



PEI Home Economics Association Newsletter

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President's Message

I am delighted that spring has arrived again! It's my favorite season, as life renews itself. Buds burst to reveal leaves and blossoms, the tips of peas and onions push out of the soil, birds sing enthusiastically as they build nests and lay eggs, and calves appear in the fields.

With the Annual General Meeting on May 22nd, PEIHEA will renew itself. There will be opportunities to renew friendships, renew membership, and renew leadership in our association.

During the past year, I have been thinking that PEIHEA has been renewing itself in unexpected ways. An increasing percentage of our continuing and new members are either well into their careers or retired.

We're still interested in *home ec-y* things, to use Shari's term, but more for our own interests and to enrich our own lives than for professional development. Our favorite PEIHEA events are social ones, such as the summer garden parties that Heather Henry-MacDonald graciously hosted for many consecutive summers, and the afternoon tea at Irene Davison's lovely Kensington home in March of this year.

One of the facets of renewal that we are struggling with is leadership for PEIHEA. Even if we function primarily as a social group with a common interest in home economics, we need leaders to keep the association moving. Many of us are busy with other commitments, voluntary or professional. Some have taken their turn on the executive, and feel that it's time for others to step forward.

Our executive has been thinking that we can find solutions by allowing our leaders more flexibility. For example, members might prefer to work in teams to fill what has traditionally been one position, (eg co-chairs), or to make shorter-term commitments as members of the executive (eg from one general meeting to the next). There may be other creative ways to renew the leadership of PEIHEA. Let's find them, so that our association can continue to serve the changing needs of our members.

Margaret Prouse, *Interim President*

ANNUAL GENERAL MEETING

Thursday, May 22 at 5:30 pm

Victoria Village Inn

Enjoy a three-course gourmet meal by Chef
Stephen Hunter

\$20. + taxes & gratuity

Program: Share "One New Thing" that you've seen, done, experienced, or observed.

Renew your membership - \$30

Take a stroll through scenic Victoria after the meeting

RSVP immediately—Margaret 566-4217

*Please check Winter 2008 newsletter for minutes of
October 2007 SAGM and proposed changes to Gift
Policy and Professional Development Award*

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Lady Baker's Tea Trolley Stops in Kensington

submitted by Shari MacDonald

About a dozen members and guests of the PEIHEA gathered on a lovely sunny March afternoon at the home of Irene Davison to celebrate World Home Economics Day with Katherine Murray. Katherine, a tea expert, shared a variety of teas and a wealth of information about the pleasures of tea. Members were pleased to use the silver tea services recently given to PEIHEA by the UPEI Dept. of Family and Nutritional Sciences.

Canadians drink more than 7 billion cups of tea per year, and we had the opportunity that afternoon to smell, touch, and eventually drink a variety of teas. Teas, a product of the Camellia Sinensis plant, are categorized according to their processing, which then also influences their preparation.

Black Tea ("regular" tea) is withered, rolled, fermented (oxidized) 3-4 hours and fired (dried). To prepare, heat water to a full rapid boil, and pour the boiling water over the tea leaves; steep for 3-5 minutes.

Oolong Tea (or brown tea), has its leaves processed immediately after picking. It is wilted, shaken and bruised (never rolled), fermented 1-2 hours, and dried. To make oolong tea, heat the water to not quite boiling (195° F), and steep 2-3 minutes. Leaves may be re-used three times.

Green Tea - Heat water to 180° F, as boiling water will cause it to be bitter. Steep 1-2 minutes.

White Tea -Heat water to 180° F. Steep 1/2-2 minutes

Herbal Tisanes (Herbal "teas"aren't really tea!) - Heat water to a full rapid boil. Steep 5-10 minutes.

For all teas, warm the pot with hot tap water until you are ready to use it. Measure 1 teaspoon of tea per cup. Put tea leaves into infuser, sac, or directly into the pot. If using a tea bag, use one for two cups of tea.

Health benefits, according to Health Canada, include tea being recognized as a source of antioxidants, approved for increasing alertness, and it helps to maintain and/or support cardiovascular health. For more information visit www.tea.ca.

Katherine, with her business Lady Baker's Tea Trolley, can be found at her Tea Bar at the Charlottetown Farmer's Market, or organizing Tea Parties at Avonlea Village and Beaconsfield. Contact her at katherine@ladybakersteatrolley.com or 569-6975.

