

Facets Newsletter

Manitoba Association of Home Economists

Manitoba Association of Home Economists, Box 582, Station Main, Winnipeg, Manitoba, R3C 2J3

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Page 1... Memorial-Betty Feniak

Page 2... Faculty Restructuring

Page 3... Research

Page 4... MB Mom wins Cookie Contest

Page 5-6...4H 100th Anniversary

Page 7... MAHE on Breakfast TV
MAHE in the News

Page 8... For Your Information
Editor's Note

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Chantal Lavoie

Lisa Bouskill

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Long Time Advocate of Professional Home Economists- Betty Feniak, PHEc.



Born: June 17, 1920

Date of Passing: April 7, 2013

Betty was a long-time

advocate for the profession of

home economics, an active

member of the national,

provincial and local home

economics Associations, as well as a founding member of the

Canadian Home Economics Foundation. Betty passed away at 92

years old and led a wonderful long and fulfilling life. She greatly

improved the quality of life of all who knew her - students, family,

friends, colleagues and peers.

To view Betty's obituary and sign her guest book click [here](#).

Faculty restructuring a brief overview of MAHE Position Statement

Debora Durnin-Richards, PHEc, M.Ed. President

As many of you know, the University of Manitoba is undertaking an Academic Structure initiative to reduce the number of Faculties from 20 to 13. The rationale is for cost effectiveness in tough budgetary times/cutbacks but also some attempt to modernize the university. Unfortunately, with this initiative, Faculty of Human Ecology will most likely be impacted as one of the faculties that loses its status. The strongest proposal on the table is to roll the Faculty into a new big Health Sciences Faculty but in doing so, the name will disappear and the program of study is also in jeopardy.

It is hard to keep up with the latest round of negotiations, but you can check out the official status of this initiative on the Uof M [website](#).

So what has MAHE done about this issue so far? Well, a number of people have been active in trying to achieve the following outcome:

1. That the Human Ecology/Home Economics program of study will be maintained, in fact enhanced, as a whole unit.
2. That the program of study will be clearly identifiable and accessible for students looking for Human Ecology/Home Economics. In fact, the program of study must have a Champion/Lead to ensure the interests of the program are maintained, kept up to date, and promoted to students, potential students and employers.
3. That the program of study graduates students that other Faculties (i.e. Education and Agriculture) and employers can recognize as human ecology/home economic graduates as there is a strong social and business case for the profession of home economics in the workforce.

This is the message that we are giving in all our lobbying efforts. So far, we have achieved the following:

- a. Developed a Position Statement – this provides the rationale for our position. This is the attachment. **Feel free to use it in any way you feel that would benefit the effort.**
- b. Met with Deans of Human Ecology and Education and the Vice President (Academic) and Provost
- c. Submitted Resolutions that were approved to Manitoba Women's Institute and Provincial Council of Women Manitoba. We expect letters to go to the President, Senate and Board of Governors stating our position and expectations.

And now, we are asking you to get active in the lobbying efforts if you can. Please write/email or talk to any of the following decision-makers and explain your position and expectations:

- Any Faculty of Human Ecology member or the Dean – individual faculty staff and the Dean have a lot of influence on the recommendation that they put forward for Human Ecology departments or even individual specialties.
- Anyone that you may know in the Senate that you might be able to explain and influence the decision at that level. Here is the [website](#) for Senate.

- Anyone you may know on the Board of Governors – same discussion – [here](#).
- The Chancellor, Harvey Sector – same discussion – [here](#).
- Anyone you may know on the Council of Postsecondary education (COPSE). This body must approve the academic structure initiative that the President of the U of M puts forward – [here](#).
- Minister Erin Selby or anyone in the Executive of the department – she is the Minister of Advanced Education and Literacy – the Minister responsible for COPSE
- Minister Jim Rondeau – he is the Minister of Healthy Living, Seniors and Consumer Affairs and is responsible for our Act.
- Any elected members of the Legislature that you may know – you never know what influence they may have on the outcome, even though they have no authority on the matter.

MAHE has written a Position Statement letters has written and any other material that you might find interesting or useful on to our [website](#). Click on the resources tab for the Position Statement and other documents. You do not have to Log in as a member – so anyone can find the documents if they want to.

The position that MAHE is taking is for the program of study for Home Economics/Human Ecology – not just for MAHE. So, **please share this message with any HEC grad or anyone else** that may be interested and able to help get the message to the University.

If members send a letter, email or have an individual conversation with someone, **can you let us know?** It might be helpful to have some statistics/data showing the concerns raised. So cc MAHE on your communique –

- Email address is mahe@mahe.ca.
- Mailing address is P.O. Box 582 Station Main, Wpg, R3C 2J3.

