

PEIHEA SPRING NEWSLETTER

May 2009

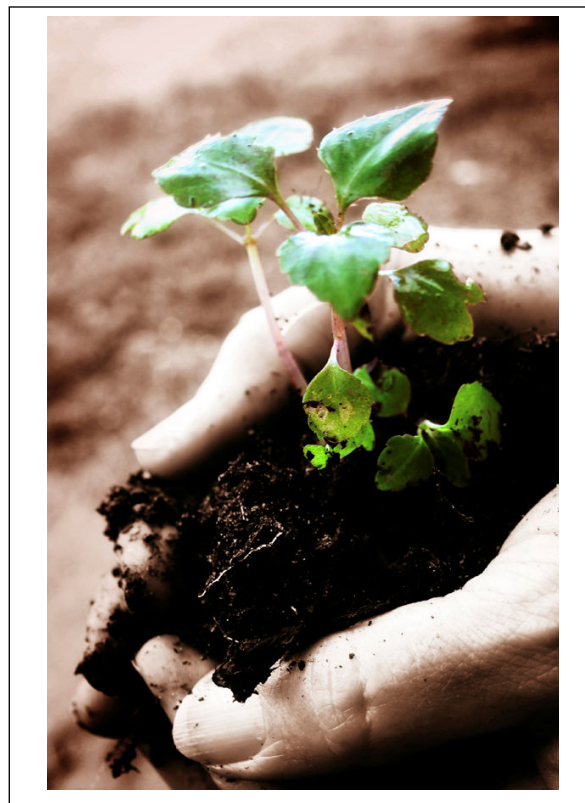
PRESIDENTS MESSAGE

Happy spring! It is such a lovely time of year, especially if you are like me and don't spend too much time on the spring housecleaning part of the season! It is yet another time of renewal - there is the generally accepted New Year on January 1, the starting of school in September, and of course, May, with the start of gardening season, and for me at least, many organizational Annual Meetings. Details on our AGM on May 27th are included in the newsletter. At that time, the executive will also be undergoing renewal as we welcome a new program director and a new treasurer. Although Margaret Prouse and Nancy Reddin will have left big shoes to fill, as they have contributed many hours to the association over their terms of office, we look forward to welcoming new input and getting fresh perspective from other members.

Margaret has been involved on the executive (I think continuously!), since I joined the PEIHEA over 15 years ago. She has been ever cheerful, and ready to lend a hand with everything (Children's Expo, Ho Ho Ho auction, our link to the Healthy Eating Alliance and the Food Security Network, from helping to organize the conference, PD events, tea parties and many general meetings and stepping in anytime help is needed). Margaret is a strong supporter of home economics and has been one of the mainstays of the Association over the past decade or two ... and she's human, too - as many of us know she has to fight the evil demon of procrastination!

Nancy Reddin has held the purse strings of the PEIHEA over the past four years, and has used her formidable organizational ability to keep us in a very good financial position. Nancy was also the driving force behind the Regional Home Economics conference that PEI hosted in 2006. Nancy also kept track of membership details and lists. We shall certainly miss her dedication and attention to detail on the executive, but wish her all the best in her upcoming retirement, both from the PEIHEA executive and her "real" job, and in her planned travels!

There will also be the opportunity for someone to be nominated to the position of Vice President. This important role has not been filled for the past few years, and has resulted in extra duties being added to the role of other executive members. Generally the VP assists the President, fills in, in her absence, and coordinates membership recruitment, and moves into the position of president, once the president's term expires.



Please consider whether you might be interested in taking a leadership role in the organization, and contact Margaret Prouse if you'd like to get more involved.

Elaine Burrows has another year in her term as secretary, and Kathleen Brennan will also continue as newsletter editor. Thanks to Heather Henry MacDonald who has been archivist for the PEIHEA over the past number of years and to Anne MacPhail who chairs the Awards Committee.

Thanks for your support over the past year, and I hope to see you at the AGM later in May!

