

FACETS NEWSLETTER

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Meet our Board of Directors

Getty Stewart, PHEc, B.Ed. – President

Since graduating from Human Ecology (Comprehensive) and Education in 1992, my work has involved teaching, marketing and promotions for Centra Gas, leading public education and patient services at the Canadian Cancer Society and operating my own speaking and training business. Currently, in addition to raising my family (2 kids aged 7 and 9) and helping at IBEX Payroll (a business owned by my husband and I), my time and energy is spent on projects and activities that focus on supporting and building families and communities. It gives me a great feeling of accomplishment to initiate and be part of projects like **Fruit Share** - a community fruit gleaning program, **Manitoba Veggie Delight** - a vegetable gardening blog, **Plant it Forward** - a community-based fundraiser for Habitat for Humanity, and MAHE activities like the **Farm to School Healthy Choice Fundraiser** and **MAHE TV**. What lies ahead is like a gift waiting to be unwrapped – not sure what it is, but probably something good!

MAHE Goals and Plans 2011

In this, my last term as President of MAHE, my role will be to support the staff and Board of MAHE in whatever way needed to accomplish our goals and to ensure a smooth transition for next year. We're committed to increasing the profile of MAHE and PHECs and to promoting our members and the work they do. To do this our plans for 2011 include: enhancing member services and communication, providing more programming and networking opportunities, building strong partnerships with other organizations, expanding the Farm to School Healthy Choice Fundraiser, launching a HomeFamily blog, updating our policies and procedures, engaging students, updating the IPHE Program, promoting Basic Skills for Living, and begin investigating curriculum changes. For more details check out our website under *About MAHE – Board Action Plan*.

Debora Durnin-Richards, PHEc – President-Elect

As your President-Elect, I am excited about joining the team of leadership for MAHE. It isn't always that a person enjoys the work as a Board member for an organization. But I have to tell you, with the 'Charting

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our Future' focus and strategy, I'm feeling inspired and having fun as we Board members work together towards a common purpose. I have some specific responsibilities in this position but as a team, we are all finding ways to use our interest and skills to contribute to the Action Plan. I am working at reaching out to other organizations and professionals, seeking ways to increase the profile of the PHEc. So I hope to build more bridges to groups such as the Manitoba Women's Institute, Consumer Association of Canada and faculty staff in Human Ecology. There is a good chance that the government will be making appointments to our Board sometime this year and it will be great to have active participants from outside our organization getting a first-hand taste 'of what we've got to offer'! And it will be my pleasure to be speaking to members, discussing their thoughts on the direction we need to go as a professional organization and to invite people to participate. As the Chair of our nominations committee, I encourage you to think about joining us at the board table as an elected Director beginning at the fall AGM. Give me a call at 897-4150 if you would like to talk more.

ANN HALBESMA PHEc - Secretary

After a 30-year career in Home Economics Education, I retired from the River East Transcona School Division in 2005. I have volunteered in a variety of roles and positions with the Manitoba Home Economics Teachers' Association and MAHE-Winnipeg Branch. In my retirement, I continue to volunteer in my church community and have taken up quilting as a hobby. I am pleased to serve as secretary for the Manitoba Association of Home Economists Board of Directors. I see my role as primarily a supportive one - to support my colleagues on the MAHE Board of Directors as they work to accomplish their goals for the coming year.

Diana Mager, PHEc, Director of Public Relations

Over the past 16 years, I have been fortunate enough to follow several different career paths after graduating in 1995 from Human Ecology (Food and Nutrition) – all with the same overall theme: communications. Whether it was working as a Winnipeg Hydro Home Economist or currently, as the Eastman Retail and Sponsorship Promotions Representative at Manitoba Hydro, people (and food) are my passion.

At home, I find my skill set leaning more towards mediation and human resource management between my daughter (13) and son (11). I have also delved into the cottage industry world by starting a home baking business and have become my husband's office / marketing assistant as he pursues his new career path as a licensed financial advisor.

Public Relations Plans for 2011

It seems like pursuing new opportunities is the direction I'm headed in 2011, so why stop at career and family? There's a new public relations path for MAHE this year to build – the HomeFamily.net blog. The purpose of the HomeFamily.net blog is to promote and support the work of Professional Home Economists (PHEc's) in Manitoba and the work that they do to improve the quality of life of individuals, families and communities. If you have a great story or article to share, we'd be happy to blog with you!

Myrna Grahn, PHEc – Director of Member Relations

Mom of two children, 9 and 6 years old. We spend a significant amount of time at hockey rinks, dance studios, gyms and at music lessons. I work for Manitoba Agriculture, Food and Rural Initiatives as a Functional Food and Nutraceutical Specialist. I have moved twice in the past year!

Goals for this year in my board position is to plan and host several well attended MAHE events across the province. Always to complete the IPHE program update including the webinar.

Lindsey Mazur, PHEc - Director of Membership Recruitment

I am thrilled to start my second year as DMR with increased human resources—The Membership Recruitment Committee. Jocelyne Gaudet, Meghan Rafferty, Lauren Schultz and Carly Ducheminsky of HESO have volunteered for the committee this year. We are continuing to increase our connection with students by recruiting several PHEc speakers for Professional Development for students and for the ACHES Conference. The HESO website was just recently updated with information about MAHE for students and a link to MAHE's website. We look forward to other recruitment opportunities through continuing to offer free 3rd Year Memberships and speaking to 3rd Year classes on Professionalism and Ethics. We encourage all members to join the membership recruitment initiative by taking the time to

network and connect with students at events or connect with human ecology alumni. These connections are the future of MAHE and PHEc's. Ready, set.....start connecting!

