in this capacity or to disband and become united with the organization as one and how members can see themselves working with the organization as individuals.

The membership decided to explore disbanding the Branch and looking at how this could be facilitated. Motions and Resolutions were revised to reflect this and the Executive was sent back to refine and bring forward for a final vote at the 2010 AGM.

At the May 31 AGM the Winnipeg Branch members present and in proxy unanimously passed the motion –

“That the organization known as Manitoba Association of Home Economists – Winnipeg Branch cease to exist as of June 1, 2010 at which time the organization’s Constitution and By-Laws will be null and void.”

All now former Branch members will receive a copy of the minutes including all the motions and resolutions discussed and voted on at the last AGM of the MAHE Winnipeg Branch.

This decision was not taken lightly and many thanks go to the Executive for all their work and to Debora Durnin-Richards who capably facilitated this year long project as well as all the members who were diligent in reading the information and coming back time and again to make sure all was done in the best interest of the Manitoba Association of Home Economists. Congratulations to all for the courage and support to make this decision.

As we now go forward every member is encouraged to look at the Association and see where each of us can fit in and do our piece. There are numerous opportunities to volunteer for a project, an event, a committee or a provincial Board position. It is an exciting time for MAHE and by putting all our efforts towards the provincial organization as a whole, it can only become stronger.

Marlene Baskerville



2010 Excellence in Teaching Award

The Manitoba Association of Home Economists annually requests nominations from fourth year and graduate students enrolled in the Faculty of Human Ecology for the Excellence in Teaching Award.

This award is bestowed to a teaching member of the Faculty of Human Ecology, or the Faculty of Education (home economics/human ecology), University of Manitoba, to honour an individual who has displayed a high quality of teaching ability, which includes communication, integrity, scholarship, leadership, experience, and service to the community to enhance the quality and standards of education for her/his students.

This award was established in 1990 with the formation of the Association. Since that time the award has been presented fifteen times to twelve distinguished recipients.

It is an honour to announce that the 2010 recipient of the Excellence in Teaching Award is Dr. Mohammed Moghadasian. The nominators of Dr. Moghadasian spoke enthusiastically of his work in the Human Nutritional Sciences department as well as his work with graduate and post-doctoral fellows. "You will hear only positive feedback about his teaching abilities, integrity, and approachability. Even his 8:30 classes are always filled".

In addition to his teaching commitments for both the Faculty of Human Ecology and the Faculty of Pharmacy and his role at the St. Boniface Research Centre, Dr. Moghadasian has been active in professional organizations such as the Canadian Federation of Biological Sciences and the Canadian Society of Nutritional Sciences. He has been invited to present his research at many international conferences including the third World Congress of the International Academy of Cardiovascular Sciences. Dr Moghadasian

not only fund raises for local groups such as the Heart and Stoke Foundation and the Canadian Diabetes Association but has also established a charity foundation for needy students in his home town.

Please join the Board of Directors in congratulating Dr. Mohammed Moghadasian, the recipient of the 2010 Manitoba Association of Home Economists Excellence in Teaching Award.

CALL FOR NOMINATIONS

Distinguished Home Economist Award

Annually, MAHE recognizes one member who has contributed significantly to the professional Association at the provincial level.

CRITERIA:

- Member in good standing minimum 5 years
- Record of participation in MAHE
- Noteworthy contribution to MAHE at provincial level
- Advanced the development of MAHE provincial
- Demonstrated leadership and enthusiasm for profession and Association

Please contact Debra Kaleta, PHEc - Awards Chair for nomination forms and details at jdkaleta@mts.net or 638-8587

Nomination Deadline: July 30, 2010



Questions or comments ?

Please contact MAHE office at 885-0718 or toll free 1-866-261-0707, or email mahe@mahe.ca
Submission for the next Facets Provincial Newsletter can be sent to: Charlene Vandenbosch at email cvandenbosch@pwsd.ca

MAHE Volunteer Opportunities

Available Now!

Current Opportunities – Don't Delay – Call Today!