Thanks for any lobbying activity that you may be able to do at this time. The future of our university program of study is in jeopardy but I think we can influence the outcome of the decision if the University gets a clear message that the professional practice of home economics is a much needed, much valued, much respected and regulated profession that meets a demand in the workforce. And in fact there are increasing gaps in the workforce in specific areas of the professional practice such as teaching home economics in our schools.

Research update: Sneak Peek

Chantal Lavoie, Human Nutritional Sciences Graduate

In preparation for the 2013-2014 Manitoba Partnership Dietetic Education Program (MPP), 20 pre-selected students are conducting some interesting research with professors and professionals within the field. Here is a little preview of the research in progress for the April 2013 poster presentations at U of M:

- 1) Surveying nutrition and kinesiology students on their use of smartphone applications (apps) related to health, nutrition and physical activity.
- 2) A questionnaire on body image satisfaction, looking to understand whether different faculties have a different degree of satisfaction with their body weight.
- 3) Evaluating behavior modification and knowledge translation of health care providers in long term care facilities on whether "Education in a Box", an educational tool, has changed their perception on how they deliver mealtimes for patients.
- 4) Assessing nutritional support in the burns population, through chart reviews from burns patients at HSC.
- 5) Evaluating the intake and malnutrition rates of patients at HSC based on chart reviews and a tray-check tool.

In preparation for the 2013-2014 Manitoba Partnership Dietetic Education Program (MPP), 20 pre-selected students are conducting some interesting research with professors and professionals within the nutrition field. One group of students were able to participate in the Health, Leisure and Human Performance Research Institute (HLHPRI) research poster competition, and placed second in the Undergraduate category. Here is a peak at their

research, entitled "iHealth: Student Perceptions and Usage of Health and Fitness Apps".

Objectives: To investigate the types of health and fitness (HF) applications (apps) being used, how often, users' perceptions towards these apps, and whether these apps would be recommended to others. **Methods:** A convenience sample of 107 participants (n=70 female, n=37 male), primarily kinesiology and nutrition students, were recruited to complete a questionnaire about types of HF apps they use on their smartphones/tablets. **Results:** Nearly all participants owned a smartphone (n=101; iPhone n=68, Android n=16, and Blackberry n=15), while 64.4% reported having used HF apps. Frequency of app usage occurred mostly once a month (36.1%), followed by several times (22.6%) or once a week (18.1%). The three most common apps were *My Fitness Pal*, *Calorie Counter*, and *Nike Training*. Trust in these top apps was associated with advertisement exposure (32.7%), and they were described as user-friendly because they were easy to navigate (33.9%), and easy for data entry (23.1%). Participants used apps for weight management (17.1%), physical activity (16.9%) and as a motivational tool (16.4%). Participants would recommend to colleagues (C) or to the general public (GP) the apps *Nike Fitness* (C=90%, GP=90%), *Calorie Counter* (C=30%, GP=0%), and *My Fitness Pal* (C=59%, GP=47%).

Implications and Conclusions: Majority of smartphone users have used HF apps. More information is needed, especially regarding credibility and source of information, before incorporating apps in health professions. Future studies should develop an evaluation tool for existing apps, and involve HF professionals in the design process. **Keywords:** smartphones, health and fitness, applications

Steinbach Mom Wins "My Cookies are the Best" Contest

Lisa Bouskill, Human Nutritional Sciences Graduate

This past April 12-14, 2013 Jeanine Friesen from Steinbach, Manitoba was enjoying herself at the Hockley Valley Resort in Orangeville, Ontario at the Food Bloggers of Canada (FBC) conference. Jeanine won the trip to Orangeville for winning the "My Cookies are the Best" contest which was held by the Manitoba Canola Growers Association (MCGA). The requirements for the contest were that the recipe must contain canola oil as the fat, the blogger must mention MCGA and FBC in their blog entry, and there must be a picture and story about the cookie. There were two winners of the contest with Maya Moscovich from Halifax, Canada being the other lucky recipient. The cookie recipe Jeanine used to enter the contest was her gluten-free sour cream cookies which are pictured below and the link for the recipe can also be found below.

<http://www.thebakingbeauties.com/2012/10/gluten-free-sour-cream-sugar-cookies.html>

Jeanine is married with two children and in 2008 she was diagnosed with Celiac disease. Jeanine has always had a passion for cooking and baking and once diagnosed she made a commitment to try and develop delicious gluten-free recipes that she and others with Celiac disease could still enjoy.

Throughout her blog, which is all 100% gluten-free recipes, she has numerous recipes for breads, cinnamon buns, cupcakes, muffins, pancakes, cakes, or cookies, as well as main dishes, appetizers, beverages and more.