The final quotation on Katherine's tea brochure summarized our lovely afternoon - *"Somehow taking tea together encourages and atmosphere of intimacy when you slip off the timepiece in your mind and cast your fate to a delight of tasty tea, tiny foods, and thoughtful conversation."*

Members' News

Congratulations to Debbie MacLellan on her election as chair-elect of the Dietitians of Canada for a three-year term effective June 2007 which means she will be chairing the DC Board AGM at their annual conference, in Winnipeg June 11-14.

IFHE History Book News

Margaret Arcus (Canada) from BC has spent the past three years of her life compiling the IFHE History Book, **Transformative Practice**, also on DVD. To order in advance the IFHE History Book and/or IFHE History DVD go to <http://www.ifhe.org/history-book-dvd.html>

The ordering deadline is April 30, and price of the book will be dependent on orders given.

PEI Home Economics Teachers Report

submitted by Linda Patton

The fall workshop and annual meeting of the PEIHETA was held at Bluefield High School on Nov.9, 2007. There were 18 members in attendance.

Sarah Cassidy from Statistics Canada, Halifax, gave a presentation on using the Stats. Can. website as a classroom resource.

John Stephens and Gary Pyke from Dept. of Education, led a discussion on curriculum resources and necessary updates required in the schools. They were joined by Gerry Seaward from Holland College to discuss plans for the Certificate in Home Economics Education being jointly given by UPEI and Holland College. One course has already taken place and others are in the planning stage. The business meeting was held over lunch.

In the afternoon Margaret Prouse gave a presentation on the "Hundred Mile Diet". She was joined by Barb Macleod, a promoter of local food products.

Over the winter, the executive has worked closely with John, Gary and Gerry in the planning of Tourism and Hospitality courses to be offered as the next part of the Certificate in Home Economics Education.

The semi-annual meeting of the HETA is planned for May 15 at the home of Linda Patton.

Historica Fair

submitted by Elaine Burrows

On Thursday May 01, 2008, Elaine Burrows and Helen Bartlett were Specialty Judges for the Home Economics Association at the Heritage Fair held at the Confederation Center of the Arts in Charlottetown. First place was presented to Keith Hogg, 6e annee, with his project "L'enfance d'hier d'aujourd'hui". Honourable mention went to Breanne Ching, a Grade 6 student of Eastern Kings Consolidated School, with her project "Quilting from Function to Fashion".

Report of Acting President and Program Coordinator

submitted by Margaret Prouse

Acting President: During the time since the Semi Annual General Meeting in October, I have:

1. Submitted applications to federal and provincial programs for summer student funding*,
2. Judged provincial science fair entries with Shari (please see separate report submitted by Shari), and
3. Prepared for the 2008 AGM at the Victoria Village Inn.

*We have since received notice that we were granted Federal funding for a summer student for 12 weeks, 40 hours/week. The project submitted was to work with the Seniors Active Living Centre to develop a program for seniors around home economics-related topics e.g. Cooking for One.

Program Coordinator: Since the Annual General Meeting in 2007, I have:

4. Worked with Shari to organize the Ho Ho Home Economics fund-raising auction at Central Queens United Church, November 2007.
5. Organized a tea tasting party, using our newly-acquired silver tea services, for World Home Economics Day. Hostess: Irene Davison, Kensington. Speaker: Katherine Murray. Attendance: approximately 15. Comments: positive.

PEI Provincial Science Fair

UPEI April 3, 2008

submitted by Shari Macdonald

Over seventy projects of the approximately 300 projects exhibited at the recent Provincial Science Fair were related to home economics topics.

PEIHEA judges Margaret Prouse and Shari MacDonald spent a very busy morning learning more about such topics as iron in breakfast cereals, whether scary movies contribute to obesity, how Alberta beef compares to PEI beef, if youth alter their French fry type preference, once they learn the fat content of different samples, solar cooking, germs, storing bananas, and bread, and the comparison of many products - diapers, popcorn, toothpaste, sports drinks, home heating and insulation...

PEIHEA Awards were given to Ashley Beauvais and Charlotte Thompson, grade 6 students at Athena Consolidated School for their project Battle of the Butter. Ashley and Charlotte had test subjects spread bread with butter and soft margarine, then they found the mass of the bread and calculated how many extra calories were consumed when cold butter was used compared to a spreadable margarine product. Much less of the easily spreadable margarine was used on the bread. This could be a small change to make in a diet that may result in a savings of many calories over time.