Tarrah Jakubowski, PHEc, Director of Communications

Upon my graduation from Human Ecology I had enjoyed working for such organizations as Manitoba Pork Council, Manitoba Dairy Producers, Health Science Center and Victoria General Hospital. Presently I am enjoying my time raising two daughters (ages 3 and 1). As a family, we enjoy cooking together and incorporating healthy ingredients into our recipes.

I have a passion of Human Ecology and I look forward to keeping our members informed of the exciting and innovative events that this year's board is planning. If you have any ideas for more effective ways of information sharing to the MAHE members and Human Ecology Students, I would invite you to contact me (tarrah.jakubowski@gmail.com).



Upcoming Events

More than Memories: Stories from our past: The University of Manitoba Faculty of Human Ecology Centennial 1910-2010 Book Launch

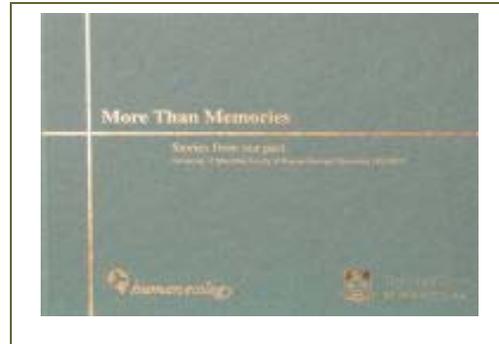
Please join MAHE for a pre-reading dinner while you mix and mingle with colleagues from your association and faculty.

February 2, 2011

Dinner at Prairie Ink Restaurant
Grant Park Mall, Winnipeg

5:00 Arrival and Networking
5:30 Dinner
7:00 Book Launch and Reading in the Atrium at McNally Robinson on Grant
Michael Eskin and Glenda Parsons – Reading

Dinner Cost: \$22.00



Dinner Menu Options:

- 1) Wild Mushroom Ravioli
- 2) Beef Tenderloin Tips
- 3) Chicken a la King
- 4) Veggie Lasagna

To Register for the first MAHE event of 2011 please complete the registration sheet included with the newsletter and send it in with your dinner selection and a cheque for \$22.00 made payable to MAHE by Friday, January 28, 2011.

Volunteer Opportunities

Member Relations Director is looking for a few short term teams to plan the 2011 events.

Your Opportunities to get involved:

- 3 – 4 members to plan the World Home Economics Day Celebration this March. We are looking at hosting an outreach dinner/event to showcase what MAHE has to offer to other organizations and associations.
- 2-3 members from rural Manitoba to participate in planning and hosting simultaneous events across the province.
- Conference planning team from the area surrounding Brandon to plan the Fall MAHE Conference.

We have some great ideas so please contact Myrna Grahn to hear more about these events and if you are interested in helping out. She can be reached at mdgrahn@shaw.ca or 204-489-4304.

I am looking forward to hearing from you.

Farm to School Healthy Choice Fundraiser - Exceeds Expectations!

What was planned as a small, 25 school pilot project turned into a wildly successful and popular new fundraising project for schools. From the official launch on October 7 to the last delivery on December 15, 2010, 65 schools from across Manitoba (20% northern, 44% rural and 36% Winnipeg) participated in the Farm to School Healthy Choice Fundraiser. Students sold over 116,000 lb of vegetables. To give you some perspective, that's 7,736 bags, or 20 grain trucks or 2 1/2 semi-trucks full of veggies! And, an additional 120,000 lb of veggies were donated to Winnipeg Harvest who in turn shared them with food banks throughout Manitoba. That's pretty impressive for a "little pilot project". MAHE is a proud partner in the project along with the Province and Peak of the Market. The final evaluation is well underway with the final report due in March. Then, it's on to plan for the fall of 2011. As MAHE members, we're looking for your help in promoting the program around the province and ensuring schools "Enroll Now" on the www.farmtoschoolmanitoba.ca website so we can predict numbers for next fall.

If you're curious about what communities participated, check out this map.

<http://maps.google.ca/maps/ms?ie=UTF8&hl=en&msa=0&msid=217434728992719475980.00049998e7196049532af&z=6>



Association of Canadian Human Ecology Students (A.C.H.E.S.) 2011

By Carly Ducheminsky (co-chair)

The Association of Canadian Human Ecology Students is an organization that holds annual conferences by university students across Canada. The goal of the conference is to bring students together to explore Human Ecology and share ideas and developments from different areas of Canada, thus expanding knowledge in the field. The four schools in the constitution include: The University of Manitoba, Brescia University, The University of Alberta, and The Université de Moncton. The University of Manitoba hosted the 2011 A.C.H.E.S. Conference from January 13th to 15th. The theme of the conference was "It's a Small World," and featured speakers, food, and tours from many different cultures around the world. Each day of the conference concentrated on a different perspective of Human Ecology. The first day of the conference focused on Home Economics in the individual. The second day gave the delegates a community perspective of Human Ecology, and the third day focused on Human Ecology throughout the world. Speakers included Professional Home Economists such as: Darcey Adrian, Lindsey Mazur, Joan Butcher, Nancy Schneider, Myrna Grahn, and Wendy Bulloch, and Intern Professional Home Economist, Josh Lockhart. The delegates explored Manitoba through different tours including: Siloam Mission, The Richardson Centre for Functional Foods and Nutraceuticals, and the Manitoba Hydro Building. The University of Manitoba's A.C.H.E.S committee would like to thank M.A.H.E

members for their donations in time, money, and gifts for the conference. Without M.A.H.E., the conference would not have been such a success!

