



# PEI Home Economics Association Newsletter

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## *President's Message*

*I hope that this message finds you and your families well, as we anticipate warmer weather and longer days!*

*I was delighted to be part of the book launch for "Who We Are, Our Heritage and Horizons: Home Economics in Prince Edward Island in the Twentieth Century" held on December 9th, 2006. It was a wonderful opportunity for the hard-working history book committee to bask in their achievements. Congratulations Estelle Reddin, Heather Henry MacDonald, Helen Bartlett, Irene Burge and Hon. Doris Anderson. The late Dr. Jean H. MacKay would have been so proud you were able to "finish the damn book".*

*The PEIHEA was pleased to purchase copies for all the Junior and Senior High Schools on the Island which teach home economics. Sales are going well - but please be sure to mention their availability to friends and colleagues who may be interested in purchasing one of these books.*

*The publicity surrounding the book drew attention to the field of home economics and the changes that the profession has seen over the past century. This newsletter highlights and applauds the work of the authors and outlines many projects of home economists today, as they promote quality home and family life.*

*I would like to extend deepest sympathies on behalf of the members of the PEIHEA to Isabel Palmeto on the passing of her husband Reg, on February 2nd, 2007. He was a veteran of the Second World War, and later worked with NS Department of Agriculture and Marketing. Our*

*sympathies also go out to their children Aubrey (Maureen), Barbara (Gary) MacLennan; and Dale and five grandchildren.*

*Take care, and Happy World Home Economics Day!*

*Shari MacDonald*



*Jennifer Taylor with Estelle Reddin and Doris Anderson at book launch*

## In this issue

President's Message	1
History Book Launch	2
Updates from the President	3
New Members	4
News from FANS	4
Deaths	4
Projects in Other Provinces	5
Home Economists in Other Provinces	5
Health News	6
Items of Interest	7
Book Order Form	8

## ***History Book Launched in Style***

*submitted by Nancy Reddin*

### **HISTORY OF HOME ECONOMICS**

*The science of the home: A new book celebrates a century of home economics and its impact on the lives of Prince Edward Islanders*

—headline in The Guardian, January 27, 2007

The history book was well and truly launched on Dec. 9, 2006. The launch was scheduled for Main Building at UPEI, but as Fate would have it, the day before there was an extensive fire in a maintenance building next door, so the launch had to be moved at the last minute to Dalton Hall, where it was meant to be!



*Heather Henry MacDonald giving book to Sr. Bernice Cullen*

Among the many guests in attendance were Hon. Marion Reid, honorary member of PEIHEA; Sister Bernice Cullen, younger sister of Mother Loyola/Sister Ellen Mary Cullen; Phyllis Carr, daughter of charter member Della E. Saunders Coffin; members of the "second generation" of home economists: Lorna George, MayLea Manning, Dorothy MacLeod, and Berthe Blanchard; and Berthe's colleague and friend Isabel Beaton.

### **Great PR for Home Economics -**

*thanks to new history book*

The book launch was featured in an article in The Guardian on Dec.14. To further promote home economics in our youth, copies of the book were sent to all Island schools that offer home economics courses. This was also covered by The Guardian, featuring Education Minister Mildred Dover, PEIHETA President Linda Ross, and committee chair Heather Henry

MacDonald. Heather and committee member Helen Bartlett were also interviewed on CBC Radio's afternoon show, Mainstreet. On January 27, 2007, the profession past and present earned the full front page of The Guardian's Island Weekend section.



*Sr. Cullen, Marion Reid, Shirley Moase*

### **Excerpts from The Guardian**

*Reporter Mary MacKay featured the book and interviewed home economics students and teachers. Below are some excerpts:*

...home economics instruction... has been the educational way in P.E.I. schools for nearly 60 years.

But the continuing impact home economics and home economists have had on the lives of Prince Edward Islanders in terms of public health, child care and health ...dates back to the 1900s. Everything from the efficient modern-day layout of kitchens to social welfare, nutrition, child development and housing has been fostered by home economics....

