



FACETS

From the President:

MAHE's Charting our Future initiative has been gaining amazing momentum over the past year. Once again thanks to the provincial board for getting this ball rolling and to everyone who has contributed, supported and given that extra little push.

We have now come to a point where we need to make changes to our constitution and by-laws in order to implement the first two strategic focuses, Member Services and Communication and our Professional Designation. At the 2008 AGM, your provincial board committed to work on the first two strategic focuses to get this renewal process started. These recommended changes will allow us to streamline how we operate MAHE internally, in order to allow our members or groups of members to work on areas of our profession that they feel passionate about, like the out reach through building a voice and the connectedness and special projects.

So in order to move forward the Provincial Board would like to ramp up the speed on and call a special meeting of the general membership. At our last board meeting in February, we felt that waiting for the AGM in October, 2009 to pass these recommended changes would deflate the energy and excitement that has been building. The March 21st event that is being planned to celebrate World Home Economics day, would have been a great opportunity to have a meeting of the general membership, however, our by-laws state that we need to give our membership 30 days notice of any vote on constitution or by-law changes.

It was decided to hold this special meeting of the general membership on the eve of our new membership year, April 30, 2009. This meeting will take advantage of technology and will be hosted in five locations across the province linked by teleconference technologies. Each branch is responsible for hosting their members by coordinating the facility and parliamentary logistics of this meeting. (More detailed information will be sent to the Branch reps.)

The entire board and in particular our Vice President, Getty Stewart, has done a phenomenal job of putting the changes together in a very easy to understand format.

I encourage you to:

- read through these proposed changes
- connect with your fellow MAHE members and have conversations about these changes and their implications
- attend the General Membership meeting on April 30 at a site most convenient for you
- contact your Provincial branch rep or member of the executive if you need more information on any of these changes
- think of the exciting initiatives MAHE members could get involved with in making a difference for individuals, families and communities once Strategies 1 & 2 are complete and we can move on to 3 & 4

Thanks for your input and support and looking forward to seeing you on March 21 or hearing you on April 30.

Myrna Grahn, PHEc

March 2009

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March is Nutrition Month!



Nutrition Month

Stay active. Eat like a champion.

Nutrition Month (March 2009) highlights foods that fuel active lifestyles. The campaign provides information on what to eat before, during and after activity.

Visit <http://www.nutrition2009.ca/home.aspx> for healthy eating tips to support an active lifestyle. The website also provides educational material designed for teens and adults.



World Home Economics Day March 21, 2009

The key theme of World Home Economics Day, Saturday March 21, 2009 is **Home Economics beyond 100 years: Empowering for the digital world.**

Home Economics content is based on many disciplines, a necessary attribute as the challenges of everyday life are rarely one-dimensional. As such the International Federation for Home Economics (IFHE) believes that Home Economics Education has a critical role in the United Nations Decade of Education for Sustainable Development. One hundred years of Home Economics Education has shown that it is able to fulfill the demands of the need for sustainable development education because it encourages:

- Interdisciplinary and holistic learning rather than subject-based learning
- Values-based learning
- Critical thinking rather than memorizing
- Multi-method approaches: word, art, drama, debate, etc.
- Participatory decision-making
- Locally relevant information, rather than national

In addition, Home Economics Education utilizes digital learning in order to make a valuable contribution to sustainable development. For further details visit www.ifhe.org

Join Home Economists in celebrating World Home Economics Day on March 21, 2009. Hosted by the MAHE Winnipeg Branch. To register call Ann Halbesma at 222-2554 or e-mail halbesma@shaw.ca Registration deadline is MARCH 18, 2009.

