


*“What’s Past  
is Prologue”  
III*

A History of Home Economics in Alberta  
1980 - 2002



---




*“What’s Past is Prologue”* III

A History of  
Home Economics in Alberta  
1980 - 2002

“What’s Past is Prologue”  
Shakespeare’s *The Tempest*  
Act II: Scene 1

---





*What's Past Is Prologue Core Committee*

*Back row, from left: Jane Carlyle, Faye Forbes Anderson, Patti Rathwell, Barb Cousens, Fran Genevoux*

*Front row from left: Jean Wilson, Donna Horton, Kathy Deyell, Nancy Craig, Betty Wolfe*

*Design, typesetting & artwork by Yunique Ideas Inc., Calgary, Alberta  
Printed and bound in Canada by Blitzprint Inc., Calgary, Alberta*



*"What's Past is Prologue" III*

**Co-editors: Kathy Deyell and Donna Horton**

**Core Committee:** Jane Carlyle, Nancy Craig, Barb Cousens,  
Faye Forbes Anderson, Fran Genereux, Patti Rathwell, Jean Wilson, Betty Wolfe,  
Kathy Deyell and Donna Horton

**Contributing Writers:** Doreen Al-Adra, Norma Bannerman, Carolyn Berkan,  
Carol Blyth, Carolyn Brown-Smith, Marilyn Clark, Dr. Betty Crown,  
Monica Curtis, Bettie Ditzler, Glenda Everett, Colleen Grover, Linda Henderson,  
Pat Inglis, Lynn Homer, Mary Ann Joly, Kathy Keeler, Dr. Dianne Kieren,  
Phyllis Kozak, Audrey Kuzyk, Anne Lambert, Joyce Lencucha, Deb Mayberry,  
Arlene McKay, Yvonne McNicoll, Glenda Molgat, Shirley Myers, Doreen Pritchett,  
Laurana Rayne, Fern Richardson, Irene Sifrer, Marie Slusar, Bev Sochatsky,  
Sharon Speranza, Suzanne Tenold, Betty Young.





Financial assistance from the following is gratefully acknowledged:  
Alberta Home Economics Association Historical and Education Society  
Canadian Home Economics Association Foundation

*Note: Every effort has been made to represent fairly and accurately the history of home economics in Alberta from 1980 - 2002. Persons having additional information which would clarify any item are invited to contact the Alberta Human Ecology and Home Economics Association.*

Published by the Alberta Human Ecology and Home Economics Association, 2003

# *"What's Past is Prologue" III*

## Table of Contents

### **Introduction**

- Prologue .....1
- The Challenge of Change .....3
- About Human Ecology .....4

### **Leading the Professionals**

- AHEA Code of Ethics .....6
- Membership Chart .....7
- AHEA Highlights - 1980-2002 .....8
- Branches
  - Edmonton .....41
  - Calgary .....47
  - Peace Region .....59
  - Lethbridge .....62
  - Red Deer .....68
  - Lakeland .....71
- Registration of Alberta Home Economists .....74
- Federation of Provincial Home Economics Associations .....80

### **Educating the Professionals**

- Transitions: From Home Economics to Human Ecology at the University of Alberta .....82
- Dr. Elizabeth L. Empey Lectureship .....91

### **Teaching Young People: Home Economics Education** .....93

### **Reaching Adults of all Ages**

- Grant MacEwan College .....104
- Southern Alberta Institute of Technology (SAIT) .....105
- Continuing Education
  - Calgary .....106
  - Edmonton .....107
  - Lethbridge .....109
  - Red Deer .....110

<b>Serving the Rural Community: Home Economics in Extension, Alberta Agriculture</b> .....	111
------------------------------------------------------------------------------------------------	-----

**Managing Lifestyles**

• Alberta Registered Dietitians Association (ARDA) .....	128
• Clothing and Textiles .....	134
• Commodity Organizations .....	135
• Financial Counselling in the Community .....	136
• Food Safety Info Line .....	138
• Heart Smart Program .....	140
• Home Economists in Business (HEIB)	
• Edmonton HEIB .....	142
• Calgary HEIB .....	143
• Utility Companies	
• Blue Flame Kitchen .....	144
• Electric Utility Home Economists .....	145

**Going Beyond Our Geographical Borders**

• International Development .....	147
• International Federation for Home Economics (IFHE) .....	159

<b>AHEA Scholarships and Bursary</b> .....	161
--------------------------------------------	-----

<b>AHEA Awards</b> .....	162
--------------------------	-----

<b>AHEA Past Presidents</b> .....	164
-----------------------------------	-----

# Introduction

---

## PROLOGUE

by Co-Editors, Kathy Deyell, PHEC and Donna Horton, PHEC

“What’s Past is Prologue III” – A History of Home Economics in Alberta, 1980-2002, is a sequel to the previous Alberta histories of home economics: “What’s Past is Prologue” (published in 1968) and “What’s Past is Prologue” – A History of Home Economics in Alberta (published in 1981).

The book title comes from William Shakespeare’s play “The Tempest”: *“And that by destiny, to perform an act / Whereof what’s past is prologue; what to come, / In yours and my discharge.” (The Tempest, Act III).*

For the editors, the book title illustrates how the rich and proud history of home economics in Alberta serves to provide a foundation for the future of our profession.

Thus, in a diary-like fashion, we have encapsulated events of the Home Economics Association, featured the activities of the six branches and highlighted the various facets of home economics throughout the province. Stories unfold in examples of social action, education and leadership. We hope that you, the reader, will recognize the influence of the home economics profession locally, provincially, nationally and globally as you turn the pages of this book.

We had hoped to include as many aspects of home economics/human ecology as we possibly could in this edition. Realizing that the profession had expanded and careers had diversified, we wanted to capture all of it. However, when reality hit, it was obvious that neither time nor space would permit that. We trust that we have provided a suitable summary. If we have missed names of people, careers or events, we apologize – perhaps they can help to form the basis of the next edition!

It has been a pleasure working with a terrific core committee in Calgary, namely: Jane Carlyle, Nancy Craig, Barb Cousens, Faye Forbes Anderson, Fran Genereux, Patti Rathwell, Jean Wilson and Betty Wolfe. This team, along with other volunteer writers throughout the province, researched newsletters and files, made visits to the Glenbow Museum Archives and “picked the brains” of colleagues in an effort to recount accurately the events of the past 22 years.

The names of all contributing writers are listed in the book and we would like to extend a heartfelt thank you to each and every one of you.

### **On a personal note:**

*Kathy Deyell said, "I have always been proud of my home economics roots and the compilation of this book has served to intensify that feeling of pride. It has been a privilege to work with Donna Horton, a dear friend and colleague, over the past twenty-two months. Always positive, she kept me motivated and on track – and was the "edit queen" of this project. Our Calgary committee was generous in their gift of time and encouragement as the project deadline was extended several times. We couldn't have done it without them."*

*Donna Horton said, "I've always felt a strong connection when I'm in a room full of my home economics colleagues and that feeling continued to grow as I worked on the "What's Past is Prologue" project. I enjoyed every opportunity to talk with home economists who were working on the committee in Calgary, as well as with those who participated throughout the province. This has been an excellent opportunity to get to know AHEA better and I have so much admiration for the strong professional involvement of so many dedicated people. One of the best things about co-editing the book was working with Kathy Deyell – a good friend who is extremely hard working and dedicated. She continually astounds me with her organizational skills, keen interest and high energy."*

## **THE CHALLENGE OF CHANGE**

*by Betty Wolfe, PHEc, Norma Bannerman, PHEc and Laurana Rayne*

One word summarizes the power which influenced our members in the past two decades: CHANGE. Turbulent and violent, challenging resolve and effort, it encompassed the world. Safety in careers was blown out of the water long before September 11, 2001.

In the early 1980s home economists in Alberta were involved in a broad spectrum of services and practice. They provided diverse information and promoted the home and family within large institutions and large corporations. When "impacting the bottom line" became the rallying cry in the 1990s, many home economists were either forced out or had to adopt quickly new ways of applying their skill and knowledge.

They initiated small businesses, opened consulting companies, or persuaded large corporations to utilize their backgrounds in new and innovative ways. Technology was embraced as another tool to get the job done.

For many, our personal focus became diverted over the past 20 years as well. Becoming part of the "sandwich generation" meant caring for both children and aging parents while holding a full-time job. We had a new veneration for financial security - and the gyrating stock markets didn't help us sleep at night.

We believed we had a dynamic professional organization, loosely held and driven by mutual motives. That structure, which seemed so neat and complete in 1989 (when Federation came into being), began to show rust in the struts that maintained it. Geographic and cultural needs, extremely small membership numbers and a dearth of money all started the decay.

When human ecology became our new byword, we grasped the idea of interdependence. As well as looking at our areas of study through a microcosmic lens on individuals, families and communities, we had to look outside to divine where we fit in. We altered the course - but we did honour and revere our members for their devotion and perseverance.

Through all this change, what has remained constant is the underlying philosophy of what Home Economics/Human Ecology is all about - a profession that cares about people and their well being, with a holistic view of helping people achieve quality of life. The profession has experienced change and has been transformed in structure and appearance. What hasn't changed is the heart!

## ABOUT HUMAN ECOLOGY

The term “human ecology” is more than a synonym for home economics and more than a public relations gesture to update the image of home economics.

Human Ecology was the new name given to Home Economics when the University of Alberta Faculty of Home Economics underwent restructuring. (see p. 82, *Transitions*) The Departments of Family Studies and Clothing and Textiles were combined to form the *Department of Human Ecology*.

The University of Alberta web-site describes Human Ecology as “an interdisciplinary applied field that uses a holistic approach to help people solve problems and enhance human potential within their near environments – their clothing, family, home and community. Human Ecologists promote the well-being of individuals, families and communities through education, prevention and empowerment”.

To give some perspective to this change from home economics to human ecology, the Canadian Home Economics Association gives this definition of home economics: “Home economics is concerned with all aspects of daily living including human development and relationships, financial and resource management, consumerism, foods and nutrition, clothing and textiles, housing and shelter and aesthetics. Home economics brings together knowledge from its own research, the sciences and the arts and uses this knowledge to assist people in enhancing their daily lives”.

To quote Doris Badir, former Dean of the Faculty of Home Economics, U of A: “We focus on Family and Household but do we have any understanding about why we have moved from Home Economics to Human Ecology? It is because the latter places us in the real world – right in the middle of government policies re: families, children, poverty, income, taxation, environment, aging and a whole lot more”. (Badir, D., “A Member’s Response to the CHEA Survey”, AHEA Newsletter Winter 2002, 8, 9)

Corresponding changes were made to our professional association. A Province of Alberta Order in Council June 25, 2002 stated:

- “that the Alberta Home Economics Association continues to be registered as a professional association under the name Alberta Human Ecology and Home Economics Association;
- “that the professional titles and abbreviations of titles that may be used exclusively by the association and its members be “Professional Human Ecologist”, “Professional Home Economist”, “P.H.Ec.” and “PHEc”.

At the 10th annual Elizabeth L. Empey Lecture (fall 1992), Dr. Eleanore Vaines of the School of Family and Nutritional Sciences at the University of British Columbia said that she regarded ecology “as a way of seeing, thinking and knowing about living systems and the ways in which these come together to create wholes.”

She continued to say that: “*What human ecology does and can do better is to connect the public and power domains of influence with the private sphere which is primarily the domain of family as an ecosystem.*”

Dr. Jan Hogan of the University of Minnesota spoke at the 1993 Empey Lecture on the topic “Human Ecology: Creating Alternative Futures”. Her comments included the following: “*The interdependence of the family and its environment, social, biological, cultural and constructed technological systems is the essence of Human Ecology.*”

Dr. Hogan’s final words made a fitting summary to the rationale behind the name change: “*Human Ecology provides leadership to make the world a better place with partnerships and vision of a larger ecosystem – a global perspective for the future.*”



# *Leading*

---

The Professionals

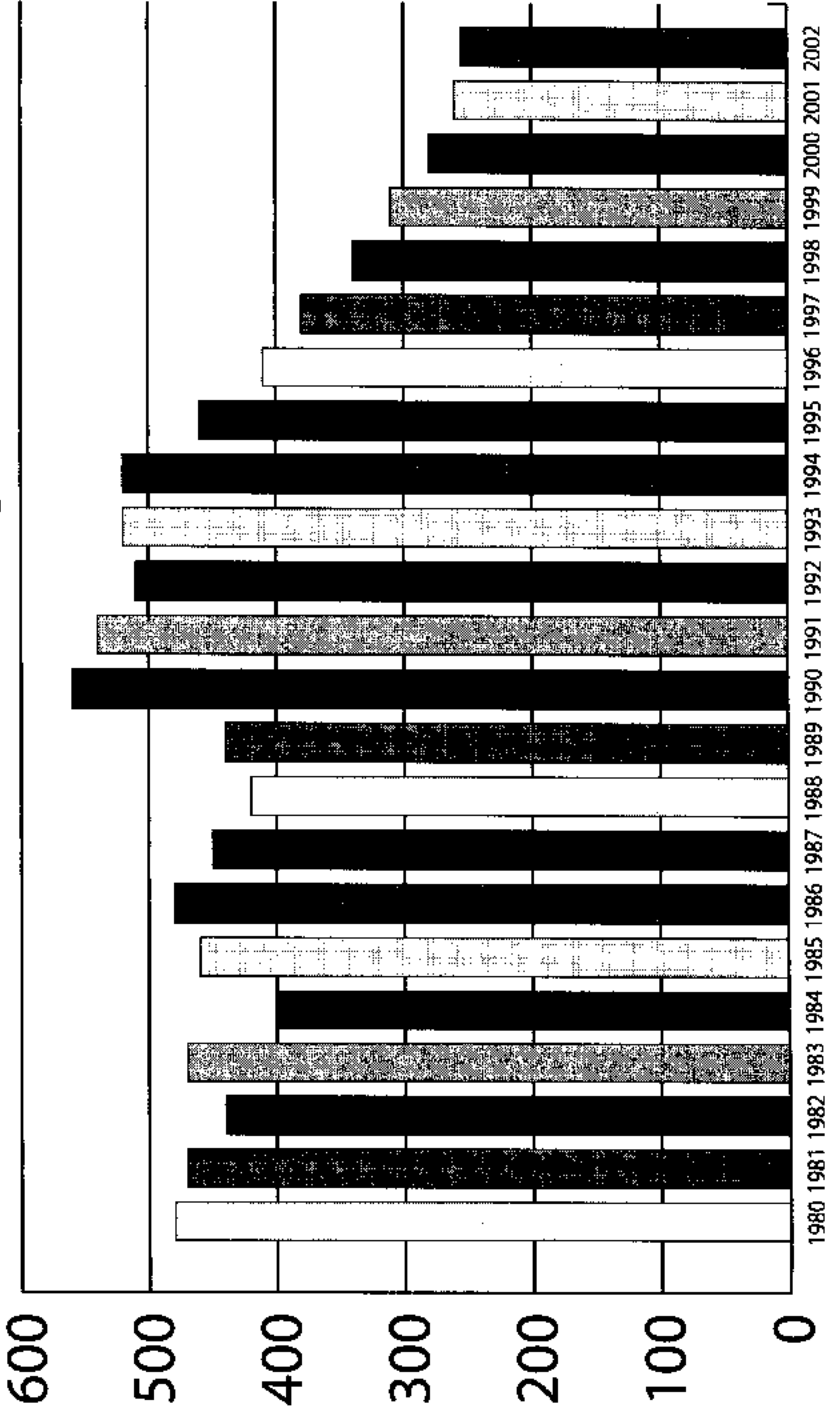
## *☞ AHEA CODE OF ETHICS ☞*

The AHEA Code of Ethics has been revised over the years. The following Code of Ethics complies with Registration regulations.

It is stated in the bylaws that members of the Alberta Human Ecology and Home Economics Association shall:

1. Engage only in those areas of the practice of Home Economics in which they are competent,
2. Provide competent and responsible service to the best of their ability on behalf of the employers and clients and the community at large,
3. Develop and continually upgrade their professional competence,
4. Observe standards of personal ethics that reflect credit on the profession,
5. Conduct themselves towards other members with fairness and good faith and
6. Support the Association and further its aims.

# AHEA Membership



# ALBERTA HOME ECONOMICS ASSOCIATION HIGHLIGHTS • 1980 - 2002

## INTRODUCTION

The Alberta Home Economics Association (AHEA) began in 1935 with the Union of the two Home Economics Associations, Edmonton (formed in 1923) and Calgary (formed in 1934). It expanded over the years to include Grande Prairie (in 1967), Lethbridge (in 1968), Red Deer (in 1973) and Lakeland (in 1978). Grande Prairie became Peace Region in 1982.

After restructuring in 1984, the six “local associations” were renamed “branches”. The number of AHEA branches was reduced to five in June 1997 when Lakeland Branch closed due to declining membership. (*see p. 41 Branches*)

AHEA began the two decades (plus) 1980 to 2002, with a large, vibrant membership involved in local, provincial, national and global issues.

Highlights of activities, structural changes, social action and accomplishments over the past twenty-two years from the perspective of the Association as a whole are summarized in the following pages. The events of each year are listed according to the membership year of the Association, which was from the spring of one year to the spring of the next year.

AHEA newsletters provided the main source of information, collected and summarized by a team of writers in Calgary.

## 1980 - 1981

### **Travelling Workshop – Computerized Supermarkets**

All locals participated in the travelling workshop organized by the Professional Development Committee. Sally Hall from the Consumers Association of Canada (CAC) spoke about Computerized Supermarkets - their drawbacks and their advantages. Of concern to both AHEA and CAC was that prices remain marked on the product, not just the store shelf, when stores become computerized.

**41st Annual General Meeting**, held April 25, 1980 in Calgary

### **Resolutions**

- *Day Care*: “That the AHEA Executive request that Alberta Social Services and Community Health, Day Care Unit, provide a nutrition handbook for the use of day care operators. Nutritionists, home economists and day care specialists should be involved in the

development of the Handbook and it should include rationale, menus, food lists, recipes and teaching ideas for a day care nutrition program.”

- *Family Life Education*: “That AHEA Executive petition the Minister of Social Services and Community Health to encourage the Government of Alberta to sponsor a series of conferences which would focus on ways of strengthening families.”

### **1980 AHEA Annual Conference: “Something Called Success”,**

April 24 – 26, 1980 at the Marlborough Inn in Calgary

#### **Local Leave of Absence**

The Grande Prairie Home Economics Association gave notice in early 1980 to take a leave of absence as an active local association, citing difficulty in filling executive positions to undertake the work of the local association. A trust account was established to house membership fees from Grande Prairie home economists for a three-year period until the association decided to reactivate or disband. The renamed Peace Region Home Economics Association was formed on May 1, 1982. (*see p. 59, AHEA Peace Region Branch*)

As a result of the Grande Prairie situation, the AHEA Advisory Council developed recommendations for leave of absence for locals. They received input and direction from the AHEA Executive and local Presidents at the September 20, 1980 Joint Meeting.

#### **Home Economists’ Image**

A Canada Manpower television commercial (aired on January 30, 1981) encouraging women to upgrade their employment skills depicted a woman in distress because she wished she had taken Industrial Arts instead of Home Economics while in school.

Upon seeing the commercial, AHEA President Sharon Pisesky immediately contacted the office of Senator Bud Olson, Minister of State for Economic Development to object to the degrading portrayal of Home Economics. As a consequence, the commercial was removed and Ms. Pisesky received a phone call from the Minister’s Executive Assistant apologizing for the negative representation of Home Economics. A follow-up letter was sent to thank the Minister for the immediate attention to the issue and suggested that Ottawa home economists be invited to review committees where ads reflected upon the quality of life of Canadian families.

#### **What’s Past is Prologue**

The second edition of “What’s Past is Prologue”, A History of Home Economics in Alberta, was released in April 1981 and sold for \$11.95.

Originally scheduled to be ready by the 1980 Alberta Home Economics Convention, the job of researching and writing the history, in the words of Norma Bannerman, archivist, "has been an arduous and full-time undertaking". What began as an 80-page summary evolved into a 167-page book.

As part of the initial printing, 50 Limited Edition copies, specially bound in leather and complete with a certification of number of edition, were sold as a way of raising funds. For her leadership in initiating the project and her hard work in researching and preparing the history, the Number One copy of the Limited Edition was presented to Norma Bannerman.

## **1981 - 1982**

**42nd Annual General Meeting**, held April 10, 1981 in Red Deer

- The Registration Committee, chaired by Dr. Betty Crown, received approval from the membership to pursue exclusive use of title legislation. This was a change from a previous year's motion for exclusive right to practice.

### **Resolution**

- *Family Life Education*: "That the AHEA communicate with Ministers of Education, Social Services and Community Health and Hospitals and Medical Care to encourage them to support family life education opportunities for all students."

**AHEA Annual Conference: "Marketing in the 80's"**,  
April 10 -11, 1981, Red Deer



*1981 Conference Committee  
Centre: Jackie Anderson, conference chairman  
Front Row: Sue Loppacher, Patti Rathwell  
Back Row: Glenda Molgat, Lynn Stegman,  
Marilyn McNeil, Loretta Inja*

### **Submission to Cavanaugh Commission on Child Care**

AHEA has had a long record of concern for the welfare of children in child care settings. A committee was struck, chaired by Pat Leginsky, to prepare an AHEA submission on day care concerns and to make recommendations for improving the Alberta system. They presented this brief to the Cavanaugh Commission (mandated to investigate child care practices in the province of Alberta) on behalf of AHEA on May 27, 1981. The foundation of the submission was the AHEA 1979-1980 Day Care Working Paper.

## **Financial Review**

As recommended by the previous executive, AHEA auditor Data Plus Computing and Accounting Services undertook a review of the organization's financial statements and procedures. They identified that the Association is not being treated as a whole for accounting purposes as each committee maintained its own bank account and system of bookkeeping. In addition, as new executives are elected, records change hands with no continuity. As considerable funds are being handled, the firm made a number of recommendations to remedy this situation, which were implemented.

## **1982 - 1983**

### **Mail Strike**

A prolonged mail strike in 1981 hampered the efficient processing of membership renewals. In her report to the 1982 Annual Meeting, President Arlene McKay suggested that it may even have been the cause of the decline in membership.

### **43rd Annual General Meeting held April 30, 1982 in Calgary**

- Motion to approve the definition of the practice of home economics for inclusion in a Home Economics Profession Act was accepted in principle by the membership at the 43rd Annual General Meeting.

### **Resolutions**

- After School Day Care was the issue on which the local associations and provincial executive focused attention. Several resolutions were put forward at the annual meeting to encourage increased government funding and support for standardized training for after school day-care workers.
- The Red Deer Home Economics Association brought forward a resolution on the issue of professional care of handicapped children.

### **1982 Joint AHEA/ATA Conference: "Impact and Image ...Decoding the Future", April 30 – May 2, 1982, Calgary**

This was the first joint conference of the Alberta Home Economics Association and the Home Economics Council of Alberta Teachers' Association. Deb Mayberry (AHEA) and Colleen Grover (ATA) shared the duties of conference chair, managing a group of committees chaired jointly by representatives from each organization.

In her report to the 43rd Annual Meeting, Deb Mayberry suggested this was "a good practice and initiates understanding between two allied associations". However the planning process was not problem free. The hurdles encountered included finding a hotel large enough to accommodate the 300 delegates

expected, finding solutions to overcome bylaw and constitutional differences which affected programming, and determining how profits should be divided.

### **Structure Committee**

Barbara Cousens was named Chairman of the AHEA Structure Committee. The committee was charged with the responsibility of examining the structure of Alberta Home Economics Association with the specific objective of promoting better communication between members, the provincial executive and the local organizations.

### **Policy and Procedures Handbook**

Under the direction of Shirley Rebus (Laurana Rayne), substantial work was done to revise and update the AHEA Policy and Procedures Handbook.

### **Partners in the Home Economics Profession: You and Your Association**

In response to a request from the local associations, a pamphlet was produced to promote membership in AHEA. Entitled "Partners in the Home Economics Profession", it was distributed to new graduates, to those who had not renewed their membership and to newcomers to the province.

### **Rotating Membership**

A rotating membership year was implemented in May 1982. Members could alter the due date of their annual renewal by contacting the Executive Secretary. Their fees were prorated for the interim period. New members were given a due date 12 months from the date of their initial issue. This initiative was proposed to distribute the workload of the Executive Secretary and local Membership Chairs throughout the year.

## **1983 - 1984**

**44th Annual General Meeting**, held April 23, 1983 in Lethbridge

### **Resolution**

*Part-Time Work:* "That AHEA support the concept of increased permanent part-time and permanent job shared positions for professional persons and write to the Government of Canada and the Government of Alberta, the federal and provincial women's organizations, and community organizations with similar interests, to make them aware of our endorsement of the concept of permanent part-time work and permanent job shared positions and to offer consultative assistance in federal and provincial policy planning on this issue."

### **AHEA Annual Conference: "Signals of Change"**

April 21 – 23, 1983, Lethbridge

For the first time, the Lethbridge Home Economics Association hosted the

annual conference. The Lethbridge AHEA Conference almost did not happen. While this was an opportunity for one of the locals outside of Edmonton and Calgary to hold the conference, low registration and therefore a pending financial loss threatened to cancel the event. However, a resourceful planning committee under the leadership of Linda Barvir gained last minute support and made changes to the program, resulting in a successful conference. The keynote speaker was Roy Bonisteel.

### **Structure Task Force**

Shirley Rebus (Laurana Rayne) assumed the chairmanship of the Task Force – AHEA Structure for the period May 1982 until April 1983. During the year, task force members defined the objectives to guide the restructuring of the Association and set in motion a time line for the trial and implementation of the changes. The objectives of the task force were:

- to develop a more cohesive structure which would involve home economists throughout the province in AHEA decision-making,
- to streamline and simplify in order to reduce the time commitment of members,
- to increase cost-effectiveness and avoid duplication of efforts and
- to strengthen communication among home economists at all levels.

### **Peace Region Home Economics Association**

After a period of inactivity the Peace Region Home Economics Association reactivated, focusing its efforts on “personal and professional development” for its 21 members.

### **New Structure Approved**

Following presentations and discussions at workshops held in each local, a mail vote was conducted in January 1984 to determine the membership support of the changes to AHEA structure as proposed by the Structure Committee. There was a 59% return of ballots with 211 votes in favor, 2 opposed and 10 spoiled ballots. With this membership approval the committee moved forward to present the constitutional changes required for a registered profession at the 1984 Annual Meeting.

In an article submitted to the AHEA Newsletter, the new structure was described as follows: “The full board consists of a core executive from one area of the province, with voting representatives from all other areas. Major decisions are made by this Board at twice-yearly meetings. The Executive acts in the intervening period to carry out these decisions, and Executive members use their discretion in handling Association matters that arise between Board meetings.”



Board members handled AHEA committee responsibilities on a two-year rotation. Location of the Executive was also on a two-year rotation and involved all six branches.

### **AHEA Special Committee on Registration, Chaired by Dr. Betty Crown**

In the summer of 1983 the Honorable Dave King, Alberta Minister Responsible for Professions and Occupations, advised the Association to begin drafting a proposed Home Economics Profession Act. Dr. Betty Crown and Shirley Myers, as a sub-committee, began this work.

### **Executive Secretary Task Force**

At the joint meeting of the AHEA Executive and locals held in January 1984, it was confirmed that Edmonton would be the site of the head office of the Association. A new task force was struck to investigate the feasibility of implementing six other recommendations of the original task force, including the duties of the office of the Executive Secretary.

### **Task Force on Long Range Financial Planning**

Chaired by Carol Liddle, the Task Force on Financial Planning presented its final report which made recommendations to establish the Association's future financial planning objectives in relation to the structure and registration objectives.

## **1984 - 1985**

### **Preparation for the Future of AHEA**

In her report of the 1984 Annual Meeting Wilma Hayes Cochrane, AHEA Executive Secretary, summed up the 1983/84 term in this way: *"If there was a year for internal strides in the development of AHEA, this was the year. My congratulations to the individuals and committees who worked so hard to prepare so well for the future functioning of this Association. Your work deserves the historical recognition that I have no doubt it will receive."* The accomplishments of this year included the first draft of the Home Economics Profession Act, a new structure for the Association, recommendations set forth on the location and operation of the Executive Secretary role and position and recommendations for the long range financial planning for AHEA.

**45th Annual General Meeting**, held April 15, 1984 in Edmonton

### **Adoption of a new constitution:**

- that better reflected the new board structure with active representation from all local associations - now termed branches;
- that allowed for the ongoing work of the Association.

### **Advisory Council Disbanded**

Formed in 1972, the AHEA Advisory Council was disbanded in 1984 due to changes in AHEA structure. The duty of this council of five elected members had been to determine eligibility for membership, recommend recipients for awards, act as an advisory group to the Executive and act as a disciplinary and appeal body once the Home Economics Profession became registered.

### **Resolutions**

- *Child Transportation Safety:* "That the AHEA lend its full support to the concept of mandatory use of child restraint devices in motor vehicles."
- *Pornography:* "That the AHEA sponsor a travelling workshop on pornography to educate AHEA members to become knowledgeable, informed and articulate about this topic in order to better educate others about the negative effects of pornography."
- *Albert Council on Women's Affairs:* "That the AHEA request the Government of Alberta to address this issue and establish an Alberta Council on Women's Affairs."

### **AHEA Annual Conference: "A Challenge for the Senses",**

April 13-15, 1984, Edmonton

### **AHEA Head Office in Edmonton**

The Association unified the financial and office procedures in preparation for registration. The head office was relocated to Edmonton.

### **Networking**

Networking became the new "buzzword" of the eighties - developing and using contacts to advance one's career. The Alberta Home Economics Association was promoted as a logical network choice due to its encompassing approach to the profession.

### **AHEA Newsletter**

The provincial newsletter of the Association continued to update home economists on the issues of the day and directed them to sources of further information and advocacy. For example, osteoporosis and its impact on health was discussed in the October issue. As well, home economists were urged to take action on the pervasive issues of pornography by attending the travelling workshop to become more informed, and by writing letters of concern to their local magazine vendors.

### **Nutrition Workshop**

A workshop in celebration of 50 years of the Alberta Home Economics Association was held in four locations throughout the province to provide an

update on nutrition concerns of women, focusing particularly on pregnancy, pre-menstrual syndrome (pms), weight control and athletics. Dr. Bonnie Worthington-Roberts, Director of the School of Nutritional Sciences, University of Washington gave an enlightening presentation.

The following letter to the Editor best summarized the 1984-1985 AHEA year:

*"In the process of drafting my annual report, I realized that this was a banner year for workshops in our association. The Pornography Workshop was a bold attempt to introduce our members to social action. The Empey Lectureship in Calgary was an appreciated opportunity for southern Alberta members to hear the renowned Dr. Marilyn Horne. The Nutritional Concerns for Women workshops provided the opportunity for us to make a profit, strengthen our relationship with our ARDA colleagues, and improve our public image while we updated ourselves on current nutrition information.*

*Workshops such as these represent the most tangible benefit of membership in our provincial association. Many thanks to the members who brought us these fine workshops."*

*Submitted by L. Faye Forbes Anderson, President Calgary & District Branch*

## **1985 - 1986**

### **New Logo**

To tie together the new structure and to facilitate the change of address on all letterhead, a new AHEA logo was approved. A new paper image seemed to be a great way to enter our second half-century of operation.

### **Year's Highlights**

- It was with regret that the Association accepted the resignation of Wilma Hayes Cochrane. She served as Executive Secretary for nine years, with ten AHEA Presidents.
- Barbara Klinke accepted the position of interim registrar as the Association moved toward registration. She supervised the establishment of the administrative office in Edmonton.



Dr. Bonnie Worthington-Roberts



## Practical Arts Review

Alberta Education changed the status of Practical Arts Programs in schools, including home economics, from core to complementary for grades 7 to 12 in June 1985. (see p. 93, *Teaching Young People*)



### We Entered the Computer Age!

*It is worth noting that in 1985 AHEA began putting all membership and financial records on computer.*



### 50th Anniversary of the Alberta Home Economics Association

The Anniversary was celebrated at the 1985 Annual Conference, held jointly with the Home Economics Council of the Alberta Teachers' Association, May 3-5, 1985 at the Marlborough Inn, Calgary. Interestingly, this was the 46th Annual General Meeting of the Association! Simple math would suggest that this does not compute, but page 36 of the original *What's Past Is Prologue* solves the mystery. "*The AHEA annual meeting and Convention were cancelled due to war time travel difficulties and were not held again until 1946....*"



The theme for the **50th Anniversary Conference** was appropriately titled, "Have We Come A Long Way?" with Maude Barlow, renowned women's activist, presenting the keynote address. Barlow, the first senior advisor on women's issues, headed the office of Equal Opportunity for Women for the city of Ottawa and was co-founder of the Canadian Coalition Against Media Pornography.

## 1986 - 1987

### Continuing Professional Education for Home Economists

Research was conducted to determine the needs of AHEA members for continuing professional education through a Needs Assessment Questionnaire from a randomly chosen sample of AHEA members. Respondents stated:

- a need for skills relevant to the effective discharge of their job responsibilities as opposed to actual subject matter knowledge related to the practice of the profession;
- a need for more knowledge in the subject of foods and nutrition;
- a need for more cooperation between the Faculty of Home Economics Continuing Education Advisory Committee and the AHEA

Professional Development Committee in planning and delivering continuing professional education.

### **25th Anniversary**

Alberta Teachers' Association Home Economics Specialist Council celebrated its 25th Anniversary.

### **47th AHEA Annual General Meeting**, held April 26, 1986 in Red Deer

- A Distinguished Service Award category was introduced, to be presented from time to time to individuals who have given outstanding service to, or on behalf of, the Association.
- The position of Registrar was added to the constitution and bylaws. Barbara Klinke became the new registrar.
- In anticipation that registration would occur sometime during the coming year, appropriate bylaw changes were made.

### **Resolutions**

- *Family Violence*: "That AHEA provide members with educational opportunities to better understand the dynamics of family violence and their role in preventative support services."
- *Women's Emergency Shelters*: "That the Association requests that the Alberta Government provide core funding for women's shelters and to provide safe transportation networks throughout the province."

### **AHEA Annual Conference: "Continuity Within Change",** April 26, 1986, Red Deer

Keynote speaker Bettie Hewes reviewed the gains women have made in society and stated that the challenge for women was to work together and to support each other.

### **Other Sessions:**

- Stresses on today's families and how home economists can help reduce and manage the stress
- Current health issues - osteoporosis and hypertension
- A fashion show presented by Alberta fashion designers

### **Membership Year Changed**

In June 1986 the AHEA Registrar reported that "all members are now based on our membership year of May 1st to April 30th as opposed to the AHEA's previous experiment with staggered membership years, which proved to be a major headache for both administration and the budget process".

## **1987 - 1988**

### **Travel Fund**

AHEA donated \$500 to the Doris Badir Travel Fund to provide support for her position as President of the International Federation for Home Economics (IFHE). The donation was made by AHEA for each year of Doris's term.

### **Preparation for the 1988 Olympic Games in Calgary**

Olympic Resource kits were distributed to 1700 Alberta schools to assist in the teaching of the Olympic Games. Included were home economics units on the following:

- *Junior High Clothing and Textiles*: ideas for making Olympic mascots, dolls, banners, and making sport clothes with comfort, fashion, function and winter warmth in mind; written by Pat Allin of Queen Elizabeth Junior/Senior High School in Calgary.
- *Junior High Food Studies*: a variety of nutrition ideas, foods and the Olympic winter experience; written by Betty Wolfe of Calgary's John XXIII.
- *Senior High Clothing and Textiles*: historical and practical information on sport clothing including ideas on ski wear, creative ways of using Olympic symbols, and a section on international dolls; developed by Lois Campbell of Henry Wisewood High School in Calgary.
- *Senior High Food Studies*: offering ideas on nutrition and the athlete, and food for outdoor activities; developed by Mary McIntyre of Henry Wise Wood High School.

**48th AHEA Annual General Meeting**, held May 9, 1987 in Edmonton

**AHEA Annual Conference: "High Tech Home Ec."**,

May 8 & 9, 1987, Edmonton

**Keynote address:** Witold Rybczynski, Professor of Architecture at McGill University on the topic, "The Androgynous Home".

### **Other Sessions:**

- Family Economics - the need to apply smart financial planning and to make maximum use of the Registered Retirement Savings Program (RRSP).
- Evolution of the home - the trend to downsizing of homes, disappearance of large formal living rooms in favor of large dining rooms that serve as family rooms.
- Violence in the Alberta family - how to work with children who are being assaulted.
- Development of third world countries - acquiring knowledge, understanding and appreciation of the unique features of a culture before appropriate services can be provided.

- Computers - inevitability of microcomputers and their integration into our world.
- Innovations in the food industry - utilization of whey in beverages and spreads, manufacturing of cheese analogs, development of packaging and preservation techniques such as ultra high temperature (UHT) process, controlled atmosphere packaging and irradiation.
- Innovations in textiles – trends to changing or modifying existing fibers, rather than developing new fibers; development of protective clothing and blankets using fibers with high melting points such as polyphenylene sulfide and polybenzimidazole; development of comfort fibers such as breathable Dacron polyester, Dryline fabric and CoolMax which wick moisture away from the body.

## **1988 - 1989**

### **Administrative Assistant**

The Association hired Asifa Krystofiak as Administrative Assistant to replace Kay Karim.

