



Manitoba Association of Home Economists

FACETS

April 2009

Inside this Issue

- 1 From the President
- 2 MAHE General Meeting
- 2 Online Registration
- 2 World Home Economics Day
- 2 Canadian Council of Food and Nutrition
- 3 Branch Updates
- 4 IPHE Seminar
- 4 Human Ecology Centennial Path
- 4 Everything Flax

From the President:

As I was reading an article on "Lean Thinking" in the food industry, it occurred to me that this is exactly what MAHE has been working at accomplishing. We have been going through the process of combining the knowledge, skills and expertise of our members, streamlining the infrastructure and increasing the efficiency of our processes to produce a valuable outcome for our members and the clients that we serve.

Lean Thinking is centered on creating more value with less work. It is a present-day instance of the recurring theme in human history toward increasing efficiency, decreasing waste and using empirical methods to decide what matters, rather than uncritically accepting pre-existing ideas. Most of you would have received an email from the MAHE office with a "package of information" for our Provincial General Meeting on April 30th. I hope you all have taken the opportunity to read through it in preparation for that evening's discussion.

The constitution and by-law changes as well as the changes to some of our other programs have all been focused on improving the flow of the work that our Association does and to identify and eliminate waste in order to move towards improving the quality of our outreach and impact on individuals, families and communities.

A successful Lean transformation for MAHE depends upon the active involvement of the entire association. As we have watched our membership decrease over the past few years, we have spent a lot of time navel gazing and now is the time to look outward to focus on the future. Changes take place in daily steps, sometime leaps.

The future of your Professional Association will be shaped by the outcomes of the April 30th meeting. *If you have ever watched a young child play with a Transformer toy or even taken a stolen moment to try it yourself, you will soon realize that by moving the fundamental pieces around you can create an entirely new toy. The same basic foundations are still there holding the toy together but it has transformed in every other way... a new look and more powerful mission* This is your opportunity to transform your association.

Your participation, in person or at least by proxy, at this meeting is the first step, but we need your involvement in the implementation of these changes in order to create a culture of strategic growth over the next few years.

The Provincial Board has also been providing the other critical key to success in this type of transformation and that is strong and active leadership. Thank you to each one of you for your ongoing contributions to this process.

Cheers,
Myrna Grahn, PHEc
MAHE Provincial President

Did you attend the 2009 Nutrition Forum?

The MAHE newsletter team is looking for a member of MAHE who would be interested in submitting a short article on the 2009 Nutrition Forum for the May 2009 issue of Facets. Any members who are interested please contact Charlene at cvandenbosch@pwsd.ca. The deadline for submissions is May 13, 2009.



MAHE General Meeting *Locations and Details*

Thursday, April 30 at 7:30pm

Winnipeg Branch - Winnipeg- Faculty of Human Ecology
Room 216 at the University of Manitoba
Parking is free after 4:30 p.m.

Southwest Branch - Brandon - Manitoba Hydro Office
235-10th Street, Conference Room B
Use employee entrance at north end of
building

Central Branch - Carmen - MAFRI Office Boardroom

Parkland Branch - Russell - MAFRI Office
434 Main Street North

Interlake Branch - Member's home TBD

The Board encourages all members to attend and participate in the exciting progress of Charting our Future. Please review and bring a copy of the proposed bylaw changes with you to the meeting. If you are not able to attend, please complete a proxy form and forward it to another member or the Secretary of MAHE.

Online Membership Renewal

Online membership renewal is now available via the MAHE website at www.mahe.ca. You should have received an email advising you of your personal user ID and password. This will enable you to log into the Members Only portion of the website. Once you login, you should change your password. To pay membership dues online, click on Join MAHE/Online Registration at the top of the page. This will bring you to the Paypal membership plan options, which are based on member class (regular or reduced), branch selected and whether you join IFHE. If you prefer to renew your membership by mail, simply print off the Membership Renewal Form and the Limitation to Use of Personal Information form (if desired) from the website. The General Instruction sheet and the MAHE Code of Professional Conduct are also available for review and printing, if desired. Complete the forms and mail to MAHE, along with a cheque (payable to MAHE) for your membership dues.