"I always told my students that (maybe next to English) home economics was the most valuable course they'd ever take because they would use it every day of their lives," says retired professor of home economics Heather Henry-MacDonald, who taught at Colonel Gray High School and UPEI. ...

A new book, *Who We Are: Our Heritage and Horizons* now underscores the value of the rich and vibrant history of home economics in P.E.I. in the 20th century. ... At Bluefield High, Nancy FitzGerald and JoAnn MacKenzie have 57 years of home economics teaching experience between them. "When I first starting teaching, it was straight foods and clothing and that's it ... And now we do a

lot of family living," MacKenzie says. "Child development has come on scene since, as has hospitality and tourism which started 10 years ago. We're looking at the hospitality industry and the tourism industry, we look at some services, accommodation, transportation, we work with all different aspects." FitzGerald adds that this expansion into tourism and hospitality and the food service areas means more male students are enrolling in the home economics program and are able to benefit from the information and gain the skills that are there. ...

For some students, crossing the threshold of a home ec class is a crash course in cooking for the first time. Grade 11 student Amanda Ramsay of Brookfield is doing double home economics duty by taking food services and the clothing class at the same time. "I didn't know how to cook so it's good that I got cooking, too," says this 16-year-old who has her mind set on a career in the fashion industry but enjoyed her foray into home cooking.... In today's complicated world, perhaps now more than any era before, the skills learned in home economics classes are vital to the health and well-being of students.

Heather reports that to date, they have distributed about 200 copies of the book. An order form is included in this newsletter. It has been circulated to our colleagues in Canada and around the world, thanks to Sue MacGregor's and Kathy Baranovsky's e-lists. Heather has had inquiries from Denmark and the United States, including congratulations from esteemed home economist Margaret Bubolz.

Let us heed Helen's advice: "The challenge for the future is for those still active in the profession to make the writing of the next book a little easier by starting now to collect stories, keep a journal, take pictures and make a photo album, or make a scrapbook."

*Our heart-felt appreciation goes to the committee members, Estelle, Heather, Helen, Doris, Irene Burge, and the late Jean Halliday MacKay, for their devotion to this very important labour of love!*

## What's Happening

*Submitted by Shari MacDonald*

I am looking forward to our annual celebration of World Home Economics Day which will be held at the Summerside Church of the Nazarene, 156 Fitzroy St, in Summerside, beginning at 7:00 p.m on Monday, March 5th. The evening will be a mixture of hot - as Jacquie Robichaud shares her experiences in Chiapas, Mexico, and cold - as we hear of Katherine Schaefer's trip to Baffin Island. Food, culture and family will no doubt be discussed!

The PEI Home Economic Teachers Association has been working on two projects recently. They are investigating a Summer Institute on a Foods-related topic, in conjunction with Holland College, and have also requested funding from the PEI Teachers Federation for a mentoring program.

PEIHEA is again sponsoring prizes for the provincial science and heritage fairs for home economics related projects. The science fair is April 4th at the CARI Centre at UPEI and the Heritage Fair will be Thursday May 3rd, at the Confederation Centre. Both are REALLY interesting, and you are encouraged to drop by. If you are able to judge, please contact Shari.

Thank you to Trinkie Coffin, Jean McHarg Fraser, and Margaret Prouse who have been reviewing the Youth Living Guide. Recent changes to Canada's Food Guide will require some updates to the manual, and it is hoped it will be ready for publication later this Spring.

At our last executive meeting we decided to purchase several cases of an excellent cookbook and resource, called "SupperTime Survival" and have been offering these books for sale for \$20. Treasurer Nancy Reddin reports that we have earned \$105.28 to date. We also decided to "go green" and purchased \$3100 worth of PEI Renewable Energy Fund bonds which will earn 5% for the next five years for the Scholarship Fund. Our annual HO HO Home Economics auction netted \$1422.00, during another pleasant evening of socializing, shopping, and laughter with auctioneer Emily Schurman. Thank you to all who donated such beautiful items and to those who opened their wallets!

## New Members to Welcome

In this issue, we feature two of our new members from Nova Scotia.