### **CHEA 50th Anniversary History Book**

AHEA Home Economists Norma Bannerman, Arlene Smith and Shirley Rebus (Laurana Rayne) took on the responsibility of editing a history of the Canadian Home Economics Association, "We are Tomorrow's Past", to celebrate the 50th Anniversary of CHEA in 1989. Arlene McKay was head of publishing and fund raising. Many AHEA members assisted with this project.

### **49th AHEA Annual General Meeting,**

held April 23, 1988 at the Kananaskis Lodge

- To comply with registration requirements, AHEA Constitution and Bylaws were amended to add a code of ethics and to change the structure of the Discipline committee. (*see p. 6, Code of Ethics*)
- Motion passed whereby AHEA and the Alberta Heart and Stroke Foundation agreed to co-sponsor "Cooking for a Healthy Heart". Branch coordinators in each area would facilitate promotion and coordination between instructors, participants and the Alberta Heart & Stroke Foundation. (*see p. 140, Heart Smart*)

### **Resolutions**

- *Food Irradiation:* Recommended that the Federal Government enforce clear labelling of irradiated food and food ingredients offered for sale in retail and food services outlets; develop an unbiased education program for consumers on the benefits, limitations, and identification of irradiated food in the market place; and allocate funds to the Health

Protection Branch to carry out the above education program well in advance of marketing irradiated food for consumption.

- *Respite Care for Handicapped:* Requested the Alberta Government allocate funds for the provision of respite care services for multiple handicapped totally dependent individuals over 12 years of age who may or may not enroll in a day program, and to establish standards for these respite care services, either home based or institutionally based to include staffing, programming and physical facility requirements.

### **Congratulations**

Special recognition given to Barbara Cousens, incoming President of CHEA and to Doris Badir, incoming President of the International Federation for Home Economics.

### **AHEA Annual Conference: "Trends – A Professional Update", April 22 & 23, 1988 at the Kananaskis Lodge**



*1988 AHEA Conference Committee*

*Donna Horton (Co-Chair), Nancy Nauss, Linda (Hay) Whitworth, Kathy Deyell, Marilyn Clark (Co-Chair), Debbie Brekke, Arlene McKay, Susan Somerville, Vuleta Lung, Faye Forbes Anderson, Pat Ingdis, Sarah Galvin, Joan Hickie, Diane Cox*

### **Sessions:**

- "Nutrition in the Fast Lane" by Rozmin Jamal, Registered Dietitian, nutrition consultant. Nutritional concerns include popularity of quack diets, risks associated with too much dietary fat, use of dietary fibre, and calcium intake and effect on osteoporosis.



- “Aging and the Family: What happens when an Elderly Relative Becomes Ill?” by Dr. Sharon Warren, assistant professor, Faculty of Rehabilitation Medicine, University of Alberta. With changing demographics of Canadian society, governments are recognizing the need to provide extended support systems for the elderly and their families.
- “Becoming a Radical Home Economist” by Dr. Eloise Murray, Dean, Faculty of Home Economics, University of Alberta. Being a radical home economist means, among other things, articulating about home economics, taking a personal responsibility for how the profession is perceived and knowing what the critics are saying.
- “Electronic Funds Transfer and Point of Sale” by Sally Hall, National President of Consumers Association of Canada (CAC). Banks are pushing for a system of electronic funds transfer and point of sale. Are we



1988 AHEA Conference in the Kananaskis Exhibitor's Display  
Pat Inglis, Cindy Von Hagen

ready for a cashless society? Work must be done to ensure privacy and to protect against theft and loss. Consumers who use the card must recognize the importance of record keeping and budgeting.

- “Food Irradiation - The Pros and Cons” by Dr. Harry Jackson, Professor of Food Microbiology, University of Alberta and Judith Cross, Director of the Canadian Coalition to Stop Food Irradiation. There are no testing procedures that can show whether or not a food product has been irradiated. A labelling policy, as recommended in the resolution passed at the AHEA Annual Meeting, will allow consumers a choice about whether or not they consume irradiated products.

### University of Alberta

- A task force was struck to consider the possibility of a name change for the Faculty of Home Economics. Dean Eloise Murray invited professional home economists to submit their opinions on the issue.
- The Continuing Education Advisory Committee of U of A's Faculty of Home Economics was disbanded. In December 1988 representatives

from AHEA, the Alberta Teachers' Association, Alberta Agriculture and the Alberta Dietitians Association discussed how to facilitate ways of exchanging continuing education opportunities.

### **Registration**

The Alberta Government Cabinet approved AHEA's application for registration on January 25, 1989 under the Professional and Occupational Associations Registration Act.

*(see p.74, Registration)*

### **Use of the Professional Title**

The Home Economist Regulation, under Article 26, states:  
A professional home economist may use the title "Professional Home Economist" and the abbreviations P.H.Ec. or PHEc.

Editor's Note: In the fall of 1993 the title "Professional Human Ecologist" was included, with the same abbreviations.

## **1989 - 1990**

### **Year's Highlights**

- The Home Economist-in-Training (HEIT) program was initiated.
- AHEA Board prepared a response to the U of A Task Force on Faculty Name, saying it disagreed with the Task Force's recommendation that Faculty of Home Economics name be changed.
- AHEA newsletter was produced with the use of a desktop publishing company and a more efficient printing service.
- AHEA promotional brochure was produced - "The Professional Home Economist...Committed to the Profession and the Community". The brochure was sent to home economists requesting information regarding professional registration and membership in AHEA.
- Social Action Committee, under Monica King, appealed to the Government of Alberta to retain home economics in the Practical Arts Program.

**50th AHEA Annual General Meeting, held April 28-30, 1989 in Calgary**

**AHEA voted in favour of Federation with CHEA.**

*(see p. 79, Federation)*

## **Resolution**

- That the expertise of home economics teachers be recognized and utilized in the teaching of areas such as health, human sexuality, family studies and Career and Life Management (CALM), as well as the traditional home economics programs of food science, nutrition, clothing and textiles and personal living skills.

## **AHEA 50th Annual Conference: "Making Connections", April 28-30, 1989, Calgary**

A joint conference with the Alberta Teachers' Association Home Economics Specialist Council.

- Keynote address by Dr. W. Dale Heyland, VP Community Education, Lethbridge Community College, discussed the evolution of families, communication and making connections with other people personally and professionally.

## **"Focus on Home Economics"**

The University of Alberta's Career and Placement Services produced a new publication called "Focus on Home Economics" - a career guide promoting home economics, which was coordinated by Jean Fraser. The branches distributed copies to high school counsellors in their respective areas.



## **CHEA 50th Anniversary Celebration - July 1989**



## **Instructor Training**

"Cooking for a Healthy Heart" in-service training sessions for 152 instructors were held in all six branches in fall of 1989.

## **1990 - 1991**

### **Three Main Projects Identified for this Year:**

- Continue the Heart Smart Cooking program
- Expand support for the Home Economist-in-Training program
- Promote the home study version of the History and Philosophy of Home Economics course

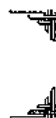
### **Professional Partners Wanted for the Home Economist-in-Training Program**

The 1990 home economics graduates, almost 80 in number, were the first group to enter the Registered Home Economist-in-Training (HEIT) program as a prerequisite to becoming a Professional Home Economist. A Home

Economist-in-Training was required to complete 12 months of related work or volunteer experience with a “professional partner”; the grad had a maximum of five years to acquire this experience. AHEA actively recruited professional partners for the HEIT program.



Marie McNaughton was Alberta's first HEIT with Faye Forbes Anderson as her professional partner.



**51st AHEA Annual General Meeting**, held in Calgary July 4, 1990 in conjunction with the CHEA Annual Conference.

- Members approved new definitions of, and fees for two categories of Associate Members. A minimum for the AHEA portion of member fees was set at \$25 to cover processing costs, which are incurred no matter when an application is received. In addition, members accepted establishment of a reinstatement fee of \$50 to be levied for memberships which lapse more than 30 days past the May 1 deadline.
- A Public Member was added to the AHEA Board. The Alberta Minister of Consumer and Corporate Affairs appointed Dr. Dale Heyland to this position.
- Motion was passed to co-sponsor the Heart Smart cooking theme for another year.

### **International Federation for Home Economics (IFHE)**

Doris Badir, IFHE President, announced that the United Nations (UN) General Assembly approved 1994 as the International Year of the Family. IFHE began to lobby the UN as early as 1989 to make such a declaration. IFHE's education and training committee gathered supporting evidence from around the world to show how family-life-related home economics programs benefit families. The information was used to give documentation and support to the UN for the International Year of the Family.

A resolution was passed at the biannual IFHE meeting in Melbourne, Australia in July 1990 urging governments to place the highest priority on the needs and services of families to ensure their well being.

### **University of Alberta Seminar**

“Human Ecology: Issues in the Canadian North” was an interdisciplinary seminar series sponsored by the Faculties of Home Economics and Extension, in collaboration with School for Native Studies, Women's Studies, Canadian Studies, Canadian Circumpolar Institute, CHEA and AHEA. The series included native and non-native scientists discussing food, nutrition, family

law, family studies, family health, clothing, textiles, shelter and design issues relating to natives and northerners. The objective of the series was to provide participants with new insight on ways of dealing with issues facing the daily lives of natives and northerners.

## 1991 - 1992

### **Heart Smart**

AHEA and the Heart and Stroke Foundation of Alberta agreed to continue to co-sponsor the Heart Smart Cooking Course until June 1992. A new two-and-one-half hour mini course, which included nutrition information and food samples, had great appeal.


**52nd AHEA Annual General Meeting**, held June 1, 1991 in Vermilion  
**AHEA Annual Conference: "In Our Communities"**,  
May 31 - June 2, 1991, Vermilion

- Keynote speaker Maxine Hancock focused on re-evaluating our commitments.
- Other sessions included international development with representation from the African Home Economics Association distance education, environmental issues, working with volunteers, nutrition and clothing designs for the 1990's.

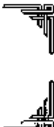


*1991 AHEA Board members*

*Back Row: Valeta Lang, Finance; Elaine Sky, Peace President; Nan Bartlett, Laason; Gail Lemke, Legislative; Louise Starling, Social Action; Patti Rathwell, Calgary President; MaryAnn Joly, CHEA Rep.; Kathy Deyell, International Development; Beth Johnston, Professional Development; Edith Zawadiuk, Lakeland President.*  
*Front Row: Barb Klinke, Registrar; Linda Korsch Roderick, Red Deer Past President; Susan Meyer, President; Linda St. Onge, Past President; Glenda Molgat, President Elect.*



Home Economics was replaced in Alberta schools  
by Career and Technology Studies strands of Foods,  
Fashion and Community Health.



## **1992 - 1993**

**53rd AHEA Annual General Meeting**, held April 11, 1992 in Red Deer

- AHEA bylaws were amended to include an increase from one to a maximum of four proxy votes that a registered member may carry.

### **Resolutions/Motions**

- “Be it resolved that the AHEA in conjunction with its integral branches take on a program to promote and develop a higher profile of the work of home economists.”
- “Be it (further) resolved that the AHEA appoint an ad hoc committee to review and make recommendations on appropriate promotional activities for the profession.”

### **AHEA Annual Conference: “Wonders of Wellness”,**

April 10 --11, 1992, Red Deer

- AHEA and the Alberta Teachers’ Association Home Economics Specialist Council held a joint conference. The theme addressed the emotional, physical, nutritional and financial aspects of our lives.

### **Year’s Highlights**

- The Discipline Committee developed a detailed protocol and set of sample letters, both of which were cross-referenced to the Professional and Occupational Associations Registration Act. AHEA Board approved this disciplinary procedure at the June Board meeting.
- All Branches hosted a travelling workshop in the fall of 1992, providing an update on current food and nutrition issues and initiatives of the food commodity groups in Alberta. Participants were the Beef Information Centre, Dairy Nutrition Council of Alberta, Alberta Egg Producers Board and Alberta Agriculture.

### **Department of Human Ecology, University of Alberta**

The merger of the Faculty of Home Economics and Agriculture and Forestry was approved by the Board of Governors, effective March 31, 1993. The Departments of Family Studies and Clothing and Textiles were merged to form a larger Department of Human Ecology. (*see p. 82, Transitions*)

## **Registrar News**

Registrar Barbara Klinke resigned April 30, 1993 and was replaced by Shirley Rebus (Laurana Rayne).

## **1993 - 1994**

**54th AHEA Annual General Meeting**, held May 1, 1993 in Edmonton

### **Motions:**

- Membership approved a fee increase of \$10 for all membership categories except students, effective May 1, 1994.
- AHEA agreed to absorb the new CHEA fee increase of \$21.90 for student members, to encourage them to become AHEA members.

**AHEA Annual Conference: "Home Economics: The Essential Link"**,

April 29 - May 1, 1993, Edmonton

- "When Women Speak" was the topic of the keynote speaker, Dr. Sheila Martin, Dean of Law at The University of Calgary.
- Bill Carney, Communications Consultant with the Edmonton Board of Health, spoke on public credibility and stated that Home Economists are in the number one position.

## **DHE Publication**

To commemorate the 50th Anniversary of Alberta's District Home Economists, a history of DHE's in Alberta "Families, Farms and Home Economists", was produced by the AHEA Historical and Education Society and funded by the Agriculture Initiatives Program.

## **Heart Smart Donation**

Linda West, Heart Smart program coordinator, sent the profits of the program (\$2,006) to AHEA to be used for a special project, such as International Year of the Family.

## **Home Economics at the U of A - 75th Anniversary**

1993 marked the 75th Anniversary of Home Economics at the University of Alberta. An award to honour distinguished alumni was established. A celebratory open house was held October 2, 1993.

## **Head Office Relocated**

AHEA office relocated from Edmonton to Calgary in the spring of 1994.

## **International Year of the Family Projects**

- AHEA endorsed the Alberta Dairy Producers' School Milk Program.  
(see "Branches" for other IYF projects)

### **Year's Highlights:**

- AHEA took part in the promotion and sales of the CHEA Cookbook as part of a joint revenue-generating program.
- A membership application package was revised to make it easier to follow, more inviting, and easier to process.
- AHEA published a brochure promoting the Home Economics profession and explaining what home economists do.
- AHEA Board recommended a change in the amount of money given to Branches for operating expenses. A minimum \$1,000 per branch was recommended and for branches with over 50 members the allotment of \$20 per member was retained.

### **1994 - 1995**

**55th AHEA Annual General Meeting,**  
held May 14, 1994 in Grande Prairie

**AHEA Annual Conference: May 12 - 14, 1994, Grande Prairie**  
**Sessions:**

- Building the Spirit of the Family
- New Country – Lifestyle Changes
- The Sandwich Generation – Issues in Elder Care
- The Benefit of Recreation and the Family



1994  
*Faye Forbes Anderson, incoming AHEA President, with members of outgoing AHEA Executive.  
Glenda Molgat - President, Marilyn Sharp, Leslie Collins and Betty Birch.*



- International Year of The Family
- What Does it Mean to be a Home Economist-In-Training?

### **Consumer and Corporate Affairs - AHEA Reacts**

Consumer and Corporate Affairs had their funding cut for education programs, mediation services and family debt counselling. In effect the department no longer existed. A letter was sent on behalf of AHEA to Premier Klein, with copies to MLA's Laurence Decore, Ray Martin, Jim Dinning and Steve West, voicing concern over discontinued services and the impact this will have on Alberta families.

### **Year's Highlights**



- Initiated an audio and video tape library for members' professional development.
- Conducted membership survey.
- Established a Job Bulletin Board.
- Food Safety Info Line - a one-year research project was undertaken to obtain information on Alberta consumers' food safety concerns, providing access to accurate food safety information.
- Experimented with travelling workshops for professional development around the province but they were too costly to continue.



### **Revised Mission Statement**



Our aim is to maintain high standards of professional ethics, practice and competence in home economics in Alberta, by providing services to AHEA members which support their professional goal of improving the quality of life by helping individuals and families to make the best use of their resources. These services include professional development, regulation, advocacy and networking.

### **Timely Publication**

"Getting Your Financial Affairs in Order: Peace of Mind for the Terminally Ill and Those They Love", written by Faye Walkey, B.Sc. HEc, B.Ed., Faye Forbes Anderson, PHEc and Brenda Purschke, HEIT. The AHEA Historical and Education Society funded the publication as an International Year of the Family Project. Members of the group volunteered their time to develop the publication after realizing there was an absence of information on arranging the more 'practical' areas of dying.

## Newsletter Headlines

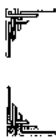
Headlines from the AHEA Newsletter, March 1995: "No Fee Increase for AHEA". The AHEA Board decided that "economic conditions make this an inappropriate time for fee increases".

## 1995 - 1996

### Food Safety Info Line Launched

AHEA, working in cooperation with Alberta Agriculture, Food and Rural Development launched the Food Safety Info Line, June 1995 in Calgary. It offered a toll free telephone service providing food safety information to Albertans as well as profiling the expertise and diversity of home economists. Debbie Brekke, Professional Home Economist, became the first Food Safety Information Officer. (*see p. 138, Food Safety Info Line*)

**56th AHEA Annual General Meeting** held July 9, 1995 in Edmonton during the CHEA Annual Conference, "**Beyond Tradition ... An Evolving Profession**".



The CHEA conference was hosted by AHEA and chaired by Debra Mydryk. A profit of \$21,000 was realized.



### AHEA Meeting Highlights

• The AHEA Board requested permission to try a **new structure** for a one-year trial period from 1995 to 1996 whereby the Board would be comprised of the Executive and Presidents of the six branches. Non-board appointees and committee chairs would relieve branch presidents from serving as committee chairs, as in the past. An appointed Newsletter Editor would replace the Communication Committee. The intent was to clarify communication and accountability and better represent members' views.

### Year's Highlights

- AHEA Executive volunteered to serve as one of the CHEA Financial Strategies Committees to look at value for membership dollars.
- AHEA Board agreed to have professional development opportunities offered on an annual basis and recommended they be held in conjunction with the AHEA Annual General Meeting - preferably April or May.
- AHEA worked with the Government of Alberta toward the creation of a nonprofit association to deliver consumer debt counselling. (*see p. 136, Financial Counselling in the Community*)

- Recommended that the AHEA History Book “What’s Past is Prologue” be updated to coincide with the 65th Anniversary of AHEA (i.e. year 2000).
- AHEA started the Job Bulletin Board by posting opportunities for 11 positions for the new Credit Counselling Services of Alberta in the AHEA Newsletter.
- A major revision of the Policy and Procedures Manual was undertaken by Donna Horton and Patti Rathwell.

## **1996 - 1997**

**57th AHEA Annual General Meeting**, held May 25, 1996 in Calgary.

**AHEA Annual Conference: “Parallel Connections ‘96”**,  
May 25 & 26 1996, Calgary

This was the first AHEA Professional Development Conference.

- Pre-Conference Workshop: Update Your Financial Counselling Skills
- **Sessions:**
  - Trends Influencing Facilitators of Adult Learning
  - Charting Your Course Into the New Century
  - Marketing your Home Economics Services
  - Manage Your Life With Choices, Changes and Chuckles

### **Year’s Highlights**

- Alberta Teachers’ Association Home Economics Specialist Council celebrated its 35th and last anniversary.
- Professional Liability Insurance coverage for eligible AHEA members launched.
- New Registrar Leona Staples replaced Laurana Rayne in October 1996.
- Additional grant received for the Food Safety Info Line from the Agricultural Initiatives Program of Alberta Agriculture, Food and Rural Development.

## **1997 - 1998**

**58th AHEA Annual General Meeting**, held April 27, 1997 in Red Deer

- Lakeland Branch closed due to low membership.
- AHEA opposed an increase in CHEA fees.
- Members approved the waiving of AHEA student fees for a trial period of two years.
- Board undertook goal setting – “Focus 1998-2000”.

**AHEA Annual Conference: “Communicating Locally and Globally”,**  
April 25 & 26, 1997, Red Deer

- Keynote speaker David Adie: “Off the Wall - How far would you go to keep a promise?”
- **Sessions:**
  - Proactive People Skills
  - Introduction to Surfing the Net
  - Food Issues Panel
  - Practical Uses of the Internet

**Specialist Council**

Home Economics Specialist Council of the ATA was dissolved and its members joined the newly formed Career and Technology Studies Specialist Council in August 1997.

**Non Profit Society**

Food Safety Info Line became a non profit society October 24, 1997.

**Blue Flame Kitchens**

The Blue Flame Kitchens in Lethbridge and Calgary closed down December 1997, with several home economist positions eliminated.

*(see p. 144, Blue Flame Kitchen)*

**CHEA Membership Link**

In the President’s Overview of 1997-98, AHEA President Linda West observed that whenever there was a (CHEA) fee increase, our membership decreased. She noted that from 1991 to 1998 the AHEA fees increased only 18%, while the CHEA fees increased 112%. In this time the AHEA membership decreased about 30%.

**1998 - 1999**


**59th AHEA Annual General Meeting and Conference April 4, 1998**

- This was the first AHEA video/teleconference with each branch participating through Telus Centers.
- Members attending set a record of 25%.
- Guest speaker Patty Shortreed spoke on the topic, “Purpose and Courage”.





*1998 AHEA Annual Meeting by video/teleconference*


- Funds were allocated to develop an AHEA website.
- Motion adopted to mutually recognize and accept members from other provincial home economics associations and grant professional status to those who have signed the reciprocity letter of agreement.



Members agreed in principle to add the title  
“Human Ecologist” to the Home Economist Regulation.

The members may use the title Professional Home Economist  
or Professional Human Ecologist; the abbreviations  
“P.H.Ec.” and “PHEc” remain the same.



### **Year's Highlights**

- Job Bulletin Board – 20 postings this year.
- The Food Safety Info Line held its first annual meeting as the Food Safety Info Society in Calgary on May 30, 1998.

### **University of Alberta**


- AHEA gave a donation to the University of Alberta for the Distance Delivery of the course based master's degree program Master of Human Ecology (MHE) in Family Ecology and Practice, and Textiles and Clothing.

### **1999 - 2000**


**60th AHEA Annual General Meeting**, held May 8, 1999 in Edmonton



#### **Motion**

The name of the Association be changed to the  
Alberta Human Ecology and Home Economics Association.



- The title Home Economist-in-Training was changed to Candidate Human Ecologist or Candidate Human Economist.
- The Practice Review, Reciprocity and Registration joint committee continued its work on revised regulations and the reciprocity agreement with some registered provinces in Canada.
- In collaboration with the Human Ecology Department of the U of A, AHEA designed two new brochures to promote the profession of human ecology and home economics.

**AHEA Annual Conference: May 6 - 8, 1999, Edmonton**

- The conference was organized by Lethbridge Branch and held at the newly renovated Human Ecology Building, U of A.
- Keynote speaker Dr. Nancy Gibson, Department of Human Ecology Chair, gave a brief overview of the Department of Human Ecology.
- Pre-conference workshop, "For Love and Money", was facilitated by Dr. Bernard Poduska. This was a cooperative project of Credit Counselling Services of Alberta, AHEA and the Department of Human Ecology, U of A.
- **Other sessions:**
  - Teaching Home Economics/Human Ecology in Alberta Schools
  - The Chronic Dieting Syndrome and Its Consequences
  - Challenges and Opportunities for an Aging Population
  - Dr. Nancy Gibson: Her Life and Research
  - Youth Risks and Addictions
  - Looking After the Treasures in Your Attic
  - Historical Research of Women and Families

**University of Alberta**

- The new Human Ecology Building was officially opened during the reunion weekend October 2, 1999.
- The new Human Ecology doctoral program began with 10 students registered.

**2000 - 2001**

**61st AHEA Annual General Meeting, held May 6, 2000 in Edmonton**

- Accepted guiding principles for AHEA negotiations on reciprocal membership agreements with other provincial home economics associations.
- Facilitated process of AHEA member reinstatement after short periods of living outside of Alberta.

**AHEA Annual Conference: "Technology, Trends and Fashions",  
May 6, 2000, Edmonton**

- Hosted by Edmonton Branch at the Human Ecology Building, U of A.
- Keynote speaker Dr. Garnet Miller presented "Creativity Now and in the Future", assisting participants to define strategies to become more creative in their daily lives.

- **Sessions:**
  - The Internet
  - Managing Money and Debt in Times of Transition
  - Simply Effective Communication
  - Water Services

### **Motion**

In view of the continual decline in AHEA membership, the AHEA Board passed a motion that: "Calgary Branch construct a Provincial Task Force to research and review the future and vision of AHEA and review organizational structure, and report by AGM 2001".

The web site [www.ahea.ab.ca](http://www.ahea.ab.ca) became operational in the summer of 2000.

## **2001 - 2002**

### **Executive Uses Technology to Communicate**

AHEA Executive, living in different regions of the province, initiated meetings by teleconference to facilitate Association business as well as using e-mail, fax, mail and telephone.

### **Responses to a Member Survey**

- Members wanted to associate with others through networking via the newsletter and website, and through personal contact on projects.
  - The bleak professional landscape gave question to the need to belong to AHEA.
  - AHEA organizational structure was seen as traditional and cliquish; with too much time required from volunteers for administration.
  - Members wanted the world to recognize PHECs as credible, empowering leaders who are part of a holistic profession.
- **Summary of Recommendations**
    - AHEA promote PHEc status
    - Branches nurture the people with Home Economics/Human Ecology interests and training in their geographical area
    - CHEA maintain the Journal, Foundation and ID programs

## **62nd AHEA Annual General Meeting, held May 5, 2001 in Red Deer**

Four areas of action were to be addressed in the coming year:

- Increase student involvement in the Association
- Work on public relations for both the public and student audience
- Review what structures each branch chose to operate under and make any recommendations for the 2002 AGM
- Address lobbying requests

### **Resolutions/Motions**

- "Be it resolved that the Alberta Home Economics Association requests that the Faculty of Agriculture, Forestry and Home Economics at the University of Alberta encourage Human Ecology students in the appropriate programs to study nutrition, and that they facilitate this by offering appropriate nutrition courses and making them accessible to students."
- "Be it moved that for the year 2001-2002, AHEA not only give permission, but encourage branches to experiment with new ways of organizing to uncover the patterns of relating that will work for them. It is understood that this may involve some actions which are outside the bylaws. The only stipulation to the branches is that they act within the spirit of what this profession and association are about."

### **AHEA Annual Conference: "Discover Your True Colors and Create a Path to the Future", May 4 & 5, 2001, Red Deer**

Keynote Speaker Doreen McCaw taught participants an entertaining and interactive self-assessment tool to facilitate understanding of oneself and others.

- **Sessions:**
  - "You and the Media" - Pre-conference workshop in public relations training.
  - "True North" - facilitated by Barb Cousens; the challenge for AHEA is to create a path that will take us in the direction we want to go.

### **Mail Vote on Regulation Amendments**

A mail vote by members was 98% in favour of proposed amendments to the Home Economist Regulation.

### **Transfers**

"Grandfathered" members were encouraged to check their file with the Registrar to ensure details were complete, and to avoid problems transferring between provinces.



## **CHEA On-Line**

CHEA membership directory now on-line at [www.chea-acef.ca](http://www.chea-acef.ca).

## **Alberta Tobacco Reduction Alliance (ATRA)**

AHEA became an ATRA member, joining over 750 organizations to endorse the ATRA Resolution for Action on Tobacco to help prevent tobacco use among youth, protect people from tobacco smoke and to support smokers who want to quit.

## **“What’s Past is Prologue” Update**

A committee was formed in Calgary to update “What’s Past is Prologue – A History of Home Economics in Alberta”, for the years 1980 to 2000; funded by the CHEA Foundation and AHEA Historical and Education Society.

## **2002**

**63rd Annual General Meeting**, held April 19, 2002 in Calgary

### **Resolution/Motion on leaving Federation**

As a result of several years of concern over such federation issues as continually rising CHEA fees, changes in CHEA policy direction and governance, and reduced levels of service which AHEA believed to have caused declining membership provincially, the following motions were passed:

- “While the AHEA endorses the concept of a Federated Association of Home Economists and encourages its members to belong to CHEA, the AHEA will permit its members the choice of joining or not joining the CHEA.”
- “Be it moved that, effective May 1, 2002, AHEA will require that its members belong to the provincial and local associations, and that membership in CHEA and IFHE will be an optional membership fee by the AHEA registrar/administrator.”

AHEA agreed to collect fees for CHEA for one year (2002-2003). Optional IFHE fees will continue to be collected by AHEA.

**AHEA Annual Conference:** April 18 - 20, 2002, Calgary

- Pre-Conference Workshop: “Effective Electronic Communication” facilitated by Murray Nicholson.

Keynote speaker, the Honorable Iris Evans, Minister of Children’s Services: “Focus on the Family”.

• **Sessions:**

- An Update on Farmers' Markets in Alberta
- Nutritional Labelling: What's Coming?
- What AHEA can do in response to the Minister's address
- Top Ten Tips for a Great TV Spot
- Simply Healthy
- Exploring the Latest in Textiles



*The Honourable Iris Evans, Minister of Children's Services at the 2002 AHEA Conference in Calgary*

**New Regulation Endorsed by Government**

The amended Human Ecology and Home Economist Regulation was passed into law. (see p. 74 Registration)

**Social Action Survey**

As a follow up to a challenge given to AHEA by the Honorable Iris Evans, Minister of Children's Services at the 2002 AHEA Conference, 42 members were asked to complete a survey to help determine members' interests and desired level of participation or action.



*Brenda Purschke and Faye Forbes Anderson at the Registration Table. 2002 AHEA Conference*

**Newsletter Makeover**

The new name of the AHEA provincial newsletter is FUSION. Editor Audrey Wong has given the newsletter a new look and reported that more and more people are receiving the newsletter electronically. It is a quarterly publication of approximately 20 pages. Previous editors during the last two decades include Laurie Banz, Cindy Trigg, Carolyn Hall, Bernie Webb, Cora Hoekstra, Jane Carlyle, Bernie Kramer, Sheila Brown/Patti Rathwell, and Verna Lefebvre.

## Bylaw Update

In light of the Regulation amendment, AHEA Bylaws and Policy and Procedures were updated by Patti Rathwell.

## CONCLUSION

A fitting conclusion to this overview of the past twenty-two years of the Alberta Home Economics Association is the following statement by Co-Presidents Betty Birch and Carmen Andrew in their year-end report:

“2002 has been an eventful year for our Association, with many significant events happening in the world around us and within AHEA itself”.



2002 - 2004 AHEA Executive members  
Yvonne Grabowsky, Leslie Collins, Carmen Andrew, Betty Birch, Marilyn Sharp, Glenda Molgat  
Missing: Sandy Selzer, Audrey Wong

AHEA members have always responded to local and world issues and will continue to strive to meet new challenges, using the skills they have learned to lead them into the future.

For we know “*what is past, is prologue*”.

## BRANCHES

### AHEA EDMONTON BRANCH

Edmonton Area Home Economics Association (EAHEA) was renamed AHEA Edmonton Branch after the AHEA structure change in 1984-85. Edmonton Branch had an enthusiastic membership throughout most of the past two decades. With the university in the same city, Edmonton members had the good fortune to work closely with the university home economics students and faculty. Edmonton Branch welcomed a student representative to their meetings as a liaison with the students at the university. The branch enjoyed hosting an annual Greet the Grads event in the spring and was also involved with annual scholarship celebrations at U of A.

#### 1980-1981

- A Community Issues Committee was formed, with the mandate to survey the membership on social issues and follow through in the form of action deemed appropriate by the committee (i.e. resolutions, professional updates, work with supporting groups, etc.).
- **Meetings**
  - Presentation by Canadian Standards Association
  - Computerized Checkout (Sally Hall)
  - Day Care Concerns and Experiences
  - Reach out to Others
  - Greet the Grads

#### 1981-1982

- The program committee selected both personal and professional development topics, offering something of interest to everyone. At each meeting they spotlighted two or three Edmonton area home economists to share their professional involvement, volunteer activities or their experiences related to the topic of the evening.



*AHEA Fellowship Award to Helen Bentley  
April 1981*

- **Meetings**
  - “Resolution of the AHEA re: Family Life Education”
  - “Coping with the Media”
  - “Accenting your Personal Image with Accessories”, presented by Diane Templeton
  - “Images of Alberta”, a fashion show featuring new designs from students and couturier designers
- **Other Programs:**
  - “Greet the Grads” was held in March. “The Professional Challenges for Today’s Home Economists” was presented by Shirley Myers, Head of the Home Economics Branch, Alberta Agriculture. Displays by Edmonton Home Economists demonstrated a range of opportunities open to today’s graduates and provided resource material.
  - July 1982 – EAHEA hosted the CHEA conference.

### 1982-1983

- Hosting the CHEA conference demanded heavy resources from the branch; therefore not all executive positions were filled, resulting in fewer meetings and newsletters.

### 1984-1985

- A year of transition, working with the new AHEA structure.
- **Meetings**
  - Panel discussion on consumer education with representatives from the University of Alberta, Grant MacEwan College and Alberta Consumer and Corporate Affairs.
  - “Living on Less”, presented by a panel with representatives from Consumer and Corporate Affairs, the Edmonton Food Bank and the Social Services Clothing Exchange.

### 1985-1986

- A Philippino dinner was served to Edmonton members to help spark interest in and awareness of the Branch’s twinning project with the Philippines.

### 1986-1987

- Pat deSutter from the Alberta Women’s Secretariat, Manager of Education and Community Division, spoke on the role of the Women’s Secretariat and the newly formed Women’s Advisory Council.
- “Greet the Grads” (U of A)

- **Other Programs**

- Celebration of World Food Day with an international dinner and speaker
- Workshop on Federated Structure with Carol McLean
- Professional Development Session by Lolly Bear who spoke on “Promoting Ourselves as Home Economists”
- Annual meeting featuring Karen Caesar on “Dealing with Conflict – A Woman’s Perspective”

## **1987-1988**

- Social Action Committee put forth a recommendation to AHEA to address the appropriate ministers of the provincial government regarding the social services delivery system in this province.
- Toured a local garment manufacturing facility, Connie’s Sweatshop, owned by a junior high home economics teacher, Connie Peters.
- 1988 Annual meeting focused on the issues and awareness of poverty in the community.
- 1988 twinning project with Egypt.
- “Greet the Grads”.
- Professional Development: “Visions of the 21st Century in relation to Home Economics”, presented by Dr. Ruth Deacon.
- Annual Meeting speaker, Phyllis Hodges, nutritionist with the Edmonton Board of Health on the Heart Smart Program.

## **1988-1989**

- **Programs**

- International Food Day reflected Edmonton Branch’s twinning program with Egypt and was celebrated with traditional Egyptian dishes and speaker Doris Badir on Life in Egypt.
- “Greet the Grads”.
- Professional Development by Dr. Ruth Deacon on “Visions of the 21st Century.

## **1989-1990**

- **Meetings**

- “Marketing Yourself as a Home Economist”, presented by Jacqueline Skytt and Gail Lemke.
- “Thinking Globally, Acting Locally”, a panel discussion organized by the Alberta World Food Day Association, focusing on the problems of world food production and avenues for change at the local level.
- Update on Clothing and textiles research projects, presented by Helena Perkins and Dr. Sandra Niessen from U of A.
- “Greet the Grads” drew 42 members and 62 students.

- “Environmental Issues”, presented by Jennifer Lowen of the Environmental Resource Centre at the AGM.

### **1990-1991**

- **Programs**
  - “Financial Planning for Women”, presented by finance broker, Orlene Lacey
  - U of A Scholarship Presentations and Research Updates, from Dr. Mike Stiles (U of A)
  - Professional Development Day – “Creative Thinking for Professionals”

### **1991-1992**

- Fall meeting with Clarisse Gomes of Brazil, in conjunction with the Empey Lecture.
- January professional development evening, “Trends and Issues”, which gave members an insight into the future.
- February 1992, the branch received copies of the book, “Focus on Home Economics”, which were distributed to high school counsellors. This book profiles the varied careers available with a home economics degree. It was hoped that schools would make students more aware of the wide range of exciting careers available to them through the study of home economics.

### **1992-1993**

- Fall meeting featured an evening workshop presented by various food commodity groups, including issues such as fat and cholesterol, new products like designer eggs and dairy imitations, food safety issues and initiatives such as the Fat Sense resource materials and the Sport Nutrition for Athletes of Canada program.
- Edmonton Branch hosted the AHEA Conference.

### **1994-1995**

- In response to fewer membership renewals, Edmonton Branch conducted a Needs Assessment Survey in order to determine the wants and needs of the members.
- Elaine Barnes, guest speaker at the Branch Annual Meeting, spoke on Financial Investments.
- July 1995 – Edmonton Branch hosted the CHEA Conference, with Debra Mudryk as Chairperson.

## **1996-1997**

- One of the major goals for the year was to develop a strong affiliation with the students at the University of Alberta.

## **1997-98**

- Edmonton Branch has always maintained a close relationship with the university students in the Department of Human Ecology as well as the Foods and Nutrition program at the U of A. Students were invited to attend meetings free of charge; they also received the Branch newsletter and were given a free two-year membership in AHEA.
- Brown Bag Lunch Sessions at the University included a variety of topics presented by Edmonton Branch members, such as the value of our professional association and connecting with agencies who utilize Home Economists/Human Ecologists.
- The branch was instrumental in developing a questionnaire to provide direction for marketing the home economics profession.
- A special edition newsletter focusing on the value of the Federated Structure was sent out to Edmonton members.
- Annual Pizza night for students included the presentation, “Working your Passion”, presented by Yvonne Fizer and Lynn Fraser, along with a panel of five Professional Home Economists, which focused on starting your own business. Scholarship winners were recognized at the meeting, with 18 members and 17 students in attendance.

