

Facets Newsletter

Manitoba Association of Home Economists

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Science Fair Winners

Acting Editor: Jennifer Bewza

Contributors: Debora Durnin-Richards
Adriana Barros
Joshua Lockhart
Meghan Rafferty
Amy Yonda
Linda Hogue
Ann Halbesma

A Message from MAHE's President

Debora Durnin-Richards, PHEc - President

Quite a lot is happening on the MAHE front, and what I find truly amazing is that all this activity happens because of the strong working committees and numerous volunteers doing their parts.

My challenge is to stay abreast of all the stuff going on, and 'get out of the way' as things are getting done. I do have a couple of specific roles that I work on 'like the turtle – slow and sure wins the race'. We have a great Complaints Committee (Gail Watson and Linda Sprung with MAHE, Tracy Gilson with Manitoba Institute of Agrologists [MIA], and Kirsten Andersson formerly with the teacher's society and now with the nursing association). We should have the MAHE Complaints Committee Policies and procedures ready for review and approval at our next AGM.

Speaking of those exciting things in life – policies and procedures – Tarrah Jakubowski is helping us make headway on our MAHE policy and procedures. So much has changed since our last transformation, such that we have to get these backbone documents updated sooner or later.

Finally, I am most excited about our upcoming strategic planning session – on June 2nd (*more info on page 2*). I'm hoping some of you are planning to join the Board for the afternoon at Susan Proven's beautiful Bed and Breakfast location.

Editor's Note

Jennifer Bewza – HESO Rep, Acting Editor

It is my pleasure to temporarily assume MAHE newsletter editing duties as we await the appointment of a Director of Communications. I'm excited to bring you the first of two newsletters that will be published this summer. Enjoy!

Invitation to the 2012-13 Strategic Planning Session

MAHE Board of Directors

“Connecting and Planning”

MAHE’s Board of Directors invite you to join us at the 2012-13 Strategic Planning Session to give us your ideas and thoughts about where we need to go over the next couple of years.

Angela Pearin-Burnside will be facilitating this year’s session, and will ensure that everyone has their say, and of course, a bit of fun too.

Date: Saturday June 2, 2012

Place: Susan Proven’s Fairmount B&B – near Minnedosa. Phone: (204) 874-2165

Time: Arrive between 11:00 – 11:30 and join us for lunch - compliments of MAHE!

Strategic planning sessions will run from approximately 1:00 pm – 3:30 pm.

Who: All MAHE *Members* are invited to attend.

IPHE Members are welcome – count this as one of your IPHE meeting requirements! Bring your Mentor along too and together help us shape the future of your organization.

Student Members are welcome. You are our future association!

Susan’s facility can host up to 15 additional people so it will be first come, first served.

Technology Option: We will have teleconference technology available for the 1:00 – 3:30 sessions if you can’t make it in person.

Topics the Board wants to talk with you about:

- Public policy topics (i.e.: the proposed restructuring of the Faculty and the updating of the home economics school curriculum);
- Communications with Members (i.e.: the best use of our technologies [email, website, facebook, twitter]; networking and education events with/for Members; best use of dollars and volunteer time to bring greater profile and visibility for professional home economists);
- What about *Basic Skills for Living* - how can we make it sing some more?
- What about food preservation? Does MAHE have a role to play?

Topics you may want the Board to discuss:

- Contact Debora with your topic, and we will jig the agenda for you;
- Topics may also be added to a list for “next time”.

RSVP by June 1st to Debora Durnin-Richards, President, noting whether you will be attending in person or via teleconference.

Email - lyallsam@mymts.net;
Telephone - (204) 897-4150

Carpooling: If you would like to travel to Minnedosa with others, Debora can coordinate carpools.



MAHE's Most Wanted: Director of Communications

MAHE Board of Directors

Could YOU be the next Director of Communications?

MAHE's Board of Directors is currently seeking a tech-savvy individual to fill the role of Director of Communications.

The MAHE Director of Communications position involves the following responsibilities:

- Ideally, a two-year opportunity to join the Board of Directors;
- Bring together a committee to oversee MAHE communications;
- Examine the most efficient and effective way to communicate with members using technology;
- Continue to deliver newsletters and member communication



For more information, or to submit your name please email mahe@mahe.ca.

Provincial Council of Women of Manitoba Update

Meghan Rafferty, PHEc

MAHE has had an active role again this year on the Provincial Council of Women of Manitoba (PCWM), especially through the resolution process. Once again this year, I had a great response from the membership with feedback on the National Resolutions. Various experts within the membership were consulted and I received valuable comments. These comments were presented to the MAHE board and to the PCWM. Our comments were very well received by the PCWM and we have made a strong reputation for ourselves.

It is so important for MAHE to continue contributing to PCWM because it is a great way for us to build our voice in the community! This year, a MAHE member, Lindsey Mazur, was involved with a provincial resolution called "Health at Every Size." PCWM discussed and voted on this resolution on May 12, 2012. Lindsey was also a speaker at the fall PCWM general meeting.

