



Manitoba
Association of
Home Economists

December 2008

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NOTICE

The Winter 2009 listing of mental health workshops and support groups is now available and can be accessed from the CMHA, Winnipeg Region website: www.cmhawpg.mb.ca/winnipegmhgroups.htm.

FACETS

From the President:

Warmest Winter Wishes to each one of you from the MAHE Provincial Board!

I trust you have all had the opportunity to read through the two newly formatted combined MAHE Facets Newsletters. If not, take a moment now to peruse them over a warm cup of coffee or tea on this snowy day. We would love to hear what you think about this new communication style by contacting Charlene Vandenberg at e-mail cvandenberg@pwsd.ca on the newsletter team.

Another exciting communication tool will soon be launched...our new and improved MAHE Website. I just know your anticipation is building as you wait for the announcement of our site. Please contact Linda Hogue or Getty Stewart if you have any ideas for information, articles, research, events, etc that we should be promoting on it.

By the way are you on Facebook yet? Have you all checked it out and become a member of the MAHE group? I encourage you see what alumni of the Faculty of Human Ecology are saying and doing.

I leave you with this Holiday wish list:

Eight Gifts that Do Not Cost A Cent

- 1) THE GIFT OF LISTENING...
But you must REALLY listen.
No interrupting, no daydreaming, no planning your response.
Just listening.
- 2) THE GIFT OF AFFECTION...
Be generous with appropriate hugs, kisses, pats on the back and handholds.
Let these small actions demonstrate the love you have for family and friends.

3) THE GIFT OF LAUGHTER...

Clip cartoons and share articles and funny stories.

Your gift will say, "I love to laugh with you."

4) THE GIFT OF A WRITTEN NOTE...

It can be a simple "Thanks for the help" note or a full sonnet.

A brief, handwritten note may be remembered for a lifetime, and may even change a life.

5) THE GIFT OF A COMPLIMENT...

A simple and sincere, "You look great in red," "You did a super job"

or "That was a wonderful meal" can make someone's day.

6) THE GIFT OF A FAVOR...

Every day, go out of your way to do something kind.

7) THE GIFT OF SOLITUDE...

There are times when we want nothing better than to be left alone.

Be sensitive to those times and give the gift of solitude to others.

8) THE GIFT OF A CHEERFUL DISPOSITION...

The easiest way to feel good is to extend a kind word to someone, really it's not that hard to say, Hello or Thank You.

Enjoy this holiday season with family, friends, neighbours and maybe others that are friends you haven't met yet.

Myrna Grahn, PHEc
MAHE Provincial
President



My Thoughts on the MAHE Conference

Five years ago fellow home economist Gerdi Stewart invited me to join the Winnipeg Chapter of the Canadian Association of Professional Speakers (CAPS). This was at the same time that I became a certified coach and certified conflict resolution specialist. The 6 hour commute to meetings was worth every effort.

The October 18 meeting with MAHE and CAPS, featuring speaker David Saxby, was a wonderful alliance event. It was a chance to showcase the caliber of speakers we enjoy at CAPS, and a time to re-connect with cherished friends and home ec. colleagues.

I maintain my professional standing with MAHE, yet I have invested my volunteer time and energy with CAPS. CAPS has been the catalyst for my business growth, and a national eye-opener to the possibilities of Home Economists using their unique skills in business. I have 3 home ec. friends in CAPS across the prairies whose membership in CAPS has grown their businesses to amazing results.

I would hope that MAHE would partner with CAPS in the future. As the new membership scout for CAPS National Board, I would invite you to phone me at 204-534-7466 or visit www.canadianspeakers.org to see how to get a great return on your investment as a PHEc. in business. The annual fee provides monthly CDs for professional development, SPEAKER magazine, and access to chapter meetings across Canada. The next CAPS conference will be in Calgary Dec. 6-8, 2009.

Experts who speak professionally are in the MAHE network. Why not bring your business to a new growth experience and continue to network with CAPS ?