## **1998-99**

- Scholarship winners were honored: “The commitment to academic pursuits, combined with extensive community and family contributions of these students enriches not only our professional organization, but also our communities – both local and global.”
- At the awards meeting, speaker Dr. Kim Raine Travers, from the Centre for Health Promotion Studies and the Department of Agricultural, Food and Nutritional Science at the U of A, did not focus on basic nutrition, but instead presented determinants of health as they related to behaviour and social change. A discussion of alternative approaches to nutrition education followed, with a call to helping professionals to become partners in such action.

## **1999-2000**

- The Edmonton International Development Committee made several presentations about their ID partnerships – in Edmonton and at AHEA and CHEA conferences.



- Edmonton Branch supported five Human Ecology students for CHEA Global Awareness Bursaries.
- Membership: 147 members, of which 26 were student members.

## **2001-2002**

- **Meetings**
  - January featured the Awards Evening at the Faculty Club.
  - March 2002, Blue Flame Kitchen Evening – members were provided with an insight on the Blue Flame Kitchen service.
  - Final event was at La Boheme restaurant –Annual Meeting, along with designs by U of A Textiles, Clothing and Culture students.
- In 2001-2002 the cancellation of the Canadian International Development Association (CIDA) sponsored Kenya project was a major issue for the branch and the International Development Committee.

### **Edmonton Branch Scholarships**

- 75th Anniversary Human Ecology Leadership Scholarship in the amount of \$1000, awarded annually to a student with superior academic achievement entering the first year of the BSc Human Ecology program.
- 75th Anniversary Nutrition and Food Science Leadership Scholarship, in the amount of \$1000, awarded annually to a student with superior academic achievement entering the first year of the BSc Nutrition and Food Science program.
- Family Studies Scholarship in the amount of \$1500, awarded to a student with superior academic achievement entering second, third or fourth year in a Family and Consumer Studies or Community Studies major leading to a BSc in Human Ecology.
- Florence Hallock Memorial Scholarship in the amount of \$1500, offered annually to a student with superior academic achievement entering their last year in the Faculty of Education with a major in Career and Technology Studies (Human Ecology).
- Hazel McIntyre Scholarship in the amount of \$1250, awarded annually to a student with superior academic achievement entering third year of the BSc in Nutrition and Food Science program.
- Helen Moseson Samuel Scholarship in the amount of \$1250, awarded annually to a student with superior academic achievement entering third or fourth year of the Textiles and Clothing major leading to a BSc in Human Ecology.

## AHEA EDMONTON BRANCH PAST PRESIDENTS

1980-1981	Valeta Lang
1981-1983	Lorraine Green
1983-1984	Aileen Whitmore
1984-1985	Katherine Loughlin
1985-1986	Nelma Fetterman
1986-1987	Kathleen McKenzie
1987-1988	Roseanne Tarnowski
1988-1989	Yvonne McNicoll
1989-1990	Lynn Fraser
1990-1991	Ann Paterson
1991-1992	Linda Capjack
1992-1993	Jill Oakes
1993-1994	Aileen Whitmore
1994-1995	Angela Tymko
1995-1996	Lavonne Roloff
1996-1997	Karen Malyk
1997-1998	Wendy Payne Stecyk
1998-1999	Donna-Mae Winquist
1999-2001	Jean Walrond Patterson
2001-2002	Gail Lemke
2002-2003	Gail Burak and Kay McFayden

## AHEA CALGARY BRANCH

Calgary and District Home Economics Association (CDHEA) started the 1980's with a strong membership. Meetings numbered six per year, where members enjoyed vibrant speakers and timely presentations. Joint meetings with the Alberta Registered Dietitians Association (ARDA) and the Alberta Teachers' Association (ATA) were commonplace, and as many as one hundred members attended meetings. The Annual Empey Lecture was a highlight of the full programming of Calgary Branch. (*see p. 91, Empey Lecture*)

AHEA Calgary Branch (name change in 1984) made an annual donation of approximately \$300 to the Calgary Public Library for the purchase of books pertinent to the field of Home Economics.

### Scholarships and Bursaries

- **Calgary Branch Scholarship**

In September 1984 the Calgary and District Home Economics Association Scholarship Fund, which totalled \$6,518, was transferred to the University of

Alberta. The scholarship in the amount of \$1250, is awarded annually to a student with superior academic achievement entering third year of a program leading to a BSc in Human Ecology, with preference given to a student who resides in Southern Alberta.

- **Calgary Branch Graduate Bursary**

The Bursary is offered to a full or part-time student who has a degree in Home Economics and is pursuing further education at a recognized academic institution. Applicants must hold membership in AHEA Calgary Branch.

## **The 1980s**

### **1980-81**

#### **Programs**

- "Looking Both Ways", presented by Archivist
- "Women and the Law", presented by Rosemary Nation
- "Electronic Scanning in the Supermarket"
- Food Additive Workshop by Health and Welfare Canada (joint meeting with ARDA)
- "Lady Beware", presented by the Calgary City Police Department
- "Energy for the 80's"

#### **Day Care Involvement**

Upon a request from AHEA, Calgary Branch members Fran Genereux, Joan Bloxom, Marguerite Paulsen and Jane Sereda prepared a working paper on Day Care as a special project for the International Year of the Child. A resolution regarding development of a day care nutrition program was presented at the 1980 AHEA AGM.

#### **International Development**

International Development and our twinning project with Sierra Leone was a priority for Calgary Branch in the 80's. In 1982 Pamela Green of the Sierra Leone Home Economics Association was guest of honour.

*(see p. 147, International Development)*

#### **International Federation for Home Economics (IFHE)**

Calgary Branch member Betty Wolfe was named AHEA representative to IFHE for the four-year term, 1980-1984.

#### **Association Archives**

In April 1981 Calgary and District Home Economics Association (CDHEA) archives were transferred to Glenbow Museum Archives.

## **1981-82**

### **Programs**

- Calgary Utilities Energy Living Seminar (joint meeting with ATA)
- “Implementing a Successful Family Life and Sex Education Program in the School System”
- Computer Workshop (joint meeting with ATA)
- “Who’s Who and What’s What in Food” (joint meeting with ARDA)

## **1983-84**

### **Programs**

- Idea Exchange on AHEA’s New Structure
- New Products Seminar (joint meeting with ARDA)
- “Right out of History – Judy Chicago’s Dinner Party” (Glenbow Show)
- “Home Economics: A Feminist Issue”

### **50th Anniversary**

The Calgary and District Home Economics Association (as it was called at this time) celebrated its 50th Anniversary at the Annual Meeting, April 1983 at Heritage Park, with ninety members in attendance.



### **1984 AGM**

change of name from  
Calgary and District Home Economics Association to  
AHEA Calgary Branch.



## **1984-85**

- This was the first year Calgary Branch operated under AHEA’s new structure.
- The branch participated in two travelling workshops - issues related to pornography and nutrition.
- This was an important year to feature our international development participation, with guest speaker Dr. Sheila Campbell, day care consultant for our Sierra Leone Twinning Project.

### **Annual Meeting**

- Included several changes to the constitution, plus the creation of a new executive position, Liaison Officer, to serve as liaison between AHEA and the Calgary Branch.
- Recognized Barb MacDougall as the first AHEA Calgary Branch Honoured Member.

## **World Home Economics Day**

March 20, 1986: Calgary Branch celebrated World Home Economics Day with members sharing an International Dinner. Guest speaker, Doris Badir, Dean of the Faculty of Home Economics, U of A and Vice President of IFHE spoke on "The Word on Your Platter."

## **1986-87**

"Sewing into the 90s" was the title of the March 1986 Fashion/Sewing Seminar which Calgary Branch organized with co-sponsor, the Calgary Board of Continuing Education. It was one of a series presented across the country as a fundraising/image building event and also served as a publicity event for CHEA and the hosting branch.

### **Programs:**

- "Inspection for the Health of It" by Jill Pollock, Senior Environmental Health Educator with Calgary Health Services
- "Landscapes with Personality"
- World Home Economics Day featured Sharon Channer, CHEA International Development Officer, presenting "Africa/Canada: the Home Economics Connection"
- Held a Federated Structure - Design It Yourself Workshop
- Calgary Placement Service provided avenues of communication between employment opportunities and those seeking employment.

## **IFHE**

In August 1988 Calgary Branch hosted the final event of an International Federation for Home Economics (IFHE) Western Canada Post Congress tour, with dinner at the historic Deane House at Fort Calgary. Participants represented eleven countries.

## **1988-1989**

### **Programs**

- "Light and Easy" foodstyles, presented by Kay Spicer, well known Home Economist and author from Toronto
- "The World of Coffee" presented by the owner of Benkris and Company
- Furniture Design presentation by Oggo Furniture
- "Future Direction of Home Economics in Schools" presented by Diane Field, Supervisor of Home Economics, Calgary Board of Education

## Youth Science Fair Award

This award was instituted in 1989 by Calgary Branch to be awarded annually at the Calgary Youth Science Fair. The trophy and a plaque are presented to the winner of the "Consumer Goods" section.



*AHEA Calgary Branch President, Barb Cousens presenting the 2002 Calgary Youth Science Fair Award (Consumer Goods category) to Amanda Leong from the ABC Charter Public School*

## The 1990s

### 1990

- Evelyn Erdman retired from the position of Director of the Blue Flame Kitchen at the Canadian Western Natural Gas Company (ATCO) after 33 years in that position. Sharon Speranza became the new Director.
- CHEA Conference was held in Calgary in July 1990 – profits (\$1654) were designated to professional development in Calgary.
- Barb Cousens presented a motion to the 1990 Annual Meeting to host the 1994 IFHE Conference in Calgary. Unfortunately the bid was unsuccessful, defeated by Brazil.
- Thirteen Heart Smart Cooking courses were delivered in Calgary.
- Empey Lecture was not held in Calgary this year.

### 1991

- Sew Smart Workshop was held in partnership with CBE.
- Calgary Branch showed support of continuance of the Home Economics program at U of A, as the future of the Faculty of Home Economics was being reviewed.
- Further to recommendations of the Honored Member Task Force Committee a Professional Achievement Award was designated, to be presented on an annual basis to a PHEc for outstanding service at the Branch Level to the Association and/or profession over a number of years.
- Policy and Procedures were revised.
- "Focus on Home Economics" - the Professional Development allocation from AHFA was used to purchase 13 copies of the publication, which were distributed to Calgary High Schools.
- Meeting topic: UN Convention on Rights of the Child.

## **1992**

- Video Conference: a live broadcast via satellite was presented by the American Soap and Detergent Association, co-sponsored by AHEA Calgary Branch and CBE Further Education Department. Topics related to environmental issues as well as to new products in the industry.
- Cookie Book Project (*see p. 47, Calgary Branch and Cookbooks*)
- Risk Communication Workshop March 28, 1992 – a one-day workshop chaired by Kathy Keeler which included an information session in the morning and then participants developed a strategy to communicate the risk/benefit to a target audience. The workshop was partially funded by Calgary's share of the profits from hosting the 1990 CIEA Conference.
- Sew Smart Workshop by Clotilde – a professional development workshop, co-sponsored by Calgary Branch and the Calgary Board of Education, Division of Continuing Education.

### **60th Anniversary**

Calgary Branch celebrated its 60th Anniversary in 1994 with guest speaker, Dr. Doris Badir, President of the International Federation for Home Economics.

## **1995**

- Professional Development Day held in 1995 met the needs of a diverse membership, with topics: "Intentional Simplicity – Living with Balance in the Material World" and "Establishing an Accountability Framework".
- General meeting programs were planned around three areas – careers; personal development; and health and charitable organizations. A membership questionnaire was distributed to better assess the members' professional development, networking and social needs.
- "*I have been particularly impressed recently by the concept of Collective Kitchens. Many of our colleagues have been donating their time assisting groups of homemakers to learn how to plan, budget, purchase and prepare nutritious meals for their families. When I analyze my reaction to these Collective Kitchens, I discovered that I was not as proud of our role as home economists and experts in helping establish the kitchen as in the fact that we facilitated the sharing of community gifts which already existed, and fostered independence.*" (March, 1995, Kathy Deyell, President, Calgary Branch)
- Calgary Branch members were involved with launching The Food Safety Info Line in June . (*see p. 138, Food Safety Info Line*)

### **Branch Office Closes**

The AHEA Calgary Branch office was officially closed on September 30, 1995, due to low usage and high costs.

### **Your Family Matters**

Your Family Matters - a one-day series of workshops for the Calgary community, introduced in 1995 in celebration of the Year of the Family. The concept was designed to support, strengthen and celebrate family life through a variety of workshops presented by home economists. Calgary Branch partnered with ARDA and the ATA Home Economics Specialist Council. This successful project was to be repeated in March 1997, but unfortunately was cancelled.

### **Comfort Foods Cookbook**

"Children's Cottage Comfort Foods Cookbook" – The first in the series of six cookbooks was launched in December 1995 as an International Year of the Family project. (*see p. 47, Calgary Branch and Cookbooks*)

### **1996**

- "Dem Bones, Dem Bones", presented by Helen Bishop MacDonald, Nutritionist, in March (joint meeting with ARDA).
- Decision in June to reduce meetings from six to four per year.

### **1997**

- Calgary Branch invited Red Deer Branch to talk about their international development project with Russia. (*see p. 147, International Development*)
- Calgary Branch was represented at the Calgary Women's Show.
- As a follow up to Your Family Matters, a Public Education Committee was struck at the 1997 AGM to review Calgary Branch members' and client needs for public education.





*YMCA Wall of Honour*

*Front Row: Kathy Deyell, Donna Horton, Arlene McKay, Faye Forbes Anderson*

*Standing: Norma Bunneman, Elizabeth Cooney, Carol Blyth, Barbara MacDougall, Betty Wolfe*

## **YMCA Wall of Honour**

May 1997 - Calgary Branch initiated a permanent record of Calgary Branch Honoured Members and Professional Achievement Award recipients through the YMCA Wall of Honour. A continuing project, engraved tiles will be mounted on the wall yearly to honour members for their contributions to the community through participation in the field of Home Economics.

## **1997-98**

### **Programs**

- Involvement with Habitat for Humanity (Funds were provided for volunteer lunch.)
- Food history talk by John Gilchrist, noted restaurant critic and author
- Workshop on Silence, Simplicity and Solitude by John Branton

### **Calgary Blue Flame Kitchen Closed in 1997**

*"Not only did we lose a traditional employer of several home economists (Canadian Western Natural Gas); we lost an incredible public service!"*  
(Sharon Speranza, President, Calgary Branch.)

## **1998**

- Deficit of \$535 anticipated, due to drop in membership; executive decision that members should be given quality programming without having to pay a lot for it.

## Programs

- Calgary Branch toured the new Hospitality Careers, featuring both a commercial and a residential kitchen.
- Dr. Betty Crown joined us and spoke about the Distance Masters Program, U of A.

## 1999-2000

- **Meetings:**
  - Gainsborough Art Gallery - a guided tour as well as valuable information and tips on what to look for when choosing art for pleasure or for investment.
  - Citizenship and Immigration Canada - speaker discussed the difference between an immigrant and a refugee, their needs for resettlement and the impact on communities, and discussed the opportunities for Home Economists in the emerging market.



### New Challenges

From the Calgary Branch Report in the AHEA Summer 2000 Newsletter:  
*"As the 1999/2000 year draws to a close, the Calgary branch faces new challenges. Membership declined this year by 20%. We need solutions to maintain the future of our Branch and profession. Several traditional Home Economist positions have been lost. We need to create opportunities for members to find alternative and innovative positions and to continue to encourage networking among members."*

(Dianne Noakes, President, Calgary Branch.)



## Survey

- Results of a member survey (Fall, 2000) regarding future of Calgary Branch:
  - like the social aspect
  - time is at a premium, would like to use their time contributing to community projects
  - did not want to see the branch close
  - want to be more visible in Calgary
  - want professional development

## AGM 2000

Motion that the Calgary Branch of AHEA form the core committee for the update of "What's Past is Prologue".

## 2001 Annual Meeting and Party

It was an opportunity to join fellow Home Economists, rekindle old friendships and find out what colleagues had been doing! All past, present and future Calgary and District Home Economics Association members were invited to join the celebration of 100 years of Home Economics on April 2, 2001. A party atmosphere of food and visiting prevailed and there was an opportunity for everyone to share as well as to participate in the Annual Meeting of AHEA Calgary Branch.



*AHEA Calgary Branch 2001 Annual Meeting and Anniversary*



*Joan Banks, Norma Bannerman and Rosemarie Kelly at Calgary's 2001 Party*



*Suzanne Tenold, Professional Achievement Award Recipient with Jane Carvle at AHEA Calgary Branch 2001 Annual Meeting*

## 2001-2002

- Calgary Branch meetings included networking, updating, activities to enhance the profession, IFA history book and community projects.
- Further to a motion at the 2001 Annual Meeting, the branch's \$9000 investment will be put to use in the community, with members' proposals being accepted by the Leadership Team.

### **2002 Annual Meeting**

The "Better Living" project, profiling home economics/human ecology and educating the public through weekly radio spots, was approved on a three-month trial basis with funds of \$1200. Donna Horton agreed to coordinate this project.

### **AHEA CALGARY BRANCH PAST PRESIDENTS**

1980-1981	Carmi Robbins	1991-1992	Patti Rathwell
1981-1982	Dora Blitt	1992-1993	Kathy Keeler
1982-1983	Marilyn Clark	1993-1994	Joan Hickie
1983-1984	Jane Carlyle	1994-1995	Kathy Deyell
1984-1985	Faye Forbes Anderson	1995-1996	Debbie Brekke
1985-1986	Carol Whiteside	1996-1997	Linda Whitworth
1986-1987	Maureen Rice	1997-1998	Sharon Speranza
1987-1988	Diane Luke	1998-1999	Carolyn Berken
1988-1989	Cindy Von Hagen	1999-2000	Kathy Simpson
1989-1990	Sue Spicer	2000-2001	Diane Noakes
1990-1991	Donna Horton	2001-2002	Barbara Cousens

### **☞ CALGARY BRANCH AND COOK BOOKS ☞**

*by Norma Bannerman, PHEc and Laurana Rayne*

Calgary Branch became involved in cookbook production in 1992. The Development Director of the Children's Cottage, a Crisis Nursery, had contacted Linda Whitworth, who was then one of Calgary Co-op's Consumer Counsellors, to see if the Co-op would "test a few cookie recipes from friends of the Children's Cottage to put together into a little book". This was not within Calgary Co-op's mandate, so Linda brought the request to the annual meeting of Calgary Branch in April 1992.

From this was born first the *CookieBook*, and then the *Comfort Food Cookbooks* – created entirely by the volunteer efforts of home economists and friends. One need only look at the list of names in any of these books to appreciate the people-power behind their publication. Writing, editing, testing, tasting, food styling, photographing, illustrating, proof-reading, coordinating volunteers, determining layout, formatting, desk-top publishing,

accounting and coordinating distribution were some of the areas of expertise that were called upon from home economists and their associates.

Calgary rose to the challenge and was rewarded with books that were very well received. Ultimately 20,000 copies of the *CookieBook* were printed and almost all were sold, making it a Canadian best-seller and raising a significant amount of money for the Children's Cottage as there were virtually no expenses other than the cost of printing. The production of this book was an amazing feat, considering that from start to finish it was accomplished in four and a half months, in order to be ready for a September launch in anticipation of the Christmas market.

Recipes came from Calgary Branch members, Children's Cottage staff and board members, and family and friends. The philosophy of the *CookieBook* is stated by the authors Norma Bannerman and Shirley Rebus (Laurana Rayne) in the introduction: *"Early on we developed some clear criteria. Only recipes that tasted 'more-ish' would be included – meaning that each cookie or bar under scrutiny had to taste so good we simply couldn't stop at one. In addition, we wanted users of this book to have confidence in the recipes, the instructions, and ultimately in themselves and their own abilities and creativity. To this end, all recipes were tested carefully by a small army of home economists, we endeavoured to write the recipes as clearly as possible, and we included information that hopefully will clear up dilemmas which readers might have experienced in the past. In other words, we wanted this book to be 'user-friendly'."*

Basking in the success of the *CookieBook*, it was decided to continue with the development and publication of the *Comfort Food Cookbooks*. Each recipe contributor was asked to tell the story as to why this was one of their comfort foods. As editors Norma Bannerman and Laurana Rayne read these heartwarming stories and statements, they came to realize the depth and breadth of the meaning of true comfort food, and wove this meaning throughout the books in many ways.

Over 300 recipes were received, again from members, family and friends. The editors decided to look at them from the point of view of function rather than food category, and six themes emerged: comfort food for cold days; for families; for company; with a heritage; for caring, sharing, and giving; and for congenial times.

The resulting set of six small cookbooks is about food that is nurturing, wholesome and soul-satisfying; food that warms our beings and lifts our spirits, cheers the hearts of others, speaks graciously of the past, and says "welcome" to family and friends.

The process was decidedly more complex than creating the *CookieBook*, and the *Comfort Food Cookbooks* took a year and a half from start to the finished manuscript. Norma recalls that her dining room table and buffet were covered for months with piles of recipes, sorted and re-sorted into the emerging categories. "One of the big challenges," she says, "was to keep track of all the different drafts as they passed from recipe formatters, to testers, then back and forth between Laurana and me."

Each recipe was tested by at least three different people – a home economist and two consumer testers. All testers completed a written evaluation and delivered it, along with samples of the food, to Norma and Laurana. "*I hadn't anticipated what it would be like to receive three samples of each of 300 recipes over a relatively short period of time. There were many days when supper consisted of one-quarter cup of about ten different foods, and I even remember having cabbage rolls for breakfast once!*" says Norma.

Once the manuscript was ready, publication turned out to be the stumbling block. The original avenue of publication fell through. After a two-year delay, it was agreed that Calgary Branch would turn over the responsibility for publication to Laurana. Once costs were covered, the resulting profit of \$2000 was donated by Calgary Branch to a charity that seemed a good fit: "Inn From the Cold".

## AHEA PEACE REGION BRANCH

The 1980s began on a negative note for home economics in the Peace Region when the Grande Prairie Home Economics Association became inactive in early 1980. However, in late 1981 home economists in the region began to explore the idea of reactivating the local branch of AHEA with a more regional focus. The renamed Peace Region Home Economics Association was formed on May 1, 1982. The group's stated purpose was to foster personal and professional development among its members, to increase the profession's profile and to provide a public relations vehicle for the organization. A local branch would keep members in tune with provincial happenings and provide a place to share concerns and ideas.

During the 1980s membership hovered around thirty. The key to the success of the branch was a structure that allowed participation by as many members as possible, given the large geographical region it encompassed. Four Saturday meetings a year at rotating locations proved ideal for the far-flung membership. Morning meetings followed by afternoon speakers made the long trip worthwhile. The Alberta Teachers' Association Specialist Council

held their meetings concurrently and shared the afternoon speaker for several years.

Structural changes to AHEA in 1984 meant adjustments for the branch. The most visible was a change in name to "The Alberta Home Economics Association Peace Region Branch". The new provincial structure also allowed the branch the opportunity to become involved at the provincial level. During the years 1984 and 1985 the Peace Region Branch assumed the duties of AHEA Social Action Committee. One of the main outcomes was an AHEA sponsored provincial travelling workshop on the issues related to pornography, organized by Nan Bartlett, Wendy Bodsworth, Audrey Shapka and Karin Holst.

In the late 1980s the branch focus was on public education. Dietitian Helen Bishop MacDonald spoke on Nutrition at a seminar in 1986. A public forum on Consumer Education with Ethel Marliss, host of a daily CBC consumer commentator radio show, was held in Grande Prairie in March 1988.

From 1990 to 1992 the branch hosted the AHEA Provincial Executive, consisting of Susan Meyer as President, Brenda Hart as Secretary, Nan Bartlett as Director of Liaison and Mary Ann Gielen Smith as Director of Professional Activities. This was a busy and rewarding experience for the branch. It also proved productive in more ways than one, as three of the executive had babies during their term in office!

Although membership declined during the 1990s the branch remained strong and active. Meetings were switched from Saturdays to evenings, with the business conducted over supper, followed by a guest speaker. Meeting locations continued to rotate throughout the region to encourage as many members as possible to attend at least one meeting a year. A family barbecue was held each June.

Structural changes within Alberta Agriculture and the termination of District Home Economist positions in 1994 had a major impact on the branch. Many members left the region to further their careers. Of the dozen members who remained in the branch after 1995, most were no longer working in traditional home economics roles. Once again the branch had to change to accommodate its members' needs.

In 1997 the branch adopted a study circle format. Members reviewed resources before or during the meeting and lively discussion usually followed. Topics were as diverse as David Foote's book "Boom, Bust and Echo", and Dealing With Violence in the Workplace.

The branch newsletter has always been an effective method of keeping all members informed. Distributed several times a year, it contains meeting announcements, minutes, member profiles and other information. All members are now “on-line” and newsletter information is sent via E-mail.

The Peace Region Branch began the new millennium with ten active members, widely diverse geographically and professionally, but strongly committed to the profession of Home Economics.



*1998 AHEA Annual Meeting by Teleconference - Peace Branch (attended by 70% of their members) Mary Ann Smith, Yvonne Grabowsky, Elaine Sky, Nan Bartlett, Branda Hart, Susan Meyer, Margurite Thiessen (AHEA President Elect), Karen Brideau, Karen Goad, Judy Cook*

## **AHEA PEACE REGION BRANCH PAST PRESIDENTS**

1980-1982	Branch inactive
1982-1983	Lynn Nieman
1983-1984	Therese Beaudoin
1984-1985	Fern Richardson
1985-1986	Karin Holst
1986-1987	Judith Cook
1987-1988	Virginia Merchant
1988-1989	Cindy Bishop
1989-1990	Brenda Konopski
1990-1992	Elaine Sky
1992-1994	Betty MacArthur
1994-1996	Suzanne Randall
1996-1998	Yvonne Grabowski
1998-2000	Margurite Thiessen
2000-2002	Nan Bartlett



## AHEA LETHBRIDGE BRANCH

### **1980**

- The President (Linda Barvir) was focused on increasing member participation in association activities. This provided opportunities for both learning and making valuable contacts.
- LHEA members were involved in Nutrition Week Activities and travelling seminars.
- Some members worked with the Southern Alberta Art Gallery to produce a cookbook that promoted artists' work as well as Alberta Food Products.

### **1981**

- Time was at a premium for members, many of whom were busy with new babies.
- Some of the year's activities included:
  - judging foods, clothing and crafts at fairs and other events
  - helping with the development of Parents' Place
  - promotion of Alberta food products
  - recommending films, books and other resources for the Public Library
  - working with the College, University, Further Education Council, Recreation, Public Health units, YWCA, and Salvation Army.

### **1982**

- The 1982-83 year began with twenty-six members.
- Early Childhood Education became a popular topic at the Lethbridge Community College.
- Thanks to the persistence of Lynn Gregson with the local Post Office, the branch secured a Box Number - 1113.

### **1983**

- Lethbridge Branch hosted the AIEA Annual Conference April 21-23, 1983. The conference title was "Signals of Change" with Roy Bonisteel as keynote speaker. This was the first time an AHEA conference was held outside of Edmonton or Calgary. Conference Registration chair, Mary Ann Joly reminded members: "Don't forget registration is tax deductible." Treasurer, Bev Steele was quoted: "*Spend money wisely - spend it on yourself - it's a sound investment.*"
- Bev Cooper, a local writer, spoke on time management and the helpful Day Planner and Planning for Christmas.

- In conjunction with the Lethbridge Public Library, the branch coordinated a travelling workshop “How Computers Will Affect the Family of the Future”. This was offered free to the public.
- LHEA supported the Canadian Home Economics Association Foundation by donating \$50 and submitting a brief history of former member, Elizabeth (Betty) Bartman, who passed away in 1982. The following is a quote by a Lethbridge MLA: *“As an active member of our community Betty certainly left her mark in life. First and foremost, Betty was a humanist – one who valued our heritage and traditions, and the betterment of her fellow man.”*

## **1984**

- The Association was involved with many aspects of the community as Lethbridge made plans for its Centennial year celebrations in 1985.
- Meetings of the membership included a presentation by Diane Rennie of Trans Alta Utilities featuring the use of small appliances, such as food dehydrators and food processors.

## **1985**

- A questionnaire was sent to members asking for ideas on AHEA Conferences, with a 20% response.
- The controversial NFB film, “Not a Love Story” was viewed and discussed with a guest speaker at the October meeting.
- Lethbridge members were enlightened on Calgary’s twinning project with a visit by a member of the International Development Committee.
- A family social event was enjoyed at Lynn Gregson’s cabin in the foothills, providing a wonderful opportunity to enjoy the September sun, hiking, a potluck supper, campfire and stargazing.
- The branch experienced a year of renewed energy and activity in preparation for their turn as AHEA Executive the following year.

## **1986 - 1987**

- Lethbridge Branch formed the AHEA Executive during these years, with Mary Ann Joly as President, Barb Cunningham as Secretary, Linda West as Director of Finance, Glenda Everett as Director of Professional Activities and Linda Barvir as Director of Liaison. This was the first AHEA Executive located outside of Edmonton or Calgary!
- Due to the number of members on the AHEA Executive, regular branch meetings were not held during this two-year period.
- Lethbridge Branch affiliated with the Canadian Home Economics Association for the nominal yearly fee.

## 1988

- University of Alberta, Faculty of Home Economics Dean Eloise Murray was key presenter at a day-long workshop dealing with "Professionalism" and "Women and Development".
- Established the Linda Barvir Scholarship.
- Hosted a World Home Economics Day dinner with speakers David and Louella Cronkhite on the subject "Working with Community – Burkina Faso".
- Heart Smart cooking course orientation was offered.
- Held sewing update with Diane Luke, DHE from High River.
- Branch home economists, working with local dietitians, developed a Nutrition Month promotion called "Smart Shopping Begins in the Cart". They conducted group shopping tours in ten local Safeway stores.



*Linda Lou Barvir, 1988  
An outstanding member of Lethbridge Home  
Economics Association, for whom a  
scholarship fund was named.*

## 1989

- Lethbridge Branch jointly hosted the AHEA Annual Conference with the Alberta Teachers' Association Home Economics Specialist Council in Calgary. The theme was "Making Connections".
- Smart Shopping tours continued.
- Dinner meeting was held on the topic "The Winning Edge" with guest speaker Wally Evdokimoff, Associate Dean of Business and Industry Development, Community Education, Lethbridge Community College.
- Produced the AHEA Newsletter.

## 1990

- World Home Economics Day was celebrated, with Wallis Allen speaking on Interculturalism.
- Hosted a McPhee workshop and course update.
- Toured new food service facilities at Lethbridge Community College.
- Glenda Everett was Editor of The Canadian Home Economics Journal, with Mary Ann Joly as Associate Editor and Linda West as Book Review Editor.

- Beth Johnston coordinated the Nutrition Month Committee in conducting a “rap” contest for Junior High students.
- Linda West coordinated Heart Smart cooking program.

## **1991**

- Clarisse Gomes, Director of Home Economics at the University of Brazil, spoke on conditions for women in Brazil.
- Dr. Clayton Barbeau spoke on “parent burnout”, sponsored by Parents’ Place.
- Toured the Sugar Factory in Taber.
- Toured the new facilities of Lethbridge Family Services.

## **1992**

- Held a Commodities Workshop to update members on current food and nutrition issues and initiatives.
- Nicole Pelletier, CHEA International Development Officer, discussed international development and how to get involved.
- Carol McLean from Alberta Education, spoke on the “Japanese vs. Alberta School Systems”.
- Distributed copies of the Focus on Home Economics Handbook to all high schools in the Southern Region.
- Collected items for the Lethbridge Food Bank.
- Promoted Nutrition Month.

## **1993**

- Anne Carlson from the Grace Hospital Women’s Health Centre spoke on “The Fats of Life”, addressing the nutritional concerns of women.

## **1994**

- Joined forces with Parents’ Place to celebrate the International Year of the Family.
- Toured a show home and had a presentation by Suzanne Heil on “Updating Your Home”.
- Chris Crosthwaite, Professional Chef and Instructor at the Lethbridge Community College presented “Sharing the Secrets of a Professional Chef – Techniques You Wish Your Mom Had Taught You”.
- Milton Iwassa, Program Manager and Counsellor for Lethbridge Family and Community Support Services, addressed the issue “Men are from Mars and Women are from Venus”.
- Glenda Everett was AHEA Regional Director to CHEA; Mary Ann Joly was Provincial Coordinator for the CHEA Cookbook; Patti Pharo was CHEA Family and Human Development Committee Chair.

## 1995

- Barb Vanden Bosch, Organizations Specialist with Alberta Agriculture Food and Rural Development, facilitated a session “What Makes the Lethbridge Branch of AHEA Tick?”

## 1996

- Programs included “Fun, Challenges and Opportunities for Volunteering”, “Be Your Own Boss” and “Secrets of Freelancing”.
- The Branch volunteered as a group at the Alberta Winter Games.
- Formed the AHEA Executive from 1996 to 1998: Linda West as President, Mary Ann Joly as Secretary and Chair of the AHEA Registration Committee, Hazel Mitchell as Director of Professional Development and member of the Discipline Committee, Glenda Everett Director of Finance and member of the International Development Committee and Karen Hoover as CHEA Director.

## 1997

- Dr. Doug Scotney from “5th on 5th Youth Services” spoke on a project of the Lethbridge Youth Foundation: “Helping youth reach their education and employment goals”.
- Helen Bishop MacDonald spoke on “Nutrition Mythology Through the Ages and Fear of Frying”.
- Set up a display to promote the Home Economics profession at the Career Fair at Lethbridge Community College.
- LHEA began sponsoring an Adopt a Magazine through the Lethbridge Public Library; sponsorship of the Canadian Living Magazine continues to the present.
- Pat Peterson spoke on the topic “A is for Attitude”.
- Attended an educational seminar sponsored by the Dairy Nutritional Council on “Functional Foods and Nutraceuticals”.
- Attended a Cancer Clinic program “Look Good, Feel Better”.

## 1998

- Organized a video conference for AHEA in lieu of the traditional annual provincial conference.
- Volunteered as a branch to help with “Books for Babies”, a family literacy program.
- Hosted a presentation on “Family Literacy in the Community” given by Sheelagh Matthews and Margot Pollard.
- Contributed to the Lethbridge Herald “In-Touch” program.
- Held a display at the Lethbridge Community College Career Fair.
- Kathy Lewis of the Chinook Health Region spoke on Women in Health.

## **1999**

- Lottie Austin, a local professional businesswoman presented a talk on "Changing Careers".
- Mary Abel, from Training Inc., gave a brief overview of "Personality Traits Seen Through Our True Colors".
- Organized the AHEA Annual Conference, which was held in Edmonton at the University of Alberta.
- Ken Bateman of Merrill Lynch Canada presented "Women and Health".
- Volunteered for the Books for Babies Literacy Program by filling book bags for distribution at Health Units in Southern Alberta.
- Attended a presentation on "Fetal Alcohol Syndrome and Fetal Alcohol Effect".
- Received advice from a Merrill Lynch representative on investment planning.
- Lethbridge Branch was one of first sponsors of the community Rack-A-Bus Project designed to install bicycle racks on more than thirty Lethbridge Transit buses. It was hoped that the project would benefit everyone using a bicycle whether it was for transportation, health and recreation, or to conserve and protect the environment.

## **2000**

- Lethbridge Branch operated without a President.
- Toured local business – Sakai Spice.
- Attended a presentation on "Aftermath of Taber School Shooting – What Have We Learned?"

## **2001- 2002**

- Held a pot-luck Ukranian Christmas Eve supper.
- Attended a workshop on Herbal Remedies.
- Held a textiles workshop.
- Lethbridge Branch was still without a President. In her Spring 2002 Annual Report to the AHEA membership, Edith Svanes stated: "We have lost several members the last couple of years and we are not sure how long we can continue to function as a branch. Hopefully, some anticipated changes within AHEA will encourage our members to renew their memberships for 2002-2003."

## AHEA LETHBRIDGE BRANCH PAST PRESIDENTS

1980-1982	Linda Barvir
1982-1983	Linda West
1983-1984	Judy Scott
1984-1985	Barb Cunningham
1985-1986	Muriel Shortreed
1986-1988	Judy Scott
1988-1990	Glenda Everett
1990-1991	Judy Scott
1991-1994	Teresa Petriw
1994-1996	Linda West
1996-1997	Barbara Cunningham
1997-2000	Judy Scott
2000-2002	Position unfilled

## AHEA RED DEER BRANCH

### Membership

The Red Deer Branch, like many branches of the Alberta Home Economics Association, has weathered several changes over the last two decades. The membership of the branch was sixty in 1980, but by 2002 it had dropped to twenty-eight.

The major decrease in membership followed the restructuring of Alberta Agriculture in 1994. At this time the District Home Economists who had provided services to rural families for over fifty years no longer had positions with the Department. Although the new position of Rural Development Specialist was created and was open to former District Home Economists, there was nonetheless a severe downsizing of staff. Thus, several long-standing members of the Red Deer Branch moved to new locations throughout the province or took the opportunity to pursue new careers.