This past February, 2013 Jeanine also released a book entitled "The Everything Guide to Living Gluten-free". The book contains over 100 gluten-free recipes, as well as information on what gluten is, how to read food labels, tips for travelling, and why it is important to follow a gluten-free diet with Celiac disease. The book can be found at Chapters/Indigo, Amazon, and Barnes & Noble. If you have not yet had the opportunity to check out Jeanine's blog, I highly recommend you do as there are heaps of mouth-watering recipes as well as valuable information and insight for all.

<http://www.thebakingbeauties.com/>



Dairy Cows to Digital Cameras: Changes to 4-H in 100 years

Submitted by: Meghan Rose MSc, Rural Leadership Specialist, Manitoba Agriculture, Food and Rural Initiatives and Clayton Robins, Executive Director, Manitoba 4-H Council

Nearly all Manitoban's have heard of the 4-H program. Many know it has ties to agriculture, public speaking and community service, but where and how did 4-H originate in Canada?

You may be surprised to learn that 100 years ago 4-H began right here in Manitoba. It is recognized that Roland, a village of approximately 300 people 16 kilometres north of Winkler, was the birthplace of 4-H. In the spring of 1913 the villages of Roland, Neepawa, Manitou, Darlingford, Oak Lake, Starbuck and Warren held the first organizational meetings for Boys' and Girls Clubs. The clubs were organized by the Manitoba Agriculture College with the purpose of improving agricultural practises in Manitoba.

Projects during these early years included poultry, potatoes, fodder corn, grains and grasses. In 1928, Junior Seed Clubs were formed with the goal of improving the quality and quantity of seed used in the province for production and exhibition. In fact these clubs played an important role in the development and distribution of new varieties in Manitoba, especially during the cereal rust epidemic of the 1930s. Around this time other specialty agriculture clubs arose including dairy, beef, swine, and sheep clubs. The objective of the beef clubs was to improve the Manitoba herd quality. The Beef projects have been one of the most popular since the 1950s and in fact had the highest membership enrolment in 2011-2012.

In the early years of the Boys and Girls Clubs very few young women took part in the livestock and crop projects and in 1914 home economics clubs (clothing, cooking and preserves) began. Clothing clubs grew steadily until the 1960s when sewing project membership peaked at 3,859 in 1968. Some

of the project work in these clubs included embroidery, knitting and sewing articles.

By 1963 4-H had reached its 50th year in Manitoba and had responded to many changes in rural communities. Ages of enrolment continued to change and by 1970 the program consisted of members ages 9 to 19 years. Multipurpose clubs began to arise, in part due to the wide variety of projects available in 4-H and the changes to rural living.

The 'new' projects of the 1970-1990s included home economics projects like Home Design, Babysitting, On Your Own, Home Nursing and Money Management. There was also a move to general projects to engage youth in activities outside of agriculture and home economics. Some of these projects included Mechanics, Make Way for Wildlife, Woodworking, Adopt-A-Grandparent, Microwave cooking, Snowmobiling, Rabbits and Photography. Light Horse and Pony projects became widespread in the early 1960's and the first 4-H Light Horse Show was held at the Provincial Exhibition in 1968. A new Equine project series released in 2012 has the second highest enrolment in the province.

In 2009 many of the popular 4-H projects were given a new look; sewing became the Fibres and Fabrics Series, Cooking - the Food Series, Looking Good and Feeling Great - the Body Works Series. To stay current and relevant to youth, new projects were developed in the Technology Series (digital cameras and presentations), the Leadership Series and the Machine Series (rocketry and welding). Each series has the levels Explore, Discover and Master which help youth build on material they learn year to year. The 4-H program has always been flexible. Projects that allow members to plan

their own goals and actions have been available under different names over the years – Self Determined Project, Create-a-Project and now Pick-a-Topic.

4-H Manitoba has seen many changes over 100 years and many youth have had positive memorable experiences in clubs all across the country. The goal of the 4-H program is no longer to help disseminate advanced agricultural information and techniques to rural farms but one purpose remains the same - the personal development of youth in rural Manitoba. Building the important life skills and character traits in youth like communication, decision-making, service ethic and responsibility, honesty and respect will always be the objective of the 4-H program.

To celebrate the 100th Anniversary of 4-H, many activities have been held across the country.

In Manitoba, 4-H clubs throughout the province will celebrate this milestone locally in their communities.

On April 23, long-time 4-H leaders were invited to 4-H Day at the Manitoba Legislature. Premier Selinger and Agriculture Minister Kostyshyn presented them with certificates and tokens of appreciations at a reception.