Shari MacDonald

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ANNUAL GENERAL MEETING - MAY 27/09

When: Wednesday May 27, 2009

Time: Please arrive at 5:30 for dinner at 6:00pm

Where: The Home Place, Kensington

Menu: Choice of (\$19.95/person +taxes, gratuity):

Baked Haddock with White Wine Sauce or

Chicken Breast stuffed with Savory Dressing topped with Cranberry Apple Chutney

Duchesse Potato, and Fresh Vegetables

Fresh Rolls

Tea or Coffee

Ice Cream Crepe with Toffee Hazelnut Sauce and Chocolate Drizzle

Speaker: To be announced (check email, or www.peihea.org)

RSVP: Indicating menu choice by **May 22**, to peihea@hotmail.com or Margaret@islandgusto.com or by phoning Margaret at 566-4217

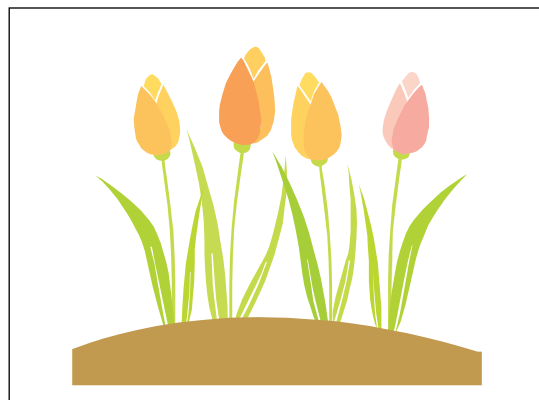
NEW AND NOTEWORTHY

The PEIHEA Executive prepared 100 treat bags of inspiration for the hardworking Food and Nutritional Sciences students during the Final Exam period. Each treat bag contained an orange, granola bar, candy, homemade cookie, PEIHEA bookmark, and inspirational quote and were well appreciated by the students!

WHO WE ARE: OUR HISTORY AND HORIZONS

Congratulations to the members of the History Collective!! **WHO WE ARE: OUR HERITAGE AND HORIZONS** received the award for **Publication of the Year** at the PEI Museum & Heritage Foundations annual heritage awards ceremony on Feb 16/09. The citation is on the PEIHEA website: www.peihea.org.

The book can still be purchased by sending a cheque payable to the Home Economics Publishing Collective, c/o Heather Henry MacDonald - details also on the website.



PROVINCIAL SCIENCE FAIR

In April, Shari judged the **Provincial Science Fair**. The Junior prize was awarded to Madeline Crawford, a grade 4 student at Eliot River Elementary for her project "It's Alive - Inventing New Food with Bacterial Fermentation" Madeline made yogurt out of several different kinds of milk substitute beverages, as her sister is allergic to cow's milk and soy milk. She gave a fantastic presentation and had even written to the president of the rice milk company suggesting his company produce yogurt!

Emily Ross, from East Wiltshire School, received the Intermediate Prize for her project "Remember to Think, Thinking to Remember - Preventing Alzheimers" Emily investigated how different food products reacted on proteins which are similar in make up to the fibroids which grow in the brain during Alzheimers. Emily's results show that Omega -3s may have a beneficial effect in fighting this disease.

The Senior prize was awarded to Marina Sanford, from Évangeline, who studied bacteria found in common areas around the home. She was really enthusiastic!



First Place Junior, Madeline Crawford



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SEND US YOUR STORY!...
We're on the Web!
See us at: www.peihea.org

PEI Home Economics Association
Financial Statement, 2008-2009, and Proposed Budget, 2009-2010
 Prepared by Nancy Reddin, treasurer