First from Isabel Palmetter (written Jan. 6):  
I retired from teaching in 1990. The majority of my career was spent here in Windsor at Windsor Regional High School. Interesting though was my first teaching position in River Hebert, N.S., where I followed Alta Acorn. We met for the first time since 1951 in Charlottetown last September. My public school education was in Saskatchewan. This was followed by the Provincial Normal College in Truro, NS, then Acadia in Wolfville and later Mount Saint Vincent University in Halifax. I was active in the NSHEA until I retired, and also CHEA. I am still associated with CHEF as a trustee. After retiring I became more active in golf and curling. My husband is in a nursing home suffering from Parkinson's. Our three children live in Halifax and we have five grands. I still have the stamina and the desire to travel. Two weeks after being in PEI, I went on a two week tour of Greece and the Greek Islands. One of the best tours I had ever taken.

Isabel's friend, Maudie Haley, reports that she was born in Sydney, N.S., raised in Baddeck and graduated from Baddeck Rural High in 1959. She graduated from Mt. Allison University, B.Sc. (Home Ec) 1963; School of Hygiene, University of Toronto, 1964; and dietetic internship at Toronto Western hospital, 1966. She was employed for nine years with N.S. Dept. of Public Health as PH Nutritionist in Windsor. Maudie married Roy in 1967, and adopted two children (brother and sister) in 1973 and took "early retirement". She was active in NSHEA from 1960 until it ceased in 2001, serving one term as President and later as Archivist (1976-2001). She is also involved in Brownies, and has been a member of the school board and the board of Hants County Family & Children's Services. After her husband retired in 1991, they travelled to Europe (three times), Alaska, Newfoundland, Alberta, B.C., and Mexico. Maudie continues to volunteer with her church and the community hall.

## News from FANS

Lori Weeks, Family Sciences professor at UPEI, sent the following summary of the Family Science graduates:

Since 2002, we have had 20 graduates in Family Science, and we expect an additional 8 will graduate in May. In addition, we introduced a new minor in Family Science and had graduates beginning in 2005. Of the majors, 6 either completed, or are enrolled in, a Bachelor of Education degree. One major and one minor are enrolled in the Master's degree in Family Studies and Gerontology at Mount Saint Vincent University. Two majors are enrolled in the Occupational Therapy program at Dalhousie University, including one in the new Master's entry-level degree. One minor is completing a Social Work degree and others are interested in pursuing Social Work. Several majors are working in community programs like CHANCES Family Resource Centre. One major is working as a Child Development Educator at a hospital in Alberta.

*Our best wishes go to all these graduates.*

## **We Regret to Note the Deaths of...**

Flossie Hyde, mother of Miriam Lank, March 2005.

Sister Cullen, youngest sister of Sister Ellen Mary Cullen, Feb. 5, 2007.

Katie Denman's father-in-law, in November  
Katherine Schaefer's sister-in-law, in February

Globe and Mail Obituaries Jan. 2, 2007:

**MARGARET ATWOOD, DIETITIAN**  
1909-2006 *Headstrong woman loved the outdoors and helped inspire her daughter and namesake, Canada's celebrated author and poet*

Globe and Mail Obituaries, Dec. 9, 2006:

**NEILSON, Helen Ridout,**  
*M.B.E (military), Emeritus Professor of Food Science, McGill University, B.H.Sc., M.Sc., Dt.P.*

*For more details on the lives of these two remarkable women go to Archives/Deaths on the Globe and Mail web-site*

<http://www.theglobeandmail.com>

## Projects in Other Provinces

Basic Skills for Living is a community outreach project of MAHE-Winnipeg Branch that focuses on literacy and life skill education. It first started in the 1970's and has continued to this day. The new resources for educators to download free of cost on Eating Healthy Foods and Learning About Money may be seen at their website, [www.basicskillsforliving.ca](http://www.basicskillsforliving.ca). To subscribe to on-line newsletter for project updates and resource information, contact Arlene Anderson, [info@basicskillsforliving.ca](mailto:info@basicskillsforliving.ca).

