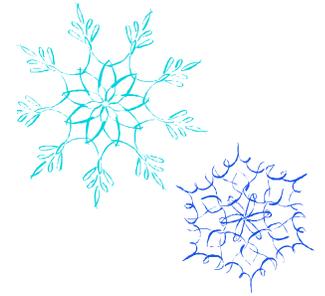




Manitoba Association of Home Economists

January 2009

FACETS



From the President:

Wow...is it ever cold! Bravo to any of you who have had the opportunity to escape to a warm destination for a few weeks and an even bigger Bravo to those of you who have stuck it out here in Manitoba. We live close to a large toboggan hill which has been baron most days as I drive by to and from my home. It was such a pleasant sight on the weekend to see many families there enjoying the warmer temperatures and some family time together.

Wow...Home Economist vs. Chef! James McIntosh has created quite the worldwide sensation. That topic would make an interesting discussion on a blog or on MAHE's Facebook discussion board. Having worked very closely with the Canadian Culinary Federation over the past few years, I do see many fundamental similarities and many differences.

Wow...lots of upcoming events to boost your continuing education for the year. I'm sure there are many more that our members are aware of or involved in organizing. We would love to know about them so that we could help you promote your event, seminar or workshop through the newsletter.

Wow...The Charting our Future process is moving along quite quickly. Your board members will have some major decision making to do at our next board meeting on February 28th in regards to board structure, membership categories, continuing education, IPHE, etc. Please make sure you have the opportunity to discuss any ideas, thoughts or suggestions you may have with your branch representative before then.

Wow...we don't have a President Elect in place yet! I know someone out there in "memberland" has the passion for our association that is needed to work with us during this exciting time of change and transition? I look forward to hearing from you 204-239-4237 or mdgrahn@mts.net. "Leaders don't wait. They shape their own frontiers. The bigger the challenge, the greater the opportunity." *Unknown*

Myrna Grahn, PHEc
MAHE Provincial
President

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MAHE Office Closed January 24 to February 28

If you are sending e-mails or mailing information to MAHE during February or late January, you'll have to be patient about getting a response. MAHE office services will be closed from January 24th to February 28th, while Registrar and Admin Services provider, Linda Hogue, is away on vacation. If you can wait for a response in March, your requests will be dealt with on her return, starting March 1st.

For any urgent matters during that time, please contact President, Myrna Grahn, or another member of the MAHE executive. Messages to this affect will also be placed on the MAHE voicemail and computer e-mail response.

Woman's Health Strategy

The Manitoba government is renewing the Women's Health Strategy by working with the Women's Health Clinic to host a series of consultations across the province. Come share your ideas, network and hear from others.

The purpose of these consultations is to hear the views of Manitobans on women's health matters, to help inform a new Manitoba Women's Health Strategy and provide information to local Regional Health Plans.

We want to hear from you about:

- What do women need to stay healthy?
- What are concerns do you have?
- What services do you think work for women?
- What other services are needed?
- What else needs to be done?
- What's happening for women in your region?

YOUR PARTICIPATION WILL MAKE A DIFFERENCE!

Attend the consultation scheduled for your area, or check out the Women's Health Clinic website for updated schedules of events across the province: www.womenshealthclinic.org.

For more information please contact: Zanna Joyce or Paula Kierstead at 204-775-6457, or by email at consultations@mts.net

Make It Count

The Manitoba Securities Commission is pleased to announce the launch of a new resource for parents called *Make it Count*. The *Make it Count* guide provides information, activities and tips for parents to engage their children in responsible money management.

We know that youth have more discretionary income today than in the past. We also know that debt is at an all time high. In light of the current economic conditions, this resource will help you to focus your children on making wise choices with their money.

This easy to use guide builds teaching into every day activities that parents and children are currently engaged in. It focuses on talking to your children and modeling behaviour that will encourage healthy money management.

For a free copy of *Make it Count*, call 204-945-1513 in Winnipeg; toll free 1-800-655-5244; or visit www.makeitcountonline.ca to download.