### Meetings

Monthly meetings in the 1980s were held from October to April, except for the month of December. A business meeting began the evening, followed by a guest speaker. There were usually twenty members in attendance. Topics in the 1980s reflected the concerns and interests of home economists – ranging from Computers in the Marketplace to Dual Career Lifestyles. In 1985 Dr. Lynn Worthington-Roberts was the guest speaker for the AHEA travelling workshop on “Nutrition Concerns of Women”.

The 1990s saw a change in the format of General Meetings. The Red Deer Branch Executive met separately to handle any business items. Decisions were either published in the Branch newsletter, or a short report was given at the beginning of the General Meeting. This change allowed more social time for members to network prior to the guest speaker. Meetings were reduced to three General Meetings plus the Annual General Meeting and this format continues today.

### **Scholarship**

During this time an annual \$250 scholarship was offered to a Central Alberta high school student planning to attend a post secondary institution, majoring in Home Economics. Very few applications were received and the scholarship was soon withdrawn.

### **Advocacy**

Advocacy has always been a part of branch "business". In the 1980s the branch responded to the concern of scanners and UPC codes being used in grocery stores, writing to Consumer and Corporate Affairs and the head offices of Red Deer grocery stores. In the 1990s letters were written to the Minister of Education expressing concern regarding the reduction in high school option credits. The branch also protested against a change in policy at the Alberta Hospital – Ponoka whereby home economists were no longer being hired to work with patients.

### **AHEA Involvement**

The Red Deer branch members slated as the 1992 – 1994 AHEA Provincial Executive were: Glenda Molgat - President, Leslie Collins - Secretary, Marilyn Sharp - Treasurer, Bettie Ditzler - Director of Liaison and Betty Birch - Director of Professional Activities.

In April 1992 Red Deer Branch co-hosted a very successful AHEA Annual Conference with the Alberta Teachers' Association Home Economics Specialist Council. The conference theme was "The Wonders of Wellness". Of a total of 326 participants, about half were AHEA members.



*1996, Red Deer Member Karen Hoover  
Received AHEA Distinguished Service Award.*



### **International Year of the Family**

To acknowledge and celebrate the International Year of the Family in 1994, the branch developed and sold a wall pocket calendar that featured pictures of Alberta families. Fun ideas and inexpensive activities were listed beside each picture to encourage positive family experiences. One of the goals of the calendar project was to raise money to donate to family-centered agencies. Unfortunately the printing company did not meet the deadline, causing disappointing sales.

### **Special Conference**

In 1997 Red Deer Branch hosted a conference with the theme "Communicating Locally and Globally". Highlights included a Taste of Alberta Awards Reception and the keynote speaker, Jamie Clarke, spoke about his recent journey by camel across the Sahara Desert.

### **Community Involvement**

Red Deer Branch focused on maintaining a profile in the community. It began in the late 1970s with the Resource Fairs held in Parkland Mall. These Fairs were held as a community service by bringing together many agencies to inform the general public about resources available in Central Alberta. Furthermore, Central Alberta home economics teachers and members of the Alberta Registered Dieticians Association (ARDA) have always been invited to attend General Meetings of the branch.

### **Global Involvement**

Red Deer Branch also looked globally to assist communities. It formed a "twinning" partnership from 1989 to 1994 with the Ugandan Home Economics Association to assist them in establishing their professional association. In 1997 Red Deer Branch was approached by Olds College to partner with them on a project in Russia. The goal was to establish a Home and Rural Economy Specialist based on the Extension Services offered by the District Home Economists in Alberta. (*see p. 147, International Development*)

### **New Structure**

In 2001 the Red Deer Branch adopted a more informal executive format by having a President, Secretary and Treasurer – who planned programs and kept records. Communication with the thirty-two members was facilitated through e-mail.

### **The Future**

As a profession, Home Economists/Human Ecologists are continually faced with the challenge of defining themselves and their organization. The traditional careers that defined the profession have changed so dramatically that it is difficult to answer the question "What Do Home Economists and

Human Ecologists Do?” It is fair to say that it has been a challenge at the Red Deer Branch level to plan meetings that interest its members and also provide an opportunity to network with Central Alberta home economists. A core group of members continues to attend meetings and support the Association at the branch and provincial level.

### **AHEA RED DEER BRANCH PAST PRESIDENTS**

1980-1981	Glenda Moigat
1981-1984	n/a
1984-1985	Judy Hannah
1985-1986	Jane Lowe
1986-1987	Karen Goad
1987-1988	Karen Hoover
1988-1989	Patti Rathwell
1989-1990	Betty Birch
1990-1991	Linda Korsh Roderick
1991-1992	Janice McGregor
1992-1993	Linda Henderson
1993-1994	Leona Staples
1994-1996	Marilyn Olajos
1996-1997	Leslie Collins
1997-1998	Diane MacKay
1998-1999	Carmen Andrew
1999-2002	Elizabeth (Bettie) Ditzler

### **AHEA LAKELAND BRANCH**

**L**akeland Home Economics Association (LHEA) became AHEA Lakeland Branch in 1984-85 when the Alberta Home Economics Association restructured. Lakeland Branch was located in northeastern Alberta, with its major centres being Vermilion, Vegreville, St. Paul, Smoky Lake and Lac La Biche. During the eighties and early nineties the branch thrived, with an active membership that planned meetings, seminars, workshops, professional days and a provincial conference. Unfortunately, government cutbacks in 1993 caused many members to leave the area. In addition, many members found that increasing community involvements and family commitments reduced the time available for LHEA. Organizing professional activities became increasingly difficult for Lakeland Branch, until finally in 1997 the branch closed.

## The 1980s

- The Branch worked on a membership drive, and through newspapers and television worked on increasing awareness of what home economists do. These efforts were well received.
- Fall 1981: a supper meeting in Vegreville was followed by Alberta Power's Electric Living Seminar, where the members viewed appliances from past to present and studied general appliance design. Lapel pins were distributed to members and past members; pins depicted fir trees and lakes – two characteristics of the Lakeland region.
- A one-day workshop on wardrobe planning was held in Vegreville along with the ATA Home Economics Specialist Council, presented by Sandy Beckman of Acumen Consultants.
- Excerpt from the President's report (Ellen Frombach): "*The LHEA seems to have one of the same difficulties most organizations have. Most members are committed to so many clubs and organizations that members are pulled in several ways. The harsh winters and rising gasoline costs make our distances travelled to meetings seem even farther. With these considerations in mind, we may be looking at some programming changes, as well as new executive positions to spread out the workload. We are quite optimistic about adapting the association to the changing needs of today's members.*" (August 1982)
- Earl Beck from the Senior Citizens Bureau discussed services offered by the bureau.
- The art of decorating Ukrainian Easter eggs was presented.
- In 1982 LHEA started a local newsletter and initiated international development education for the members.
- In 1984 LHEA had joint meetings with the ATA, including a workshop on Concerns of Pornography and the presentation, "A Potpourri On You and Your Wardrobe".
- January 1985 – Edith Zawadiuk, Lakeland member, was elected to the University of Alberta Senate.
- At a 1987 meeting District Home Economist, Iva Braham, reviewed the Farm Family Expenditure Study undertaken in the Northeast Region during the winter of 1986.
- Hosted a silk dying workshop by a visual artist from Vermilion.
- In 1987 members discussed the proposed Federated Structure with CHEA, which was formalized in 1989.

## 1988-89

- Lakeland Branch reported that the membership was having an exciting year. The meetings were held jointly with the ATA Home Economics Council Northeast Region.

## **Programs:**

- A great way to share professional knowledge and have fun – the golf tournament, barbecue and guest speaker, (Lynne Minja on “The Professional Professional”), shared with Lakeland Branch, ATA Home Economics Council, the Professional Agrolgists and Registered Dietitians in the area.
- “Planning Tomorrow’s Home Today”, presented by Donna Bagdan, Home Design Specialist with Alberta Agriculture.
- “Cholesterol and your Heart, presented by Maureen Elhatton from the Cardiac Rehabilitation Unit of the Royal Alexandra Hospital
- “Women and Poverty”, presented by Monica King, DHE and Irene Sarowny of AADAC.
- “New Developments in Food Technology”, presented by Dr. F. Wolfe, Professor of Food chemistry, Food Science Department, U of A.
- A successful Nutrition Month was organized by a Nutrition Committee, comprised of the Lakeland Branch Home Economics Association, the Alberta Dietitian Association Lakeland Region and the Northeast Region of the Home Economics Council. March 3rd was declared “Nutrition Day in the Lakeland”.



*1989. Edith Zawadiuk, receiving AHEA Fellow Award from Deborah Gargus.*

## **The 1990s**

### **1990-1991**

- Hosted the AHEA Conference May 31-June 2, 1991, “In our Community”, in Vermilion.
- Undertook a special study on international development. The branch considered a twinning project with the Home Economics Association of Uganda.

### **1991-1992**

- Met with guest speaker Clarisse Gomes of Ceara, Brazil, who travelled with International Federation of Home Economics (IFHE) President Doris Badir on a provincial international development speaking tour.

The objective of the visit was to increase people's awareness of debt repayment and how it affects the quality of life, told by a person who lives with it daily.

### **1993-1994**

- The branch faced great instability and membership decline when government cutbacks resulted in members moving to jobs in other areas. Meetings continued to be held jointly with the home economics teachers in the area.

### **1994-1995**

- This was a difficult year for Lakeland Branch, as they discussed whether or not to continue as an active branch. It was decided at the June board meeting to keep the branch open, with changes to hold only two business meetings during the year as well as the June social. Meetings were held separately from the teachers, but professional development workshops were open to Lakeland Branch members.

### **1995-96**

- This was a year of members communicating through the branch newsletter, the provincial newsletter and phone calls, rather than through formal branch meetings.

### **1997**

- Unfortunately, due to low membership, AHEA Lakeland Branch made the decision to close the Branch effective April 30, 1997.

### **AHEA LAKELAND BRANCH PAST PRESIDENTS**

1980-1981	Edith Zawadiuk
1981-1982	Ellen Frombach
1982-1983	Charlotte Hrynyk
1983-1985	Carol Selte
1985-1986	Joan McArthur
1986-1988	Deborah Gargus
1988-1990	Carol Selte
1990-1992	Edith Zawadiuk
1992-1994	Deborah Gargus
1994-1997	Elma Herde

## **REGISTRATION OF ALBERTA HOME ECONOMISTS**

### **REGISTRATION OBJECTIVES**

- To protect the public through defining standards of education, experience, performance and conduct for registered members.
- To define for the public the field of practice of home economics and in this way ensure services are known and accessible.
- To make known to the public a means of redress and discipline of registered members of the profession for unskilled practice and professional misconduct.

### **THE PROCESS**

It was a 24-year project, from 1965 (AHEA AGM) until 1989, for registration of the Home Economics Profession to become a "fait accompli". The process of registration with the Alberta Government was "an exercise in repetitive hoops and loops through several ministries and bureaucratic hiccups".

Fortunately the AHEA Registration Committee kept Alberta home economists focused on the goal over those years. In particular, the perseverance of committee members Dr. Betty Crown (Chair), Shirley Myers, Lorraine Green and Arlene McKay was able to transcend government changes to policies and philosophies over the period of this project.

A May 3, 1989 Government of Alberta news release stated: "The distinction of being the first organization registered under the Professional and Occupational Associations Registration Act goes to the Alberta Home Economics Association."

### **THE AHEA REGISTRATION TIME LINE**

- 1966      Committee established to study feasibility of professional registration for home economists.
- 1971      Purpose of Registration Act outlined.
- 1972      Motion passed at AHEA Annual Meeting that a Home Economist Professional Act be drafted. The Alberta Legislature appoints a Special Committee on Professions and Occupations, delaying further progress.
- 1977      Draft Act - regarding Regulations, Code of Ethics. Chance to choose our initials: e.g. R.H.Ec., H.E.P., H.Ec.P., P.H.Ec., PHEc.

1978 "Towards a Home Economics Professions Act", a working paper of the AHEA Special Committee on Registration prepared (revised in July 1979 and February 1983).

Code of Ethics adopted by AHEA.

1979 Six travelling workshops held to discuss self-regulation: Let's Go Pro, and Getting our Act Together.

1982 Definition of the field of practice of home economics for inclusion in a Home Economics Professions Act accepted in principle by AHEA membership April 1982.

1983 The Honorable Dave King, Alberta Minister Responsible for Professions and Occupations, advised the Association to begin drafting a proposed Home Economics Profession Act. Betty Crown and Shirley Myers, as a sub-committee, began this work. Shirley Myers also appointed by the Alberta Minister of Agriculture (Honorable LeRoy Fjordbotten) to serve as Alberta Agriculture's liaison with AHEA and other government departments on this issue.

October 1983, three new sub-committees formed to prepare bylaws, regulations and materials for lobbying.

October 20, 1983, a draft of the proposed Act mailed to each member with background information, a timeline for action and an invitation to attend the Registration Workshops held with each local in late October and November.

1984 January mail vote conducted to allow members to indicate their feelings on the proposed Act on a clause-by-clause basis. The draft was approved by an overwhelming majority of members who voted.

The Minister of Agriculture included a Home Economics Profession Act in the department's priorities for legislation and the draft Home Economics Act was forwarded to Legislative Counsel to prepare government legislation. Despite this progress, a major hurdle still remained, as the Government had not yet decided its general policy of "protection-of-title" legislation. AHEA was informed later that year that the Government was postponing such legislation to consider a different legislative framework.

- 1985 Concept of an “umbrella act” discussed at a meeting with the Government and four other associations. AHEA was active in drafting the Professional and Occupational Associations Registration Act (POARA) which was given Royal Assent June 5, 1985 (and amended in 1988).
- 1986 Changes made at AGM to AHEA Constitution to comply with the POARA.  
  
Six regional workshops held to inform and gain support of AHEA members for a strong continuing education component in the POARA.
- 1987 Application submitted to Alberta Government in May. Publicly advertised scope of practice in October. Resubmitted application in December.
- 1988 Incorporated changes suggested by the government regarding code of ethics, mandatory continuing education and training period for new members.
- 1988 **January 25 – Alberta Government approved the Home Economist Regulation under the Professional and Occupational Associations Registration Act.**  
  
**February 9 – Mail vote to AHEA members, who voted in favour of Registration.**  
**AHEA became a registered association under the Professional and Occupational Associations Registration Act. The Home Economist Regulation under the Act granted AHEA the privilege to register qualified members. As well, registered members were given exclusive use of the title “Professional Home Economist” and its abbreviations PHEc or P.H.Ec.**
- 1991 AHEA AGM – As a result of the “grandfather clause”, AHEA membership numbered 545 Professional Home Economists.

## **REGISTRATION UPDATE – 2002**

The amended Human Ecology and Home Economist Regulation received its final endorsement by government and was passed into law June 25, 2002.

### **New Name**

The Association will now be known as the Alberta Human Ecology and Home Economics Association. While the name changes, the Association will continue to be represented by the letters AHEA.



## **New Look**

At the September 2002 AHEA Board meeting, the board approved keeping the logo with the modification of using only the letters rather than the full name of the Association.

## **Additional Title**

The Regulation recognizes both Professional Home Economist and Professional Human Ecologist as protected titles that may be used exclusively by the Association and its registered members. The abbreviated designation for the title is PHEc. The abbreviation P.H.Ec. is also approved but less commonly used.

## **New Opportunities**

The qualifications for membership have been broadened to include graduate degrees so now any person with competencies in the practice of home economics or human ecology who has a Bachelor's, Master's, or Doctoral degree from an approved program is eligible for membership.

## **New Responsibilities**

The Association has been given the responsibility of reviewing academic qualification necessary to obtain registration. The Registration Committee will be reviewing processes for handling this new responsibility. There is a greater expectation that members will ensure they update and maintain their competency following graduation. Over the coming year a proposal for a voluntary continuing competency program will be developed by the Practice Review Committee.

The AHEA Board has established a Bylaws Committee to review and prepare motions for amendments to the bylaws, to be presented at the 2003 annual meeting, and then to revise the policy and procedures manual.

There will be some changes in the process for renewing memberships and all members will be encouraged to make sure that their files contain the basic information required for transferring between provinces.

In 2002 an agreement regarding reciprocity in transferring membership was signed between AHEA and Ontario Home Economics Association. Representatives from the five self-regulating provincial associations (i.e. those with registration) developed a Labour Mobility Agreement that is expected to be signed in 2003.

## **REGISTRATION GLOSSARY**

**Grandfather Clause** - Home economists who were voting members of AHEA at the time the Home Economics Regulation was passed in 1989 were

granted the title Professional Home Economist.

**Umbrella Act** - several organizations with similar requests to the Alberta Government for registration and professional recognition were given the opportunity to register their association under one act rather than each being granted its own act.

**Role of Executive Director** - a suggested professional salaried position as the bond of communication for a diversified and geographically separated organization. This person would be responsible for maintaining logistics to facilitate the purposes of the constitution and registration.

**Code of Ethics** - Set of standards and rules of conduct set forth and agreed by AHEA. Members review the code of ethics annually when renewing their membership and are reminded to practice home economics only in their area of expertise.

**Home Economist-in-Training (HEIT)** - a new member home economist whose first two years of practice in the profession are guided and monitored by a PHEC who acts as a mentor and advisor. The terms Candidate Human Ecologist or Candidate Home Economist replace this category under the new regulation.

**Professional Advisor** - a professional home economist who counsels a H.E.I.T. on matters of home economics practice for the required time of the training program.

## FEDERATION OF PROVINCIAL HOME ECONOMICS ASSOCIATIONS

by Faye Forbes Anderson, PHEc and Barb Cousens, PHEc

The minutes of the 1939 founding meeting of the Canadian Home Economics Association (CHEA) record the decision "...that the organization be set up with the view of having it a federation of provincial groups but until such time as these groups are set up, to have the groups as now organized and also members-at-large." For 40 years, that aim remained unfulfilled.

In the early 1980s a grass-roots investigation began in order to increase the viability of CHEA. In 1980, CHEA's membership totaled 1795, while the number of home economists belonging to various professional organizations in Canada totaled 4500. From 1984 to 1989, pocket committees across the country involved members in the deliberations to strengthen the professional home economics associations. These discussions:

- identified the services required from each of the levels of the association,
- determined the organizational structure of the federation,
- set the priorities for viable national membership costs.



Calgary Branch Recipients of AHEA Distinguished Service Awards 1992 (for furthering the goals of Federation)

Back Row: Faye Forbes Anderson, Diane Luke, Marilyn Clark

Front Row: Shirley Rebus (Laurana Rayne), Deb Mayberry, Barb Cousens

At the 1989 CHEA AGM the following motion was passed:

*May 1, 1990 CHEA and the provincial associations who have already approved federation, will become a federation with each member*

*belonging to CHEA, a provincial HEA and where applicable, a local branch HEA. There will be direct representation from the local branch to the provincial board, and from the provincial board to the CHEA Board. Services will be coordinated among all levels.*

In 1989 members in all provinces voted on accepting federation of provincial home economics associations. All provinces except Quebec,

Ontario, and Newfoundland accepted federation. These provinces joined the federation in 1992.

Federation resulted in an initial increase in CHEA membership, to over 3000 members in 1992. However, there began a gradual decrease in membership for all levels of the Association. This was in part due to a succession of fee increases (amounting to more than 100% in less than a decade for the CHEA portion of the integrated fees), a perceived lack of CHEA support and services to members, as well as to provincial and local home economics associations, and change issues within CHEA boards and staff. The expected integration and simplification of service delivery did not occur.

Subsequently, at the 2002 AHEA Annual General Meeting the following motion was passed:

*While the Alberta Home Economics/Human Ecology Association endorses the concept of a federated association of Home Economists and encourages its members to belong to the Canadian Home Economics Association, the Alberta Home Economics/Human Ecology Association will permit its members the choice of joining or not joining the Canadian Home Economics Association.*

At the August 18, 2002 Annual General Meeting of CHEA the following motion was passed:

*BE IT RESOLVED that the Canadian Home Economics Association (CHEA) work on behalf of Canadian home economists to discover and initiate a simplified and more effective organizational structure which relieves the time and money required to sustain associations at three levels while ensuring the high standards of excellence in the profession are maintained and the essential communication among home economists is enhanced.*

CHEA will begin to "coordinate discussions across Canada to seek the dissolution of the Federation agreement as of March 2003 and establish a new structure which advances the shared vision of Canadian home economists in a vibrant and sustainable manner".

# Educating

---

## The Professionals

### TRANSITIONS: FROM HOME ECONOMICS TO HUMAN ECOLOGY AT THE UNIVERSITY OF ALBERTA, 1980-2002

by E.M. (Betty) Crown, PhD, PHEc

This is a story of change in a major Alberta institution. It is a story of strength and perseverance, but most of all it is a story that pays tribute to the outstanding character of the home economics profession in Alberta.

#### Leadership and Structural Changes: From Faculty to Department

We begin this story where the first edition of *What's Past is Prologue* ended, with Doris Badir as Dean and Thelma Dennis as Associate Dean of the Faculty of Home Economics. Dr. Dianne Kieren remained Chair of the Division of Family Studies, and in July 1980 Dr. Zenia Hawrysh replaced Dr. Ruth Renner as Chair of Foods and Nutrition and I (Betty Crown) replaced Dr. Anne Kernaleguen as Chair of Clothing and Textiles. The three Divisions would soon become full-fledged Departments.

In 1986, Doris Badir stepped down and Dr. Eloise Murray from Pennsylvania State University was appointed to replace her. Dr. Marlene Cox-Bishop was appointed as Associate Dean a year later. During the 1980s, The Department of Family Studies had a number of chairs for shorter periods, including Dr. Wes Adams, Dr. Jason Montgomery, Dianne Kieren and Dr. Norah Keating. Dr. Nancy Kerr became Chair of Clothing and Textiles in 1989, and Zenia Hawrysh remained chair of Foods and Nutrition into the early 1990s.



October 8, 1986 - Portrait Presentation of Dean Doris Badir, outgoing Dean, Faculty of Home Economics to the University

Left to Right, Dean Eloise Murray - U of A Faculty of Home Economics, Eunice Meakin - Faculty Council Representative for the Alberta Registered Dietitians Association and Mona Cox - AHEA Representative, Faculty of Home Economics

The Faculty benefited from strong leadership during the early '80s. Under Doris Badir's guidance, internal program reviews were conducted and a strong commitment to the philosophy and mission of the Home Economics profession developed among most of the Faculty. When the University conducted its first external reviews, the Faculty of Home Economics elected to be reviewed as a unit. (Normally these reviews focused on Departments.) Our history of internal reviews prepared us well. Several new members, most with doctoral degrees, had been added to the faculty, and the research and graduate programs had developed considerably. Although the report on the Faculty was generally positive, evidence of some internal discord was noted. In retrospect, the change from divisional to departmental structure had no doubt created a sense of departmental autonomy that fed such discord. In addition, many new staff appointed during this period, especially in the area of Foods and Nutrition, had no previous affiliation with Home Economics, and some only felt an allegiance and a commitment to dietetics.

During most of the 1980s, the Faculty enjoyed strong support from the University administration. President Myer Horowitz was a strong advocate for Home Economics, and often voiced appreciation of the contributions Home Economics graduates made to their communities. As a Faculty, we had representation on the major decision-making bodies on campus, and because many of us were actively involved, we had a strong voice in University affairs. Dianne Kieren was appointed Associate Vice-President (Academic) for the period 1986-91. In that role she chaired several important committees and task forces and often represented the University of Alberta externally. When Doris Badir stepped down as Dean, she was appointed by President Horowitz as Special Advisor to the President on Equity, and remained in that position for four years.

The strength, support and voice we enjoyed during the 1980s however, were not destined to last. A new University administration took over in 1989. The new President had no experience with, and lacked understanding of Home Economics. In fact, he expressed surprise that Home Economics still existed on the campus. That administration bought into the dominant spirit of the times in Alberta, advocating downsizing and restructuring. Although we were a strong faculty and national leaders in our field, we were among the smallest on campus, and were vulnerable to such pressures. The seed of internal dissent that continued to grow in the Faculty did not help our case. Indeed, by the time I was appointed Dean of the Faculty in 1991, with Jason Montgomery as Associate Dean, the University's February 1991 report, *Maintaining Excellence and Accessibility in an Environment of Budgetary Restraint*, had already outlined potential options for the reorganization of our Faculty. Major change was inevitable.

Immediately upon my appointment, and as part of my mandate, I appointed an internal task force to study options for restructuring. It had been made quite clear to us that remaining an independent faculty was not an option. Rather than fighting the inevitability of change, we approached the task as both a challenge and an opportunity to have meaningful input into decisions affecting our future. Our December 1991 report to the Vice-President, *Restructuring Options for Home Economics*, reflected on the role of the home economist as change agent, and stated, "Far from being resistant to change, we...have taken on the task of restructuring the faculty in the spirit in which we do our research and practice - a spirit of excitement at the possibilities of working more closely with others in related professional disciplines who are interested in the health and well-being of people in their environments." Despite this attitude of cooperation, during our deliberations we were informed that the Faculty was likely to be simply disbanded. However, the tremendous support we enjoyed both within the University and from members of the profession and the community stood us in good stead. The administration was overwhelmed by the outpouring of support for our teaching and research programs and decided we should continue our exploration of options.

Despite our thorough investigation of the alternatives available to us, the administration chose to ignore our recommended structural changes. Although a merger with Agriculture and Forestry made some sense regarding Foods and Food Science courses in the two faculties, and was the preferred option of faculty members in Foods and Nutrition, most faculty members and even most Foods and Nutrition students preferred a merger with Physical Education and Recreation, whose approach to human well-being and professional practice was similar to that of Home Economics.

Our restructuring task force had also recommended that the Departments of Family Studies and Clothing and Textiles be merged to form a larger Department of Human Ecology. That recommendation was accepted and acted upon. A human ecological perspective had been implicit in our work for several years. These two units were merged to form a new department with that name within a new Faculty of Agriculture, Forestry and Home Economics.

The Department of Foods and Nutrition was merged with the Department of Food Science to become the Department of Food and Nutritional Science. Dr. T. Clandinin was appointed Chair of that new department, and I moved from the Dean's office to be Chair of Human Ecology. Dr. E. Tyrchniewicz, formerly Dean of Agriculture and Forestry, was appointed Dean of the merged Faculty. The departmental and faculty mergers were implemented on



March 31, 1993. At that time, our Home Economics staff held a celebration we called Transition '93. We were determined to approach the new organizational structure with a positive outlook. Unfortunately, several administrative details had not been worked out fully before implementation, including the choice of a new name for the Faculty. (At the time of writing we do not yet have a new faculty name, although a task force is considering this issue again.)

Before long, discussions were begun to consider further restructuring within the Faculty. The new Department of Food and Nutritional Science soon was merged with staff from several departments in the former Faculty of Agriculture and Forestry to form a much larger Department of Agricultural, Food and Nutritional Science. Human Ecology was left as a department on its own, but the size and power of the departments within the new Faculty were now extremely unbalanced. It seemed that we had less influence within the new faculty than we had enjoyed previously at the university level, and we were seldom represented on most university committees.

By far the largest issue to contend with however, was a clash of organizational cultures. The merger had brought together two faculties with very different approaches to program planning and decision making in general, and the values we placed on process and participation differed tremendously. We soon felt marginalized and undervalued in the new structure and recommended to the Vice-President (Academic) that we find a different home in the university. This recommendation was not acted upon.

After Dr. Ian Morrison was appointed Dean in 1996 the survival of the department and its programs finally seemed assured. Our attitude toward change and commitment to the profession and community that were so evident in the 1980s, and the community support they had engendered had helped us survive the storm! Dr. Nancy Gibson was appointed Chairperson of Human Ecology in 1998, and Linda Capjack, who had been Administrative Officer for several years, was appointed Associate Chairperson in 1999.

### **Undergraduate Programs of Study**

The four-year undergraduate degree programs in Clothing and Textiles, Family Studies, and Foods and Nutrition that had been implemented in 1970 continued throughout the 1980s up to the time of the mergers in 1993. Although no major changes to the degree structure were made during this period, there were many smaller revisions to keep the programs current. The emphasis in the Foods and Nutrition program became more strongly tied to dietetics. The Family Studies program was especially strong in Family Life Education. During this period, the Clothing and Textiles Collection grew and



material cultural studies and textile conservation became important components of the Clothing and Textiles program. Specialization became more important, and although it was possible to generalize in any one of the programs, fewer students chose to do so over the years. The most general program was the BEd with a major in Home Economics offered through the Faculty of Education but serviced by the Faculty of Home Economics.

Undergraduate student numbers grew in the early 1980s to well over 400, and then remained fairly constant for the rest of the decade. A high percentage of students were seniors, as up to 80% transferred into the second and third years of the programs from other U of A programs or other institutions. During much of the 1980s, the largest enrollment was in Clothing and Textiles, but by the time of the merger in 1993, there was approximately the same number of students in Foods and Nutrition as in the other two programs combined. At the same time, numbers in the B Ed program declined. The large number of Foods and Nutrition graduates was problematic in that most expected to obtain Dietetic Internships but the number of available internships was limited.

A course in the philosophy and practice of Home Economics was first implemented during this period and by the early 1990s was mandatory in all programs. The Faculty also implemented the practicum as part of the senior year experience, first in the Family Studies program and then in Clothing and Textiles. To address the shortage of dietetic internships, a coordinated internship program was implemented wherein internships were partially completed before graduation. Unlike the regular internship program administered by the Canadian Dietetics Association at the time, placements in the coordinated program were limited to U of A students.

Although the programs in Home Economics had been reviewed and revised often during the period leading up to the merger, those in Agriculture and Forestry were apparently in great need of updating. At the time the merger was announced in early 1992, that Faculty was already in the process of major curriculum change. It was agreed that the Home Economics programs would be included in the curriculum revisions, in part because there was a desire to have a common Faculty core for all programs.

Beginning September 1993 several new programs were offered. The BSc in Home Economics was replaced by both a BSc in Human Ecology and a BSc in Nutrition and Food Sciences (NUFS). The Human Ecology program included majors in Family Studies and in Textiles, Clothing and Culture and a new major in Consumer Studies. A fairly extensive professional practice core that included required practicums was common to these majors.

Majors in the NUFSS program initially included Foods and Nutrition that focused on dietetics, Food Science that was similar to the former Agriculture/Forestry Food Science program and Nutritional Science which included study of both human and animal nutrition. Courses that had emphasized food production in the home in the former home economics program were essentially deleted from the program. The "home economics/human ecology" professional practice core was not included, although students were to be able to elect some of the courses if they wished to become Professional Home Economists.

A very interesting development was the implementation in 1998 of a combined BSc (Human Ecology)/BEd program wherein a student can earn both degrees in a five-year program of study. One more major curriculum revision occurred in 1999. As a result, the NUFSS program currently has only two majors, Nutritional Science, and Food Science and Technology, with the former being the route to Dietetics. In Human Ecology, the Family Studies and Consumer Studies programs have been combined into Family and Consumer Studies, and a new major in Community Studies has been implemented in lieu of a more general human ecology program. Students in the Community Studies major are encouraged to take nutrition courses as electives.

While student enrollment in Nutrition and Food Science has remained fairly constant at above 200 students, enrollment in Human Ecology plummeted at the time of the merger. Potential students did not know where or how to find the programs. Many people in the province, including administrators of college and university transfer programs, believed our programs no longer existed. Initially, recruitment efforts for the new Human Ecology program were almost non-existent in the merged Faculty. At the lowest point there were fewer than 100 students in the undergraduate Human Ecology programs. Fortunately departmental and Faculty recruitment efforts of more recent years have begun to pay off and enrollment in the first two years of both Human Ecology and the combined BSc/BEd program have increased substantially.

One additional point about undergraduate enrollments is of interest. The Faculty of Home Economics had developed a very strong service orientation in its teaching. Before the merger almost half of the registration in Home Economics courses were students from outside the Faculty. Nutrition and several Family Studies courses were very popular. In the new Faculty, little value was given to this aspect of our teaching role. In fact until recently we were encouraged to drastically reduce our service load and have done so. Ironically, the Faculty administration is now realising the value of service teaching, and we expect Human Ecology courses will be more readily available once again to students in other programs.

## Research and Graduate Programs

Initially the Faculty (then School) had been primarily a teaching unit, but by the early 1980s, all continuing staff in Home Economics were involved in research. By the end of the decade we were one of the best funded research programs in Home Economics in Canada (well over \$1 million per year) and on a par with several of the major programs in the USA. A small number of externally funded faculty positions were dedicated almost entirely to research. The research programs were staffed by research associates and post-doctoral fellows as well as a growing number of excellent graduate students.

By the time of the merger in 1993, the masters programs in Family Studies and Foods and Nutrition were among the largest in the country, while the program in Clothing and Textiles was the largest in Canada and had established an international reputation. During the latter half of the 1980s each department began to offer individualized doctoral programs in cooperation with other departments. The excellent students in these programs almost all held major national scholarships.

The doctoral programs in Nutrition and Food Science were recognized as formal programs immediately after the merger. The Department of Human Ecology submitted a proposal to formalize a doctoral program, but despite an excellent record of success in the individualized programs, and despite substantial support from other units on campus, it did not enjoy the support of our own Faculty administration until Dean Morrison's appointment. Approval was secured in 1999 (after offering individualised programs for 13 years) and the first students were admitted to the formal doctoral program in Human Ecology that September. Our proposal had projected admission of four students per year with a maximum total enrollment of 16 a few years hence. The demand had been building for so long, however, that by year two of implementation, enrollment already exceeded the projected maximum, despite turning down well-qualified applicants.

In planning the doctoral program, a decision was made to offer course-based master's programs in order to keep the number of thesis-based master's students at a manageable level while at the same time meeting the needs of practising professionals for practice-oriented programs. Course-based programs in both Textiles and Clothing and Family Ecology and Practice were offered for the first time in September 1998. At that time, funding was received for the development of on-line courses so that the course-based programs could be offered by distributed delivery to non-resident students. Because of the experimental nature of such a program, enrollment of distance students was purposefully kept low. Decisions regarding continuation of distributed delivery will be made in the near future.



The presence of so many outstanding graduate students bodes well for the field of Human Ecology. At time of writing 22 doctoral students and 33 master's students are enrolled. Unlike the undergraduate programs, the research and graduate programs in Human Ecology were not adversely affected by changes to faculty and departmental structure. These programs continue to flourish. Recently, special program grants from national granting agencies and infrastructure funds from industry and provincial and federal programs have substantially increased the resources for research. Financial support for research is currently several million dollars per year.

One area that may have been affected by the faculty merger was the international research and development program. As a Faculty of Home Economics, international projects included those that were conceptualized and funded as Faculty-level programs, with participation by several faculty and graduate students. Over several years faculty and students participated in projects in Brazil, Peru, Central America, Indonesia, Thailand and Kenya, among others. In several of these we worked with home economists in the host countries on projects helping local families and communities. We had established strong international relationships that included Doris Badir being elected as President of the International Federation for Home Economics (IFHE), and as a result, we attracted many international graduate students who enriched our programs substantially.

Since the merger with Agriculture and Forestry, less funding has been available to Human Ecology for large international programs and less funding is available for international students. While individual faculty and students have continued to work on community projects in Africa, Asia and Central America, the interests of human ecologists and our international community partners are only now being included in Faculty-level program proposals.

### **Physical Facilities: A New Home**

Throughout the 1970s and 1980s, the Home Economics Faculty suffered from a shortage of space. Although the Home Economics Building had been completed only in 1966, within a few years it was inadequate even for undergraduate teaching. As the research and graduate programs grew in stature, the need for appropriate space and facilities grew larger. At the same time, new building on campus essentially ceased, and by the mid-seventies we had spread to several widely-separated "temporary" locations in addition to the Home Economics Building.

As part of the 1993 merger, some Foods and Nutrition facilities were moved from the Home Economics building to shared space in the Agriculture/Forestry Centre. This move freed up space that might have been

used to bring Human Ecology together in one location. Instead, the University administration chose to renovate that building for another purpose and the former Printing Services Building (in which Textiles and Clothing had been partially located for several years) was renovated as the new home for Human Ecology. Although some of the laboratory space is less functional than we might like, the renovated space is bright and reasonably comfortable, and we are finally together in one facility. At time of writing, we are filled to capacity once again as the need for research space continues to grow.

**Summary:**

The period since 1980 has been one of tremendous development and change for Home Economics at the University of Alberta. Although some transitions were stressful and difficult for those involved, our home economics tradition provided the tools necessary to manage change successfully. Our research and graduate programs flourished even through the most difficult period, and it is rewarding to see that our enrollment in the undergraduate program is increasing again. We have entered the new century/millennium as a small but strong Department of Human Ecology with a tremendous history and an exciting future.



*Dr. Betty Crown, in the Department of Human Ecology's lab for testing fire retardation.*

## 🌀 DR. ELIZABETH L. EMPEY LECTURE 🌀

Establishment of the Dr. Elizabeth L. Empey Lectureship in Home Economics was announced at a luncheon held on October 21, 1978 in conjunction with a symposium to celebrate the 60th Anniversary of the Faculty of Home Economics at the University of Alberta.

Dr. Empey was the first Dean of the School (and in later years, the Faculty) of Home Economics from 1960 to 1976. She resigned as Dean in 1976 and retired from the University in June 1978. Her contribution to the Faculty of Home Economics, the University, and the professions of home economics, dietetics and nutrition has been outstanding. Dr. Empey will always be remembered for her foresight and leadership.