You'll enjoy the same spirit of sharing and caring that we appreciate with MAHE.

I look forward to hearing from you, and helping you grow.
Elaine Froese, PHEc, CAFA, CHICoach and professional speaker.
www.elainefroese.com "Your farm. Your family. Your choice."
elaine@elainefroese.com

International Volunteer Day Website Launched

In 1985, the United Nations General Assembly established International Volunteer Day (IVD) to commemorate the contributions and dedication of volunteers worldwide. Today, IVD is celebrated globally, by volunteers, voluntary organizations and by all those who benefit directly from the endless help of the volunteer.

Volunteer Canada is pleased to present the new IVD mini-site as the next addition to the new volunteer.ca.

The mini-site features news releases, links for volunteers, as well as interviews and stories of the role that volunteerism plays in the lives of well-known Canadian personalities.

About Volunteer Canada

Volunteer Canada is the national voice for volunteerism in Canada. Since 1977, the organization has been committed to increasing and supporting volunteerism and civic participation through ongoing programs, special projects and national initiatives, by developing resources and by engaging in research and training across the country.

Working with volunteer centres, community and national organizations and businesses, Volunteer Canada actively leads national dialogues on how volunteerism is related to citizen engagement and civil society and provides leadership on issues and trends in the Canadian volunteer movement. To learn more about Volunteer Canada, please visit volunteer.ca.

Manitoba Medley – Sag Conference 2008 report

Sheila Stark-Perreault , Human Ecology Teacher 5-9, East Selkirk Middle School

Another SAG and another very successful day provided for our members and of course open to all who wished to attend. One hundred and sixteen (116) registrants arrived at East Selkirk Middle School on November 28th, 2008. Eight of those registrants were students, about 80 were MHETA members and the rest were from other disciplines/educational administrators etc. The whole group represented about 20 different school divisions including both the public and private sectors. Way to Go!!!

After a few brief announcements and an informative mini keynote from Agriculture in the Classroom registrants were off to their workshops for the day. All workshops were well attended with the most popular being The 100 Mile Manitoba, Needle Felting, Baby Moccasins and Story Board. All sessions were well received with most wanting to repeat sessions so they could have had the opportunity to take more of what was offered that day.

There was a lot of holiday shopping happening on Friday with the strip mall in the halls of ESMS. Both the participants and vendors were happy with the day. Many of the products were Made in Manitoba. Others were products which were related to teaching in the Home Ec areas. Among the Manitoba products were felted articles, art and card art, aboriginal items, wreaths, honey, jewelry and glassware. Resources included textbooks, clothing, recipe books, infant simulators, lesson plans and more. The planning committee took the time to select and purchase items from the various vendors as thank you gifts for our presenters. It was a nice touch to showcase/support what was offered that day.

It is always worthwhile too to work with a great planning team. Great thanks to Janice Skene-Human Ecology Teacher from Gimli High School and Anita Gregory-Human Ecology Teacher from Fisher Branch Collegiate. It was fabulous to work together as we created the ideas and organized the things that made "Manitoba Medley" possible. **For full article see the above attachment "Manitoba Medley".**

Website Update

Great news! We have selected Paul Provost and his company 6P Marketing to create our new MAHE website. Paul and his team come to us with a lot of enthusiasm, ideas and expertise in content management system web design. This type of design allows for maximum flexibility and ease of use. We're anticipating that your 2009/2010 membership renewals will occur "online" next spring! Now that the contract has been signed, we're starting to plan for the look and feel of the site. If you'd like to be involved in writing and creating some of the content, please email Linda Hogue at mahec@mts.net in January and let her know you'd like to help out.

Building Our Voice

In the last newsletter, you saw a list of ideas for "Building Our Voice", which were generated at the MAHE Provincial Conference in October. We were looking for a way to let the public know what Professional Home Economists do and who we are. Since then, I've received additional emails and support for three of these ideas. But, as we learned at the conference, ideas are only ideas until someone turns them into action. Here are the ideas that received some additional support. If you have the time, energy or gumption to turn these ideas into action, now is your chance. Call any one of the Board of Directors and let them know you'd like "Build Our Voice".