Mary Carver, P.H.Ec., OHEA PR Coordinator, prepared a report for OHEA's NewsLink, Autumn 2006, highlighting a problem that has also been encountered in PEI:

"One of the struggles we have in Family Studies (Social Sciences) education is that it has become increasingly difficult to find teachers experienced in practical labs (food preparation/ sewing and fashion)," writes Diane O'Shea, P.H.Ec.

Recognizing this concern, OFSHEEA offered a one-day workshop, "Successful Food Labs in Family Studies". ... A new resource called "Planning, Implementing and Assessing Family Studies Food Labs", (is) now available through OFSHEEA ([www.ofsheea.ca](http://www.ofsheea.ca)) for subject association meetings and professional development days.... OFSHEEA also offered a workshop entitled "How to Teach Fashion Courses - A Survival Guide".

Linda Ross reports that PEIHETA is investigating a similar program, as Shari noted.

## News from Home Economists

*in other provinces*

Many of our members have met Stephanie Charron, P.H.Ec. She has retired from Health Canada on August 10, after 34 years of dedicated service.

Hearty congratulations to Bonnie Lacroix, our Gwen Leslie Memorial Lecture Speaker, who successfully defended her PH. D. thesis at the University of Guelph on Dec. 15. Well done!

When the executive board of the World Health Organization named Dr. Margaret Chan as its choice to head the global health agency, some of the most delighted people on the face of the earth were located in London, Ontario. Chan, 59, got her medical degree at the University of Western Ontario after following her husband, David, to the Canadian school from their home in Hong Kong. Prior to medical school she got a degree in Home Economics from Western's Brescia University College.

The Guardian, Nov. 9, 2006

UPEI graduate Allison Jorgens (B. Sc. Nutritional Sciences, 2000) was featured in OHEA's NewsLink, Autumn 2006. Here are some excerpts from the article, "Allison Finds Her Niche in Food Regulations": Allison Jorgens must have known she would be a home economist as a young girl. Growing up in Thornhill, Ontario, she was always interested in baking and crafts. ... During university when she travelled back to Ontario from Prince Edward Island during the summers, she was fortunate to be able to work at Kraft Canada as a Consumer Response Associate. ... Allison accepted a Product Development position at Elco Fine Foods. ... Allison recalls, "I was responsible for all regulatory initiatives, including working with over 130 international suppliers to ensure their labels were legal for import into Canada. ... I was also involved in the development of recipes for cooking schools and foodservice sales reps," she added. ... With the dream of starting her own company, she resigned in March of this year to start AJ Foods Consulting Group, a Canadian regulatory consulting company... In addition to running AJ Foods, Allison is in the final stages of completing her first cookbook, is also enrolled in the chef training program at George Brown College and has started a company called "The Gourmet Palette"... Allison became a Registered member of OHEA in 2004 and is also a member of the Association of Ontario Home Economists in Business, the Canadian Association of Importers and Exporters, and the Canadian Health Food Association. ... We're glad to have such a talented young home economist as a member of our association.

### Alert from Health Canada

Health Canada advises Canadians to be aware of the potential health risks associated with consuming human breast milk obtained from the Internet or sold directly by individuals. Obtaining human milk from the Internet or directly from individuals raises health concerns because, in most cases, medical information about the milk donors is not known. There is a potential risk that the milk may be contaminated with viruses such as HIV or bacteria such as Staphylococcus aureus. ... In addition, traces of substances such as prescription and non-prescription drugs can be transmitted through human milk. Improper hygiene when extracting the milk, as well as improper storage and handling, could also cause these products to spoil or be contaminated with bacteria and/or viruses that may cause illness. ... Health Canada recommends that Canadians consult their health care professional should they have questions about breastfeeding or if they are considering acquiring human milk from another source. For more information, visit [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca).

### Beware of Ziploc Omelettes

From Trailer Life/Motor Home November 2006 eNewsletter:

Last month we suggested you try a Ziploc Omelette, a recipe sent to us by a reader. ... we have received several warnings that the process could prove harmful, with the following official memo from the company, SC Johnson: "We do not recommend using any Ziploc brand bag in boiling water, or to "boil" in the microwave. Ziploc brand bags are made from polyethylene plastic with a softening point of approximately 195 degrees F. By pouring near-boiling water (water begins to boil at 212 degrees F) into the bag, or putting the bag into the water, the plastic could begin to melt." For more information: <http://www.scjbrands.com>.