Membership renewals should be completed by April 30th.

Welcome
Jennifer Allan
to the MAHE newsletter team!

Canadian Council of Food and Nutrition

Looking for more ways to keep up with current developments in the field of nutrition?

The Canadian Council of Food and Nutrition has a website and you can become a member! Sign up at www.ccfm.ca and gain access to peer-reviewed journal publications, web-casts, discussion forums, and press releases to keep you informed. Become a member and you can receive email updates immediately.

World Home Economics Day

World Home Economics Day was celebrated on March 21st with 38 people in attendance to meet, network and celebrate the event.

The theme of the day globally was “**Home Economics beyond 100 years: Empowering for the Digital World**” and reflected on the many roles of Home Economics in today’s world.

One such role is a social responsibility where Home Economics has the potential to be influential in all sectors of society by intervening and transforming political, social, cultural, ecological, economic and technological systems, at global or local levels.

Our speaker for the day was Diana Mager, PHEc who spoke on the topic “**Building Community Leadership – A Role for Home Economists Locally and Globally**”.

As home economists, we have the ability to empower communities by facilitating effective community engagement. Diana spoke on how to use communication tools, such as Open Space Facilitation and Appreciative Inquiry to create strength based change in organizations and communities. She walked us through some of the exercises and theory behind these two interesting concepts and challenged us to look at the roles we do play in our communities. We have the ability to play significant roles in working with groups and communities these tools can help our effectiveness.

The members attending were motivated by the presentation and left with a renewed confidence in their work with others.

A big thank you to Eleanor Menzies, Tarrah Jakubowski and Ann Halbesma for organizing and coordinating the event.

BRANCH UPDATES

CENTRAL BRANCH

The members of Central Branch have been dedicated and relentless in their work on the Continuing Education Committee and in getting out the new and improved MAHE CONTINUING EDUCATION PROGRAM that is effective immediately and I must say, personally, that it was a breeze to renew my membership this year!!

On February 24th, we had a meeting in Morden featuring speaker, Kimberley Klassen who addressed the subject of families and mental health.

Our Central Branch AGM will take place on Thursday, April 30th (not on May 12th as previously scheduled) at the MAFRI Office in Carman, commencing at 6p.m. for supper and the AGM followed by the Provincial Conference Call at 7p.m.

Respectfully submitted by Central Branch's Representative,

Rosemarie Holtmann PHEc

SOUTH WEST BRANCH

Bea Jolly and Kay Addison retired MAHE members judged the Home Ec. Related projects at the Westman Science Fair in March.

The South West Branch is looking forward to the meeting on April 30th where we will discuss the future of our Branch after the province wide teleconference.

Marguerite Molgat Hughes is representing MAHE on a committee of the Brandon Food Bank to provide support to the local food bank and patrons of the Samaritan House.

Once again this year we are putting on the Fundraiser Dinner for the Marquis Project at Susan Proven's Fairmont Bed & Breakfast on May 2nd with a Mexican menu.

Sincerely,
Stacie Cardy, PHEcEd

Interlake Branch update will be included in the May 2009 issue of Facets.



WINNIPEG BRANCH

The Winnipeg Branch has been busy this past while with a number of projects.

Executive Meetings

In order to look at meeting the requirements of the executive as well as being sensitive to everyone's busy lifestyle it was decided that a regular monthly meeting was not necessary and we would meet as the activities required. As another time and energy saving action, the Executive have met a number of times this year by conference call. This saved driving times and accommodated some of the executive members who live outside the city limits. These actions will be reviewed at the end of the year by the Executive to see if this will continue.

Ringin Ceremony

A committee has also been looking after the Ringin Ceremony for graduates from the Faculty who have ordered a grad ring. It will take place on May 27th at the Faculty Club at the U of M. 16 graduates will be presented with their rings at this ceremony.

Newsletter

Along with members from other Branches, this year saw the amalgamation of the Winnipeg Branch and provincial newsletters. The goal was to put out more issues with fewer pages while keeping information current and informative. Members have been asked to provide feedback on the new format and initial responses have been very positive.