If you have any questions about the *Make it Count* program, contact Ainsley Cunningham at the Manitoba Securities Commission at 204-945-4733 in Winnipeg; or toll free 1-800-655-5244.

Online Membership Directory coming this Summer!

A new online membership directory that will give members easy access to contact information for other MAHE members will be created as part of the new MAHE website that is currently under development. As announced at the 2008 MAHE Conference, the website is a key initiative being undertaken by the MAHE Board as a part of the Strategic Plan that was recently produced.

You may have noticed that you didn't receive a hard copy membership directory last fall, as you did in past years. The costs associated with the production and distribution of a hard copy membership directory were redirected to the strategic planning initiatives instead. Now it's expected that an online directory will be available on the MAHE website sometime during the summer of 2009.

Watch for this exciting development and let MAHE Board members know what you think of it. While the details have yet to be worked out, it's expected that the directory will be able to be printed off for easy use, as some members have indicated a desire for the capability to produce a hard copy for reference. That will also enable it to be made available to the small group of members who do not have computer access. Look for more details in future newsletters.

Manitoba Agri-Health Research Network (MAHRN)

Located in Winnipeg, the Manitoba Agri-Health Research Network (MAHRN) serves as the gateway to innovation in the research, development and commercialization of agricultural products for health. MAHRN is the primary contact point for research and industry partners seeking to access Manitoba's functional food and nutraceutical industry. From coordinating introductions, to facilitating research, development and commercialization partnerships and activities, MAHRN is here to assist individuals and organizations from around the world in connecting with Manitoba's research and product development capacity. For more information visit www.mahrn.ca or call 204-470-3603.

Upcoming Events

- Health Canada will have a public consultation session on **Dietary Sodium Reduction** (Sodium Working Group). The session will be held on February 19, 2009 in Ottawa. A questionnaire has been developed to guide the consultation and provide feedback. The on-line questionnaire is available until **January 26, 2009** at: http://www.hc-sc.gc.ca/fn-an/consultation/init/sodium/sodium_consult-eng.php
- Complete the online survey from the Public Relations Chair of the Human Ecology Centennial Committee. Please forward completed surveys to the email address noted at the end of the survey. Complete the survey at: http://www.umanitoba.ca/faculties/human_ecology/centennial/centennial.html
- You are invited to attend the **Canadian Home Economics Educators' Symposium** in Saskatoon on **March 27 – 29**. For more information check www.canadiansymposium.org. Don't miss this chance to meet fellow professionals and collect new ideas to build, promote and advance home economics!
- Consider showing your appreciation to outstanding volunteers by nominating them for the **26th Annual Volunteer Awards!** Nomination Deadline is **February 27, 2009**. To DOWNLOAD nomination forms, please visit http://volunteermanitoba.ca/newsite/awards_dinner.htm
- **2009 Growing Local Food Security Conference February 20 & 21** at the University of Winnipeg. For the tentative conference agenda and to register go to www.manitobafoodsecurity.ca. For more information you can call 943-0823 or 1-800-731-2638.
- **World Home Economics Day (March 21, 2009)** theme is *Home Economics beyond 100 years: Empowering for the Digital World*. The International Federation for Home Economics (IFHE) is convinced that Home Economics Education has to play a decisive role for the Education for Sustainable Development. To download the full article or for further details visit: <http://www.ifhe.org/608.html>



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

Gourmand Winner wants to be known as a Home Economist

Home Economist James McIntosh, has received the influential Gourmand Cookbook award for Best UK Series Cookbook for his book *Mix*. This now qualifies him for the Gourmand's Best World Cookbook award.

Perhaps one of the most interesting things about James's story is that he wishes to be identified as a home economist. He feels that his skills are different from those of a chef, and would like a short descriptive sentence that he could use with the media, that would help him to define our profession to them. James would like your thoughts and he can be contacted at james@whisk.biz

Mix stood out from the other 6000-8000 entries because of its innovative concept that really helps the readers with practical, easy recipes. Edouard Cointreau, president of the Gourmand World Cookbook Awards, says that *Mix* is "a terrifically comprehensive guide to basic proportions in cookery, giving the quantities needed for simple, everyday family food."



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