### Obesity - A Home Economist's Perspective

In the June edition of Food Fax (a publication of International Food Focus Ltd.), OHEA President Carol Culhane, P.H.Ec. writes, "An

astronaut surveying planet Earth from afar would see a strange sight. A growing portion of the world's population (5%) (is) killing itself from eating too much; another part (13%) (is) dying from not having eaten enough, according to global estimates provided by the FAO. An 852 million undernourished people in 2002 is contrasted with 2006 figures of 300 million obese adults, 115 million of which suffer from obesity-related conditions...Overweight global estimates are 913 million adults (age 20+) representing 20% of the world adult population; 195 million children, equal to 10% of children worldwide." Read the entire report online at [www.foodfocus.on.ca](http://www.foodfocus.on.ca).  
NewsLink, Autumn 2006

### New Canada's Food Guide

"Eating Well with Canada's Food Guide" was released on Feb. 5, 2007. It is available in an interactive version on line; Jennifer Taylor says the simplest way to access it is to google "Canada's Food Guide". Hard copies are available from PEI dietitians and public health offices, and other sources.

#### *A Little Controversial*

Although the media coverage in the week of the release and earlier might suggest a lot of controversy, it mostly comes down to one man, Yoni Freedhoff, a physician who established the Bariatric Medical Institute in Ottawa in April 2004. The BMI (clever abbreviation!) is not quite as impressive as it sounds; it is a private weight-loss clinic with himself, a dietitian, a fitness trainer, and a clinical psychologist on staff. Despite the belligerent tone of his web-site, <http://bmimedical.blogspot.com>, I have to admit that I do agree with some of his criticisms. What do you think?— Nancy Reddin.

### Edith Rowles Simpson Family Finance Award

Open to individuals or groups, this award (approximately \$1000) supports professional updating in family finance through a workshop, conference or seminar. Deadline: June 30, 2007 Details available through [gross@mts.net](mailto:gross@mts.net) or E.R.S Award committee, c/o Gwen Moss (204)

895-8016. Funding made possible by donations by friends of the late Saskatchewan home economist. The fund is administered by the Canadian Home Economics Foundation.

*The following two items, courtesy of Katie Denman, will remind us of the conference presentations.*

#### **GRANDMOTHER'S APRON** More than just a cover-up

There are a few things in this world that last through the test of time. There are fewer things that have universal meaning across culture and history when they do survive, but occasionally something does make it through.

The principal use of Grandmother's apron was to protect her dress underneath, but along with that, it served as a holder for removing hot pans from the oven. It was wonderful for drying children's tears and on occasion was even used for cleaning our dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven. When company came those old aprons were ideal hiding places for shy kids; and when the weather was cold, grandma wrapped it around her arms.

Those, big old aprons wiped many a perspiring brow, bent over the hot wood stove. Chips and kindling wood were brought into the kitchen in that apron.

From the garden it carried all sorts of vegetables and after the peas had been shelled it carried out the hulls. In the fall it was used to bring in apples that had fallen from the trees. When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds!

When dinner was ready, Grandma would walk out on the front porch and wave her apron in the air - and the men would know it was time to come in from the fields for dinner.

It will be a long time before anyone invents something that will replace that old apron that served so many purposes. -Author unknown

#### **WHERE DO YOU PUT YOUR PURSE?**

Have you ever noticed gals who sit their purses on public rest-room floors— and then directly

on to their dining tables? Happens a lot! It's not always the 'restaurant food' that causes stomach distress....

Shauna Lake (went to Nelson Laboratories in Salt Lake to) put purses to the test - for bacteria - with surprising results...

Did you ever stop to think about where your purse goes during the day? "I drive a school bus, so my purse has been on the floor of the bus a lot," says one woman. "On the floor of my car, probably in rest-rooms." "I put my purse in grocery shopping carts, on the floor of bathroom stalls while changing a diaper," says another woman, "and of course in my home which should be clean."...