Annual General Meeting

The Winnipeg Branch Annual General Meeting is scheduled to be held on June 9th. Details are to be confirmed and discussion about the future of MAHE will no doubt be part of the meeting depending on decisions made at the general membership meeting on April 30th.

Marlene Baskerville, PHEc

PARKLAND BRANCH

In March MAHE- Parkland co- sponsored Dr. Dean Kreillaars to speak to Grade 7-12 students from Binscarth, Birtle, Inglis and Russell Schools. Dr. Kreillaars presented an excellent message on informed decision making to the students. His message of balancing food intake and activity as well as his knowledge around sports and everyday nutrition was well received.

The branch also provided support to a local women's conference, where legal issues and wellness were the main topics.

MAHE - Parkland, is now working on the provincial conference which will be held October 16 & 17 in Russell.

Pat Orsak, PHEc

IPHE Seminar

The last IPHE seminar was held Saturday, April 25, 2009 at the MAFRI office on Scurfield. This year there were 8 participants and 5 MAHE members in attendance. At the seminar, Wendy Bulloch facilitated. Myrna Grahn brought greetings on behalf of MAHE Provincial and discussed the new direction of the association. Linda Hogue spoke about labour mobility and the new continuing education points tracking system. Lindsey Mazur and Marlene Baskerville spoke about the benefits of the PHEc designation and the importance of having a code of conduct. All reviews of this year's seminar were positive and we look forward to hopefully welcoming 8 new IPHE members into the MAHE organization in the near future.

As part of our strategic plan the IPHE seminar is changing. Right now a committee consisting of Lindsey Mazur, Marlene Baskerville and Lindsay Lawrence are surveying IPHE members, past and present, to determine the most important aspects of the current program. We will then re-work the program into smaller units that will need to be completed in conjunction with an IPHE member and their mentor. The goals of revamping the IPHE process are:

- 1.) To make the program more convenient for members to complete as they will be able to complete portions of it online instead of waiting to attend a seminar that is only held once a year.
- 2.) To give more structure and purpose to the meetings between IPHE members and their mentors.
- 3.) To increase the credibility of the IPHE program and to ensure a certain standard of learning is met.

If you have any questions on this process or would like to offer your feedback on the IPHE program, please contact any of the three committee members mentioned above.

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

President	Myrna Grahn	239-4237
President Elect	Vacant	
Vice-President	Getty Stewart	475-1245
Past President	Carolynne Nickel	842-3822
Director of Finance	Keneen Bridgeman -Magnowski	773-3284
Secretary	Jennifer Dyck	475-6958
Registrar	Linda Hogue	453-8007
Central Branch	Rosemarie Holtmann	857-9982
Interlake Branch	Jayne Kjalldgaard	467-8462
Parkland Branch	Debra Kaleta	648-7322
Southwest Branch	Stacie Cardy	874-2228
Winnipeg Branch	Lindsay Lawrence	324-6599
Admin Assistant	Linda Hogue	453-8007

EVERYTHING FLAX

Everything Flax: More Than 100 Ways to Work Flax Into Your Everyday Diet is a new book from Saskatchewan home economist Linda Braun. The book includes flax facts as well as the benefits of including flax in your diet. The book also provides various recipes with flax. *Everything Flax* can be purchased at Chapters, Coles or Indigo stores or online at www.mcnallyrobinson.com



HUMAN ECOLOGY CENTENNIAL PATH

Human Ecology Centennial Path - help beautify our building to prepare for the 100th anniversary in 2010 and to create a legacy. Purchase a brick before **May 15th** to guarantee installation before the centennial celebrations. You can have your brick engraved with a personalized message. Benches and planters may also be purchased and engraved with a personalized message.

Your gift will support the faculty by helping to attract high-caliber students and researchers who will become the future leaders of our community.

Click on the above attachment for the order form or contact Glenda Parsons at gparson@cc.umanitoba.ca or phone 204-474-7045



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