

PEI Home Economics Association

Newsletter

Winter 2009



Keeping the comfort and warmth in the season

In this issue...

- A message from our President
- Highlights from the 2008 Ho Ho Home Economics Auction
- Upcoming events...

Greetings from our President!

I hope this message finds you and your family healthy and happy (and warm! -as I am writing this on one of those very cold days that actually saw my teenage son grab a scarf as he headed out the door to wait for the bus this morning).

To look back to 2008, I would like to thank all those who donated to and supported the Ho Ho Home Ec auction that

Margaret Prouse and I organized in Hunter River in November. Karen Mair did a fantastic job in her first try at auctioneering, and the evening was another in a line of successful and fun HoHoHos. It was wonderful to also be able to welcome Doris M. Anderson award winner Doreen Pippy to the event and to present her award in person!...

...continued on page 2

Congratulations! To the 2008 Doris M. Anderson Award Winner

The 2008 Doris M. Anderson Award was presented to UPEI student Doreen Pippy, a 1994 graduate of Charlottetown Rural High, who actively volunteers with many different organizations including the Soup Kitchen, Healthy Eating Alliance, PEI Food Security Network, and School Breakfast Program. Doreen has attended an ACHES (Association of Canadian Home Economics Students) conference and has travelled to Kenya with Farmers Helping Farmers. Along with maintaining good grades, and her busy volunteer schedule, Doreen also works in International Education and Development for the V.P. of Academic Development at UPEI. Doreen plans to complete a Masters in applied Health Services at UPEI and work towards improving health in PEI.

"If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome."

-Anne Bradstreet





Presidents Message – February 2009 (continued)

Looking forward, this spring the Home Economics Association will continue to present awards at the provincial Science Fair and Heritage Fair, and once again we will be looking for home economists to chose our award recipients. These fairs are always interesting - and certainly can help restore your faith in the next generation - if you have momentary flashes when you worry about who will be looking after us as we age (...she writes, picturing aforementioned son who spends all his free time hovering over his laptop playing World of Warcraft!). Let me know if you are able to judge either event (Science Fair - Thursday morning April 2, at UPEI or the Heritage Fair on Friday, May 15, probably at the Confederation Centre).

Before then, we will be celebrating World Home Economics Day -which is Saturday March 21, 2009. The theme is "Home Economics beyond 100 years: Empowering for the Digital World" - you can find out more in this newsletter. Details have yet to be worked out for

our provincial celebration, which will take place sometime in March. Please watch for more information.

Thanks to new member Kathleen Brennan who volunteered to edit the newsletter, and is bringing some fresh ideas to the Association. Kathleen recently started working for the province, and is originally from Fredericton, NB. We wish her well in her new position as she settles into life in PEI. The PEIHEA was also pleased to welcome Debbie Earl to our association. Debbie has been doing quite a bit of substitute teaching lately, especially at East Wiltshire Intermediate.

As always, please feel free to contact me or any member of the executive if you have questions, concerns, or suggestions for activities or issues in which the members may wish to become involved.

Best wishes to you as we all look forward to warmer spring weather!

Shari

Fall 2008 Highlights...

The fall was a busy season, as always... The PEI HEA's annual Ho Ho Home Economics auction took place in Hunter River, at Central Queen's United Church, on the evening of November 27th, 2008. There were plenty of great items to auction, including family day passes to Avonlea Village, a stay at a cottage in Lunenburg County, NS, tickets for the Christmas performance at Harmony House Theatre, and delightful pickles and sweets from our members' kitchens. Karen Mair from CBC's Island Morning was a terrific auctioneer this year, and many thanks to Karen & CBC radio who supported the auction with donated items as well.

In December, PEI HEA again participated in the CBC turkey drive, providing 2000 *Turkey Time* brochures included in the baskets for Island families. The CBC turkey drive collected 3732 turkeys, which more than met the requests from 2523 from Island families.

Thoughts and Condolences...

The heartfelt sympathies of the PEI HEA are warmly extended to Linda (Ross) Patton on the recent loss of her mother (Georgina Florence Andrew) and to Gayle Forester whose grandfather, Elmer G. MacDonald, recently passed. As well, condolences are extended to Elaine Burrows on the loss of her brother, Rev. Lloyd Burrows.



World Home Economics Day – March 21, 2009

The key theme of the “World Home Economics Days 2009 – 2012 reads: “Home Economics beyond 100 years: Empowering for the digital world”

From the beginning - at the end of the 19 century – the aims of Home Economics Education were to empower and strengthen the well being of individuals, families and communities, and to facilitate the development of attributes for lifelong learning and living situations. The International Federation for Home Economics (IFHE) – a global network of home economics experts - is an International Non-Governmental Organization (INGO), having consultative status with the United Nations and the Council of Europe. Home Economics content draws from multiple disciplines, synthesizing these through interdisciplinary and transdisciplinary inquiry. This coalescing of disciplinary knowledge is essential because the phenomena and challenges of everyday life are not typically one-dimensional.