At present (2002) Dr Empey resides in Victoria, enjoying among other activities, her daily walks and piano lessons.

The lectureship is an annual event, with an outstanding speaker invited each year to present a public lecture on a topic related to the discipline of home economics. These lectures are a University of Alberta led endeavour. The duties of the committees responsible for the two events, held annually, are:

- to select and invite an outstanding scholar to speak on a home economics related topic and to choose traditional fall dates. They are held on two campuses - the University of Alberta in Edmonton and the University of Calgary.
- to arrange the theatre, brochures and advanced public relations.
- to plan a reception.
- to encourage new graduates to attend.

### **The following lectures have been featured:**

- 1982 Dr. H.W.T. Dickerson, Professor of Human Nutrition, University of Surrey, England: "Nutrition in the Age of Technology".
- 1984 Dr. Marilyn Horn: "The Second Skin: Clothing and Textiles from an Ecological Perspective".
- 1985 Dr. Hamilton I. McCubbin: "Surviving Change: Coping with Stress in the 1980s".
- 1986 Dean Eloise Murray, Faculty of Home Economics, University of Alberta: "Considered Choices for the Future: Global Issues and Home Economics".
- 1987 Dr. Wm. Rathje, Department of Anthropology, University of Arizona: "The Garbage Decade".

- 1988 Dr. Alan Gowan, an eminent art historian from Washington, D.C.: "The Fractured Romance of Post-Modernism and the Popular/Commercial Architecture".
- 1990 Elizabeth Dowdeswell: "Embracing New Realities".
- 1991 Dr. Betty Crown, Dean, Faculty of Home Economics, U of A: "Whither Home Economics".
- 1992 Dr. Eleanore Vaines, University of British Columbia: "Ecology as a Unifying Theme".
- 1993 Dr. Jan Hogan: "Human Ecology: Creating Alternative Futures".
- 1994 Dr. Heather McLean: "Coming Full Circle: Home Economics and Health Promotion".
- 1995 Marg Mickle: "Entrepreneurship and Deadlines: The Lack of Alternatives Clears the Mind Wonderfully".
- 1996 Mary Sullivan Holdgrafer and Cynthia Dunnigan: "The Healing is in the Making: Experiences of Women Making Breast Cancer Quilts".
- 1997 Dr. Dianne Kieren: "Women in the Middle: Choices, Choicemaking and Well-Being".
- 1997 Extra Empey: Dr. Marilyn Waring: "Three Masquerades".
- 1998 Dr. Nancy Schwartz: "Reaching Consumers with Meaningful Nutrition Messages".
- 1999 Sheelagh Whittaker, President and CEO, EDS Canada: "Women and Entrepreneurship".
- 2000 Linda Crompton, CEO of Citizen's Bank: "Power Shift: Governments, Corporations and Citizens in the 21st Century".
- 2001 Dr. Vern Ruttan: "Meeting World Food Needs: Technology, Resources and Environment".
- 2002 Dr. Jeff Reading: "Challenges in Aboriginal Community Health and Well Being".



*Dr. Elizabeth (Beth) Empey in Victoria 2002*

# Teaching Young People

---

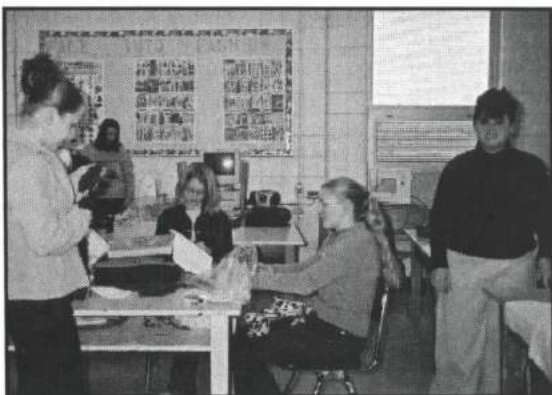
## HOME ECONOMICS EDUCATION

by Fran Genereux, PHEc

In 1902 the Domestic Science program was introduced in Alberta schools to teach girls skills in all areas of homemaking. Over the next 80 years it grew dramatically and by 1981 had evolved into a well-established, compulsory home economics program.

Most junior and senior high schools had classrooms specially equipped for instruction in the three areas of home economics - Foods and Nutrition, Clothing and Textiles, and Personal Living Skills. The program was taught over the 10-month school year operating in double or triple time blocks with an optimal class size of 16 students at the junior high level, and 18 to 20 students at the senior high level. Home economics teachers were specialists - graduates from recognized Home Economics Education programs in universities across Canada. The classrooms were filled with both girls and boys engaged in all aspects of the program:

experimenting with new fabrics; designing, altering and constructing projects such as sweatshirts and pants, shirts, vests and gowns; analyzing the nutritional content of food and diets; planning and preparing meals; studying child development; practicing budgeting and management of resources. The development of decision-making skills was emphasized in all areas.



Junior High School Home Economics Students

By 1980 home economics teachers were well connected and enjoyed support at many levels. A strong professional association had been built through the Alberta Teachers' Association (ATA) specialist council network. These subject councils were established by the ATA to encourage teachers to become more competent in instruction methods and curriculum implementation. Like other specialist councils, home economics teachers



developed a network of eight regional councils with representation on a provincial executive. The Home Economics Specialist Councils' activities included yearly conferences, publication of newsletters and journals and professional development workshops.

Teachers also had access to the expertise of two Home Economics specialists working for the Alberta government Department of Education. In 1980 Laura Mann and Jane Sereda shared these responsibilities. (The complete list of Home Economics Supervisors is found at the end of this chapter.) Urban school boards also hired local specialists to coordinate their programs. A strong home economics program existed province-wide, with a well-defined curriculum, abundant resource materials and an excellent professional network for teachers.



*Junior High School Home Economics Student*

A tradition had been established for home economics teachers to gather in March or April for their annual specialist council conference. This was an opportunity to meet with colleagues from across the province, share resources, recognize accomplishments and investigate new topics and teaching techniques. In 1983 a fall conference was

added. "Innovation '83", co-chaired by Phyllis Kozak and Doreen Pritchett linked home economics teachers and industrial arts teachers with more professional development and networking opportunities. This was the first ever joint conference for teachers from more than one subject area and over 800 people attended. "Proud Past, Promising Future", the 1986 Home Economics Conference recognized the 25th Anniversary of the Specialist Council. This was celebrated with the unveiling of a commemorative quilt made by home economics teachers.

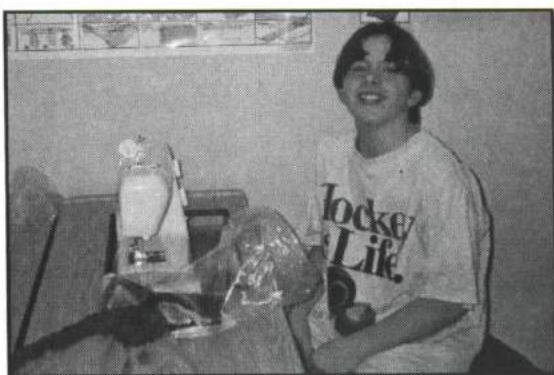
The Government of Alberta made continuous changes to school curriculum and home economics was part of the ongoing revisions. In 1984 a revised senior high school home economics program was implemented which included a combination of mandatory and elective modules. The curriculum rationale emphasized the development of knowledge, skills and attitudes that improve personal and family living. In 1985 a revision of the junior high curriculum was announced with a focus on the management process to

prepare students for a society of social and technological change. Instructional emphasis was to change from producing the perfect product to applying problem-solving and decision making skills in realistic daily living situations.

The strength and stability of the home economics program began to be challenged in June 1985 when the Government of Alberta published the Secondary Education Review. Based on the recommendations of the Review, Alberta Education changed the status of Practical Arts programs, including home economics, from core to complementary for grades seven to twelve. Health in junior high, and Career and Life Management (CALM) in senior high became mandated programs for all students. Both of these programs included significant content duplication with existing home economics courses and home economics teachers were encouraged to teach these new programs. Also junior high elective time was reduced and senior high core time requirements were increased. Students at all levels were forced to make difficult choices regarding programs. Home economics teachers faced greater competition for students. Class sizes increased. Total program enrollment decreased.

Home economics teachers responded to these changes. They developed resources, field tested new curricula, and stepped in to teach courses in Health and CALM. They contacted government officials to describe the impact of cutbacks on their programs. They attended conferences and in-service workshops in record numbers. In the fall of 1986, 330 home economics teachers registered for the Innovations Conference in Edmonton. There were 446 teachers with membership in the Home Economics Council in 1989.

The changes continued and in July of 1988 Alberta Education began an extensive curriculum review of all junior and senior high school courses in home economics, business education, industrial arts and vocational education. Home economics teachers were aware of the need for political action. Jacqueline Skytt, Provincial Council President urged all home economics teachers to write a letter to Alberta Education representatives and the minister of education that would *"state thoughts on what home economics teaches students, illustrate*



*Junior High School Home Economics Student*

*how the courses increase the self-concept of students, describe the skills students learn that are transferable, highlight the importance of family education in the society of the future, describe how your students are better prepared to meet the future, articulate the role of home economics in the future of Alberta... The influence of the Practical Arts Review must not be underestimated. Home economics education will be changed by this project. The Home Economics Council and home economics teachers must defend home economics and must communicate the value of our programs."* (Home Ec News - December 1988)

Amid the ongoing challenges of change emerged an awareness of the outstanding work being done in classrooms. A Teacher Excellence Award was initiated by the Home Economics Council in 1988. This award was to be presented annually to a teacher who exhibited excellence in teaching and upgrading home economics curriculum, who contributed to professional associations and his or her community, and who was a member in good standing of the Home Economics Council. The award was later renamed the Teacher Merit Award. Each year from 1988 to 1997 the award was presented

to one or more Alberta home economics teachers at the spring conference and a total of 19 extraordinary educators were recognized.



*Junior High School Home Economics Students*

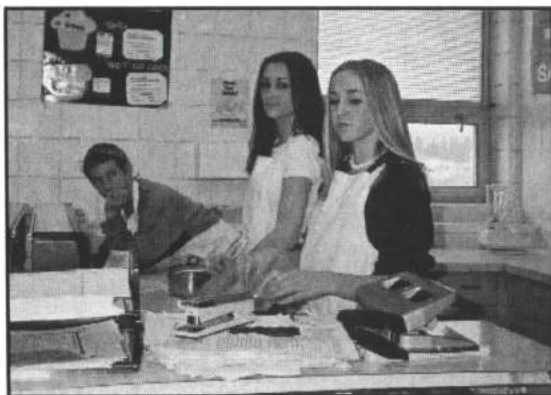
Relentlessly, the erosion of the home economics programs continued and in 1989 the Home Economics Council gathered the views of its members in order to respond to the possible impact of the Practical Arts Review. Questionnaires were

mailed to 650 Alberta teachers. Professional colleagues throughout North America were consulted. An extensive review of current research was conducted. The resulting document was HOME ECONOMICS EDUCATION IN ALBERTA: A VISION FOR THE FUTURE, authored by Jacqueline Skytt, Eileen Hause Spillett, Lynne Duigou and Helene Unger. They emphasized the value of teaching life skills that enable students *to find solutions for present and future problems that they may face as individuals and/or members of a family unit...and apply the knowledge they have learned in other disciplines to everyday situations within the context of the family.*

The nine recommendations of the document emphasized the need to incorporate topics that address the future needs and career aspirations of Albertans such as the hospitality and fashion industries, support for the elderly or shut-ins and the growth of small businesses. The development of programs to be delivered through the technology of distance education was encouraged to ensure equal opportunities for students throughout the province. They suggested that *the provincial Home Economics Council provide leadership and encourage its members to shed the last remnants of the "Good Housekeeping image" of the 1950s and get on with the teaching of a full range of family skills so necessary in today's rapidly changing world.*

For the next two and a half years the home economics program continued to be impacted by never-ending change. Finally in 1991, CAREER AND TECHNOLOGY STUDIES: A VISION FOR ALBERTA'S PRACTICAL ARTS PROGRAM was published by Alberta Education. Career and Technology Studies (CTS) was to be introduced to replace Business Education, Industrial Education and Home Economics. Sharon Prather was hired as Program Manager of CTS.

The home economics programs were to be replaced by CTS strands – Foods, Fashion and Community Health. Each strand was composed of a group of modules requiring a specified number of instructional hours and worth one high school credit. Students could choose combinations of modules at different times and in different grades.



*Junior High School Home Economics Students*

Home economics teachers adapted creatively with multi-tasking classrooms such as the classroom of Doreen Hill, Clothing and Textile teacher at Lethbridge Collegiate Institute. Her students could be weaving on the loom, serging a wispy nightgown, quilting a bedspread, applying a leather collar to a jacket, tailoring a suit, or designing a graduation dress, making a suede skirt or working on written learning guides. Doreen encouraged teachers to fight back against decreasing enrollments by enlisting strong administration support, teaching multiple classes of 10/20/30 Clothing and Textiles and 20/30 Foods, and creating showcase displays at course registration. *"With increased diploma requirements attempting to dictate our fate, extra effort on our part is required to fight for our viable, worthwhile classes. Adopting a proactive stance may be...Food for Thought!"* (Home Ec News - June 1991)

Margaret Roblee expressed both the concerns and the resolve of home economics teachers in 1991 in her President's message, " *I have been concerned that, everywhere I turn, I get the uneasy feeling that we should be fighting openly for our existence as home economics educators and for our subject area. I feel this way when I hear about the restructuring of the Faculty of Home Economics at the University of Alberta; when I read about home economics education across Canada; when I look at the directions Alberta Education is taking with curriculum; and when some of our members tell me that the end of home economics is near.... This is not a time for complacency.*" (Home Ec News - September 1991)

Sweeping changes in home economics were not restricted to Alberta. Colleen Grover in Alberta and Linda Peterat in British Columbia initiated and organized an opportunity for educators and leaders in home economics to gather and talk about current issues and the relevancy of home economics education. *A Canadian Symposium: Issues and Directions for Home Economics/Family Studies Educators* was held in Winnipeg in March, 1991 with 44 registrants from eight provinces.

A second symposium was scheduled two years later in Calgary to again bring educators together from across Canada to debate and discuss the relevant directions for home economics/family studies education. Colleen Grover, at that time held the position of Alberta Education Home Economics consultant. Reflecting on home economics education in its broadest terms she stated: " *as strong as many of our programs are, they would not have survived in many of our schools had we not chosen to be part of CTS. ... These new curricula will cause many of us to rethink the purpose and foundation from which we teach and adapt to these new challenges.*" These symposiums are ongoing, scheduled every two years and continue to provide valuable opportunities to share research and discuss issues.



*Junior High School Home Economics Students*

While the philosophical debate revolved around the purpose of home economics, the practical debate centered on classroom management. The expense of the program became a factor as the decrease in financial resources for school jurisdictions forced home economics teachers to look at budgets for all programs to



Ontario, and Newfoundland accepted federation. These provinces joined the federation in 1992.

Federation resulted in an initial increase in CHEA membership, to over 3000 members in 1992. However, there began a gradual decrease in membership for all levels of the Association. This was in part due to a succession of fee increases (amounting to more than 100% in less than a decade for the CHEA portion of the integrated fees), a perceived lack of CHEA support and services to members, as well as to provincial and local home economics associations, and change issues within CHEA boards and staff. The expected integration and simplification of service delivery did not occur.

Subsequently, at the 2002 AHEA Annual General Meeting the following motion was passed:

*While the Alberta Home Economics/Human Ecology Association endorses the concept of a federated association of Home Economists and encourages its members to belong to the Canadian Home Economics Association, the Alberta Home Economics/Human Ecology Association will permit its members the choice of joining or not joining the Canadian Home Economics Association.*

At the August 18, 2002 Annual General Meeting of CHEA the following motion was passed:

*BE IT RESOLVED that the Canadian Home Economics Association (CHEA) work on behalf of Canadian home economists to discover and initiate a simplified and more effective organizational structure which relieves the time and money required to sustain associations at three levels while ensuring the high standards of excellence in the profession are maintained and the essential communication among home economists is enhanced.*

CHEA will begin to "coordinate discussions across Canada to seek the dissolution of the Federation agreement as of March 2003 and establish a new structure which advances the shared vision of Canadian home economists in a vibrant and sustainable manner".

# Educating

---

## The Professionals

### TRANSITIONS: FROM HOME ECONOMICS TO HUMAN ECOLOGY AT THE UNIVERSITY OF ALBERTA, 1980-2002

by E.M. (Betty) Crown, PhD, PIHE

This is a story of change in a major Alberta institution. It is a story of strength and perseverance, but most of all it is a story that pays tribute to the outstanding character of the home economics profession in Alberta.

#### Leadership and Structural Changes: From Faculty to Department

We begin this story where the first edition of *What's Past is Prologue* ended, with Doris Badir as Dean and Thelma Dennis as Associate Dean of the Faculty of Home Economics. Dr. Dianne Kieren remained Chair of the Division of Family Studies, and in July 1980 Dr. Zenia Hawrysh replaced Dr. Ruth Renner as Chair of Foods and Nutrition and I (Betty Crown) replaced Dr. Ann Kernaleguen as Chair of Clothing and Textiles. The three Divisions would soon become full-fledged Departments.

In 1986, Doris Badir stepped down and Dr. Eloise Murray from Pennsylvania State University was appointed to replace her. Dr. Marlene Cox-Bishop was appointed as Associate Dean a year later. During the 1980s, The Department of Family Studies had a number of chairs for shorter periods, including Dr. Wes Adams, Dr. Jason Montgomery, Dianne Kieren and Dr. Norah Keating. Dr. Nancy Kerr became Chair of Clothing and Textiles in 1989, and Zenia Hawrysh remained chair of Foods and Nutrition into the early 1990s.



October 8, 1986 - Portrait Presentation of Dean Doris Badir, outgoing Dean, Faculty of Home Economics to the University

Left to Right: Dean Eloise Murray - U of A Faculty of Home Economics, Eunice Meakin - Faculty Council Representative for the Alberta Registered Dietitians Association and Mona Cox - AHEA Representative, Faculty of Home Economics

The Faculty benefited from strong leadership during the early '80s. Under Doris Badir's guidance, internal program reviews were conducted and a strong commitment to the philosophy and mission of the Home Economics profession developed among most of the Faculty. When the University conducted its first external reviews, the Faculty of Home Economics elected to be reviewed as a unit. (Normally these reviews focused on Departments.) Our history of internal reviews prepared us well. Several new members, most with doctoral degrees, had been added to the faculty, and the research and graduate programs had developed considerably. Although the report on the Faculty was generally positive, evidence of some internal discord was noted. In retrospect, the change from divisional to departmental structure had no doubt created a sense of departmental autonomy that fed such discord. In addition, many new staff appointed during this period, especially in the area of Foods and Nutrition, had no previous affiliation with Home Economics, and some only felt an allegiance and a commitment to dietetics.

During most of the 1980s, the Faculty enjoyed strong support from the University administration. President Myer Horowitz was a strong advocate for Home Economics, and often voiced appreciation of the contributions Home Economics graduates made to their communities. As a Faculty, we had representation on the major decision-making bodies on campus, and because many of us were actively involved, we had a strong voice in University affairs. Dianne Kieren was appointed Associate Vice-President (Academic) for the period 1986-91. In that role she chaired several important committees and task forces and often represented the University of Alberta externally. When Doris Badir stepped down as Dean, she was appointed by President Horowitz as Special Advisor to the President on Equity, and remained in that position for four years.

The strength, support and voice we enjoyed during the 1980s however, were not destined to last. A new University administration took over in 1989. The new President had no experience with, and lacked understanding of Home Economics. In fact, he expressed surprise that Home Economics still existed on the campus. That administration bought into the dominant spirit of the times in Alberta, advocating downsizing and restructuring. Although we were a strong faculty and national leaders in our field, we were among the smallest on campus, and were vulnerable to such pressures. The seed of internal dissent that continued to grow in the Faculty did not help our case. Indeed, by the time I was appointed Dean of the Faculty in 1991, with Jason Montgomery as Associate Dean, the University's February 1991 report, *Maintaining Excellence and Accessibility in an Environment of Budgetary Restraint*, had already outlined potential options for the reorganization of our Faculty. Major change was inevitable.



Immediately upon my appointment, and as part of my mandate, I appointed an internal task force to study options for restructuring. It had been made quite clear to us that remaining an independent faculty was not an option. Rather than fighting the inevitability of change, we approached the task as both a challenge and an opportunity to have meaningful input into decisions affecting our future. Our December 1991 report to the Vice-President, *Restructuring Options for Home Economics*, reflected on the role of the home economist as change agent, and stated, "Far from being resistant to change, we...have taken on the task of restructuring the faculty in the spirit in which we do our research and practice - a spirit of excitement at the possibilities of working more closely with others in related professional disciplines who are interested in the health and well-being of people in their environments." Despite this attitude of cooperation, during our deliberations we were informed that the Faculty was likely to be simply disbanded. However, the tremendous support we enjoyed both within the University and from members of the profession and the community stood us in good stead. The administration was overwhelmed by the outpouring of support for our teaching and research programs and decided we should continue our exploration of options.

Despite our thorough investigation of the alternatives available to us, the administration chose to ignore our recommended structural changes. Although a merger with Agriculture and Forestry made some sense regarding Foods and Food Science courses in the two faculties, and was the preferred option of faculty members in Foods and Nutrition, most faculty members and even most Foods and Nutrition students preferred a merger with Physical Education and Recreation, whose approach to human well-being and professional practice was similar to that of Home Economics.

Our restructuring task force had also recommended that the Departments of Family Studies and Clothing and Textiles be merged to form a larger Department of Human Ecology. That recommendation was accepted and acted upon. A human ecological perspective had been implicit in our work for several years. These two units were merged to form a new department with that name within a new Faculty of Agriculture, Forestry and Home Economics.

The Department of Foods and Nutrition was merged with the Department of Food Science to become the Department of Food and Nutritional Science. Dr. T. Clandinin was appointed Chair of that new department, and I moved from the Dean's office to be Chair of Human Ecology. Dr. E. Tychniewicz, formerly Dean of Agriculture and Forestry, was appointed Dean of the merged Faculty. The departmental and faculty mergers were implemented on

March 31, 1993. At that time, our Home Economics staff held a celebration we called Transition '93. We were determined to approach the new organizational structure with a positive outlook. Unfortunately, several administrative details had not been worked out fully before implementation, including the choice of a new name for the Faculty. (At the time of writing we do not yet have a new faculty name, although a task force is considering this issue again.)

Before long, discussions were begun to consider further restructuring within the Faculty. The new Department of Food and Nutritional Science soon was merged with staff from several departments in the former Faculty of Agriculture and Forestry to form a much larger Department of Agricultural, Food and Nutritional Science. Human Ecology was left as a department on its own, but the size and power of the departments within the new Faculty were now extremely unbalanced. It seemed that we had less influence within the new faculty than we had enjoyed previously at the university level, and we were seldom represented on most university committees.

By far the largest issue to contend with however, was a clash of organizational cultures. The merger had brought together two faculties with very different approaches to program planning and decision making in general, and the values we placed on process and participation differed tremendously. We soon felt marginalized and undervalued in the new structure and recommended to the Vice-President (Academic) that we find a different home in the university. This recommendation was not acted upon.

After Dr. Ian Morrison was appointed Dean in 1996 the survival of the department and its programs finally seemed assured. Our attitude toward change and commitment to the profession and community that were so evident in the 1980s, and the community support they had engendered had helped us survive the storm! Dr. Nancy Gibson was appointed Chairperson of Human Ecology in 1998, and Linda Capjack, who had been Administrative Officer for several years, was appointed Associate Chairperson in 1999.

### **Undergraduate Programs of Study**

The four-year undergraduate degree programs in Clothing and Textiles, Family Studies, and Foods and Nutrition that had been implemented in 1970 continued throughout the 1980s up to the time of the mergers in 1993. Although no major changes to the degree structure were made during this period, there were many smaller revisions to keep the programs current. The emphasis in the Foods and Nutrition program became more strongly tied to dietetics. The Family Studies program was especially strong in Family Life Education. During this period, the Clothing and Textiles Collection grew and

material cultural studies and textile conservation became important components of the Clothing and Textiles program. Specialization became more important, and although it was possible to generalize in any one of the programs, fewer students chose to do so over the years. The most general program was the BEd with a major in Home Economics offered through the Faculty of Education but serviced by the Faculty of Home Economics.

Undergraduate student numbers grew in the early 1980s to well over 400, and then remained fairly constant for the rest of the decade. A high percentage of students were seniors, as up to 80% transferred into the second and third years of the programs from other U of A programs or other institutions. During much of the 1980s, the largest enrollment was in Clothing and Textiles, but by the time of the merger in 1993, there was approximately the same number of students in Foods and Nutrition as in the other two programs combined. At the same time, numbers in the B Ed program declined. The large number of Foods and Nutrition graduates was problematic in that most expected to obtain Dietetic Internships but the number of available internships was limited.

A course in the philosophy and practice of Home Economics was first implemented during this period and by the early 1990s was mandatory in all programs. The Faculty also implemented the practicum as part of the senior year experience, first in the Family Studies program and then in Clothing and Textiles. To address the shortage of dietetic internships, a coordinated internship program was implemented wherein internships were partially completed before graduation. Unlike the regular internship program administered by the Canadian Dietetics Association at the time, placements in the coordinated program were limited to U of A students.

Although the programs in Home Economics had been reviewed and revised often during the period leading up to the merger, those in Agriculture and Forestry were apparently in great need of updating. At the time the merger was announced in early 1992, that Faculty was already in the process of major curriculum change. It was agreed that the Home Economics programs would be included in the curriculum revisions, in part because there was a desire to have a common Faculty core for all programs.

Beginning September 1993 several new programs were offered. The BSc in Home Economics was replaced by both a BSc in Human Ecology and a BSc in Nutrition and Food Sciences (NUFS). The Human Ecology program included majors in Family Studies and in Textiles, Clothing and Culture and a new major in Consumer Studies. A fairly extensive professional practice core that included required practicums was common to these majors.

Majors in the NUFSS program initially included Foods and Nutrition that focused on dietetics, Food Science that was similar to the former Agriculture/Forestry Food Science program and Nutritional Science which included study of both human and animal nutrition. Courses that had emphasized food production in the home in the former home economics program were essentially deleted from the program. The "home economics/human ecology" professional practice core was not included, although students were to be able to elect some of the courses if they wished to become Professional Home Economists.

A very interesting development was the implementation in 1998 of a combined BSc (Human Ecology)/BEd program wherein a student can earn both degrees in a five-year program of study. One more major curriculum revision occurred in 1999. As a result, the NUFSS program currently has only two majors, Nutritional Science, and Food Science and Technology, with the former being the route to Dietetics. In Human Ecology, the Family Studies and Consumer Studies programs have been combined into Family and Consumer Studies, and a new major in Community Studies has been implemented in lieu of a more general human ecology program. Students in the Community Studies major are encouraged to take nutrition courses as electives.

While student enrollment in Nutrition and Food Science has remained fairly constant at above 200 students, enrollment in Human Ecology plummeted at the time of the merger. Potential students did not know where or how to find the programs. Many people in the province, including administrators of college and university transfer programs, believed our programs no longer existed. Initially, recruitment efforts for the new Human Ecology program were almost non-existent in the merged Faculty. At the lowest point there were fewer than 100 students in the undergraduate Human Ecology programs. Fortunately departmental and Faculty recruitment efforts of more recent years have begun to pay off and enrollment in the first two years of both Human Ecology and the combined BSc/BEd program have increased substantially.

One additional point about undergraduate enrollments is of interest. The Faculty of Home Economics had developed a very strong service orientation in its teaching. Before the merger almost half of the registration in Home Economics courses were students from outside the Faculty. Nutrition and several Family Studies courses were very popular. In the new Faculty, little value was given to this aspect of our teaching role. In fact until recently we were encouraged to drastically reduce our service load and have done so. Ironically, the Faculty administration is now realising the value of service teaching, and we expect Human Ecology courses will be more readily available once again to students in other programs.

## Research and Graduate Programs

Initially the Faculty (then School) had been primarily a teaching unit, but by the early 1980s, all continuing staff in Home Economics were involved in research. By the end of the decade we were one of the best funded research programs in Home Economics in Canada (well over \$1 million per year) and on a par with several of the major programs in the USA. A small number of externally funded faculty positions were dedicated almost entirely to research. The research programs were staffed by research associates and post-doctoral fellows as well as a growing number of excellent graduate students.

By the time of the merger in 1993, the masters programs in Family Studies and Foods and Nutrition were among the largest in the country, while the program in Clothing and Textiles was the largest in Canada and had established an international reputation. During the latter half of the 1980s each department began to offer individualized doctoral programs in cooperation with other departments. The excellent students in these programs almost all held major national scholarships.

The doctoral programs in Nutrition and Food Science were recognized as formal programs immediately after the merger. The Department of Human Ecology submitted a proposal to formalize a doctoral program, but despite an excellent record of success in the individualized programs, and despite substantial support from other units on campus, it did not enjoy the support of our own Faculty administration until Dean Morrison's appointment. Approval was secured in 1999 (after offering individualised programs for 13 years) and the first students were admitted to the formal doctoral program in Human Ecology that September. Our proposal had projected admission of four students per year with a maximum total enrollment of 16 a few years hence. The demand had been building for so long, however, that by year two of implementation, enrollment already exceeded the projected maximum, despite turning down well-qualified applicants.

In planning the doctoral program, a decision was made to offer course-based master's programs in order to keep the number of thesis-based master's students at a manageable level while at the same time meeting the needs of practising professionals for practice-oriented programs. Course-based programs in both Textiles and Clothing and Family Ecology and Practice were offered for the first time in September 1998. At that time, funding was received for the development of on-line courses so that the course-based programs could be offered by distributed delivery to non-resident students. Because of the experimental nature of such a program, enrollment of distance students was purposefully kept low. Decisions regarding continuation of distributed delivery will be made in the near future.



The presence of so many outstanding graduate students bodes well for the field of Human Ecology. At time of writing 22 doctoral students and 33 master's students are enrolled. Unlike the undergraduate programs, the research and graduate programs in Human Ecology were not adversely affected by changes to faculty and departmental structure. These programs continue to flourish. Recently, special program grants from national granting agencies and infrastructure funds from industry and provincial and federal programs have substantially increased the resources for research. Financial support for research is currently several million dollars per year.

One area that may have been affected by the faculty merger was the international research and development program. As a Faculty of Home Economics, international projects included those that were conceptualized and funded as Faculty-level programs, with participation by several faculty and graduate students. Over several years faculty and students participated in projects in Brazil, Peru, Central America, Indonesia, Thailand and Kenya, among others. In several of these we worked with home economists in the host countries on projects helping local families and communities. We had established strong international relationships that included Doris Badir being elected as President of the International Federation for Home Economics (IFHE), and as a result, we attracted many international graduate students who enriched our programs substantially.

Since the merger with Agriculture and Forestry, less funding has been available to Human Ecology for large international programs and less funding is available for international students. While individual faculty and students have continued to work on community projects in Africa, Asia and Central America, the interests of human ecologists and our international community partners are only now being included in Faculty-level program proposals.

### **Physical Facilities: A New Home**

Throughout the 1970s and 1980s, the Home Economics Faculty suffered from a shortage of space. Although the Home Economics Building had been completed only in 1966, within a few years it was inadequate even for undergraduate teaching. As the research and graduate programs grew in stature, the need for appropriate space and facilities grew larger. At the same time, new building on campus essentially ceased, and by the mid-seventies we had spread to several widely-separated "temporary" locations in addition to the Home Economics Building.

As part of the 1993 merger, some Foods and Nutrition facilities were moved from the Home Economics building to shared space in the Agriculture/Forestry Centre. This move freed up space that might have been

used to bring Human Ecology together in one location. Instead, the University administration chose to renovate that building for another purpose and the former Printing Services Building (in which Textiles and Clothing had been partially located for several years) was renovated as the new home for Human Ecology. Although some of the laboratory space is less functional than we might like, the renovated space is bright and reasonably comfortable, and we are finally together in one facility. At time of writing, we are filled to capacity once again as the need for research space continues to grow.

**Summary:**

The period since 1980 has been one of tremendous development and change for Home Economics at the University of Alberta. Although some transitions were stressful and difficult for those involved, our home economics tradition provided the tools necessary to manage change successfully. Our research and graduate programs flourished even through the most difficult period, and it is rewarding to see that our enrollment in the undergraduate program is increasing again. We have entered the new century/millennium as a small but strong Department of Human Ecology with a tremendous history and an exciting future.



*Dr. Betty Crown, in the Department of Human Ecology's lab for testing fire retardation.*

## *DR. ELIZABETH L. EMPEY LECTURE*

Establishment of the Dr. Elizabeth L. Empey Lectureship in Home Economics was announced at a luncheon held on October 21, 1978 in conjunction with a symposium to celebrate the 60th Anniversary of the Faculty of Home Economics at the University of Alberta.

Dr. Empey was the first Dean of the School (and in later years, the Faculty) of Home Economics from 1960 to 1976. She resigned as Dean in 1976 and retired from the University in June 1978. Her contribution to the Faculty of Home Economics, the University, and the professions of home economics, dietetics and nutrition has been outstanding. Dr. Empey will always be remembered for her foresight and leadership.

At present (2002) Dr Empey resides in Victoria, enjoying among other activities, her daily walks and piano lessons.

The lectureship is an annual event, with an outstanding speaker invited each year to present a public lecture on a topic related to the discipline of home economics. These lectures are a University of Alberta led endeavour. The duties of the committees responsible for the two events, held annually, are:

- to select and invite an outstanding scholar to speak on a home economics related topic and to choose traditional fall dates. They are held on two campuses - the University of Alberta in Edmonton and the University of Calgary.
- to arrange the theatre, brochures and advanced public relations.
- to plan a reception.
- to encourage new graduates to attend.

### **The following lectures have been featured:**

- 1982 Dr. H.W.T. Dickerson, Professor of Human Nutrition, University of Surrey, England: "Nutrition in the Age of Technology".
- 1984 Dr. Marilyn Horn: "The Second Skin: Clothing and Textiles from an Ecological Perspective".
- 1985 Dr. Hamilton I. McCubbin: "Surviving Change: Coping with Stress in the 1980s".
- 1986 Dean Eloise Murray, Faculty of Home Economics, University of Alberta: "Considered Choices for the Future: Global Issues and Home Economics".
- 1987 Dr. Wm. Rathje, Department of Anthropology, University of Arizona: "The Garbage Decade".



- 1988 Dr. Alan Gowan, an eminent art historian from Washington, D.C.: "The Fractured Romance of Post-Modernism and the Popular/Commercial Architecture".
- 1990 Elizabeth Dowdeswell: "Embracing New Realities".
- 1991 Dr. Betty Crown, Dean, Faculty of Home Economics, U of A: "Whither Home Economics".
- 1992 Dr. Eleanore Vaines, University of British Columbia: "Ecology as a Unifying Theme".
- 1993 Dr. Jan Hogan: "Human Ecology: Creating Alternative Futures".
- 1994 Dr. Heather McLean: "Coming Full Circle: Home Economics and Health Promotion".
- 1995 Marg Mickle: "Entrepreneurship and Deadlines: The Lack of Alternatives Clears the Mind Wonderfully".
- 1996 Mary Sullivan Holdgrafer and Cynthia Dunnigan: "The Healing is in the Making: Experiences of Women Making Breast Cancer Quilts".
- 1997 Dr. Dianne Kieren: "Women in the Middle: Choices, Choicemaking and Well-Being".
- 1997 Extra Empey: Dr. Marilyn Waring: "Three Masquerades".
- 1998 Dr. Nancy Schwartz: "Reaching Consumers with Meaningful Nutrition Messages".
- 1999 Sheelagh Whittaker, President and CEO, EDS Canada: "Women and Entrepreneurship".
- 2000 Linda Crompton, CEO of Citizen's Bank: "Power Shift: Governments, Corporations and Citizens in the 21st Century".
- 2001 Dr. Vern Ruttan: "Meeting World Food Needs: Technology, Resources and Environment".
- 2002 Dr. Jeff Reading: "Challenges in Aboriginal Community Health and Well Being".



*Dr. Elizabeth (Beth) Empey in Victoria 2002*

# Teaching

---

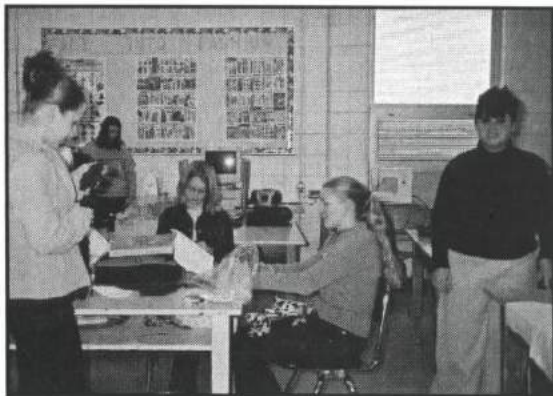
## Young People

### HOME ECONOMICS EDUCATION

by Fran Genereux, PHEc

In 1902 the Domestic Science program was introduced in Alberta schools to teach girls skills in all areas of homemaking. Over the next 80 years it grew dramatically and by 1981 had evolved into a well-established, compulsory home economics program.