4-H Canada held their AGM in Winnipeg in honour of the 100th anniversary and Manitoba's role as the birthplace of 4-H in Canada. In conjunction with the meeting, a Manitoba Social and a Gala reception were held on May 29 and 30 respectively. On May 31 Premier Selinger joined other special guests at 4-H Night at the Museum in Roland. On June 1 the McConnell 4-H Beef Club celebrated being recognized as the oldest, consecutively running club in Canada with the unveiling of a cairn and special presentations.

On July 10, 2013, in recognition of their contributions, 4-H Manitoba leaders will be honoured with induction into the Manitoba Agricultural Hall of Fame at a ceremony in Winkler.

Continuing the 100th anniversary celebrations, 4-H Fun Fest will be held at the Carman Country Fair July 11-13, 2013. 4-H members from around the province will bring their projects to compete for prizes and a chance to win a trip to the 2013 Nova Scotia 4-H Pro Show in September.

For more information about the 100th Anniversary of 4-H, visit the 4-H Manitoba website at www.4h.mb.ca

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Contribute to our MAHE Blog, great content starts with you! www.homefamily.net



MAHE on Breakfast Television

Did you know that there are TV stars among MAHE's membership? MAHE's PR Committee continues to regularly provide tips to individuals, communities, and families through monthly morning segments on *CityTV's Breakfast Television*. Keep an eye on your email inbox to find out when our next performance will be!

Tune in for MAHE TV every second Tuesday of the month. This summer watch for sun safety health tips, a segment on sewing basics in August and in September don't forget to tune into MAHE Breakfast TV for a segment on Farm to School Manitoba Healthy Choice Fundraiser. Find out what is coming up this year on MAHE TV and watch past episodes on www.mahe.ca.



Nancy Schneider PHEc starring in a thrilling Halloween segment.

If you missed MAHE Breakfast TV performances but would like to see clips, visit <http://video.citytv.com/video/home/0/> and search "Manitoba Association of Home Economists."

Thank you to all of this year's Breakfast TV presenters for all your hard work!

MAHE in the News

MAHE is proud to welcome their first affiliate member, Ellen Pruden. Ellen is the Educations and Promotions Manager at Manitoba Canola Growers Association and works hard at connecting members of the community together through awareness of agriculture, local food and true passion of being Manitoban. She is currently working hard at creating awareness around inspirational stories from all walks of life through the Be Well campaign. You can learn more about the Be Well stories featured include the story of MAHE member and past president Getty Stewart, PHEc. [here](#) .

Job Positions are currently available within MAHE

- **Director of Public Relation**

Assist with MAHE Breakfast Television spots, homefamily.net blog, and work with the public relations committee at improving the general PR of the association.

- **Secretary**

The individual would be responsible for taking meeting minutes at scheduled monthly board meetings, coordinating volunteers for the Western Manitoba Science Fair, Manitoba Schools Science Symposium and preparing the AGM board report. Note: Board meetings are often conducted through teleconference.

For your Information

MAHE Board of Directors

The MAHE Board of Directors would like to highlight a few things that have been brought to our attention and emailed out to MAHE's membership over the past several months. Enjoy!

To Attend:

- The 2013 MAHE Annual Conference and AGM will take place on **October 25 & 26, 2013** in Winnipeg, with keynote Marilyn Smith, PHEc and author of the book "Healthy Starts Here!"

Your participation will help promote Home Economics/Family and Consumer Sciences globally.

If you have any questions about the research, contact Dr. Roxie V. Godfrey at roxie.godfrey@ttu.edu.

Watch for Important Events:

- Family and Consumer Sciences Education Researchers at Texas Tech University in Lubbock Texas, USA are seeking your participation in an online survey, Global Perspectives on Mobile Learning in Home Economics/Family and Consumer Sciences in Secondary and Tertiary Education Programs. Please take this survey before the end of September 2013. Copy and paste the following URL into your browser to reach the survey:
<http://tinyurl.com/FCSGlobal>

Congratulations!:

All 4th year student members on becoming Human Ecology graduates!

Congratulations to IPHE program members being accepted into Active Practising status – Adriana Barros and Kiran Sidhu. A big thank you to their mentors: Heather Deibert and Jocelyne Gaudet.

Welcome to a reinstated member, Judy Neufeld and new members Dr. Joyce Slater and Tricia Meaud were also accepted into Active Practising.

Editor's Note

Adriana Barros PHEc. Director of Communications, Acting Editor

I would like to once again thank all contributors to this issue of the MAHE newsletter. I am looking forward to seeing all our members at the upcoming MAHE Annual Conference October 25th & 26th.

Have a safe and wonderful summer!