Links

Prince Edward Island Home Economics Association

The PEI Home Economics Association would like to share their newsletter with other associations across Canada. Along with a message from president Shari MacDonald, the Winter Newsletter includes information on events held within the association as well as upcoming events for Home Economists. View the Winter 2009 Newsletter at <http://www.peihea.org/WinterNewsletterFeb09.pdf>

Save Money on Groceries

The Ontario Home Economics Association published an article on tips to save money when purchasing groceries. Some tips are to plan meals before shopping, use coupons, prepare it yourself rather than buy ready-to-eat, and buy in bulk if you have the storage space. Read full article at http://www.ohea.on.ca/files/press_release/SaveMoneyOnGroceries.pdf or visit www.ohea.on.ca

International Federation of Home Economists

The March 2009 issue of Home Economics News published by the International Federation of Home Economists (IFHE) has been released. This issue provides information on the annual leadership meeting as well as upcoming events and other international Home Economics news. For more information visit www.ifhe.org

Why Chefs Should Consider Healthy Foods

The Canadian Culinary Federation has released the Winter 2009 issue of Mise en Place. The cover story discusses the importance of Chefs helping Canadians eat healthy by providing healthy choices on their menus. To view the newsletter visit <http://ccfcc.ca/en/content/view/13/21/>

Website Grader

Website Grader is a **free tool** that measures the marketing effectiveness of a website. Visit this website and then insert your URL (ex: www.mahe.ca). This tool then provides information on website traffic, search engine optimization (SEO), selected key words, social popularity and other technical factors. It also provides some basic advice on how the website can be improved from a marketing perspective. <http://websitegrader.com/>

AWARDS

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 Jennifer Dyck, PHEc - Awards Chair for nomination forms and details at jennifer.dyck@mts.net or 475-6958

Nomination Deadline: June 5, 2009

DISTINGUISHED SERVICE AWARD Winnipeg Branch

The Distinguished Service Award – Winnipeg Branch is presented to a deserving individual who has been nominated by 5 members at large, based on the given criteria. The award recognizes a member who has demonstrated integrity, leadership, scholarship and breadth of knowledge in the profession and who has contributed significantly to the profession and/or the Association.

CRITERIA

1. All nominees for this award must be a member of MAHE-Winnipeg Branch in good standing for ten years or more years.
2. Nominees for this award will be considered against the following criteria:
 - a. Demonstrates integrity, scholarship and breadth of knowledge in the profession.
 - b. Contributes significantly to the profession.
 - c. Has achieved outstanding accomplishments in the profession.
 - d. Demonstrates outstanding leadership in the profession and/or the Association.
 - e. Promotes the profession.
 - f. Continued volunteer service with MAHE-Winnipeg Branch.

If anyone is interested in nominating one of our Branch's many deserving members for this award please contact Marlene Baskerville – marlene.baskerville@gov.mb.ca – phone number 795-0930 - for the nominating form and further details.

CALL FOR NOMINATIONS EXCELLENCE IN TEACHING AWARD

The Excellence in Teaching Award is bestowed annually 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.

Nominations may be made by fourth year and graduate students enrolled in the Faculty of Human Ecology.

Please contact Jennifer Dyck, PHEc - Awards Chair for nomination forms and details at jennifer.dyck@mts.net or 475-6958

Nomination Deadline: April 10, 2009

Call for Applications for the Dr. Edith Rowles Simpson Family Finance Award

The Dr. Edith Rowles Simpson Family Finance Award is an annual award designed for potential leaders in the field who will invest their knowledge and expertise in improving the quality of life for families. This annual award is available to support updating for **individuals** or for **groups** through support of a seminar, conference or workshop. **Graduate students** are eligible to apply for support to attend specific up-dating events.

For more information on how to apply go to www.homefamily.net and click on 'awards'. The website includes a list of past recipients and the titles of their projects or e-mail Gwenna Moss at gross@mts.net

Deadline for applications is June 30

Congratulations to Amanda MacDonald. Amanda is the recent recipient of the MAHE Winnipeg bursary. In her letter to our branch, she said "My academic career has been a life changing experience overall and I am proud to be part of the faculty and the University of Manitoba. I look forward to continuing on this journey towards a completed degree and appreciate all sources of support along the way."

We look forward to getting to know Amanda better as she completes her degree and begins practicing her human ecology talents.



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