



PEI Home Economics Association

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Winter 2009
PEI Home Economics Association

Happy holidays from our President, Shari MacDonald!

Niagara Falls, the CN tower, the Royal Agricultural Winter Fair, and getting to know 42 fellow 4-H leaders - and the two organizers - Island Home Economist, Valerie (MacKinnon) Oickle (now in Bridgewater), and Tracy Drabyk-Zirk (Canadian Home Economics Foundation board member) were some of the highlights of the National Volunteers 4-H Leaders' Conference in Toronto that I got to attend in early November.

I hadn't applied for the conference the first time the notice came into my mailbox - but I am really glad that when the "last call for applications - looking (almost desperately, it seemed!) for leaders to attend" came, that I did register.

There is such an invigorating feeling that comes from spending time with people who are passionate about what they do - and also refreshing to interact with the outstanding members who were selected to represent their province at the simultaneous members' conference. ... and the four days of having delicious meals appear in front of me and then someone whisking the dishes away was just icing on the cake!! Along with all the sightseeing - there was time for sharing best practices which take place in clubs

across this country, and for learning new skills and activities to take back to our clubs.

Why I wanted to briefly share my memories of a great conference with you, was to encourage you to take advantage of those opportunities which may come your way - whether it be the ACHES conference for students in the field, PD days, workshops what appeal, or the chance to become more... involved with a group you are already involved in (hmm- anyone picking up on foreshadowing of the "vice presidential vacancy opportunity" !!). We talked a lot at the conference "Broadening Your Horizons" about stepping out of the box, or your comfort zone to get more out of life. One of my friends from W.I. gave all our branch members an inspirational message several years ago to post where we'd see it daily - "Feel Challenged to Appreciate Every Moment of Your Life." ... And, that is my wish for you this holiday season. Enjoy the good times ahead with friends and family and try to appreciate all that comes your way.... even if your other mantra has to be "This too shall pass."

Happy Holidays!
Take care and enjoy the season!
~Shari



Musings from our Semi-Annual General Meeting

Margaret Gallant of *Fresh Image 360* entertained and informed those in attendance at the PEIHEA Semi-AGM in October. Margaret has recently parlayed her fashion sense and her ability to tell the truth into this new career. She does personal shopping, fundraising and wardrobe therapy -and sees this as a great way to make a difference in peoples' lives. The hot item this fall is the scarf -which can be worn in a variety of ways. Colour trends this season are fuchsia and a charcoal-y gray, and plaid is also very popular.

Your clothing projects an image, and Margaret suggested a little planning can help you project the right image. If you look good, you feel good! She encouraged us to spend time on ourselves - every day should be a special occasion, and she cautioned that you never get a second chance to make a first impression.

Margaret suggests that every outfit should include colour, pattern, texture and shine, and challenged us all to move away from the colour black. She describe black as an

evening colour, and acceptable for use on the bottom. The key of successful dressing is to look a tiny bit different from everyone else.

Margaret's tips:

- Yes - you can wear boots without hose (You can buy makeup for legs!)
- You need to be tall to wear a wide belt
- There are "No crack" rules!
- There is daytime cleavage and nighttime cleavage acceptability rules
- A bell shirt is good for "apples"
- A wing shirt can camouflage fuller arms
- Never forget jewelry.
- As you age, choose dangly (dropped) earrings
- Move away from a black purse -your purse doesn't have to match
- Short jackets should end at the hip bone
- Neutral colours include navy, grey, beige, taupe, metallic silver
- "Flashes" are hot (fashion glasses)
- Be mindful of the length of skirts and pants.
- Do away with horizontal stripes and cartoons- unless you are under 10! -if you must indulge -get them on Pjs!

Shari MacDonald
PEI HEA President

News from UPEI – Dept. of Family & Nutritional Sciences

Dr. Jennifer Taylor is once again organizing donations to the Salvation Army for families who can not afford to buy their children presents this Christmas. This has become an endeavor involving fundraising across the Faculty of Science. Last year, our Family & Nutritional Science students raised almost \$700.

From January-June 2010, Kathy Gottschall-Pass will be on sabbatical. Dr. Lori Weeks will be Acting Chair during her absence. Jane Caiger will be hired for a 5-month teaching contract while Kathy is on sabbatical.