Based on these facts and with the view to the current global challenges IFHE supports the UN Decade of Education for Sustainable Development DESD (2005 – 2014). This initiative has the following main thrusts which guides IFHE in the implementation of relevant plans:

- Public understanding of the principles behind sustainability
- Mainstreaming Education for sustainable development into all sectors
- Life-long learning for all, considering the phenomenal rate of change in knowledge while also ensuring that education reflects local culture and social needs.
- Relevance to all nations, particularly in addressing the social, environmental, and economic knowledge, skills, perspectives, and values inherent in sustainability.
- Specialized training programs.

International Federation for Home Economics IFHE is convinced that Home Economics Education has to play a decisive role for the Education for Sustainable Development especially in the following fields: Gender Equality, Health Promotion, Environment, and Rural Development. More information is available at www.ifhe.org



“There is no doubt that it is around the family and the home that all the greatest virtues, the most dominating virtues of human society, are created, strengthened and maintained”

-Winston Churchill



Time to Celebrate! No Fiddle. No Fuss. Just Food.

James McIntosh, a British home economist, won the 2008 *Gourmand* ‘Best cookery book in the UK’ award. McIntosh is a firm believer that anyone can cook a great family dinner costing less than a fiver using everyday groceries. In August 2008, he carried out some research, concerned about the food that people eat and the way in which they eat it. He found that in the current climate there is a growing consumer interest in saving money on ever increasing bills. Sadly, food is very often the first expense to be cut. But it doesn't have to be this way... By simply preparing more food at home, he offers quick and easy ways to cut costs while still cooking simple, nutritious meals. Check out his website at: www.jamesmcintosh.co.uk

REMINDER:

The Professional Development Award deadline is the end of February.

Regulations and application forms can be found at <http://www.peihea.org/Awards.html>

To have your article, event, or notice in the next PEI HEA Newsletter, please send an email to the organization, with the subject line 'Newsletter Item'...

E-Mail:

peihea@hotmail.com

Web Site:

www.peihea.org

Telephone:

902.566.2738

Mail:

P.O. Box 20029

Sherwood PE C1A 9E3

Food is our common ground, a universal experience.

-James Beard

An Opportunity for Action...

Breakfast for Learning (BFL) has recently joined forces with the Canadian Home and School Federation (CHSF) and the Centre for Science in the Public Interest (CSPI) to garner government support for a national school nutrition program. Together, our organizations have submitted a proposal to the Honourable Jim Flaherty, Minister of and they have started a letter writing campaign across the country.

An "Action Alert" letter has been posted and is available online at <http://petition.web.net/cspi> Simply visit the site to participate in the letter writing campaign - a form letter has already been drafted and the online tool will automatically forward the letter to your Member of Parliament based on postal code. It was very quick, and you are able to edit the letter if you so choose.

Upcoming Events...

Be a **Locavore!** You are invited to engage with the students from the UPEI Executive-style Master of Business Administration Program in exploring the topic of local food. Date: Saturday, February 7, 2009 - Time: 9:30 am -4:30 pm - Place: Alex H. MacKinnon Auditorium Room 242, UPEI School of Business (McDougall Hall).

There will be a presentation of the local food challenge by an expert panel consisting of Tim Carroll, Phil Ferraro, Jerry Gavin and Rob Paterson. As well, a chance to share your views on local food with our MBA students... From 3:00 - 4:30 pm, come see the MBA students present their response to the local food challenge. Light refreshments will be served.

We hope you will come and join us! For more information, call Grace McCourt at (902)566-6474 or e-mail gmccourt@upe.ca.

PEI Food Security Network Workshop. Date: Feb 24, 2009 - Time: 10am – 4pm Place: Murchison Centre (15-17 St. Pius X Ave, Charlottetown (off St. Peter's Road)). The day will include a moderated panel discussion that will bring four different perspectives on what food security is and what needs to be done in our community. After lunch, there will be a mini-workshop to explore what we can do as citizens and as a network to improve food security in our community.

Prince Edward Island Social Forums Winter/Spring 2009 Social Forums

Phil Ferraro and Nancy Willis, The Institute for Bioregional Studies Ltd. (IBS), invites you to join our Social Forums. Each event begins at 7:00 p.m. with a potluck dinner, presentation and informal discussion. The intent is to share ideas and inform each other about social issues affecting our future. Each forum is held at 114 Upper Prince Street, Charlottetown, Prince Edward Island.

For more information/schedule of topics call: 902-367-0390; Email: ibs_pei@yahoo.com; Internet: www.ibspei.ca

We are indeed much more than what we eat, but what we eat can nevertheless help us to be much more than what we are.
-Adelle Davis

