



Manitoba
Association of
Home Economists

November 2009

FACETS

President's Message:

The inscription on my coffee mug says "It's a great day to climb a mountain!" and after our first Board meeting, I know the 2009/2010 Board of Directors is ready and eager to lead MAHE's expedition. Thank you to every past Board member and Association volunteer for bringing us to this point. We are here at Base Camp because of you.

We plan to reach our summit by October 2010. The journey will include three key challenges:

- Implement a project to Build Our Voice and demonstrate what Professional Home Economists can do.
- Complete the improvements to the IPHE program with the development of three videos/webinars to replace the IPHE seminar.
- Build stronger relationships with graduating students and the Faculty.

Along the way, we'll be looking for your help and support. We'll be calling on you for IPHE mentorship, providing input at our upcoming Building Our Voice Café, assisting with our efforts to support the Faculty at the U of M, representing our Association at events and other associations, participating in networking opportunities, etc. Together, we can make it.

So what do you say, Let's go climb a mountain!

Getty Stewart, PHEc
MAHE Provincial President

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Position	Name	Region	End of Term
President	Getty Stewart	Winnipeg	2011
President-Elect (starting Oct. 2010)	Debora Durnin-Richards	Winnipeg	2011
Past President	Myrna Grahn	Winnipeg	2010
Finance Director	Carla Falkevitch	Parkland	2011
Secretary	Debra Kaleta	Parkland	2010
Director of Public Relations	Diana Mager	Eastman	2011
Director of Internal Affairs	Joan Butcher	Winnipeg	2011
Director of Membership Recruitment	Vacant		2011
Director of Communications	Rosemarie Holtmann	Central	2010
Director of Member Relations	Thelma Blahey	Interlake	2010
Government Representative (2)			
Registrar (Ex Officio)	Linda Hogue	Winnipeg	2012

PROVINCIAL CONFERENCE 2009

What's Making Headlines: Connecting Home Economics to the News

Natural Spaces - Better for the Environment and People

Climate change and the greening of the environment are certainly in the news. Erin Clement a recent graduate from the Faculty of Architecture, with a Bachelor in Environmental Design, shared with us how environmental policies can be intertwined with sound design principles for both beauty and environmentally friendly spaces.

With vivid examples, Erin explained how design is being used to minimize run off into city sewer systems and how water can be recycled particularly in public spaces. Green roofs and green spaces to collect and store energy and to beautify harsh cityscapes are made part of the landscape in many European and now some North American cities.

Perhaps one of the most intriguing concepts was the design of environmentally friendly natural play spaces where children can interact with the natural environment. The interaction and learning that children gain from these natural play spaces, reflect the basics of human development that Home Economists have long championed.

Erin showed us that “greening “ of public spaces need not be costly to the public purse, but rather requires the cooperation of policy makers and designers.

From a Home Economists perspective, the benefits to the environment, and the impact the beauty of well planned, green public spaces has on on human development and dynamics are well worth the effort.

Submitted by: Pat Orsak

Erin Clement
(Center)



Your Future by Design

The second speaker Saturday morning was Greg Anderson, a Financial Planner with the Royal Bank of Canada Financial Group. His presentation was "Your Future by Design" a program to help identify and plan retirement goals. This approach to retirement planning is not primarily financially based and he asked us to consider the areas we most value in life: family, health, home, lifestyle, legacy, mind and spirit, work or business. Once we establish personal priorities only then can a financial strategy be developed.

Mr. Anderson shared a number of interesting and surprising statistics about retirement and certainly had us all rethinking some of our thoughts regarding getting older.

Submitted by: Gerri Parker



Greg Anderson from RBC



Myrna Grahn presents the Gwen E. Leslie Memorial Lecture "Food Trends..in the Current Environment"

Facts on Folate

Dr. James House is with the Department of Animal Sciences at the University of Manitoba with a cross-appointment with the Department of Human Nutritional Sciences. Dr. House discussed the importance of folate in our diets. He suggests that we require twice as much folate in our diet than what has been recommended in the past. He is studying the link between the lack of folic acid in the diet to chronic disease such as cardiovascular disease, dementia and osteoporosis. He specializes in the link between folate deficiency and neural tube defects. He provided statistics and factual research which shows the reduction of neural tube defects with increased folic acid consumption during pregnancy. He is presently involved in the fortification of folate in eggs as a functional food. Dr. House also provided research suggesting that low folic acid intake increases the risk of colon cancer.

Submitted by: Carla Falkevitch



Dr. James House

Building Our Public Voice Café

Join us...
in person or online to...
discuss and select a project that we can
implement to demonstrate what Manitoba
Home Economists can do for the
community.

**Coming this December.
Stay tuned for more information.**



"Beef & Barley Shop" –
participants had to collect the
right amount of food products
to equal 25g of fibre.



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

Join the Team!

The MAHE newsletter team is looking for members who may be interested in helping with the newsletters. We are looking for representatives from each area so that we can include information from across Manitoba. If you are an individual who enjoys sharing the latest headlines in Home Economics or creating your own headlines contact Charlene at cvandenbosch@pwsd.ca