It turns out purses are so surprisingly dirty, even the microbiologist who tested them was shocked. Microbiologist Amy Karren of Nelson Labs says nearly all of the purses tested were not only high in bacteria, but high in harmful kinds of bacteria.... In one sampling, four of five purses tested positive for salmonella, and that's not the worst of it. "There is fecal contamination on the purses," says Amy.

Leather or vinyl purses tended to be cleaner than cloth purses, and lifestyle seemed to play a role. People with kids tended to have dirtier purses than those without... .

So the moral of this story - your purse won't kill you, but it does have the potential to make you very sick if you keep it on places where you eat.

Use hooks to hang your purse at home and in rest rooms, and don't put it on your desk, a restaurant table, or on your kitchen counter top. Experts say you should think of your purse the same way you would a pair of shoes. "If you think about putting a pair of shoes onto your counter tops, that's the same thing you're doing when you put your purse on the counter tops."

The microbiologists at Nelson also said cleaning a purse will help. Wash cloth purses and use leather cleaner to clean the bottom of leather purses.

Source unknown, from the Internet.

#### **Upcoming Events**

**March 5**

**World Home Economics Day Celebration,  
Church of the Nazarene, 156 Fitzroy St., Summerside at 7 p.m.**

April 4  
 Science Fair, UPEI CARI Centre  
May 3  
 Heritage Fair, Confederation Center

**WHAT'S IN A WORD?**

Patricia Katz, Optimus Consulting, keynote speaker at MAHE's annual conference, found some interesting vocabulary in Edward Hallowell's new book, *Crazy Busy*, words that he has invented to describe life in the fast lane of a crazy busy world.

**Gemmelsmerch:** A distracting force or experience that pulls you away from your focus

**Doomdart:** A pending task or promise that

keeps popping to mind

**Frazzing:** High speed

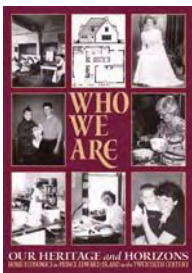
multitasking

**Fizzled:** How you feel when

re-empted by your

companion's preoccupation

with an electronic device



THE HOME ECONOMICS PUBLISHING COLLECTIVE, UPEI,  
 AND THE PRINCE EDWARD ISLAND HOME ECONOMICS ASSOCIATION  
 ARE PLEASED TO ANNOUNCE THE PUBLICATION OF  
**WHO WE ARE: OUR HERITAGE AND HORIZONS**  
*HOME ECONOMICS IN PRINCE EDWARD ISLAND IN THE TWENTIETH  
 CENTURY*

This book documents the history of Home Economics in Prince Edward Island, from the early beginnings of the PEI Women's Institute and the first Domestic Science classes starting in 1905, to 1998. This includes the formation of the PEIHEA; the continuing development of related education in the Island's schools, colleges, and the University of Prince Edward Island; and the role of home economists in PEI's health care and community systems.

Compiled by the Home Economics History Committee: Estelle Reddin, Doris Anderson, Jean MacKay, Irene Burge, Helen Bartlett, and Heather Henry MacDonald, the 350-page book includes many stories as told by individuals who have contributed to the profession, as well as more than 250 photographs.

This book will be of particular interest to graduates of UPEI and PWC; researchers in women's studies, education, and professions; teachers; extension home economists; dietitians; and people who enjoy a good story!

Cost is \$25.00 plus \$7.00 for shipping. Make cheque payable to Home Economics Publishing Collective and send form below to  
 Heather Henry MacDonald  
 8 Battery Pt. Dr., Stratford, PE C1B 2K6

MAHE Provincial Newsletter, Sept 2006 Issue

PEIHEA Officers & Committee Chairs 2006-07  
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Please send me \_\_\_\_\_ copy/ies of **WHO WE ARE**. Cheque for \$ \_\_\_\_\_ is enclosed.

Name \_\_\_\_\_

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\_\_\_\_\_