Operating Account

| REVENUE | 2007-08 ACTUAL | 2008-09 BUDGET | 2008-09 ACTUAL | Notes | 2009-2010 BUDGET |
|----------------------------|-------------------|-------------------|-------------------|----------------------------|---------------------|
| Membership Dues | \$870.00 | \$900.00 | \$810.00 | 27 members, incl. 2 new | \$840.00 |
| Interest | 1.47 | 1.50 | 1.20 | | 1.50 |
| Donations/Misc. | 42.00 | 50.00 | 49.00 | Tea & garden parties | 50.00 |
| Fund-raising (net) | 1276.21 | 1250.00 | 1296.37 | 4 cookbooks; auction | 1250.00 |
| TOTAL | \$2189.68 | \$2201.50 | \$2156.57 | | \$2141.50 |
| EXPENSES | | | | | |
| Workshops/Program | \$30.00 | \$50.00 | 0.00 | | \$50.00 |
| Newsletter | 83.11 | 100.00 | 77.78 | 2 n'letters + 65.16 o/s | 75.00 |
| Meetings (net) | 35.86 | 50.00 | 76.99 | AGM | 50.00 |
| Operating | 204.35 | 200.00 | 200.88 | PO box & website, cards | 200.00 |
| IFHE Dues | 212.50 | 212.50 | 212.50 | | 212.50 |
| DMA Award Top-up | 215.00 | 115.00 | 115.00 | (Interest from bonds &GIC) | 43.50 |
| P. D. Awards | 0.00 | 500.00 | 0.00 | | 500.00 |
| Science and Heritage Fairs | 150.00 | 150.00 | 170.00 | \$20 Extra prize, Sci Fair | 150.00 |
| Miscellaneous | 92.64 | 150.00 | 193.14 | memoriam, gift, w'site o/s | 150.00 |
| Spec. Projects/Summer Stud | 1109.02 | 600.00 | 0.00 | | 600.00 |
| TOTAL | \$2132.48 | \$2127.50 | \$1046.29 | | \$2031.00 |
| REVENUE-EXPENSES | \$57.20 | \$74.00 | \$1110.28 | | \$110.50 |
| OPENING BALANCE | \$2299.78 | \$2356.98 | \$2356.98 | | \$2467.26 |
| Transfer to Investments | | \$1000.00 | \$1000.00 | | \$1000.00 |
| CLOSING BALANCE | \$2356.98 | \$1430.98 | \$2467.26 | | \$1577.76 |
| Bank balance | \$2356.98 | | \$2493.07 | o/s 5.81, 20.00 | |

Investments

| Type | Principal | Interest Rate | Issue Date | Maturity Date | Interest Earned |
|------|-----------|---------------|------------|---------------|----------------------------------|
| GIC | 1000.00 | 3.05% | Oct 6/08 | Oct 6/09 | pd. annually |
| GIC | 2000.00 | 3.5% | Nov 25/05 | Nov 25/10 | pd. annually |
| GIC | 1000.00 | 4.1% | Nov 18/08 | Nov 18/13 | pd. annually (from History book) |
| Bond | 3100.00 | 5.0% | Dec 31/06 | Dec 31/11 | pd. annually |
| Bond | 2100.00 | 5.0% | May 31/07 | May 31/12 | pd. annually |
| Bond | 1100.00 | 5.0% | July 31/07 | July 31/12 | pd. annually |

Savings account: Balance Mar. 31, 2008=\$17.14

Bond: PEI Renewable Energy Fund

PEI Home Economics Association
Proposed By-Law Changes -for Discussion - Possible Adoption in the fall.

Comments greatly appreciated!

Bylaw I: Membership

C. **Fees:** 2. **Add** "Membership fee for the first year shall be waived for graduates who apply within two years of graduation. Members who have belonged to the association for forty years shall be considered Life Members and will not be required to pay the membership fee. Life Members will maintain their rights and privileges." [Two years and forty years are just suggestions: two years to allow graduates to decide if they are staying on the Island, and 40 years arbitrarily based on current members. This would be a nice way to recognize our members like Nancy's Mum and Doris who have been there for us for 60 years, or almost as long, like Alta.]

Bylaw VI: Standing Committees

Delete 7. Newsletter Committee, and **8.** Public Relations Committee, renumber remainder, and revise 1. **Add to Bylaw IV: Duties of the Executive Committee Members** "8. The **Communication Coordinator** shall:

- a) be responsible for preparing the Newsletters, using electronic means of distribution as much as possible, with input from the members
- b) maintain the association's web-site, including social networking [not sure of right words, but if we are going to go on Facebook, someone needs to do it]
- c) prepare and distribute press releases about the activities of the Association [or use the wording for Public Relations]
- d) assume other responsibilities at the request of the President.

Add Communication Coordinator to end of *Bylaw III: Executive Committee* 4. Each position...duties may be shared, e.g. Program Coordinator...

Amend Article IV: Governing Body of Constitution to add Communication Coordinator after Program Coordinator.