1. MAHE Conference Committee – now until October 22 & 23, Winnipeg

- Help the existing committee with program planning, sponsorship or logistics
- Call or email Thelma Blahey (204-641-4133) Thelma.blahey@gov.mb.ca

2. Membership Recruitment Committee – Ongoing

- Committee work or one day opportunities available
- Work with the M.R. Director to promote the PHEc designation and MAHE to students
- Opportunities include presenting at HESO events, class presentations, writing student focussed articles, and manning displays at PD days.
- Call or email Lindsey Mazur for the endless opportunities available (204) 918-5178 or Lindsey_mazur@hotmail.com

3. Building Our Voice TV Production Committee

- Six month to one year commitment starting now
- Work with the existing committee put MAHE members on TV
 - Plan calendar of topics and develop presenter guidelines
 - Recruit, schedule and prepare PHEc presenters
- Call or email Diana Mager (204-326-7774) or dmager@hydro.mb.ca

4. TV Presenters

- One morning in Winnipeg – two, four minute segments on CityTV
- PHEcs are invited to represent MAHE on Breakfast Television to provide “Practical Matters for Home and Family”
- Call or email Diana Mager (204-326-7774) or dmager@hydro.mb.ca

5. Building Our Voice Promotion Committee

- Six month to one year commitment starting now
- Work with the Public Relations Director to promote the activities, awards and events of MAHE and its members
 - Develop and distribute press releases and announcements
 - Seek out opportunities and places to promote MAHE news
- Call or email Diana Mager (204-326-7774) or dmager@hydro.mb.ca

6. Basic Skills for Living

- One year or more commitment
- Help the existing committee to discover new ways to promote and use the Basic Skills for Living resource
- Call or email Joan Butcher at (204) 774-8336 or joanb@successskills.mb.ca

MAHE Volunteer Opportunities

October 2010

Here's your chance to join the Board of Directors. The following positions will be vacant as of October 2010. The Board consists of a dynamic and energetic group of PHECs who meet monthly to carry out the Action Plan listed on our website www.mahe.ca. Positions are two year terms.

1. Director of Communications

We're looking for someone who is eager to explore the use of social media and new ways of communicating with our members and the public. This Director will find ways to...

- Use technology and social media to communicate effectively with members and potential members (eg. website, facebook, twitter, blog, link to homefamily.net, etc.
- Coordinate 8-10 E-bulletins with connection/links to website and other resources.

2. Secretary

We're looking for someone who will create, maintain and share the records of the Association. The Secretary will...

- Help plan, attend and record proceedings of all Board and Executive meetings (10 per year).
- Coordinate the activities of the Awards and Archives Committees
- Develop a method for celebrating/communicating the recipients of our awards.

3. Member Relations Committee – 3 volunteers

- Work with the Member Relations Director to ensure effective, interesting and dynamic learning and networking opportunities throughout the province.
- Each volunteer is responsible for one programming event while getting support and direction from the committee as a whole.

4. MAHE Conference Chair – October 2011

- Work with the Member Relations Director to plan for the Provincial Conference in October 2011. The Conference can be located anywhere, with any theme and arranged in whatever way preferred. Ideal for someone who's always had something special in mind for a unique provincial get together for MAHE members. The Conference Chair also has the opportunity to recruit and lead a team of volunteers to plan and host the conference.

5. MAHE Representatives

We're committed to networking, building alliances, forming partnerships and fostering connectedness with other organizations throughout the province. We're looking for MAHE members who are interested in representing MAHE on other organizations. The task involves sharing our news with them and their news with us through written or verbal updates at meetings or through E-bulletins. We already have representatives on the Provincial Council of Women, Manitoba Home Economics Teachers' Association, Heart and Stroke Foundation, Canadian Association of Professional Speakers, the Chefs Association, etc. Who else can we add to the list?

For more information on any of these volunteer opportunities contact Getty Stewart at getty.stewart@ibexherd.com or 204-284-1234. Whether you're looking for a way to complete your IPHE program, to stay connected, to get experience for your resume or if you just want to help out, we have an opportunity that's right for you.