Most junior and senior high schools had classrooms specially equipped for instruction in the three areas of home economics - Foods and Nutrition, Clothing and Textiles, and Personal Living Skills. The program was taught over the 10-month school year operating in double or triple time blocks with an optimal class size of 16 students at the junior high level, and 18 to 20 students at the senior high level. Home economics teachers were specialists - graduates from recognized Home Economics Education programs in universities across Canada. The classrooms were filled with both girls and boys engaged in all aspects of the program:



*Junior High School Home Economics Students*

experimenting with new fabrics; designing, altering and constructing projects such as sweatshirts and pants, shirts, vests and gowns; analyzing the nutritional content of food and diets; planning and preparing meals; studying child development; practicing budgeting and management of resources. The development of decision-making skills was emphasized in all areas.

By 1980 home economics teachers were well connected and enjoyed support at many levels. A strong professional association had been built through the Alberta Teachers' Association (ATA) specialist council network. These subject councils were established by the ATA to encourage teachers to become more competent in instruction methods and curriculum implementation. Like other specialist councils, home economics teachers

developed a network of eight regional councils with representation on a provincial executive. The Home Economics Specialist Councils' activities included yearly conferences, publication of newsletters and journals and professional development workshops.

Teachers also had access to the expertise of two Home Economics specialists working for the Alberta government Department of Education. In 1980 Laura Mann and Jane Sereda shared these responsibilities. (The complete list of Home Economics Supervisors is found at the end of this chapter.) Urban school boards also hired local specialists to coordinate their programs. A strong home economics program existed province-wide, with a well-defined curriculum, abundant resource materials and an excellent professional network for teachers.



*Junior High School Home Economics Student*

A tradition had been established for home economics teachers to gather in March or April for their annual specialist council conference. This was an opportunity to meet with colleagues from across the province, share resources, recognize accomplishments and investigate new topics and teaching techniques. In 1983 a fall conference was

added. "Innovation '83", co-chaired by Phyllis Kozak and Doreen Pritchett linked home economics teachers and industrial arts teachers with more professional development and networking opportunities. This was the first ever joint conference for teachers from more than one subject area and over 800 people attended. "Proud Past, Promising Future", the 1986 Home Economics Conference recognized the 25th Anniversary of the Specialist Council. This was celebrated with the unveiling of a commemorative quilt made by home economics teachers.

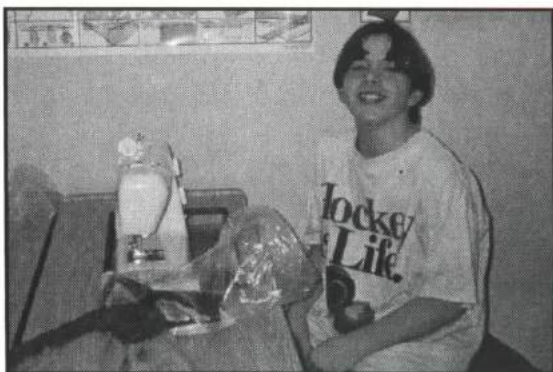
The Government of Alberta made continuous changes to school curriculum and home economics was part of the ongoing revisions. In 1984 a revised senior high school home economics program was implemented which included a combination of mandatory and elective modules. The curriculum rationale emphasized the development of knowledge, skills and attitudes that improve personal and family living. In 1985 a revision of the junior high curriculum was announced with a focus on the management process to

prepare students for a society of social and technological change. Instructional emphasis was to change from producing the perfect product to applying problem-solving and decision making skills in realistic daily living situations.

The strength and stability of the home economics program began to be challenged in June 1985 when the Government of Alberta published the Secondary Education Review. Based on the recommendations of the Review, Alberta Education changed the status of Practical Arts programs, including home economics, from core to complementary for grades seven to twelve. Health in junior high, and Career and Life Management (CALM) in senior high became mandated programs for all students. Both of these programs included significant content duplication with existing home economics courses and home economics teachers were encouraged to teach these new programs. Also junior high elective time was reduced and senior high core time requirements were increased. Students at all levels were forced to make difficult choices regarding programs. Home economics teachers faced greater competition for students. Class sizes increased. Total program enrollment decreased.

Home economics teachers responded to these changes. They developed resources, field tested new curricula, and stepped in to teach courses in Health and CALM. They contacted government officials to describe the impact of cutbacks on their programs. They attended conferences and in-service workshops in record numbers. In the fall of 1986, 330 home economics teachers registered for the Innovations Conference in Edmonton. There were 446 teachers with membership in the Home Economics Council in 1989.

The changes continued and in July of 1988 Alberta Education began an extensive curriculum review of all junior and senior high school courses in home economics, business education, industrial arts and vocational education. Home economics teachers were aware of the need for political action. Jacqueline Skytt, Provincial Council President urged all home economics teachers to write a letter to Alberta Education representatives and the minister of education that would *"state thoughts on what home economics teaches students, illustrate*



*Junior High School Home Economics Student*

*how the courses increase the self-concept of students, describe the skills students learn that are transferable, highlight the importance of family education in the society of the future, describe how your students are better prepared to meet the future, articulate the role of home economics in the future of Alberta... The influence of the Practical Arts Review must not be underestimated. Home economics education will be changed by this project. The Home Economics Council and home economics teachers must defend home economics and must communicate the value of our programs."* (Home Ec News - December 1988)

Amid the ongoing challenges of change emerged an awareness of the outstanding work being done in classrooms. A Teacher Excellence Award was initiated by the Home Economics Council in 1988. This award was to be presented annually to a teacher who exhibited excellence in teaching and upgrading home economics curriculum, who contributed to professional associations and his or her community, and who was a member in good standing of the Home Economics Council. The award was later renamed the Teacher Merit Award. Each year from 1988 to 1997 the award was presented

to one or more Alberta home economics teachers at the spring conference and a total of 19 extraordinary educators were recognized.



*Junior High School Home Economics Students*

Relentlessly, the erosion of the home economics programs continued and in 1989 the Home Economics Council gathered the views of its members in order to respond to the possible impact of the Practical Arts Review. Questionnaires were

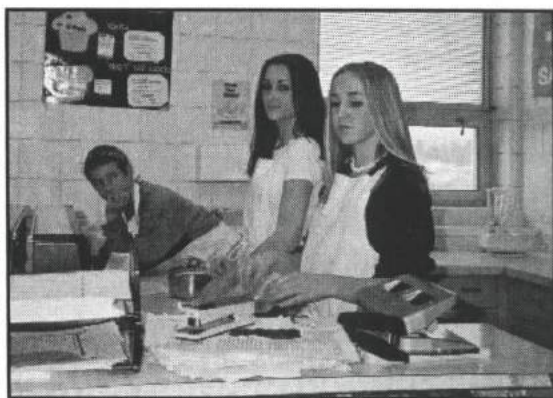
mailed to 650 Alberta teachers. Professional colleagues throughout North America were consulted. An extensive review of current research was conducted. The resulting document was HOME ECONOMICS EDUCATION IN ALBERTA: A VISION FOR THE FUTURE, authored by Jacqueline Skytt, Eileen Hause Spillet, Lynne Duigou and Helene Unger. They emphasized the value of teaching life skills that enable students to *find solutions for present and future problems that they may face as individuals and/or members of a family unit...and apply the knowledge they have learned in other disciplines to everyday situations within the context of the family.*



The nine recommendations of the document emphasized the need to incorporate topics that address the future needs and career aspirations of Albertans such as the hospitality and fashion industries, support for the elderly or shut-ins and the growth of small businesses. The development of programs to be delivered through the technology of distance education was encouraged to ensure equal opportunities for students throughout the province. They suggested that *the provincial Home Economics Council provide leadership and encourage its members to shed the last remnants of the "Good Housekeeping image" of the 1950s and get on with the teaching of a full range of family skills so necessary in today's rapidly changing world.*

For the next two and a half years the home economics program continued to be impacted by never-ending change. Finally in 1991, CAREER AND TECHNOLOGY STUDIES: A VISION FOR ALBERTA'S PRACTICAL ARTS PROGRAM was published by Alberta Education. Career and Technology Studies (CTS) was to be introduced to replace Business Education, Industrial Education and Home Economics. Sharon Prather was hired as Program Manager of CTS.

The home economics programs were to be replaced by CTS strands – Foods, Fashion and Community Health. Each strand was composed of a group of modules requiring a specified number of instructional hours and worth one high school credit. Students could choose combinations of modules at different times and in different grades.



*Junior High School Home Economics Students*

Home economics teachers adapted creatively with multi-tasking classrooms such as the classroom of Doreen Hill, Clothing and Textile teacher at Lethbridge Collegiate Institute. Her students could be weaving on the loom, serging a wispy nightgown, quilting a bedspread, applying a leather collar to a jacket, tailoring a suit, or designing a graduation dress, making a suede skirt or working on written learning guides. Doreen encouraged teachers to fight back against decreasing enrollments by enlisting strong administration support, teaching multiple classes of 10/20/30 Clothing and Textiles and 20/30 Foods, and creating showcase displays at course registration. *"With increased diploma requirements attempting to dictate our fate, extra effort on our part is required to fight for our viable, worthwhile classes. Adopting a proactive stance may be...Food for Thought!"* (Home Ec News - June 1991)

Margaret Roblee expressed both the concerns and the resolve of home economics teachers in 1991 in her President's message, "*I have been concerned that, everywhere I turn, I get the uneasy feeling that we should be fighting openly for our existence as home economics educators and for our subject area. I feel this way when I hear about the restructuring of the Faculty of Home Economics at the University of Alberta; when I read about home economics education across Canada; when I look at the directions Alberta Education is taking with curriculum; and when some of our members tell me that the end of home economics is near.... This is not a time for complacency.*" (Home Ec News - September 1991)

Sweeping changes in home economics were not restricted to Alberta. Colleen Grover in Alberta and Linda Peterat in British Columbia initiated and organized an opportunity for educators and leaders in home economics to gather and talk about current issues and the relevancy of home economics education. *A Canadian Symposium: Issues and Directions for Home Economics/Family Studies Educators* was held in Winnipeg in March, 1991 with 44 registrants from eight provinces.

A second symposium was scheduled two years later in Calgary to again bring educators together from across Canada to debate and discuss the relevant directions for home economics/family studies education. Colleen Grover, at that time held the position of Alberta Education Home Economics consultant. Reflecting on home economics education in its broadest terms she stated: "*as strong as many of our programs are, they would not have survived in many of our schools had we not chosen to be part of CTS. ... These new curricula will cause many of us to rethink the purpose and foundation from which we teach and adapt to these new challenges.*" These symposiums are ongoing, scheduled every two years and continue to provide valuable opportunities to share research and discuss issues.



*Junior High School Home Economics Students*

While the philosophical debate revolved around the purpose of home economics, the practical debate centered on classroom management. The expense of the program became a factor as the decrease in financial resources for school jurisdictions forced home economics teachers to look at budgets for all programs to

find ways to save money. (Home Ec News - June 1992) A movement to eliminate Food Studies 30, Clothing and Textiles 30 and Personal Living Skills 30 from the list of courses accepted for entrance into any University of Alberta programs required immediate action. Committees were needed to draft modules and field test new curriculum. Decisions were required regarding challenge exams for students moving from junior to senior high programs. Teachers were expected to adapt program delivery and add student managed learning to their instructional inventory. Student learning packages and appropriate assessment tools were needed.

Teachers responded by sharing ideas and lessons, collaborating on learning packages and using networking opportunities to build the new program. They embraced the challenge and worked collaboratively to move into the new CTS framework. In 1992 Thelma Wilkinson and Jacqueline Skytt were the CTS/CALM consultants with Alberta Education and Jan Mills was added as the new consultant to coordinate the Fashion Studies strands that replaced Clothing and Textiles. Their comment, "Change is a process not an event", proved to be so very accurate. The changes to practical arts were neither linear nor always predictable. Teachers reworked draft curriculums, adjusted to new module requirements, established and revised competencies, translated modules into French, and joined in the development of a single Alberta high school diploma. The Community Health strand replaced Family Studies and Health Sciences. The new strands included use of emerging technology and the need to develop computer literacy.

The call went out for "teachers with vim and vigor" who could network, share and swap. Not surprisingly the 1994 ATA Home Economics Specialist Conference April 21 to 23 in Calgary was entitled "Metamorphosis" and focused on "change". The 142 delegates participated in sessions of interest in personal, professional, educational and global change. Even the banquet introduced change – a medieval feast eaten only with the hands.

In 1994 Alberta's government conducted a series of workshops on education. The newest challenge for schools was to find ways to improve the quality of education in times of reduced government spending. Educators were asked to better meet the changing needs of Alberta's students and spend less money doing it. (Meeting the Challenge - An Education Roundtable Workbook 1993) Home economics teachers added their voices to the roundtable discussions. Betty Young, Specialist Council President in 1994 coordinated the preparation of a written response to the outlined questions regarding funding, measuring results and delivery of education.

Within the next year Alberta Education suggested the deregulation of junior high complementary courses resulting in a real concern that all junior high



complementary courses might be eliminated. This prompted an all out, successful campaign by Specialist Councils for reinstatement of complementary courses in grades seven to nine.

As teachers faced these challenges of curriculum and program restructuring, decreasing educational funding, demands to introduce new technology in classrooms, decreased class enrollment and increased demands on time and energy, the Specialist Council experienced decreasing numbers in membership and difficulty in filling executive positions. Karen Nelson, Council President in 1993 asked, *"Do we take the Home Economics council for granted? What would life be like without it? I shudder to think! Gone would be the conferences and workshops filled with teaching ideas and the latest trends in home economics. Absent would be our newsletters and*

*journals, sources of inspiration and support. Lost would be the collective voice supporting home economics in Alberta. Disappeared would be the regional activities and the networking."* (Home Ec News - June 1993)

The 1995 Annual Report included a comment that it was becoming harder and harder to find individuals to fill the slate of officers.



*Junior High School Home Economics Students*

1996 was another milestone for the Home Economics council - its 35th year anniversary. To celebrate this event, commemorative bun warmers with the council's logo were given out at the annual conference, "Sharing the Spirit" in Calgary. But the real focus was on amalgamation of the Industrial Arts, Business Education and Home Economics Councils. At the conference the following year, amalgamation became a reality. The Home Economics Specialist Council was dissolved. On August 1, 1997 the 333 Home Economics Council members joined Business Education and Industrial Education teachers in the establishment of the Career and Technology Studies Specialist Council. Susan Szewanga became the first President of the new council. Department of Education Home Economics consultants became Department of Education Liaisons with responsibility for many subject areas. Publication of the Home Economics Journal was discontinued and replaced by a newsletter - CTS Circular.

The years from 1981 to 2001 can indeed be described as tumultuous. Home economics was moved from core to complementary course status, and as the core credits for a high school diploma increased, competition for students in complementary courses increased. Resources and support of all kinds diminished. In many ways Karen Nelson's picture of home economics education has become the 2001 reality. The Home Economics Council has been absorbed by the CTS Council. Journals and newsletters are no longer dedicated specifically to home economics issues. Joint conferences have become the norm. Fewer regional networking opportunities exist. There are teachers who feel isolated and alone in their classrooms as they contend with 45 to 70 minute classes of 25 to 30 students. Decreased funding for education has restricted the money available to upgrade existing home economics classrooms or develop new labs. Home Economics is no longer listed as a program offered in Alberta schools.

However, home economics teachers continue to be dedicated, professional and connected. They remain willing to help new teachers who may be given a few classes of foods to teach, or step in to help set up a new fashion program. They share resources, lesson plans, experience and expertise. They gather yearly for the conference and participate in in-service programs. In spite of the extensive changes, students continue to move through exciting, stimulating and meaningful classes. Symposium VI: Issues and Directions for Home Economic/Family Studies Education returned to Winnipeg in February, 2001. Four main issues emerged: professional identity, the looming teacher shortage, lack of communication, marketing and lobbying and the need to do things differently. Home economics educators are urged to take personal and collective action before the planned Symposium VII in 2003. (Gale Smith, Canadian Home Economics Journal, Volume 51, No. 1)

The 2001 annual CTS Specialist Council conference (which includes Home Economics teachers) "Reaching Beyond 2001" was held at the Fantasyland Hotel in Edmonton. Featured as keynote speaker, was magician Wayne Lee. His presentation "Deciding Your Own Destiny" perhaps is an appropriate future focus for home economics education. Teachers must be the masters of their own destiny and designers of their own programs for the students of the 21st Century.

## **HOME ECONOMICS SUPERVISORS OR CONSULTANTS - DEPARTMENT OF EDUCATION**

Carol McLean – 1981-1982 and 1983-1986  
Laura Mann – Northern Region 1977-1989 and 1990-1991  
Jane Sereda – Southern Region 1979-1986  
Maryanne Doherty – 1986-1989  
Jaqueline Skytt – Northern Region 1989-1990 and 1991-1993  
Colleen Grover – Southern Region 1987-1992  
Thelma Wilkinson – Southern Region 1992-1996  
Jan Mills – 1993-ongoing  
Gary Bertrand – 1997-ongoing

## **PAST PRESIDENTS**

### **HOME ECONOMICS COUNCIL OF THE ALBERTA TEACHERS' ASSOCIATION**

1980-1981	Doreen Pritchett
1981-1982	Roseanne Martyniuk
1982-1983	Colleen Grover
1983-1984	Anne Tomcala
1984-1985	Lawanda Stebbing
1985-1986	Donna Phillips
1986-1987	Nicole MacDonald
1987-1988	Eileen Hause Spillet
1988-1989	Jacqueline Skytt
1989-1990	Lynne Duigou
1990-1991	Helene Unger
1991-1992	Margaret Robblee
1992-1993	Karen Nelson
1993-1994	Betty Young
1994-1995	Phyllis Kozak
1995-1996	Ann Weir
1996-1997	Marny Nolan

### **CAREER AND TECHNOLOGY STUDIES COUNCIL OF THE ALBERTA TEACHERS' ASSOCIATION**

1997-1998	Suzan Szewanga
	Margaret Stambuski-Dart VP of Home Economics
1998-1999	Jim Letts
	Kathleen Popp VP of Home Economics
1999-2000	Rod Zaugg
	Kathleen Popp VP of Home Economics
2000-2001	Irene Sifrer
	Kathleen Popp VP of Home Economics

## References and Sources

1. Home Economics Specialist Council of The Alberta Teachers' Association. Papers and letters collected by members of past executives.
2. Home Ec News published by The Alberta Teachers' Association - issues from 1981 to 1997.
3. Skytt, Jacqueline; Career and Technology Studies: A Home Economics Perspective 1991.
4. Skytt, Jacqueline; Hause Spillett, Eileen; Duigou, Lynne; Unger, Helene: Home Economics Education in Alberta: A Vision for the Future A Position Paper Prepared by the Home Economics Council of The Alberta Teachers' Association , January 1989, Revised February 1991.
5. Smith, Gale; Issues and directions for Home Economics Education/Family Studies Education 2001: A Summary of the Dialogue at Symposium VI, Canadian Home Economics Journal vol 51, No 1 pp 51 - 53.
6. Stebbing, Lawanda; Alberta Submission for the CHEA Education Session, Journal of Home Economics Education, vol XXV, No.1, February 1986.
7. Meeting the Challenge: An Education Roundtable Workbook Alberta Education 1993.
8. Conversations with retired and practising home economics teachers.

*Photographs from the classrooms of Anne Marie Christopher, Ponoka and Irene Sifrer, Calgary.*

# Reaching

---

Adults of all Ages

Home economists have shared their expertise with adults of all ages, working at several Alberta colleges such as the Southern Alberta Institute of Technology (SAIT), Mount Royal College and Grant MacEwan College. They have also been involved with teaching adult education classes, an ongoing tradition for the past 110 years. Programs ranged from clothing and textiles, financial management, foods and nutrition, consumer education and home and creative arts.

## GRANT MacEWAN COMMUNITY COLLEGE

by Bev Sochatsky

Alberta Consumer and Corporate Affairs, in partnership with Edmonton's Grant MacEwan Community College's (GMCC) Community Education Division, created the Consumer Education Project in 1977. The project's goal was to provide educational opportunities and services to low income consumers who were disadvantaged in the marketplace due to barriers of poverty, illiteracy, isolation and language. Initially a pilot with a staff of two, the project expanded to a staff of seven by the middle of the 1980s, with offices on all three GMCC campuses. The majority of staff hired by the project were Home Economics graduates.

Consumer Education staff worked in a community-based approach to education – engaging learners in a process of identifying issues of relevance to themselves and their communities. Over the years, staff facilitated educational workshops and partnered with communities, agencies and organizations to address consumer issues that encompassed food insecurity, money management, poverty, community development, nutrition, environmental issues and global awareness.

In July 1999 the mandate of Grant MacEwan College shifted. The emphasis on cost recovery initiatives and programs that align with University transfer programs saw the closure of Consumer Education.

Patch Place, the Candora Society, Instant Chef cookbook series, the ever popular Money Plan and Shop Cook and Save workshops, the Ethel Marliss Scholarship, a variety of plain language resources and GMCC's Green Group are examples of the work and legacy of the Consumer Education project.

## *THE ERA ENDS: HOME ECONOMISTS AT THE SOUTHERN ALBERTA INSTITUTE OF TECHNOLOGY (SAIT)*

*by Barbara Cousens, PHEc*

For 66 years home economists took an active part in continuing education at the Southern Alberta Institute of Technology (SAIT). In 1927 the first course in the Evening Division of the Provincial Institute of Technology and Art (renamed SAIT in 1960) was Pattern Drafting. Miss M.E. Mosey introduced Dressmaking in 1938.

Evening classes in foods and nutrition, organized by Norma Bannerman (Fledderjohn) operated between 1953 and 1962. The evening foods and clothing courses were supervised by Norma Trussler (Coburn) from 1958 to 1966. Later, Barb Cousens 1974-1978, and Arlene Smith 1979-1982, served as Coordinators of the Clothing Department.

Throughout the 1970s the Continuing Education Division's Clothing Department provided day and evening courses to well over one thousand students yearly. The Bishop Method of Clothing Construction courses were introduced, including design, pattern drafting, drapery, quilting and ski wear.

During the 1980s the Apparel Manufacturing Program was instituted and enrollment in the clothing courses rose to more than 1200 students per year.

In the mid 1980s SAIT was involved in the federal government's Canadian Job Strategies initiative that provided retraining for unemployed persons, many of whom were single mothers. It was an attempt to assist citizens to become self-sufficient and re-enter the world of work. Calgary home economists provided such Life Skills courses as Family Finances, Nutritious Meal Planning, Wardrobe Planning for the Workplace, Balancing Family Needs, Study Skills, Job Search, Confidence and Self-Awareness.

Despite a strong enrollment, philosophical changes in continuing education resulted in the SAIT administration determination in 1993 that the teaching of clothing construction was no longer part of the SAIT mandate. The Clothing Department was terminated.



## CONTINUING EDUCATION IN CALGARY

by Carol Blyth

The Continuing Education Department of the Calgary Board of Education has offered creative, ground breaking programs and services to Calgarians since the late 1890s, and home economists have been there to contribute their knowledge and expertise. From the mid 1960s to the mid 1990s, the Further Education Department grew to be the largest in North America.

Programs offered were Family Life Education, Foods and Nutrition, Home Management, Time and Money Management, Consumer Education, Personal Growth, Clothing and Textiles, Legal Education.

Programs were presented in a variety of ways: series of classes, workshops, conferences, seminars, home study and television. Home economists collaborated with community agencies and funding agencies to get the job done.

There were many "firsts": Parenting Courses (Joanne Good, instructor), Textile Courses (Pat Hansen pioneered), Job Training in Dry Cleaning and Industrial Sewing (Maureen DeSorcy supervised), and Women's Programs (a Coordinator was designated solely to this area).

The Clothing and Textiles Program employed many home economists, guiding students through courses from Beginners to Advanced, with qualifiers for a Certificate. The Foods and Nutrition Program included food preparation courses (Susan Somerville, Jean Fisher and Bunny Barss were coordinators, and Bunny and Jean pioneered a Weight Loss Program). Arlene McKay acted ably as supervisor. Pat Inglis pioneered the Heart Smart Program. Laurie Forbes coordinated the Public Legal Education Programs, liaising with the Alberta Law Foundation. Carolyn Poole succeeded her. Home economists contributed their knowledge and talents to the Youth Enrichment Program, teaching nutrition, sewing and cooking. In courses for Seniors, Doreen Kerr was a favourite at the Kerby Centre.

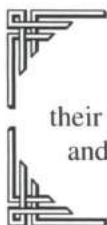
The Department partnered with The University of Calgary in presenting the long-standing program, "Contemporary Woman: Options and Opportunities", which involved Home Economists as coordinators and contributors to the subject material.

Creativity was shown in exploring new techniques in presenting material, such as the sewing series on Cable TV, radio spots, the Consumer Education Video Series, "Money and the Marketplace", as well as in contributions to the

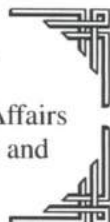
widely distributed video series, "Contemporary Woman: Options and Opportunities".

Most of the courses were taught at night at schools all over the city, and these proved to be rather daunting experiences at times. Home economists were often in an isolated situation, driving to the school, unloading bags of food or suitcases of fabrics, opening up the classroom, which might be the only one used in the school, and being the last to leave a darkened parking lot after the class. The love of teaching and the positive effect achieved for the students made up for the inconveniences.

Home economists were in administration and on the front line with the students. The list is long, and unfortunately there are too many names to list them all. The contributions in general and specific knowledge and the genuine work ethic that home economists exhibited made for successful results. Staff and instructor meetings were lively, with enthusiasm for the subject material and for the well being of the student.



Two staff members, Maureen DeSorcy and Carol Blyth were awarded YWCA Women of Distinction Awards for their work in Continuing Education – Carol in 1987 for Public Affairs and Communication and Maureen in 1992 for Business, Labor and the Professions.



Home economists were there responding to public demand for personal and family enrichment information. They contributed to the enhancement of peoples' lives. Where good things were happening – home economists were there!

In a new focus and responding to change, the Continuing Education Department was renamed Chinook College in the late 1990s. Home economists continue to contribute as instructors in the Sewing Program.

## *CONTINUING EDUCATION IN EDMONTON*

*by Doreen Al-Adra*

**D**id you know that in 1890, five years after its inception as a school district, Edmonton Public Schools began giving adult education classes?



For thirty uninterrupted years adult education classes were held in the Edmonton Technical School situated on the corner of 101 Street and 107A Avenue.

“Night Classes”, introduced in 1914, were a major advancement. Gaps in service occurred when the building was needed for the training of service men as well as during depressions in the economy.

In 1917, thirty courses were offered including a “gas engine” course for women who started driving taxis during the war. Other courses were architectural drawing, millinery, bookkeeping and sewing.

With the opening of Victoria Composite High School in 1949, a large adult evening program started and Saturday classes were added.

Big things began to happen in 1967/68 when Bob Smilanich headed the adult education classes. The Board of Trustees made the adult education classes - “Extension Services”, a separate entity within the school district. Through offering classes at several schools it was possible to hire additional full time staff.

In 1970, Patricia Steblyk was hired to develop and manage the “Women’s Programs” which included cooking, sewing, interior design, crafts and floral arrangement. Cooperative programs were held with Alberta Agriculture, the Northern Institute of Technology (NAIT) and the Blue Flame Kitchen. There was also a liaison with the University of Alberta Home Economics Faculty where practicum students received administrative and field experience.

The name was changed from Extension Services to Continuing Education in 1973.

Both the Victoria School and the Continuing Education adult education classes were expanding rapidly and each required more space. In 1997 the Continuing Education offices moved to the Boardwalk. At this time courses were offered in buildings that were not schools such as CE on Ninth (109 Street just north of Jasper Avenue).

Over the years people have come to Continuing Education courses for the same reasons: to learn new skills, to gain expertise and knowledge, to enhance personal development and to socialize. Continuing Education courses have assisted thousands of people.

On January 30, 2001 Continuing Education became Metro Community College. This new name better reflected the scope and quality of the educational opportunities.

Since the time of Patricia Steblyk, home economists have played a large role in the development and instruction of many courses. To name a few: Marilyn Hemsing, Gloria Dahl, Sharon Kristensen, Sylvia Hancock, Noreen Larson, Debra Mudryk, Yvonne McNicoll, Anne Kerneleguen and Florence Neiberding.

Currently, two out of six Program Managers are home economists. Doreen Al-Adra manages the Business and Professional Skills programs and Donna Nicoll manages the Home and Creative Arts programs. Home economists instruct in a great variety of current courses. To name a few, Karen Duke in the crafts program, Joyce Sirski-Howell in cooking and Pat Doerksen in sewing.

Many dedicated and creative people, some spending their entire careers, have made Continuing Education and now Metro Community College what it is today. There are 3,000 classes that serve 40,000 learners in 39 program areas operating out of 64 locations.

## **CONTINUING EDUCATION IN LETHBRIDGE**

*by Glenda Everett, PHEc*

**I**n the 1980s and 1990s the Department of Continuing Education (later known as the Department of Community Education) at Lethbridge Community College proved to be a fertile ground for job opportunities for home economists. Individuals like Barbara Cunningham, Glenda Everett, Marcia Fossey and Hazel Mitchell held program management positions that provided adult education opportunities to the southern region of the province.

Programs ranged from family and consumer studies to health and human services, fashion and food. The broad-based experience of the home economists and program management skills made them excellent candidates for these positions.

They also had a hand in the hiring of other home economists for positions at the College. Cora Hoekstra developed program materials and eventually became a full time lifeskills instructor on one of the nearby reserves. Teresa Petriw began as an instructor in the fashion and foods area before accepting the position of coordinator of the program. Vickie Mattson and Anne Luehr developed materials and taught a variety of courses in the health and human service area. As well, numerous other home economists were hired for ad hoc teaching assignments. Mentorship was key to the success of home economists in this employment arena.

## **CONTINUING EDUCATION IN RED DEER**

*by Linda Henderson, PHFc*

**W**ith the formation of Further Education Councils in the early 1970s, the skills of Home Economists as adult educators were in demand. Red Deer Branch home economists were also involved as members of Further Education Councils especially in rural areas, and continue to be Board members to this day. These Councils have evolved to become Community Adult Learning Councils, with a total of 84 across the province.

District Home Economists in the 1980s also offered Adult Education classes such as Gear Up Financially and Record Keeping. These and many other courses were jointly advertised with the Further Education Councils.

The range of courses taught by home economists were varied and were in response to consumer issues, including such topics as the introduction of new home appliances in the marketplace or wellness of the family and individual.

### **Classes included:**

- Window Treatment Workshops
- Weight Control
- Basic Sewing Courses
- Microwave Oven
- Food Processor
- Heart Smart Cooking Courses
- Time Management
- Stress Management
- Parenting

# Serving

---

## The Rural Community

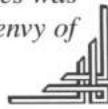
### HOME ECONOMISTS IN EXTENSION, ALBERTA AGRICULTURE

by Jean Wilson, PHEc, Shirley Myers and Joyce Lencucha, PHEc

If growth is an indicator of success, then the early 1980s were a successful time for home economists with Alberta Agriculture. The number of home economists reached its peak in 1980 when the Home Economics Branch consisted of sixty-one District Home Economists (DHEs), one Laboratory Home Economist, six Regional Home Economists and ten Home Economics Specialists and the Branch Head. The early 1980s were a time of economic and social upheaval, but home economists within Alberta Agriculture were optimistic that their programs and services would have a positive impact on farm families and rural communities.



Barb Stroh, former Extension Specialist, Alberta Agriculture, reflecting on the 1980s made these comments. *"This was a time when we were re-focusing on our clients. The late 1970s were unsettled, and the industry was in upheaval. We, in extension, wanted to get back to the basics and enhance extension activities. We embarked on training - updating skills and competencies of District Agriculturists, District Home Economists and Specialists. We focused on writing, speaking, counselling and media skills. Accountability was important. Evaluation of programs and services was discussed. We were rebuilding a Cadillac extension service - the envy of many throughout Canada and the United States."*



The following concepts epitomize the work of home economists in the 1980s and 1990s: clear direction, research based programs, partnership and collaboration, and commitment to continuous learning.

#### Clear Direction

Throughout the 1980s and early 1990s, Shirley Myers, the Head of Home Economics and Irene Leavitt (nee Reid), the Director of Rural Services, and then Acting Assistant Deputy Minister, provided leadership and direction through encouraging the use of business management strategies.



*Norma Kirkby, District Home Economist, Drumheller,  
"Sewing Positively" presentation at Alberta Women's Week, Olds, July 1984*



*DHEs who worked for the Department of Agriculture*

Home economics staff began the 1980s with an evaluation of their services. A **branch purpose** was established, which stated:

“Through a network of district home economists, extends home economics information and education services to help rural people develop their ability to manage resources.”

Priorities at this time were: budgeting family income, family financial security, food preservation, 4-H leader development, nutrition education, home and farm record keeping, remodeling for energy efficiency, time management and weight control.

In 1987 Alberta Agriculture changed its department goal from providing support to the family farm to a goal that focused on increasing the long-term profitability of primary producers and agriculture processors and on fostering self reliant industry organizations. The Home Economics Branch was one of the first units in the department to use focus groups to gain an appreciation of new client needs.

In 1991, under the leadership of Shirley Myers, Home Economics Extension developed a **mission, a vision and goals**. This program statement was intended to provide provincial direction to Home Economics Specialists and field delivery personnel in their programming to 1995. It provided a link to the department's strategic management plan.

**The Mission:** To strengthen the economic, environmental and social well being of farm families, rural communities and the agri-food industry by providing home economics information and education programs, often in partnership with others.

**The Vision:** Home Economics Extension provides leadership and education to farm families, rural communities and the agri-food industry. Recognized for excellence, this service links current issues with research based information to enable clients to sustain and further develop Alberta's agricultural and food industry.

#### **The Program goals:**

1. Farm families practice effective bookkeeping, decision making and human resource management skills in working towards achieving their business and family goals.
2. Farm families practice personal financial management skills in planning for their financial security.
3. Consumers have increased confidence in the quality and safety of food.

4. Consumers understand the linkage between nutrition and health and the contribution agricultural foods make in meeting dietary requirements.
5. Consumers choose Alberta made food products and know how to store and prepare them.
6. Farm families reduce exposure to farm chemicals through their use and care of protective clothing.
7. Farm families participate in activities which foster family strengths thereby strengthening the relationship between the family, the farm business and the community.
8. Members of agriculture organizations, including 4-H leaders demonstrate leadership abilities in working towards achieving their goals.

These program goals set the stage for the development of new programs and innovative projects in the early 1990s. Home economists taught record keeping courses throughout the province, and developed resource materials and publications to support the area. A fact sheet series *Profit from People Power* highlighted the importance of human resource management to strengthen the farm family business. Two home studies, *Financial Files and Retirement Files* were developed to increase the awareness of financial security. A *Food Safety Hotline* was initiated and *Explore Nutritious Alberta*, a program for schools, was launched during this period. Alberta food product promotions continued. Research results and information on the need for protective clothing received a lot of media coverage. Home economists continued their work with 4-H leaders and others in rural and farm organizations with an emphasis on developing leadership skills.

Like governments everywhere, the climate of the Alberta government was changing in the early 1990s. There was an emphasis on 'reinventing government' through restructuring, downsizing, generating income and increasing accountability. After a client needs study by the Field Services Sector indicated a need for specialization, the department began a downsizing and restructuring program that was to have a major impact on home economists. Many changes resulted, but the process and benefits of strategic planning were entrenched in home economists. The program goals, though massaged and reinvented over the years, still underlie much of the work of the new 'home economics' specialists in 2000. And home economists are still noted for their thoroughness and innovation when developing programs to meet client needs.



## Research Based Programs

The early 1980s were a time of economic uncertainty. Inflation was at an all time high, interest rates were sky rocketing and farm property values were plummeting. To manage the increased stress associated with the difficult economic times, programs such as *Farming Together without Family Trouble* covered topics including good family communications and labour management.

In the area of financial management, DHEs worked closely with District Agriculturists. The *Gear Up Financially* program, first offered in 1985, included information to help both the farm and family.

Because the farm business is so closely linked with the family, the need for sound information on family living costs led to research programs. In 1983 a small study was initiated in Stettler. This was followed by a pilot study in 1985 involving 68 families in the northeast region, and a major provincial study (*Famex*) involving over 400 families in 1986. The studies were repeated in 1987 and 1991. Conducted with the assistance of the University of Alberta Department of Rural Economy, and funded by Farming for the Future, the results were widely used by farm people, lenders and other professionals.

A home study, *Home Based Business for Farm Families*, was developed in 1989 to meet the interest in supplementing farm family income.

In 1983 Farming for the Future funded it's first research project on protective clothing - *Limiting Pesticide Exposure through Textile Cleaning Procedures and Selection of Clothing*. The clothing specialist worked closely with the University of Alberta on this project.

In 1985 the Home Economics Test Kitchen was opened to provide research opportunities and service to Alberta food processors, to commodity groups and to units within the department. This test kitchen was in operation for five years.

Results of both the financial management and protective clothing research were included in educational programs. *Financial Files* and *Retirement Files* were two home study programs developed in the early 1990s and were based on *Famex* and succession planning research. The protective clothing research formed the basis for many programs and fact sheets. Alberta research lent credibility and relevance to the information.