In my role as the MAHE representative on PCWM, I have also had the chance to be involved with choosing speakers and planning the program content for our general meetings. This year we had a variety of speakers that presented their perspectives on healthy eating, dieting and mental health.

I continue to enjoy representing MAHE on the PCWM and want to thank the membership for taking the time to contribute to the resolution process.



Farm to School Update

Adriana Barros, PHEc - Farm to School Coordinator

Farm to School Manitoba Healthy Choice Fundraiser is back for another meaningful year. The success led by this project with the support of MAHE members has established a positive impact on communities all over our province. Starting with 66 participating schools during the pilot year of 2010, and growing to 268 participating schools in 2011 is a remarkable achievement for the program.

The fundraising program values the option of supporting a healthy choice and encouraging the consumption of locally produced vegetables. Last year *Farm to School Manitoba* sold 613,195 pounds of fresh locally produced vegetables to students to distribute to their family and friends throughout the first semester of school in Manitoba. In return *Farm to School Manitoba* is pleased to announce Manitoba schools raised \$278,725 in profits to go towards their fundraising.

This coming fall is a new year for *Farm to School Manitoba* and with that is the hope for more growing success. We are ecstatic to share that the program is now offered to all licensed daycares and nurseries as well as schools across the province. *Farm to School Manitoba* aims to sell 1.2 million pounds of Manitoba vegetables and help schools and daycares raise \$548,625 in profits.

Farm to School Manitoba Healthy Choice Fundraiser is offering schools and daycares the opportunity to sell two types of vegetable bundles. Bundle A includes three pounds of carrots, three pounds of onions, and five pounds of potatoes for \$10. Bundle B includes five pounds of carrots, one pound of parsnips, three pounds of onions, ten pounds of potatoes and one cabbage for \$20. These are delivered directly to your institute free of charge from Peak of the Market and handed out to students in a *Farm to School Manitoba* recyclable grocery bag.



Top: Veggies in Bundle A.

Middle: Veggies in Bundle B.

Bottom: Students helping unload Veggies.

Join us once again in kicking off another successful year with *Farm to School Manitoba*, and thank you for enthusiastically supporting and promoting the program from the beginning. To pass along this great program to your child's school and daycare centre find us at www.farmtoschoolmanitoba.ca.

Home&Family.net Consumer Blog Update

Joshua Lockhart, PHEC



Check out HomeFamily.net!

HomeFamily.net, often called Home & Family is a consumer blog that is maintained by the Manitoba Association of Home Economists. Professional Home Economists from across Canada contribute to the blog, as well as current students and recent graduates from Human Ecology programs across Canada.

The site is valuable in many ways:

1. Firstly, you can **see what individuals are doing** with the same education you are receiving right now.
2. Second, you can **connect with professionals in the field**; many leave their Twitter account, Webpage, or some sort of contact information for you to connect.
3. Third, there is **excellent content that you can use** academically, professionally and personally.
4. Fourth, **you can contribute!** Are you engaged in an awesome community project? Have you participated in neat research? By all means, share it! Simply send an email to homefamily@mahe.ca to run your idea past the editor.

Go on and check it out: **HomeFamily.net**.



MAHE Student Corner

Jennifer Bewza - HESO Rep.

A student corner is coming soon to the MAHE website, www.mahe.ca!

Developed by MAHE's own Jocelyne Gaudet, the Student Corner will showcase resources for all of MAHE's student members, including information on how to register for membership, student event details, and instructions for

ordering a professional ring upon graduation. The Student Corner will also feature a message board, where students can post questions, thoughts, and professionalism tips.

Please look to this special student area in the coming weeks for all your MAHE student member needs, and much, much more!

World Home Economics Day 2012 – Pillowcase Party Project!

Amy Yonda, PHEc - Director of Member Relations

Manitoba Association of Home Economists (MAHE) and Manitoba Home Economics Teachers' Association (MHETA) members celebrated World Home Economics Day, March 21, 2012, by assembling pillowcases. All pillowcases made were donated to charities of various settings and contributed to the one million pillowcase project that is currently underway in Manitoba.

The Pillowcase Project was highlighted in local newspapers, school division websites and was embedded into classroom activities.

Pillowcases were assembled at parties or by individuals at home.



Brandon: 9 pillowcases were sewn and donated to a local women's shelter.

Winnipeg: 15 pillowcases were made and donated to an interim care unit at Misericordia Hospital; 52 pillowcases were assembled at Glenlawn Collegiate and were donated to shelters throughout the city; 165 pillowcases were made by the Louis Riel School division students and were donated to various shelters.

Russell: 40 pillowcases were assembled by students at R.B Russell School and were donated to locations in Brandon and Dauphin.



Our goal was to sew 300 pillowcases and we made a total of 281 pillowcases!

Congratulations to all for a job well done!

Along with providing pillowcases to those in need, this event helped showcase the importance of World Home Economics day in a new, innovative way.



R.B Russell School students took part in preparing a celebratory meal (left image), assembling the pillowcases (right image), and creating presentations on the importance of charitable organizations such as women's shelters.