Idea #1 – Cost of Raising A Child

The suggested idea is for MAHE to be the recognized, impartial expert organization on current information regarding the Cost of Raising a Child. Previously, home economists (when they still existed) at Manitoba Agriculture offered this information; however, the department no longer provides this service. As far as we know, it is "up for grabs". It is vital information, there is a demand for this

information, it fits within many of the facets that professional home economists work in and it could certainly be used to "Build Our Voice". Furthermore, this project could probably become a funded project for someone to initiate and maintain.

Idea #2 – Big Breakfast Television Appearances

The suggested idea is for MAHE to have a weekly spot (for a one month period) on Big Breakfast Television to highlight one PHEc at a time. The chosen PHEc would demonstrate and wow the audience with whatever work that PHEc does as an example of the variety of work that professional home economists do. This type of publicity would help "Build Our Voice" in the public's eye but also in the eye of the home economist's employer since they would also receive some publicity.

Idea #3 – Magazine Advertisement

The suggested idea is for MAHE to run an advertising campaign in a magazine or newspaper. The ad would simply be a teaser that encourages readers to seek out more information about home economists through our website.

What do you think? Do any of these grab your attention and make you want to shout "That's it, that's the idea I've been waiting for, I'll do it!" If so, call or email me right away (getty@gettyanddarryl.com) and let's get started.

Member News

- ❖ Congratulations to Linda Hogue on her retirement from Manitoba Hydro. Let the good times, roll!
- ❖ Congratulations to Myrna Grahm on her new position as Diversification Specialist - Functional Foods with MAFRI.

The Twelve Days of Buy Nothing Christmas



On the first day of Christmas my true love gave to me a January that is debt free. *(or: A gift to a needy charity)*

On the 2nd day of Christmas my true love gave to me two giant hugs and a January that is debt free.

On the 3rd day of Christmas my true love gave to me three recipes, two giant hugs and a January that is debt free.

On the 4th day of Christmas my true love gave to me four funny jokes, three recipes, two giant hugs and a January that is debt free.

On the 5th day of Christmas my true love gave to me five compliments, four funny jokes, three recipes, two giant hugs and a January that is debt free.

On the 6th day of Christmas my true love gave to me six kinds of baking, five compliments, four funny jokes, three recipes two giant hugs and a January that is debt free.

On the 7th day of Christmas my true love gave to me seven simple sayings, six kinds of baking, five compliments, four funny jokes, three recipes two giant hugs and a January that is debt free.

On the 8th day of Christmas my true love gave to me eight cleaning coupons, seven simple sayings, six kinds of baking, five compliments, four funny jokes, three recipes, two giant hugs and a January that is debt free.

On the 9th day of Christmas my true love gave to me nine personal poems, eight cleaning coupons, seven simple sayings, six kinds of baking, five compliments, four funny jokes, three recipes, two giant hugs and a January that is debt free.

On the 10th day of Christmas my true love gave to me ten types of artwork, nine personal poems, eight cleaning coupons, seven simple sayings, six kinds of baking, five compliments, four funny jokes, three recipes, two giant hugs and a January that is debt free.

On the 11th day of Christmas my true love gave to me eleven hours of child* care *(or lawn/pet...)*, ten types of artwork, nine personal poems, eight cleaning coupons, seven simple sayings, six kinds of baking, five compliments, four funny jokes, three recipes, two giant hugs and a January that is debt free.

On the 12th day of Christmas my true love gave to me twelve wondrous walks, eleven hours of child* care *(or lawn/pet...)*, ten types of artwork, nine personal poems, eight cleaning coupons, seven simple sayings, six kinds of baking, five compliments, four funny jokes, three recipes, two giant hugs and a January that is debt free.

M.A.H.E. Provincial Executive & Directors

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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

MERRY CHRISTMAS
&
HAPPY NEW YEAR!