## Partnerships and Collaboration

Women's conferences, such as *Alberta Women's Week*, were organized by DHEs and farm women for over 50 years. In 1980 the 50th anniversary of the program was celebrated - over 300 women and 60 children attended.

Janet Walter, who helped found the Alberta Farm Women's Network in the late 1980s, stated: "Some women attend these conferences for a day-away entertainment. Others have been led to review their life situation and begin profound changes that were sparked by what they saw and heard." (Families, Farms and Home Economists, p.15)

Throughout the province, DHEs worked closely with Alberta Women's Institute (AWI). In 1982 a program called *From Producer to Consumer - Public Opinion vs. Fact* was held in five regions. Betty Ballhorn, a past president of the Alberta Women's Institute commented, "The DHEs helped us learn how to speak up for what was important to us." (Families, Farms and Home Economists, p.15) In 1987 *You and Your Organization*, a joint leadership program with the AWI, was implemented at 15 locations.

District Home Economists encouraged the development of leadership skills. Women's conferences, now organized by farm women, continued to be held in several areas of the province. In 1989 Alberta *LEAD (Leadership Education for Agriculture Development)* was introduced. It combined the resources of the department, the University of Alberta and the Rural Education and Development Association to foster self-reliant organizations.



In the foods and nutrition area, partnering was a big part of the programs in the 1980s and 1990s. The *Rural Agricultural Products Promotion Program (RAPP)* was established in 1985. It was a co-operative effort of the Home Economics Branch, the Marketing sector and the Alberta Food Processors Association. In 1988 *Savor Alberta Flavor* was introduced to succeed *RAPP* with a similar goal to promote the consumption of Alberta grown and processed food. These early partnerships laid the ground for further work in the 1990s when the emphasis switched from a focus on consumption of Alberta products to a focus on production of value added products. Home economists started to work more with producers and entrepreneurs on food and business related aspects.

The popular *Nutrition at School* program was replaced by *Explore Nutritious Alberta*, a program designed to support the elementary health curriculum and link agriculture with food and nutrition. *Nutrition at School*, initiated by Edna Clarke in 1973, was one of the most significant nutrition-related programs in the branch's history. The program was designed to mesh with the school curriculum. It provided food samples along with education on



nutrition, and provided a link between agriculture and food. In its 14 years of operation the program helped hundreds of thousands of school children in urban and rural Alberta learn healthy eating habits. *Explore Nutritious Alberta* was first introduced in 1987 to 1400 grades one to three teachers attending workshops and was expanded the following year to grades four to six. As well as this direct linkage with education and Alberta Health, a linkage with the Alberta Heart and Stroke Foundation was initiated.

### **Continuous Learning**

**H**ome economists with Alberta Agriculture have always embraced continuous learning. Department managers supported staff training, education leaves and secondments.



*“The educational opportunities I’ve had while working with Alberta Agriculture have been exceptional,” says Jean Wilson, a Business Management Specialist. “The many conferences I attended with Family Resource Management Specialists in the United States and Canada sparked new ideas and new friendships. As well, I had the privilege of showcasing Alberta Agriculture resource materials. During a four-month assignment to Westlock I gained experience working directly with farm families. The department supported my MBA degree by providing an eight month education leave in 1991. The highlight for me was a two year position with the Marketing Services sector; fifteen months of which was spent in Tokyo learning about the Japanese food system. What an opportunity!”*



### **Reinventing Alberta Agriculture**

**I**n mid-1992 home economics extension staff numbered fifty-six DHEs, six Regional Home Economists, seven Home Economics Specialists and the Branch Head.

In late 1993 the Department of Agriculture consulted with customers for business plan development. These consultations resulted in the restructuring of the field services delivery system, of which District Home Economists were a part. Thirteen district offices and one regional office were closed. Generalist positions, including District Home Economists and District



*DHEs Hired in the 1980s - The 50th anniversary of the appointment of the first DHE, held in 1993*  
**BACK ROW:** Leona Reynolds Zayak, Cindy Bishop, Karen Goad, Christine Poss, Debra Vasselini, Shauna Gagne, Bev Broks, Maxine Anderson, Lynne Nieman, Ruby Curran, Susan Meyer, Brenda Lea McPhail, JoAnn Hall, Ann Leuhn, Delin Sheehan Millang  
**MIDDLE ROW:** Brenda Stammen, Elma Herde, Holly Pidzarko, Kerry Engel, Karen Olechowski, Jocelyn McKinnon, Brenda Tungen, Linda Hawk Seltin  
**FRONT ROW:** Laura Lee Billings, Barb Vanden Bosch, Judy Shiptey Smith, Vivian Nowasad, Kathy Lowther

Agriculturists were replaced by specialist positions. To replace the home economists, twenty-four Rural Development Specialist positions were created; thirteen focused on business development and eleven focused on organization development. As well, three agri-food development positions were created. Regional Home Economist positions were replaced by general Branch Head Positions. Home economists were required to apply for all the new positions.

The Home Economics Branch, consisting of six specialists, remained intact during this round of reorganization.

In April of 1997 the Home Economics Branch was disbanded. The two Family Business Specialists were deployed to the Farm Business Management Branch, one Food Specialist to the Food Processing Development Center in Leduc, and one became an Agri-Food Development Specialist in Airdrie. With this last change, there were no longer any positions in Alberta Agriculture that required a home economics degree, though home economics degrees were acceptable for many positions.



*DHEs Hired in the 1990s - The 50th anniversary of the appointment of the first DHE, held in 1993  
BACK ROW: Glynnis Falloon, Jackie McKnight, Lori Gawwalko, Sharon Stollery, Marguerite Thiessen  
FRONT ROW: Mary Ellen Norgard, Suzanne Randall, Kathleen Ozmun, Carmen Andrew*

A description of the three main positions now filled by home economists, and some of the programs they have implemented follow:

**1. Agri-Food Development Specialists** provide specialized knowledge and business information to agri-food processing businesses, agriculture staff, other government agencies and industry organizations. They provide support and encouragement to new entrepreneurs and established agri-food processors. Business feasibility and planning, market identification, and technical assistance are a major part of the help they provide to clients. They continually work to maintain and build networks with other resource people. As Joyce Lencucha commented, "We love our jobs."

The Agri-Food Specialists in 2000 included Karen Hoover, Suzanne Tenold, Joyce Lencucha (nee Smithwick) and Karen Goad.

**2. The Rural Development Specialists - Business (RDS-Business)** also use their skills and knowledge to help rural entrepreneurs develop their businesses. From a very general job description outlined in 1994, they have provided leadership and developed partnerships in an exciting new era of agri-prenurship.

One of the programs that had an impact on emerging food processors was *Taste of Success (TOS)*. A multi-faceted program, *TOS* included consumer sampling, label review, and media exposure and business planning. One participant said, "the benefits of *TOS* are endless, from formulating a more focused marketing plan, including getting your own media attention and correct product pricing, to the cold hard facts you need to know before you enter the ring with the grocery people. The rural development specialists really have their heart in this job and have taught many of us to take our first steps."

Another successful program is the *Northwest Processor* newsletter. Readers, who numbered about 1600 in 2000, used this newsletter as a value-added business and market research tool and a source of credible and current processing information.

The RDS-Business Specialists have taken a lead role in information and resource development in the area of diversification. Working in partnership with other government staff and industry stakeholders they've developed a website, maintained resource libraries and written many industry profiles. They've encouraged agri-tourism - a marriage between two of Alberta's top industries - agriculture and tourism, through factsheets, a database and a conference. Here's what one participant has learned: "*The most important thing I learned was the need to work within my own community to create partners and alliances.*"

These home economists were Rural Development Specialists - Business in 2000: Kerry Engel (nee Schwing), Linda Hawk, Sharon Homeniuk(nee Stollery), Kathy Lowther(nee Veltman), Janice McGregor, Leona Reynolds-Zayak, Lynn Stegman (nee Tkachuk), Janice Warren and Marian Williams.

**3. The Rural Development Specialists - Organizations (RDS-Organizations)** focus on the development of human capital. They provide technical expertise in areas such as planning, decision-making, team building, volunteer and employee management and the implementation of change strategies to guide individuals and groups towards self-sustainable organizations.

"*The RDS-Organizations was instrumental in getting our groups working together. She really helped me a lot by advising on some of the sensitivities and methods of working with groups that might not always agree. We would never have been able to get this project off the ground if it were not for her guidance, advice and expertise,*" is one testimonial about the work of the specialists.

These home economists were Rural Development Specialists - Organizations in 2000: Barbara Vanden Bosch, Maureen Bolen (nee Bolin), Laura Lee Allison-Billings, Brenda Tangen (nee Nazer), Marguerite Thiessen, Susan Meyer (nee Perry), Betty Birch (nee Donner), Carmen Andrew, Cindy Bishop and Kathleen Ozmun.

### **Home economists have found a niche in other areas of the department**

**M**aureen Barnes worked in the Change Management area. Here's what she said about her niche: *"My career has been redirected over the past five to six years into organizational development work. What started out as strategic planning, facilitation and focus groups developed into team building, conflict resolution, public consultation and change in organizations. The links to home economics are not hard to find - systems thinking, communication skills and the confidence that people have the skills and abilities to solve their own problems if given a safe and productive environment. I find there is growing awareness of the importance of "process" in today's business world. It's not enough to do the right things; we also need to do them the right way to be successful."*

Dianne Luke, a former Clothing and Textiles Specialist, and District Home Economist said this about the change: *"With the structural changes made to the Agriculture Department, many District Home Economists were left without a position. I chose to stay with the department as District Office Administrative Support. The advantages were continued contributions to a pension plan and little or no evening and weekend work. The negative was a lower salary. The title of the position was changed to Client Service Representative. Over time, the position changed from relying on our secretarial skills to relying on our management skills. Our people skills, financial skills and organization skills were used as we worked with clients and referred them to the best source for assistance in the department. We were recognized for our knowledge and our ability to make the switch to the new way of doing business".*

Yvonne Grabowsky has held a variety of positions since joining Alberta Agriculture from Manitoba Agriculture. She said this about the new roles: *"Changes in 1994 moved home economists from traditional roles of helping families to helping people from a larger perspective. The new roles focused on helping people to have impact not only in their own lives, work, career or business but also in organizations and communities."*

Here's where other home economists were working in 2000: Louise Starling as Head, Livestock Operations; Ellen Frombach as Head, Diversified Livestock; Barbara Stroh (nee Stuart), as member, Policy Secretariat; Faye

Douglas Phillips as Head, Home Study; Randi Sandbu and Gail Lemke as Development Officers; Dianne Luke and Christine Poss (nee Dudley) were Client Service Representatives; Linda St. Onge was with the Food Processing Development Centre; Shauna Gagne with Agriculture Societies; and Jean Wilson with the Agriculture Business Management Branch. Penny Wilkes, Jocelyn McKinnon and Lori McRae continued to work with the 4-H Branch.

Jo-Anne Hall was a home economist and branch head in the northern region. She provided coaching and supervision to 44 staff members located in 21 district offices. She said, "*I see an exciting time ahead for staff who have a home economics background. Never before have I witnessed the leadership displayed by many home economists as we develop a focus in our sector on value-adding, agri-entrepreneurship, innovation and business and the development of industry organizations to support these initiatives.*"

In all areas of the department where home economists were making a contribution they used their strategic planning skills to influence program direction, their program planning skills to develop innovative, research-based programs and their partnering skills to extend the impact. They continued to bring a human element to a technically focused department.

### **2000 - 2002: Coping with Constant Change**

Extension home economists have always helped families in the agriculture industry cope with change. As the 21st century emerged, changes in the global economy were having a major impact on farm families. To better meet the needs of the agriculture industry, Alberta Agriculture, Food and Rural Development restructured several sectors. This reorganization meant home economists had to cope with major change. Once again, most were required to apply for new positions with a new focus on the business of agriculture, value added and processing.

In April of 2002 changes were finalized and many home economists were successful in filling the challenging new positions. Others found it an opportune time to make major lifestyle changes and leave the department.

Home economists now worked in a diverse range of positions within the department. Several took on new management positions. Jo-Ann Hall is the director of Ag Entrepreneurship, Betty Grudnizki is branch head, Ag Education and Training, Ellen Frombach is branch head of the Business Management Innovations Branch, and Faye Douglas Phillips is manager of Rural Action. Lori McRae heads up the Home Study and Ag Awareness area.

Some of the home economists are now classified as Industrial Development Officers and work in the Agri entrepreneurship area assisting farm businesses

with direct marketing, ag tourism and farmers markets. Kerry Engel, Karen Goad, Linda Hawk, Eileen Kotowich, Sharon Stollery, Penny Wilkes and Marian Williams work in this area. Janice McGregor works on feasibility studies.

Two home economists work as Business Development Officers in the Business Development Branch. They work with primary producers who want to add value to their agriculture operation. Kathy Lowther focuses on horticulture and special crops, Jan Warren on aquaculture.

Others work directly with emerging agricultural processors. For example, Gail Lemke handles business product and market development inquiries and assists companies in the bakery, cereal and food processing and alcohol beverage sectors. Suzanne Tenold has a similar position working with companies in the snack and specialty food areas, Lynn Stegman focuses on fruit and vegetable processing and Karen Hoover on cereals and the milling industry across Alberta. Leona Reynolds-Zayak works as a market analyst for this group and completes international and domestic market research.

Marguerite Thiessen and Laura Lee Billings both work as Value Chain Specialists. They help business work together to be competitive. Three home economists, Cindy Bishop, Barbara VandenBosch and Carmen Andrew continue to work as Organization Specialists. They provide process consultation and facilitate services with the emphasis on the development of networks and strategic alliances that support ag-entrepreneurial initiatives. Maureen Bolen works in this group as Network Team Leader. Betty Birch works as a resource agent with the newly formed Alberta Ag Info Centre in Stettler.

Home economists now fill a wide range of positions throughout the three sectors of Alberta Agriculture, Food and Rural Development. Not surprisingly, home economists have managed to cope with major professional change in an inspiring way. Many provide leadership to other department staff; all provide leadership to Alberta's agriculture industry.

Two home economists stand out for their leadership in home economics extension in the last two decades:



Irene Leavitt's career with Alberta Agriculture spanned 35 years from 1958 to 1993. In her early years as a District Home Economist, Irene provided leadership in the farm management area. She was truly a pioneer for women in the farming business and encouraged both husband and wife to become involved in the management decision making process.

This work continues today. Irene became the first female Director with Alberta Agriculture in 1976. In 1990 she was one of few women in the Alberta government appointed Assistant Deputy Minister.

Shirley Myers was Head, Home Economics Branch, Alberta Agriculture from 1979 to 1993. Shirley started her career as a District Home Economist in 1960 in Grande Prairie. After several career changes, she returned to the department in 1973 as Family Resource Management Specialist in Calgary, before moving to the Planning and Research Secretariat. Her professional approach to planning and the use of management techniques were enthusiastically shared with branch staff. She encouraged the use of focus groups to determine client needs long before they were in vogue as a planning tool.



*Irene Leavitt & Shirley Myers*

## DISTRICT HOME ECONOMISTS 1943 - 1994

### A EULOGY

Today we mourn the passing of the District Home Economist in Alberta. It's ironic that the demise occurs during the International Year of the Family for the rural family is what District Home Economists were about.

District Home Economists helped families develop skills that made their lives better. Whether it was 4-H, food preservation or food safety, basic sewing or protective clothing, buymanship or double-entry record keeping, coping with stress or holding a farm business meeting, District Home Economists met the challenge with enthusiasm and professionalism.

As the District Home Economist becomes a footnote in Alberta's history on March 31, 1994 rest assured a piece of her lives on in every rural hall and back road of this province. She had the rare opportunity of being welcomed into people's lives as a counselor, confidante and friend. She was her community - a part of their celebrations and sorrows.

Alberta is a better place because of the women who collectively were District Home Economists.

It was a privilege to be a part of this history and work with such talented women.

We made a difference!

Fern Richardson  
District Home Economist  
1978-1994

## THE CREMATION OF THE DHE

*For Marian Williams at the Howling*

*By David Samm, with considerable help from Robert Service*

There were strange things done in the mid day sun  
By the princes who slave for gold.  
The office trails, have their secret tales,  
That would make your blood run cold.  
Families on farms, have seen queer sights  
But the queerest they ever did see,  
Was the day of fear, in the town of Red Deer,  
When they cremated the DHE.

Our DHEs, that you now see, come from everywhere  
They left their homes, to wildly roam, Alberta free of care.  
They were always neat and seldom did cheat and the job held'm like a spell  
But after Black Monday, they often did say, they'd sooner live in hell.

The DHE, was plain to see, with her flipchart, paper and charm.  
She did her job, with nary a sob and never did anyone harm.  
A woman of work, but what now did lurk, for the professional DHE  
This day was not fun, not even for one, down in the old region three.

The map on the wall, had meaning for all, a sign of bad things to come.  
As the coloured pins that day, seemed to say, there was only room for some.  
From ten to near three, it was a catastrophe, their numbers that day did fall  
But the souls did not rest, as they screamed their best, and we surely heard the call.

"For fifty years and 10,000 beers we have served the family  
First with nutrition and on to fruition, that was our job duty"  
But that was then when there were ten, before the decree was sent  
Trade in your past, they were told at last, and promote rural development.  
The DHE of the past, in Alberta won't last, as they transform to a specialist,  
Remove your egg beaters, to train future leaders and work in a fog or a mist,  
For the princes they wait, and they wait and they wait, for a defining of  
development.  
But the princes would rather, it seems simply gather, an answer that is heaven  
sent.

There were strange things done in the mid day sun  
By the princes who slave for gold.  
The office trails, have their secret tales  
That would make your blood run cold.  
Families on farms, have seen queer sights  
But the queerest they ever did see,  
Was the day of fear, in the town of Red Deer  
When they cremated the DHE.

### **References**

*Families, Farms and Home Economists - Fifty Years of Partnership, 1943 to 1993.* Alice Major. Nisku Printers

*Backgrounder to the 50th Anniversary of the Appointment of the First District Home Economist.* Shirley Myers, January 1993

## **THE ALBERTA REGISTERED DIETITIANS ASSOCIATION (ARDA)**

*[These excerpts are taken from "The ARDA Years: Creating a Legacy"]*

### **HIGHLIGHTS OF THE EIGHTIES**

#### **1980**

ARDA implemented a new organizational structure in 1980. Committees were grouped under three Councils: Operations, Professional Standards and Communication. Council Directors were members of the Executive Council and were responsible for coordinating the activities of the committees within their respective Councils.

The Research and Development Committee was renamed the Dietetic Issues Committee. This committee completed a position paper on weight control, which was published in the Journal of the Canadian Dietetic Association (CDA).

#### **1981**

CDA and the provincial dietetic associations co-sponsored the first National Nutrition Week. The annual campaign became National Nutrition Month in 1982.

ARDA joined with the Alberta Society of Dietary Technicians and the Canadian Food Service Supervisors Association to develop a brochure that described the roles of dietitians, dietary technicians and food service supervisors in managing and operating food service systems. "Who Does Your Organization Need to Manage a Dynamic Food Service?" brochure was completed in September 1985.

#### **1982**

An Auxiliary Education committee was struck in 1982 to review a Southern Alberta Institute of Technology (SAIT) correspondence course for Dietary Aides and Food Service Supervisors. A brief was completed in 1986.

## 1983

An ad hoc committee to develop standards of practice was struck. "Guidelines to Standards of Practice for the Profession of Dietetics" was published in January 1980.

The Public Relations Committee (South) developed a career display. They also produced a brochure entitled "Craving Some Reliable Nutrition Information?" which was first available at the 1985 Annual General Meeting of ARDA.

## 1985

### **Registered Dietitians Act Proclaimed**

The work of the ad hoc Legislative Committee to respond to the "Policy Governing Future Legislation of Professions and Occupations" (which began in 1978) continued. The Registered Dietitians Act was given assent by the Alberta Government on June 6, 1983. Work continued to prepare the General Regulations of the Act. The regulations specified the Code of Ethics, Registration, Academic Qualifications, the composition and role of the Practice Review and Discipline Committees. The Lieutenant Governor approved the General Regulations on November 14, 1985 and the Registered Dietitians Act was proclaimed on November 21, 1985.

A liaison was established with the Universities Coordinating Council (UCC). The UCC was instituted as an "arms length" body whose mandate was to evaluate credentials of individuals applying for registration with the various regulated professions in Alberta. The Alberta Registered Dietitians Association Act stipulated that applicants' academic qualifications must satisfy UCC requirements in order to be eligible for registration.

Proclamation of the Act brought changes to ARDA's organizational structure. Statutory committees were Registration, Discipline and Practice Review. Public members served on the Board, the Discipline Committee and Practice Review Committee. An annual report to the Minister was required. The General Regulations of the Act could be amended only by approval of the membership and the Lieutenant Governor in Council. The bylaws, which covered association management issues such as elections, fees and categories of membership, could be amended by approval of the members.

In 1985 an ARDA brief titled "Insurance Coverage of Nutrition Services in Alberta" was forwarded to the Minister of Health. The Minister replied that nutrition counselling would not be considered an insured service.

ARDA's participation in the review of the Nursing Home Act culminated in new programs for nursing homes which required one dietitian for every 350 nursing home beds, effective September 1985.

## **1987**

ARDA signed the national Affiliation Agreement with CDA and the other provincial dietetic associations. Dietitians across the country voiced the need for portability of title across provincial lines and recognized that the strength of a national voice was necessary to improve health care. Under the terms of the Affiliation Agreement, CDA was responsible for liaison with national and international governments, while provincial associations would focus on responding to provincial and local governments. Issues identified for action included the need for uniform standards for undergraduate education, internship competencies, entry level competent practice, admission requirements, continued competence, discipline, standards of practice and code of ethics.

## **1989**

An ad hoc Marketing Committee was struck in April 1989. The goal was to encourage members' understanding of marketing principles and to develop a marketing strategy for ARDA. With the assistance of a marketing consultant, volunteer spokespersons (also known as Media Representatives), were selected and trained.

By the late 1980s membership had reached 400.

## **HIGHLIGHTS OF THE NINETIES**

### **1990**

Bylaw amendments eliminated the office of Past President, the Executive Committee and Members-at-Large. Council Directors increased from three to four and an Administrative Liaison Director was added.

The work of the Media Representatives was fully underway in 1990. The province was divided into eight market centres. Volunteers were selected and trained in each centre. Their role was to address nutritional issues with the media. When Dietitians of Canada was established in 1996, the program came under its auspices.

## **1991**

A Vision Survey was conducted to identify members' views regarding future directions for ARDA. Vision and mission statements with goals and objectives were developed for the first time.

## **1992**

In March 1992 an official business office was established. Arlene Wilson, who was hired as part-time Registrar/Office Manager in November 1991, took up duties in the office.

ARDA endorsed and participated in the Alberta Dairy Nutrition Council milk carton project. It was the first time ARDA had supported such a publicity venture.

## **1994**

A new model of association policy governance was adopted in 1994. The Board was restructured to include the President, President-Elect, CDA/ARDA Representative and eight members at large. The positions of Vice President, Secretary, Treasurer, Council Directors and Administrative Liaison Director were discontinued.

The Board decided to recruit a Chief Executive Officer. Lynda Heyworth was hired in November 1994.

In the fall of 1994 an ad hoc committee was struck to advocate for third party insurance coverage of dietetic services. In October 1995 the committee submitted to Alberta Health and Alberta Blue Cross a brief entitled "Nutrition Counselling: A Cost Effective Strategy". Again, the bid for third party insurance coverage was unsuccessful.

An ad hoc committee on Advocacy was formed to advance the role of nutrition in the reorganization of health care. Members were selected in each of the 17 provincial health regions to coordinate advocacy activities. The contact dietitians were given comprehensive information packages. Successful meetings were held with Regional Health Authority Boards, MLAs and the public in all regions.

In July 1994 the Alberta Government struck the Health Workforce Rebalancing Committee (HWR). The HWR proposed a Health Professions Act (HPA) that would bring all self-governing health professions under one statute. The health professions would become Colleges. The Colleges would



exist to regulate professional practice for protection of the public. The Colleges would be responsible for admission standards, continuing competency and professional conduct. Member services such as continuing education, public relations and negotiations would be managed separately from the Colleges.

CDA and the provincial dietetic associations began to discuss their changing roles. A proposal was presented to form a new national organization by amalgamating the national and provincial associations. This proposal was timely for ARDA since the HPA would see the creation of a College of Dietitians. Clearly, it would be too expensive for most dietitians to maintain membership in all three of CDA, ARDA and a college. In 1995, ARDA members voted to transfer member services to the new association.

## **1996**

### **National Organization**

A new national member services oriented organization was formed called Dietitians of Canada (DC). DC was now "the voice" for dietitians communicating with all levels of government.

ARDA presented the Canadian Foundation for Dietetic Research with a donation of \$12,000 on behalf of ARDA members in 1996.

## **1997**

### **National Standards**

The federal, provincial and territorial governments signed the Agreement on Internal Trade (a result of the North American Free Trade Agreement). They agreed to remove or reduce barriers to the movement of workers, goods, services and capital across provincial borders. Consequently, the Alliance of Dietetic Regulatory Bodies was formed to encourage the regulatory bodies to share resources and harmonize admission standards. The goal was to ensure mobility of dietitians and maintain quality assurance across Canada. The Alliance adopted national standards for entry level competency, professional standards and scope of practice, and a national entrance examination. In 1997 all of the country's dietetic regulatory bodies agreed to accept the standards proposed by the Alliance. This fulfilled the obligation of the dietetic profession to the Labour Mobility Chapter of the Agreement of Internal Trade.

When member services were transferred to Dietitians of Canada, ARDA committees were reviewed. Registration, Practice Review and Discipline Committees remained as statutory committees. Standing committees were Government Relations, Nominations and Newsletter.

The ARDA Nutrition Month Committee sponsored its last Nutrition Month in 1997 after which responsibility for the campaign fell to Dietitians of Canada.

## **1998**

The title and function of the ARDA Chief Executive Officer position was changed to Registrar in 1998 and an Executive Assistant position was created.


Through agreement with the Universities Coordinating Council, as of April 1, 1998, the ARDA Registration Committee assumed responsibility for assessing the credentials of new members.

## **1999**


Bill 45, new legislation proposed for health professions, was introduced to the Alberta Legislature in March of 1998 but it died on the order paper that same month. The legislation was reintroduced as Bill 22 - The Health Professions Act (HPA), in March 1999. The HPA passed on May 18, 1999, with Royal Assent given on May 19, 1999. The HPA came into force and was proclaimed for each profession after the necessary regulations were developed by each College and approved by the government.

At the end of its fourth decade, ARDA's membership had grown to 650.

## **2002**



In 2002, ARDA became the College of Registered Dietitians of Alberta.



## CLOTHING AND TEXTILES

by Anne Lambert

### **Job Opportunities**

The area of clothing and textiles continued to change and develop as society restructured, new technologies developed and new opportunities arose. Graduates stayed in the job market longer, combining raising children with working, sharing family responsibilities, reducing family size or choosing not to have children. With a longer career span, there were more possibilities for rising to higher levels, or experiencing multiple career paths. The impact of the women's movement increased both personal expectations and societal opportunities.

### **Retail Involvement**

Large retailers in fashion, fabrics and interiors such as The Bay, Eaton's, Aldo, Ikea and Bowings, provided entry-level positions in sales for clothing and textiles graduates with product knowledge. The large retailers also expanded opportunities for graduates to move to new locations and to rise through the corporate structure. Alternatively, they moved on to their own entrepreneurial endeavours, opening stores that could cater to specific consumer needs.

### **Artists and Designers**

Other clothing and textiles graduates focused on their own creativity as artists and designers, starting new lines of clothing, accessories, jewelry, surface design, fibre art, or crafts. Some also established teaching programmes to share their expertise with others. These entrepreneurs were able to identify and capitalize on changing demographics and trends such as the market for creative children's clothing for boomer parents. The internet expanded their markets exponentially.

### **Consultants**

New opportunities arose in the area of consulting as individuals and corporations turned to the convenience and economy of hiring short-term specialists. Services were wide ranging, including special event management, marketing, personnel, training, product design, interior design and wardrobe/image consulting. Some people were spurred into making these changes by either the booming or shrinking economy. They often found new and more rewarding ways of working such as establishing home based businesses.

### **Cultural Sector**

One growth area was that of the cultural sector where graduates used their skills in theatre, dance and other performance arts, working as designers,

cutters, sewers and wardrobe managers. Museums (e.g. Glenbow Museum in Calgary), historic sites, heritage centres and art galleries were pleased to hire graduates trained as historic costumers, interpreters, designers, educators, curators and conservators.

### **Health Sector**

There was an ever-expanding need for people working in health and well being. One area was designing and producing clothing for special needs populations such as the elderly, the disabled or neonates. Another was the selection of textiles and furnishings for hospitals and extended care facilities.

### **Global Involvement**

Increasing emphasis on global connections led to development of international endeavours by corporate, government, non-government and entrepreneurial sectors. Manufacturing, craft development, trade, cultural tourism and teaching tied Albertans to the world. In Alberta, agricultural diversification led to new fibre initiatives such as llama and alpaca.

### **The Future**

Although female graduates were expanding their careers, there were only a few males entering the field. Perhaps this is the new frontier?

## **COMMODITY ORGANIZATIONS**

**O**ver the years several commodity organizations in Alberta have hired home economists to work in areas such as:

- Consumer education
- Retail promotions
- Media work
- Development of educational materials for use in the classroom

### **Examples of Commodity Organizations Hiring Home Economists:**

- Beef Information Centre (BIC)
- Turkey Marketing Board
- Alberta Milk
- Alberta Egg Producers Board
- Alberta Canola Producers Board

## Profiles

Kathy Keeler was hired as a home economist with the Beef Information Centre in the early 1980s in Calgary, where she worked mostly in the area of education and promotion of beef. As needs changed, specialists were hired in certain fields such as retail, food service and processing which led Kathy to the position of Chief Executive Officer in 2000. The wonderful people she has encountered in the organization and the flexible work schedule are intangible benefits that Kathy cherishes.

Janice Shields worked part time on a contract basis as a home economist with the Turkey Marketing Board in Edmonton from 1990 to 2002. As well as consumer education and promotions, a major part of her work involved liaison with industry. She developed the "Turkey Tuesday" promotions and described her work in these terms: *"a great experience with never a dull moment and always the opportunity to do something new and challenging."*

## FINANCIAL COUNSELLING IN THE COMMUNITY

Alberta Home Economics Association members have used their financial counselling expertise in informal ways throughout their history. More recently, there have been several more formal programs.

### **Credit Counselling Services of Alberta (CCSA)**

When the Alberta government announced in its 1993 budget that they would discontinue debt counselling services, the Alberta Home Economics Association quickly responded. AHEA offered to assist the Alberta Department of Municipal Affairs to find an alternative delivery service. From June 1993 through to May 1997, AHEA's representative Faye Forbes Anderson participated with government and industry representatives in the conception, creation and implementation of the Credit Counselling Services of Alberta.

In May 1997 CCSA opened its doors to the public, with offices in Calgary and Edmonton, plus a province-wide toll free information service. Its mission was, and still is, to educate Albertans in personal money management and the wise use of credit, and to provide alternatives for individuals and families in financial crisis.

The home economics profession has always been well represented at CCSA - as debt counsellors, board members and board chairs (Faye Forbes Anderson, 1997-1998 and Kathy Deyell 1999-2000). AHEA will continue to play a role in CCSA through its permanent seat on the CCSA Board of Directors.

### **Financial Workbook for the Terminally Ill**

In 1994 three Calgary home economists noted the need for a workbook to assist the terminally ill who wished to arrange their financial affairs. Faye Walkey, Faye Forbes Anderson and Brenda Purschke volunteered to write the booklet in celebration of the International Year of the Family.

The 28 page publication, entitled "Getting Your Financial Affairs in Order: Peace of Mind for the Terminally Ill and Those They Love", was printed with funding from the AHEA Historical and Education Society. The booklets were distributed free of charge to those who were diagnosed as terminally ill. As well, various groups involved in palliative care across Canada financed the further printing of hundreds of copies to distribute to their clients.

In 2001 a number of requests for the booklet prompted its revision and reprinting. With funding from the Canadian Home Economics Association Foundation, another 2500 copies were printed and donated to Hospice Calgary for distribution.

### **Eastside and Westside Family Centres (Calgary)**

Calgary Branch home economists began in January 1995 to provide free financial counselling to the clients of the Westside Family Centre. Faye Forbes Anderson, Lisa Bodtke and Brenda Purschke volunteered to offer weekly budgeting and debt resolution counselling and education services. In January 1997 this was expanded to include the Eastside Family Centre, and Judy Shipley Smith joined the volunteer team. This service was discontinued in September 1996 when the volunteers moved to other projects.

### **North of McKnight Family Resource Centre (Calgary)**

In January 1999 Calgary Branch received a \$3,000 seed grant from the Junior League of Calgary to fund a pilot project at the North of McKnight Community Resource Centre. Faye Forbes Anderson was contracted to provide financial counselling and education services within the multi-disciplinary service delivery team. In July, the Canadian Home Economics Association Foundation provided another \$3,000 to fund the project through to the middle of 2000. While the free sessions were utilized only by 24 clients during the 15 months, the project did increase awareness of the home economics profession. The funds remaining on the termination of the project were returned to the CHEA Foundation.



## THE FOOD SAFETY INFO LINE

by Pat Inglis, PHEc

On June 19, 1995 the telephone in Debbie Brekke's home office rang and a caller from New Jersey posed the first question to the Food Safety Info Line (FSIL). The newly launched consumer hot line had, by mistake, been listed in the North American directory of toll free numbers rather than just in Alberta. That was quickly corrected and the Alberta Home Economics Association (AHEA) project, the only one of its kind in Canada, was underway.

The FSIL was launched to provide consumers with current, credible food safety information through a toll-free telephone hot line and also to collect and document food safety concerns and information needs.

The idea for the unique service originated with Sue Tenold, Alberta Agriculture Food and Nutrition Specialist in the Airdrie Office who was searching for alternative ways to provide food safety information to consumers. In 1994 she presented a project proposal to the AHEA executive located in Calgary with President Faye Forbes Anderson. To develop the parameters for the project and secure the required funding, a volunteer committee was struck including Marilyn Clark, Maureen Rice, Faye Forbes Anderson, Jane Carlyle and Sue Tenold. They were joined by Diane Rennie and this group evolved into an Advisory Committee.

A start-up Local Initiatives Grant was obtained from Alberta Agriculture Food and Rural Development. Debbie Brekke was hired as co-ordinator and Pat Inglis was contracted to work part time on marketing and promotion. The growing number of calls were answered by Brekke in her home office. Other home economists who occasionally helped Brekke staff the line included Patti Rathwell, Linda Whitworth and Maureen Rice. In October 1996 an Edmonton telephone number was added, staffed part time by Debra Mudryk.

Starting in February 1997, several AHEA members volunteered to follow up press release mailings to media and recommend marketing opportunities in their areas. They included Cindy Trigg in Lloydminster, Nan Bartlett in Fairview and Leslie Collins in Red Deer.

During that year, the Food Safety Info Society (FSIS) was set up to administer the FSIL and it was granted non-profit society status on October 24, 1997. Its volunteer board of eight directors represented a broad spectrum of government, academia and the agri-food industry. Diane Rennie served as President, followed by Sue Tenold. In 2002, Simone Demers Collins began a term as President.

The Alberta Agriculture grants continued for three years in decreasing amounts to encourage FSIS to pursue independent funding. In 1997 a Canadian Home Economics Association Foundation Grant was secured to produce a business plan for national expansion and financing of the FSIL. Brenda White developed the plan during the summer.

In September 1997, FSIS received a CARDF Grant from Agriculture and Agri-food Canada, managed by Agriculture and Food Council of Alberta for enhancing the line's marketing and promotion. This allowed the FSIL to focus on development of different kinds of consumer education resources including factsheets on food safety issues and a 12-page food storage booklet. Staff also worked more actively with and developed joint projects with the commodity boards. With the Alberta Canola Producers, they staffed a booth in three Women's Shows in Calgary, Edmonton and Red Deer, which focused on food safety.

In 1999 a second CARDF grant was received to develop fund raising strategies and resources. This eventually resulted in financial support from agricultural commodity boards, retailers, producers, as well as provincial and federal governments.

The services of the line were expanded to include British Columbia, the North West Territories, the Yukon and Nunavut and, in the fall of 2000, Saskatchewan and Manitoba.

Debbie Brekke resigned December 1, 1999 and Jane Carlyle replaced her as FSIL co-ordinator in Calgary. Debra Mudryk in Edmonton resigned in the summer of 2001. Pat Inglis continued work part time in Calgary on marketing and promotion, as well as answering the line.

In 2002 approximately 4300 consumer calls were received by the FSIL. By far the largest volume of calls fell into the categories of food storage, handling and preparation. Common questions asked of the Food Safety Info Line staff:

- "How do I properly thaw meat?"
- "How far in advance can I prepare food?"
- "How can I tell if something is thoroughly cooked?"
- "How long can various foods be stored?"
- "Can foods be safely consumed past their Best Before Date?"

During the past seven and one-half years Food Safety Info Line staff answered over 21,000 calls.

The Food Safety Info Line is an example of Professional Home Economists having an idea, making a plan, taking action and developing a successful project.