We are incorporating a new course on "Family Violence" into the curriculum. Dr. Lori Weeks will be teaching this

course starting in January. This is the course description:

This course will examine the history and various definitions and theories used in investigating the problem of family violence across the life span (i.e. children in abusive families, dating violence, intimate partner violence, the abuse of older adults). Emphasis will be placed on violence against women and violence in diverse family forms. A particular emphasis will be placed on examining strategies for the prevention of family violence over the life course.

Lori E. Weeks, Ph.D., CFLE
Associate Professor
Family & Nutritional Sciences
University of Prince Edward Island



Update from the Canadian Home Economics Federation

In early October, I had the pleasure of attending CHE F's 29th Annual Meeting and Board of Trustees meeting in Moose Jaw at the annual conference of ASHE and SHETA.

Most of the 100+ attendees were members of SHETA, and it was good to see that many of the teachers were under 30. One session I attended was about a curriculum in interior design with the teacher from a mid-sized regional high school who has 10 to 20 students in her class every year, including 4 young men this year.

On behalf of PEIHEA, I was presented with a certificate as Patron of the Year for 2008-9. This recognition was due to

a donation from the Home Economics Publishing Collective, from the proceeds of the history book.

Of the 19 grants awarded in 2008-09, two were to Island recipients: Colleen Walton (see her report elsewhere in this newsletter) and Prince Edward Island Food Security Network for the program called Simple Feasts with Island Foods, from the Atlantic Canada Community Project Fund.

Please contact me or go to www.chef-fcef.ca for more information on how the Foundation supports Home Economics research, public service, education, and post-secondary education and training.

Nancy Reddin, Director,

Reminder: International Federation of Home Economics

Current members, and those interested in becoming members are reminded that application forms are available online or from Shari MacDonald or Kathleen Brennan... Membership fees are \$75/year (\$38 for students)... IFHE has several committees in which you may wish to participate. Committees also meet each year at the annual meeting, taking place this year February 5 - 9, 2010 in Munich, Germany.

The IFHE also links with United Nations System; Food Security and Nutrition; International business Group; Outreach in Central and Eastern European Countries; Consumer Issues and Family Resource Management; Textiles and Design; Home Economics Education and Training; Gender, Families and Development; Institutional and Hospitality Management; Philosophy and Leadership; Research; Young Professionals Network.

DID YOU KNOW?

2009 is the United Nations International Year of Natural Fibres

<http://www.naturalfibres2009.org/>

Remembering Helen Pauline Wattie

It is with great sadness that we acknowledge the passing of Helen Pauline Wattie, a strong leader in the Home Economics Community. Helen died on October 22, 2009. Helen taught Food, Nutrition and Home Management, or as it was known then Home Economics, in Weston, St. Catharines, Kirkland Lake, on exchange in Edmonton, at Ryerson Community College in Toronto, and as Vice-Principal at Kirkland Lake C.V.I. On retirement she went with CUSO to Ghana, West Africa for two years to continue teaching. With Elinor Donaldson Whyte in 1953, they revised The Canadian Cookbook, which had been written by Nellie Lyle Pattinson 30 years earlier and which went through many revisions in English and French.

PEI Home Economics
Association
P.O. Box 20029
Sherwood Postal Outlet
Charlottetown, PE C1A 9E3

Phone:
(902) 566-2738

E-Mail:
peihea@hotmail.com

We're on the Web!

Visit us at:
<http://www.peihea.org/>

Awards Opportunity!

Call for Proposals: Margaret Speechly Stansfield Award

Professionals¹ who work and study in the area of consumer studies and family resource management are invited to apply for an award to support research projects or innovative public service or educational projects in the field.

The **Margaret Speechly Stansfield Award** is an annual award to further work in consumer studies and family resource management that will enhance quality of life for individuals and families.

Level of the award: up to \$2,000. More than one award of lesser value may be granted.

Deadline for receipt of applications is January 15, 2010.

For more details, criteria and eligibility, contact: Nancy Reddin or Kathleen Brennan

Congratulations to Jennifer Egan... 2009 Doris Anderson Award Winner

The PEIHEA awards committee chose Jennifer Egan, a 4th year Family and Nutritional Sciences at UPEI, as the Doris M Anderson Award winner. It was felt that she had a combination of marks, community involvement and commitment to the profession of home economics that stood out!
Congratulations Jennifer!

We're on Facebook!

You can now join us on Facebook, just search 'PEI Home Economics Association and *Become a fan...*



Prince Edward Island Home
Economics Association
P.O. Box 20029
Sherwood Postal Outlet, PE
C1A 9E3



To:

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