Continued on next page

Hannah Dawson and Kyla DeHaan, students at East Wiltshire School, who have both suffered from back troubles, surveyed students and backpacks, to come up with guidelines for students and parents to make the Pain in Your Neck go away! If you are a parent, purchase padded back packs with two straps, ensure they are not worn “low” on the back, and keep them to no more than 15% of your child’s body weight.



Honourable mention was also awarded to Chloe Finkle and Meghan Graham from Summerside Intermediate School for their research into Violent Games and Blood Pressure, and found that indeed, violent video games did increase blood pressure of players.



The Science Fair was once again a very interesting morning, full of learning, and getting to meet some very enthusiastic students, passionate about their projects.

Kayla Arsenault and Jacques Gallant, from Ecole Evangeline presented extensive research on how growing up in families with homosexual parents influenced the children from these families, in their project, *Le comportement d'enfants de familles homosexuelles*. Jacques and Kayla found that for the most part, these children grew up to be very well-adjusted.

Financial Report

Please view the attached financial reports including the financial statement and proposed budget from Treasurer, Nancy Reddin.



PEIHEA Officers & Committee Chairs 2007/08

Interim Preside.....	Margaret Prouse
Past President.....	Shari Macdonald
Vice President.....	vacant
Secretary.....	Katherine Schaefer
Treasurer.....	Nancy Reddin
Program Coordinator.....	Margaret Prouse
Newsletter	Bette Young
FANS Representative.....	vacant
PEIHETA Representative.....	Linda Patton
Archives.....	Heather Henry MacDonald
Awards.....	Anne MacPhail

Call for Applications for the Dr. Edith Rowles Simpson Family Finance Award

Individual Home Economists and/or Home Economics Associations are encouraged to apply for this award which supports professional updating in the family finance area. The Dr. Edith Rowles Simpson Family Finance Award is an annual award designed for potential leaders in the field who will invest their knowledge and expertise in improving the quality of life for families. This annual award is available to support updating for **individuals** or for **groups** through support of a seminar, conference or workshop that provides updating for a group. **Graduate students** are eligible to apply for support to attend specific up-dating events.

Level of the award: For individuals, the amount of the award is up to \$1000. For groups, the committee may award more than \$1000, depending on the nature of the project. More than one award may be made as funds permit. Those applications unable to be funded by this award in the current year may be referred to the CHE Foundation General Fund.

Examples of Applications

Groups

1. Financial Forum I and II: meetings for financial counselors and educators in Western Canada received funding in and 2006 and 2001. These two-day events used a combination of grants and registration fees to cover the costs.
2. Bring in a guest speaker or workshop resource person for an annual meeting, or other event. Teachers, for example, could host an updating event focusing on methods and materials used in teaching family finance.
3. Produce resource materials for use by home economists.

Individuals can apply for awards to attend an updating event, a conference, seminar or workshop, take a credit or non-credit course, visit sites to learn how others are providing family financial services.

Deadline for applications is June 30.

For more information on how to apply go to www.homefamily.net and click on 'awards'. The website includes a list of past recipients and the titles of their projects.

or contact

Edith Rowles Simpson Award Committee

c/o Gwenna Moss

Phone/Fax: 204-895-8016

E-mail: gross@mts.net

Funding for the Dr. Edith Rowles Simpson Recognition Fund is made possible by donations by friends of the late Saskatoon home economist. The fund is administered by the Canadian Home Economics Foundation.

Mailing Address:

Canadian Home Economics Foundation, P.O. Box 2582 Stn Main, WINNIPEG, MB R3C 4B3

Email: cheaf_facef@yahoo.ca

Website: www.homeeconomicsfoundation.ca

To provide support for this award to continue, you may consider sending a cheque to the Canadian Home Economics Foundation, a registered charity. Mail to the address above, specifying it be designated to the *Dr. Edith Rowles Simpson Recognition Fund*. A tax receipt will be sent to you. CHEF is a registered charity, Canada Revenue Agency Charitable Registration #BN 88912-6066 RR0001. Annual Reports and Financial Statements are available on request by mail or email.