## HEART SMART PROGRAM

by Nancy Craig, PHEC

At the April 1988 AHEA Annual General Meeting a motion was passed in principle to co-sponsor a cooking program with the Alberta Heart and Stroke Foundation as part of its new provincial Heart Health Education. The program was called Heart Smart. Home economists would teach or manage the cooking classes on a local basis.

Heart Smart was launched in Edmonton and Calgary in September 1989 and was designed to inform Albertans about heart healthy foods and to help them make Heart Smart choices in shopping, cooking and eating out. The goal of the program was to raise awareness and provide information to the public about the importance of diet to good heart health.

The Heart Smart program had a number of components. These included:

- Heart Smart cooking classes scheduled throughout the province
- Heart Smart food classes at Alberta fairs and exhibitions
- Heart Smart restaurant program
- Heart Smart shopping program
- The Lighthearted Cookbook written in co-operation with the Canadian Heart Foundation.

Sixty-nine fairs and exhibitions participated in the Heart Smart food class program the first year.

AHEA assigned branch coordinators to work with the Heart & Stroke Foundation of Alberta in coordinating the cooking courses: Kathy Keeler (Calgary urban), Donna Large (Calgary rural), Yvonne McNicoll (Edmonton urban), Tracey Sissons (Edmonton rural), Natalie Dewhurst (Fairview), Marilyn Olajos (Red Deer), Linda West (Lethbridge) and Carol Selte (Vermilion).

Suzanne Monk Galesloot was the first Heart Smart program coordinator working for the Alberta Heart and Stroke Foundation. Sylvia Kong replaced Suzanne in 1990.

Heart Smart Cooking course instructors were required to attend a day-long orientation provided by the Heart and Stroke Foundation of Alberta. A manual outlined the course program. The instructors were expected to set up a minimum of three cooking courses within two years. They were originally paid \$250 per course and participants were charged a \$35 fee, or \$25 for seniors.

AHEA's sponsorship of the main program ended in June 1992. However, a revised short course targeting low income people was approved for further sponsorship.

The most active Heart Smart instructor was Calgarian Pat Inglis, who facilitated 22 four-session courses and eight one-session courses.

Pat recalls, *"During the some six or seven years, new techniques and ideas for low fat cooking were developed and superb cookbooks were published; the concept of heart healthy food changed from a denial of gourmet goodies, of limited menus and fairly plain basic recipes to healthy flavourful food with lots of variety. As professional home economists we were uniquely equipped, not only to teach the nutritional information, but to package it in healthy good tasting food. It was rewarding as an instructor to be helping guide students' choices to a healthier diet and inspire them to make life-long changes in their eating habits. The challenge was satisfying the various needs and interests of the students. They might have included young professionals wanting to practice healthy eating habits, young moms wanting to instill good eating habits in their children, people managing heart disease themselves or in their families, and cardiac nurses who counselled heart patients.*

*The four-session information packed course allowed time for students to start making changes and share their efforts and success with others in the class. One lady told the class, 'I tried your lasagna and everybody in my family loved it. Nobody missed the salt'."*

The Alberta Heart and Stroke Foundation and the Alberta Home Economics Association were leaders in developing awareness of heart healthy food lifestyles. By the time the formal Heart Smart program was phased out in February 1995 "to make room, financially and practically, for a new initiative", low fat diets and active living were common ideas in society.

The media, the cookbook publishing industry, food manufacturers, restaurants, grocery outlets and cooking schools all jumped on the bandwagon to offer consumers healthy heart choices. The general public was left with an abundance of resources that could help them achieve a healthy way of living, if they so desired.

## ☞ HOME ECONOMISTS IN BUSINESS (HEIB) ☞

In the early 1980s The Home Economists in Business Section was a Standing Committee of the Canadian Home Economics Association and later HEIB was represented in the Professional Practice Groups of CHEA. In order to be a member of HEIB it was mandatory to hold a CHEA membership. HEIB Annual meetings were held during the CIEA Conference. On a national level HEIB's were involved with such activities as producing a metric handbook and providing input on bilingual vocabulary for food labelling. At the local level HEIB members met on a regular basis to network and to keep up to date.

### ☞ EDMONTON HOME ECONOMISTS IN BUSINESS ☞

*by Yvonne McNicoll*

Edmonton Home Economists In Business has been and continues to be a lively organization for contract home economists, retired home economists and those in non-traditional roles.

#### **1980-81 Programs included:**

- Projecting a Professional Image, by Vernis McQuaig, co-owner of John Casablancas/Elite School of Modeling
- A networking session with Lana Black, Director of Edmonton Women's Network
- Decorating and Investing in Photographic Art by Con Boland, Middle Earth Photography Ltd.
- Guest Speaker, Doris Badir, Dean of Home Economics, U of A

In January 1981 the motto was: "If you haven't already joined the group, you're missing out on an opportunity to mix and meet fellow home economists in the business world."

The 1990s found an increased interest in HEIB as many home economists left their positions through attrition, change of company focus or personal decisions to reduce work hours. Many did not retire, but started home based businesses and worked on a contract basis.

In the mid 1990s, the University of Alberta Human Ecology Department became more involved with HEIB and Kathryn Chandler, one of the instructors, encouraged students to attend the lunch meetings. HEIB members now sponsor the students by paying lunch costs. Twenty to twenty-five students attend meetings.

Meetings are held every second month and speakers cover a broad spectrum of business and interests. Home economists and other women who are in

decision making or influential positions have inspiring stories to tell. For example, Marianne Scott (nee Macklam) owns her own art gallery and as a speaker, related the career path that resulted in her gallery. She brought several pieces of Canadian art and gave a short talk on the artist, the style of art and why she liked the particular artist.

Edmonton HEIB faced a dilemma in 2000 when executive positions were unable to be filled, not because of lack of interest among members, but because of lack of time and availability. Instead of letting HEIB fold, a few members took the initiative to restructure the organization. The newsletter was eliminated and meeting notices that included the date, time, place, menu and speaker were e-mailed.

The challenge for Edmonton HEIB is to attract and keep younger members. They bring new ideas, focus and enthusiasm – all important to the continuation of this organization.

## CALGARY HOME ECONOMISTS IN BUSINESS

**D**uring the 1980s Calgary Home Economists in Business (HEIB) had regular monthly meetings and were involved with activities which benefited their companies.

### **Cable TV Project**

In 1980 the HEIB Cable TV project got off the ground in the Calgary area on a trial basis. The objectives were to provide consumer oriented information and announcements to cover a complete range of home economics related topics and to increase HEIB's community profile. In 1981 a 12-month full-time contract was negotiated with the cable company and a home economist was hired.

### **1988**

HEIB became a special committee of AHEA Calgary Branch.

### **HEIB's Go High Tech**

In the 1988-89 year The Calgary HEIB Policy and Procedures manual and constitution were printed on a computer to facilitate annual revisions.

### **Calgary HEIB Disbands**

In 1999 the HEIB funds (\$689) were deposited to Calgary Branch account as HEIB was no longer a functioning unit.

## UTILITY COMPANIES

### BLUE FLAME KITCHEN

by Sharon Speranza

Canadian Western Natural Gas (CWNG) and Northwestern Utilities (NWU) Blue Flame Kitchen Home Economists continue to be well known as a source of sound reliable advice on virtually any household question. This information is provided mainly through their consumer hotline, which is their first priority. In addition both CWNG and NWU Blue Flame Kitchen home economists provide such other services as media requests, demonstrations and recipe testing for publications and cookbooks. (CWNG specialized in developing high altitude tested recipes.)

Throughout the 1980s NWU cut back on the scope of programs offered, including demonstrations and group talks. Instead they concentrated on their phone lines (hotlines), recipe testing and media requests. The consumer hotlines are still manned by part time staff, handling tens of thousands of calls every year.

CWNG on the other hand saw a drastic increase in demand for cooking schools and group talks. Requests led to such new programs as bread making and preserving. To accommodate customers, the Christmas and Barbecue courses were offered at Canadian Western District offices in Calgary (1985-1997). In 1990 demonstrations were expanded to include the Calgary Stampede Creative Living Kitchen (presently done by ATCO Blue Flame Kitchen), the Calgary Home Show and Calgary District Schools.

Due to the high demand for demonstrations many of these programs were videotaped. In 1988-89 the videotapes were compiled with previously recorded TV programs into a video library consisting of 22 tapes called "The Perfect Setting". This collection was donated to the Calgary and Lethbridge Public Libraries, Calgary School Boards and Access TV.

Annual publications have remained very popular. ATCO Gas Blue Flame Kitchen has won two National Barbecue Association awards for best new cookbook under \$15 US for their 2000 and 2001 Barbecue Cookbooks.

It was a total shock to many that in December 1997, CWNG permanently closed its two offices in Calgary and Lethbridge. Fortunately the Blue Flame Kitchen in Edmonton (called ATCO Blue Flame Kitchen since 1999) was not affected. The CWNG closure put eight professional home economists and two support staff out of work. The news surprised the public and CWNG received many phone calls and letters of concern and complaint.

AHEA voiced their concern to senior managers at CWNG, as did Calgary Branch. Unfortunately the decision was final and Calgary Branch took steps to ensure that the extensive collection of cookbooks, recipe sheets and publications was donated to schools as well as to Continuing Education. CWNG provided the Alberta Home Economics Association with one copy of all the Blue Flame Kitchen publications and a copy of the Blue Flame Kitchen computer data which contained (besides other information) all the recipes tested since 1985 (approximately 5,000 recipes). Unfortunately, the other 15,000 tested recipes on card files were destroyed.

In 2001 the above information was given to Edmonton's ATCO Blue Flame Kitchen to help them with the many requests that come from all of Alberta due to the toll free line established in 1999.

ATCO Gas Blue Flame Kitchen in Edmonton employs nine professional home economists; Barbara Barnes is the Supervisor. As in the past, they continue to focus on offering consumers up to date, reliable information on almost any topic to do with the home, with one slight difference – now they not only focus on gas but also on electric issues. In 2002 they expanded their services to include a web site: [www.atcoblueflamekitchen.com](http://www.atcoblueflamekitchen.com)

Two professional home economists, Evelyn Erdman and Joyce Pearson, were driving forces behind the Blue Flame Kitchen and how well known it became. They each dedicated 35 years of their careers to the Blue Flame Kitchen; Evelyn (1955-1990) as Home Service Director in Calgary and Joyce (1963-1998) as Supervisor of Blue Flame Kitchen in Edmonton.

### ELECTRIC UTILITY COMPANY HOME ECONOMISTS

*by Yvonne McNicoll, Audrey Kuzyk, PHEc and Monica Curtis*

**D**uring the 1980s the focus of home economists employed at the electric utility companies (Alberta Power, Edmonton Power, The City of Calgary Electric System and Transalta Utilities) changed from home service information to the marketing of electrical energy management programs. With this change in focus came a new name. Home economists were called Residential Energy Advisors.

The information and educational programs delivered to the customer were on residential energy use, including electrical safety, energy conservation and consumer buymanship on major electric appliances and equipment for the home. The four electric utilities worked together in researching and developing the consumer information and programs. A quarterly newsletter called "Interconnect" was developed for professional home economists.



Promotions such as "The Old Fridge Round-up" were offered under the Power Smart name.

This cooperative approach extended to the commercial sector. School programs grew in importance and each utility developed its own materials but shared information. The school programs offered complete lesson plans or programs with units on energy conservation and electric safety. Cooperative efforts, including referral of calls to respective utility service areas, continued until the mid 1990s when the first stages of electrical industry deregulation were implemented.

By the end of the 1990s Edmonton Power (now EPCOR), Alberta Power (now ATCO Electric) and The City of Calgary Electric System (now ENMAX) had quietly dropped or scaled down their school programs. Consumer calls were directed to a call centre where the staff continued to use the educational materials developed by the residential energy advisors.

The education component for adult customers including the buying and consumer decision-making information had also been dropped. The 50 to 60 annual community and/or school presentations on energy use and electrical safety that showed customers how to improve their energy efficiency at home, and how practices and equipment affected the energy bill, were no longer offered. These presentations had once been given to the Chambers of Commerce, church groups and mothers' time-out groups. Participation at community events such as local fairs and school workshops had also been curtailed.

As the electric utility industry changed, home economists adapted their diverse skill set to meet the new challenges. Some of the Residential Energy Advisors took on new positions within their respective utilities, becoming part of new marketing groups focusing on customer satisfaction research, customer service strategy and the development of revenue producing energy management services such as energy audits, green power programs and e-commerce. Others sought employment outside of the utility.

# Going Beyond

---

## Our Geographical Borders

### INTERNATIONAL DEVELOPMENT

by Kathy Deyell, PHEc; Marie Slusar, PHEc; Glenda Molgat, PHEc; Bettie Ditzler, PHEc

#### NATIONAL HISTORY

In the early 1970s the Canadian Home Economics Association (CHEA) became committed to utilizing the skills of Canadian home economists in international development. The first national International Development Committee was formed in Ottawa in 1976, chaired by Dr. Jean Steckle.

The International Development Program had two facets – Professional Partnership (sometimes called “twinning”) and Development Education. Volunteers on provincial or branch international development committees in Canada, in conjunction with home economists overseas, initiated, planned and executed the projects. CHEA provided administrative (and at times moral) support; the Canadian International Development Agency (CIDA) provided funding.

In January 2001 in response to CIDA’s new Social Development Priorities, CHEA changed its International Development (ID) focus from supporting several projects in several countries to the development of a collaborative program between universities, home economics associations and frontline government or non-governmental organizations in Canada and overseas. Part of the new five-year mandate included the ID Training Program, focusing on leadership development for members, young professionals, overseas partners and leaders.

#### ALBERTA HISTORY

The Alberta Home Economics Association (AHEA) added an International Development (ID) Coordinator board position in 1982 to oversee and support twinning and development education projects throughout the province, to undertake special projects such as organizing



Betty Wolfe  
First AHEA International Development  
Coordinator (1982-86)



workshops and to liaise with the CHEA International Development (staff) Officer in Ottawa. These Coordinators typically recruited a small team to form an ID Committee. The ID Coordinator role was filled until 1995 when most branches dropped their ID projects and the need for a provincial coordinator no longer existed.

AHEA International Development Coordinators were Betty Wolfe (1982-1986), Kathy Deyell (1986-1988), Lynne Nieman (1988-1990), Martha Munz Gue (1990-1991), Kathy Deyell (1991-1992), Betty McArthur (1992-1994) and Marilyn Olajos (1994-1995).

Some of the initiatives of the ID Coordinator role included:

- Travelling Workshop (1987) - Women and Development, facilitated by Doris Badir and Dr. Eloise Murray, both on the Home Economics Faculty, University of Alberta. It was held in Lethbridge, Red Deer, Calgary and Edmonton.
- International Development Bulletin (1987-1988) - produced twice yearly and included with the AHEA newsletter. Funded by CHEA, articles included development issues, International Federation for Home Economics (IFHE) involvement and progress reports on Alberta branch twinning projects.
- AHEA Annual Conference (1987) - Arranged for Dr. Richard Stuart, an African historian and chair of the Arusha Board of Directors, to speak on *The Creation of Three Worlds*.
- IFHE (Minneapolis) Post Congress Tour of Calgary and area (1988) - Planned and hosted a reception for tour members at the Deane House at Fort Calgary.
- Edmonton Workshop (1992) - Organized Beyond Our Borders, Refugee and Immigration Issues.
- CHEA I.D. Connections Newsletter (1993) - Produced this issue which focused on refugee and immigration concerns.

## **HIGHLIGHTS OF AHEA'S INTERNATIONAL DEVELOPMENT AND DEVELOPMENT EDUCATION PROJECTS**

AHEA branches involved in international development projects found their experiences to be extremely rewarding, enlightening, sometimes frustrating, but always enriching.

## ☞ CALGARY BRANCH AND INTERNATIONAL DEVELOPMENT ☞

1981-1988

Calgary Branch formed the first International Development Committee in April 1980 and proceeded with a twinning partnership with the Sierra Leone Home Economics Association (SLHEA). The joint project involved the establishment of a day care centre for children of low-income families in Freetown, the capital city of Sierra Leone. Much committee time and effort went into the development of project proposals, arranging study tours and, of course, "measurement of success" documentation. A summary follows.

### **Phase 1: Study Tour in Alberta – October 1982**

Mrs. Pamela Greene, the SLHEA representative, came for a study tour in Calgary and Edmonton to learn first hand about training, facilities, staffing and administration of day care centres. Calgary Branch members had an opportunity to meet Pamela and learn about Sierra Leone and the planned project at a branch meeting that included a western barbecue and the "White Hatting" of Pamela.

### **Phase 2: Consultancy Service in Freetown – March 1984**

A Canadian consultant, Dr. Sheila Campbell, spent four weeks in Freetown providing vocational training to 40 young women. It involved an intensive two week training program on early childhood education, sharing expertise in the development of an early childhood education training course at the local YWCA and providing technical assistance to SLHEA on the establishment of a day care centre.

### **Phase 3: Establishment of the SLHEA Day Care Centre – February 1985**

The SLHEA acquired a site for its first day care centre, made renovations, equipped and staffed the location and opened February



*White Hat Ceremony  
Pamela Green of Sierra Leone Home Economics Association became an honorary Calgarian while on a study tour of the Calgary area (Calgary-Sierra Leone twinning project)*

1, 1985 with a Director, two aids and one caretaker. By January 1986 the total enrollment had grown to 45 pre-schoolers and 12 infants and staffing had increased to three aids.

#### **Phase 4: Review-Tour by Calgary Branch to Sierra Leone – February 1986**

Calgary Branch members Barbara MacDougall and Kathy Deyell spent two weeks in Sierra Leone discussing the progress of the SLHEA Day Care Centre, meeting with day care parents, and determining future needs of the Centre and the potential for future SLHEA day care centres. They visited other nursery schools and day care centres for comparison, and saw how home economics was being taught in high schools, vocational training schools and teacher training colleges. Following this tour Calgary Branch members collected and sent a large box of toys and books to the SLHEA day care centre.



*Sierra Leone Home Economics Association Day Care Centre*

The Sierra Leone home economists showed the Calgary Branch members outstanding and particularly generous hospitality, given the state of their economy, and the volatile political situation at that time. However, the local police service was less hospitable, surprising (and frightening) the Calgarians one day in their hotel by demanding a thorough search of all their belongings.

#### **Phase 5: Evaluation**

In 1987 a consultant-led evaluation and needs assessment with the Calgary ID Committee resulted in a recommendation for SLHEA to carry out their own needs assessment for Phase 5. Unfortunately it appeared that their human resources were not able to carry on with this phase and the project formally ended in 1988.



*Sierra Leone Home Economics Association Day Care Centre*

## Development Activities

## Education

Calgary's ID Committee also planned several development education events for branch members. One of the more memorable was the 1986 World Home Economics Day: "Rich Woman - Poor Woman" dinner. The point of the evening was quickly grasped as some members feasted on a three-course meal while others ate only rice and water. Guest speaker Doris Badir, Dean of the Faculty of Home Economics, University of Alberta, discussed the International Federation for Home Economics and her role as President.



*Sierra Leone International Development Tour  
L to R: Barbara McDougall, Sierra Leone Home  
Economist, Kathy Deyell*

## EDMONTON BRANCH AND INTERNATIONAL DEVELOPMENT

### 1986-2001

Edmonton Branch initially explored a partnership with the Philippine Home Economics Association (PHEA). The branch hosted an information evening and Philippine buffet dinner for members and U of A home economics students in the fall of 1986. Unfortunately, due to a change in the Philippine government, communication became difficult and the partnership was dissolved in 1988.

In 1988 CHEA asked Edmonton Branch to consider a request from the Egyptian Home Economics Association. The Edmonton IDC immediately organized the World Food Day event to focus on Egypt. It included the following:

- an Egyptian dinner prepared by the International Development Committee members (see menu on next page)
- a speaker, Doris Badir, on Egyptian culture
- a slide-tape presentation, "A Question of Food"
- a round-table discussion on world food issues

## EGYPTIAN DINNER

### Tropical Juices

**Tahina (Taratoor)** (*Sesame sauce*)  
with fresh vegetables

**Warak Anab (Dolmeh)** (*Grape leaves with rice and meat stuffing*)

**Mashi with Chacik** (*Stuffed summer squash with cucumber-yogurt sauce*)

**Koubebah** (*Meat crust with onion-pine nut topping*)

**Tabbouleh** (*Crushed wheat, tomato, mint, and parsley salad*)

### Pita Bread

**Mihallabiyya** (*Rice flour dessert*)

**Baklava** (*Phyllo pastry with walnuts and honey syrup*)

Tea

Coffee

After several attempts by Edmonton to communicate with Egypt, a connection was made in late 1989. After two years of correspondence and planning with Egypt, EHEA, CHEA and CIDA approved a project proposal for a feasibility study. Two Edmonton home economists, Marie Slusar and Rhonda Reid, went to Cairo in April 1992 to develop the project. In August 1992 Cairo home economists Afaf Sobhy and Hoda Ibrahim came to

Edmonton to continue the development of a project proposal and to study nutrition education programs in Alberta. The two associations worked together to design a nutrition program for the mothers of young children. They initiated the idea of training recent graduates in home economics to carry out the extension programs in nutrition.



*First nutrition education project planning meeting of Edmonton and Egyptian home economists in Cairo, Egypt, May, 1992  
Dr. Mona Kader, Dr. Hoda Ibrahim, Marie Slusar (Edmonton), Dr. Seham Moussa, Dr. Afaf Sobhy, Dr. Hanaa Hamed, Dr. Afaf El-Gedaily, Rhonda Reid*





*Meeting to arrange for nutrition education sessions at nine child care centres in Cairo, Egypt April 1993  
Marie Slusar, AHEA Edmonton Branch; Ahmed Amin, two Ministry of Social Affairs representatives;  
Hoda Ibrahim, Egyptian Home Economics Association*

In March 1993 Marie Slusar and Jennifer Zilm travelled to Cairo to meet with key Egyptian Home Economics Association leaders and to complete the proposal. In October 1993 Marie Slusar returned to Cairo along with Joan Kucharski to begin implementation of the project. Over the next four years, a training course for extension field workers was developed, along with resource materials based on the Egyptian Ministry of Health's food guidelines.

Twenty-two new home economists were subsequently awarded training scholarships to participate in a nutrition education pilot project. Once trained, these extension home economists were given the challenge of transferring practical nutrition information to illiterate women using non-traditional methods. A participatory approach to nutrition education was selected specifically to assist in strengthening organizational skills at the community level. Mothers were shown and given practice in making weaning foods. They were taught the importance of breast feeding, supplemental feeding at four to six months of age and home sanitation.

Nutrition education sessions were held with 258 mothers at nine childcare centres in low-income districts in Cairo. The project provided an opportunity for the home economics professional associations, the university and government agencies to work together in the community. It also provided a link between research and community needs.

In November 1995 Edmonton Branch members Dorinne Thomson and Jan Mills met with the Egyptian home economists in Cairo to review the progress

of the project and brought back a video of one of the many education sessions they attended. In August 1996 Seham Zaki Moussa came from Cairo to Edmonton to report on the progress and make plans for the future. In October 1996 Marie Slusar and Ann Peterson met again with the Egyptian Home Economics Association in Cairo. Their role was to meet with childcare centre staff, home economics trainers, home economists-in-training, Ministry officials and university officials to evaluate the project. The Egyptian Minister of Social Affairs, Dr. Amal Osman, in a newspaper article "expressed a strong will to see this project carried out throughout Egypt", in speaking of incorporating it into her Ministry's Women's Program. A Middle Eastern dinner was held in the fall of 1998 to celebrate the completion of this successful project.

Edmonton Branch was ready for the next project. On the recommendation of CHEA, they embarked on a potential partnership with the Kenya Home Economics Association (KHEA). By late 1999 the focus was on working with home economists in Kenya's Northwest Branch to support families in Maseno. In May 2000 a display was held at the annual AHEA Conference in Edmonton to inform the members.

Due to changes at the CHEA International Development level, this project was cancelled in the fall of 2001.



*Ahmed Amia, Egyptian Home Economics Association, left, arranging nutrition education sessions at the Abeline Child Care Centre, one of nine participating centres, October, 1993*

Over this time the Edmonton ID Committee engaged in several development education activities, including submitting articles to the CHEA ID Connections Newsletter on such topics as:

- Food Security and Empowerment
- Reconceptualizing of Home Economics in Canada and Africa
- Building Cultural Support for Breastfeeding
- How Guidelines on HIV and Infant Feeding Undermine the "Breast is Best"

## ☞ RED DEER BRANCH AND INTERNATIONAL DEVELOPMENT ☞

1989-1994 and 1997

In 1989 members of the Red Deer Branch were encouraged by the CHEA International Development Officer to twin with Ugandan Home Economists to assist them in establishing an Ugandan Home Economics Association (UHEA). Karen Hoover accepted the leadership role that included endless hours of proposal writing, budget planning and evaluation preparations for CIDA.



*Twinning Project - Red Deer AHEA members host Ugandan Home Economists Beatrice Katarwa, Margo Lawrence, Karen Goad, Karen Hoover, Sarah Kiyingi*



Communication with Uganda proved very challenging and broke down several times. On one occasion, Karen was unable to get through to the Ugandan office because the phone lines had been stolen. Another time, when trying to fax, she discovered that they had no fax paper and none would be available for a whole week.

In 1990 Karen and Kay Dean made the first trip to Uganda. The main purpose was to meet the Ugandan home economists and to take money to them to be used to establish their association. For security in transporting the money, Karen sewed pockets into her bra. Travel was via Kenya and when leaving the Nairobi airport, everyone was frisked. The armed female guard felt the lumps created by the money, and demanded that Karen pull it out to show her.

During the time in Uganda, Karen and Kay were taken to visit many projects, treated very well and given many gifts. The most memorable gift was a live hen given to Karen, who had to mask her fear of chickens. Much time was spent completing CIDA forms in order to document work expenses and volunteer hours.

In 1991 Ugandan Home Economics Association members Sarah Kiyingi and Beatrice Katarwa visited Canada and central Alberta. In December of 1991, Karen Hoover and Karen Goad returned to Uganda to participate in the first national biennial general meeting of the Ugandan Home Economics Association, which had grown from 50 to 69 members with a goal of 100 in the next year. They elected regional representatives and carried out a survey to determine how to best serve their members' professional needs. They also carried out a policy makers' survey to determine their understanding of the home economics profession in order to have base line data for measuring the impact of future initiatives on this group of people. They started a semi-annual newsletter.

In October 1992 Betty Ngalombi and Betty Gabona came from Uganda for three weeks to learn record keeping and program planning. The agenda included activities such as a program management workshop, a tour of the U of A Home Economics Faculty, a program planning session at Goldeye Centre and a tour of high school home economics programs. Keeping them warm was a major challenge!

The twinning project resulted in new activities and linkages, including one between Olds College and an agricultural college in Uganda. The Uganda teachers' education college adopted a UHEA feasibility study on baking and selling bread to generate college income and to improve student nutrition. The Ugandan Minister of Women in Development examined the partnership model for use with women's projects in the country.

Throughout the project Red Deer Branch home economists learned about Uganda and the women's roles and responsibilities and found a greater appreciation for all the conveniences in our homes and workplaces. They also learned how effective their Ugandan counterparts were in their use of policy makers and the media to get their messages across.

In 1994 during the reorganization of Alberta Agriculture, key members of the International Development Committee were transferred to other locations in Alberta and one member moved to Nova Scotia. Unfortunately, without their assistance the Red Deer Branch was unable to continue with this project.

In 1997 the Red Deer Branch participated in an International project, "*Women and Farming in Russia – Rural & Home Economy*". The project was conducted in partnership with Olds College, The Management & Agribusiness Academy in Moscow and the Yaroslavl Institute for Retraining of Agricultural Specialists in Yaroslavl, Russia.

The objective of the project was to focus on the concerns and needs of women in rural Russia by introducing the concept and establishing the position of the Home & Rural Economy Specialist. This project was carried out in three stages.

**Stage 1:** Canadian Team, consisting of Glenda Molgat PHEc; Bettie Ditzler PHEc, Milena Toncheva (translator); Al McNeil (Team Leader) and Ed Shaw (Director-International Education Olds College) travelled to Russia to carry out a needs assessment and to review the existing agriculture information system.

**Stage 2:** Five professional Russian women with agriculture experience travelled to Olds College to learn about the training process in the Alberta extension system, including the role of the home economist.

**Stage 3:** Canadian team Bettie Ditzler PHEc, Milena Toncheva (translator) and Grace Frost from Olds College travelled to Russia to build on skills learned in Canada and to introduce additional training for consultants.

#### **Project Achievements:**

- Developed a "needs assessment" process
- Identified a post-secondary institution's role in Extension activities
- Introduced tools for training consultants
- Introduced youth 4-H program
- Formed Women's Clubs to help women in rural areas overcome difficulties and develop their own initiatives

A quotation from Russia project report by Lubov Ingnetieva and Valentina Zadumina appeared as follows:

"We no longer feel the hopelessness that previously depressed our rural workers. Our rural people have started looking for solutions to existing circumstances with the help of the consultants and have begun to stand up for their interest before the Government."

This successful project was completed at the end of 1997.

## **LAKELAND BRANCH AND** **INTERNATIONAL DEVELOPMENT**

Lakeland Branch attempted to partner with the Ugandan Home Economics Association in 1992 and initiated development education projects within the branch regarding Uganda, but due to membership and travel constraints, they were unable to form a project.

## **LETHBRIDGE BRANCH AND** **INTERNATIONAL DEVELOPMENT**

Lethbridge Branch home economists focused on development education with their members and in the community. They hosted programs, engaged speakers, celebrated such events as World Home Economics Day, "10 Days for World Development" and took part in the local Learner Centre activities.

## **INTERNATIONAL FEDERATION FOR HOME ECONOMICS AND THE AHEA CONNECTION**

by Dianne Kieren, PhD, PHEc

In 2008 the International Federation for Home Economics (IFHE) will celebrate its 100th anniversary. This organization is the international arm of the Home Economics Profession. The mission of IFHE is to provide a forum for home economists to be advocates for individuals, families and households within their home countries and at the United Nations. The goal of its work is to improve the quality of everyday life for individuals, families and households around the world.

In order to do this important work, IFHE (a non-governmental organization) gathers together individuals, institutions, organizations and associations to promote home economics education in formal and informal settings.

The Federation works with many other international organizations including the Food and Agriculture Organization (FAO), The World Health Organization (WHO), the Children's Emergency Fund (UNICEF), the Educational, Scientific and Cultural Organization (UNESCO), the UN Population Fund (UNFPA), the International Labour Organization (ILO) and the Council of Europe. IFHE has volunteer representatives at the United Nations in Paris, Vienna, Geneva, Rome, New York and at the Council of Europe in Strasbourg.

The Alberta Home Economics Association has been a strong supporter of IFHE through its organizational membership and the appointment of a representative on the IFHE Council, as well as through individual memberships of home economists throughout the province. In 1982 Betty Wolfe was appointed the first Alberta Home Economics Association representative to the IFHE. In 1986 Dr. Dianne Kieren assumed the position and has served as the Alberta representative on the IFHE Council to the present.

IFHE Council meetings are held every two years and larger Congress meetings are held every four years. Recent Congress meetings have been held in Australia, Thailand and Ghana. In 1976 the Congress meeting was held in Canada. Discussions about home economics practice, sharing relevant research, and linkages with home economists around the world are important components of the meetings. Another enjoyable aspect is visiting the homes of hosting members.

During the past 20 years this organization has seen many changes and challenges. The Secretariat has moved from Paris to Bonn and there have been many financial challenges to its survival. It has survived because home

economists believe that the issues of home economics are complex global issues and that international communication is necessary to resolve these issues.

Alberta home economists have made important contributions of leadership to IFHE. Dr. Doris Badir served as the President of IFHE from 1988 to 1992 and is the only Canadian to serve in this capacity. During her term of office IFHE played a major role in developing and initiating the United Nations International Year of the Family. Doris travelled to many countries as a spokesperson for the profession and IFHE while promoting the activities that celebrated families. Her leadership and vision for home economics at the international level has had a lasting impact on the direction of programs and initiatives throughout world. AHEA played a major role in supporting the work of Dr. Badir during her term of office. Dr. Badir has received honorary degrees from the University of Helsinki and the University of Alberta in celebration of her distinguished career and leadership in home economics.

Alberta can also claim Dr. Lila Engberg as one of its celebrated leaders of IFHE. Lila was a graduate of the University of Alberta. While Lila did much of her professional work in Ontario at the University of Guelph, her Alberta roots and connections continue to be strong. She has been a driving force in "hands on" work and leadership in home economics in Africa and Eastern Europe. She has led countless workshops around the world for home economics. She was recognized as a Distinguished Alumnus of the University of Alberta for her international work for IFHE and other groups.

Over the past 20 years IFHE members have seen a dramatic shift in the means of communication – from letters and personal visits to video conferencing, email and web pages. No matter what the form of communication, through the work of IFHE, Alberta home economists continue to link with colleagues around the world to help address the critical issues of individuals and families.

# Scholarships

---

## and Bursary

### ☞ AHEA SCHOLARSHIPS AND BURSARY ☞

AHEA has supported students studying at the University of Alberta by providing annual scholarships. The Centennial Scholarship, valued at nearly \$3000, was divided in May 2001 to create the Helen Bentley Bursary.

- *Mabel Patrick Scholarship*: \$2000, awarded annually to a student with superior academic achievement entering third year of a program leading to a BSc in Human Ecology. The recipient is selected on the basis of academic standing during the first two years of study.
- *Centennial Scholarship*: \$1000, awarded annually to two students on the basis of superior academic achievement entering their second year, with one scholarship going to a student in Human Ecology and one to a student in Nutrition and Food Science.
- *Helen Bentley Bursary*: \$1000, awarded annually to a student with a minimum GPA of 6.5 entering the second, third or fourth year of the BSc degree program in Human Ecology. The recipient is selected on the basis of academic standing with preference given to a student with a demonstrated financial need.

Edmonton and Calgary Branches have endowed several other scholarships. Eight of the scholarships and the bursary are awarded through nomination by the Faculty of Agriculture, Forestry and Home Economics; one scholarship is awarded by the Department of Secondary Education.

# Awards

---

## ☞ AHEA AWARDS ☞

### **FELLOW**

This is AHEA's most prestigious award. It is awarded from time to time to professional home economists who are active members with distinguished careers in Home Economics – persons who have made or are making a distinct contribution to human welfare which in some way strengthens home and family life in Alberta. It recognizes outstanding accomplishments in home economics, integrity, scholarship, breadth of knowledge, leadership, experience and service to the community. Only one Fellow Award is given per year.

### **DISTINGUISHED SERVICE**

Initiated in 1986, these awards are presented from time to time to members who have given outstanding service to, or on behalf of AHEA, thereby furthering the purpose, goals and development of the profession. More than one Distinguished Service Award may be given per year if appropriate.

### **HONORARY MEMBER**

Is awarded from time to time to distinguished individuals who have attained eminence through their contribution to the profession but who are not eligible for membership in AHEA. Note that this does not bestow any of the rights and privileges of a Professional Home Economist.

<b>Date</b>	<b>Fellow Award</b>	<b>Distinguished Service Award</b>	<b>Honorary Member</b>
1980	Norma Bannerman		Berry Garbutt
1981	Helen Bentley		
1982			
1983			Audrey Cartwright
1984	Dr. Anne Kernalguen		
1985	Barbara Cousens		
1986	Doris Badir		
1987	Shirley Myers		
1988	Barbara MacDougall	Dr. Betty Crown	
1989	Edith Zwadiuk	<u>Registration Committee:</u> Helen Bentley Dr. Elizabeth Empey Lorraine Green Irene Leavitt Joyce Lencucha Barbara MacDougall Arlene McKay Elizabeth Mullen Shirley Myers	
1990		Muriel Shortreed	
1991	Arlene McKay	Barbara Klinke	
1992	Dr. Betty Crown	<u>For Federation work:</u> Faye Forbes Anderson Marilyn Clark Barbara Cousens Mary Ann July Diane Luke Deborah Mayberry Shirley Rebus (Laurana Rayne)	Jean Fraser
1993	Barbara Klinke	Loretta Winia	
1994	Dr. Dianne Kieren	Glenda Everett	Janice Cameron Lowe
1995		Linda St. Onge Bernie Webb	
1996	Barbara Cunningham	Jane Carlyle Marilyn Clark Karen Hoover Diane Rennie Maureen Rice Sue Tenold	
1997		Glenda Molgatt	
1998		Leslie Collins Linda West	
1999		Bettie Ditzler Linda Henderson Teresa Petriw Judy Scott	
2000		Carmen Andrew	
2001		Betty Birch	
2002		Dr. Betty Crown Faye Douglas Phillips	



# *Past*

---

## Presidents

### **AHEA PAST PRESIDENTS 1980 - 2002**

1980-1981	Sharon Pisesky
1981-1982	Arlene McKay
1982-1983	Barbara Cousens
1983-1984	Elinor Burwash
1984-1986	Shirley Rebus (Laurana Rayne)
1986-1988	Mary Ann Joly
1988-1990	Linda St.Onge
1990-1992	Susan Meyer
1992-1994	Glenda Molgat
1994-1996	Faye Forbes Anderson
1996-1998	Linda West
1998-2000	Gail Lemke
2000-2002	Margurite Thiessen