Other

A couple of tidying-up changes to consider since we are looking at the Bylaws anyway:

- **Delete** Finance Committee from Bylaw IV, add to Bylaw II: Finance "6. The budget shall be prepared by the Treasurer and presented to the Executive for review prior to the Annual Meeting. The budget shall allow for the preparation and distribution of at least two newsletters per year. The budget shall be approved by the members at the Annual Meeting."
- **Change Bylaw II: Finance** "4. ...The auditor shall review and confirm the correctness of [rather than audit] the financial records..." [auditing is a more involved process than what is done now and would require a qualified accountant]
- *Bylaw IV Duties...* 5. The past-President shall:...b) act as liaison to [rather than representative of the association] the UPEI FANS club.
- *Bylaw X: Dissolution* 1....a similar majority at a second meeting within 90 days of the first meeting [rather than 30 days; my experience with the near demise and now resurrection of PEIDA suggests that we would need to take our time if we ever decided to disband...what's the rush?]

PEI Home Economics Association
Program Report, 2008-2009
Prepared by Margaret Prouse, Program Coordinator

The 5th annual HO HO HOme Economics Auction was held on Thursday, November 27th, 2008 at Central Queens United Church in Hunter River. Besides being an occasion to get together and have fun, the auction was the major fundraising activity for PEI Home Economics Association this year. Karen Mair, of CBC Radio's Island Morning team, was our lively first-time auctioneer. Through the efforts and generosity of our members who prepared and solicited items to auction, brought lunch, and bid on items, and the participation of family, friends and neighbours who attended the auction, we raised approximately \$1250.

On March 19th, PEIHEA hosted a World Home Economics Day get-together for members, UPEI Family and Nutritional Sciences students with faculty member Dr. Lori Weeks, and graduates of related disciplines. The pot luck supper was followed by a discussion, facilitated by Shari MacDonald, about how we can improve communication and increase collaboration between the Department of Family and Nutritional Sciences and PEIHEA, and finally, a summary of the some of the work that the PEI Food Security Network (of which PEIHEA is a member) has been doing.

At the World Home Ec Day event, we learned that:

- a. Students were unaware of PEIHEA.
- b. The department never refers to itself as FANS; always Family and Nutritional Sciences.
- c. FANS is used to refer to the student club, which includes only an executive of representatives from each year/program.
- d. Facebook is a good way to communicate with students.
- e. Suggestions re: collaborations—turkey drive/turkey time project; PEIHEA could partner with students to fundraise for Christmas family sponsorship; care packages at exam time; volunteer opportunities for students; newsletter articles by students; career presentations for students; presentations re: current university Family & Nutritional Sciences programs for PEIHEA members.
- f. The name “home economics” may be a barrier, as there is little exposure to it, minimal understanding of its meaning, and most students do not identify with it.
- g. There is a shared concern for “family” and “community”.

PEI Home Economics Association
PEI Food Security Network Report, 2008-2009
Prepared by Margaret Prouse, Program Coordinator

The PEI Food Security Network (PEIFSN) is now just over one year old, having been officially formed on March 4, 2008. The community had begun to mobilize around food security issues previous to that, through the work of the Cooper Institute, Dr. Jennifer Taylor, PEI Healthy Eating Alliance, CHANCES Family Resource Centre, and others. PEIFSN brought the partners together for more effective food security work.

The mission of PEIFSN follows: The PEI Food Security Network is an education and action organization committed to achieving food security in Prince Edward Island. It is dedicated to changing community attitudes and public policy to promote: environmentally appropriate practices for the production and distribution of food; the availability of affordable, healthy, culturally appropriate and personally acceptable food; livable income for producers; the right to food; and PEI self-reliance in food.

PEIFSN has been hosted by Women's Network PEI during this first year. The work is done by a Coordinating Committee, chaired by Michelle MacCallum, Executive Director of Women's Network, and three working groups: Working Group 1- access to healthy, culturally appropriate food (including complete labelling); Working Group 2- food costing and development of more advanced food skills; and Working Group 3- guaranteed livable income for producers and ecologically responsible production and distribution.

The work undertaken during this first year includes Advocacy: eg letters to editor such as one about the need for both charity and social justice- "Walking with two feet" that was published in the Guardian; education, both of working group members and the public, through workshops and the Simple Feasts with Island Foods community school pilot, and the exploration of issues.