

November 2009 Newsletter

** Join Us
for*

“Living Green”

*An Evening with Ed Lawrence **
Author of “Gardening Grief and Glory”*

accompanied by an Almonte-area Organic Farmer

Monday, November 30

at

The Ottawa Citizen Conference Centre

1101 Baxter Rd. (Free Parking)

7:00 p.m.

Refreshments

Donations for the scholarship fund will be collected

Reserve @ 613-737-3663 by November 24

OR PersonalPetals@gmail.com

**Friends and Partners Welcome*

*** Books and book signing by Ed*

HAT DAY 2009

On October 20th, 15 members of the Association, and two of my sewing neighbours, got together and assembled 204 hats, cut 6 scarves and designed and made a tasseled purple throw. Of these, 100 children's hats will go to the Snowsuit Fund, 66 men's hats and 3 scarves will go to Centre 507, and 38 women's hats, 3 scarves and the throw will go to Cornerstone.

Thanks go to the following: to Gail Nevraumont, Carol Badenoch & her friend Alison Ivey for donations of fleece, to Luba Brown for shopping and purchasing bargains, and to Ellen Boynton for arranging use of the room at Bells Corners United Church.

Thanks also to the great crew: Elizabeth Ames, Lorna Boyko, Ellen Boynton, Carol Esdale (who drove from Cornwall!), Dorothy Knowles, Judy Leeson, Linda Reasbeck, Diane Stump, Elaine Silverthorn, Margaret Torrance, Ellie Topp, Margaret Torrance, Adele Upton, Kim Zidyouski and my neighbours, Lynne Culley and Maxine Robertson.

They are wonderful cooks, so we had a delicious pot-luck lunch, and Ellen and Linda provided beverages.

I hate to tell you all this, but there's some fabric that I didn't have time to cut - enough to think about doing it again next year.

Elizabeth Lee



Ottawa Archives Donation

In August a donation of Ottawa HEA archival materials including annual reports, newsletters, meeting minutes, membership directories, project materials, etc was made to the Ottawa City Archives. Along with these records from 1995-2005, a box of files from the Ottawa-Thailand Home Economics Association Twinning Project was also donated. Serge Barbe, Community Records Archivist, expressed appreciation for the receipt of these materials as part of the City's overall historic record.

Ellen Boynton, PHEc



From Margaret Dickinson

Margaret will be appearing on CTV's Canada AM at 8:40 AM on Friday, 20 November. The segment will include a focus on cocktail etiquette.

Margaret



Meet Susan Hallam, P.H.Ec.

(This article first appeared in OHEA's Fall 2009 Edition of Newslink)

Executive Director Of Quinte Gardens Retirement Residence



Susan Hallam, P.H.Ec. has spent most of her 40-year career in some aspect of retirement home management, from advising on building plans and designing institutional kitchens to managing a diverse staff and approving menu plans while always helping residents to feel 'at home'. "I love what I do - the seniors are my family," says Hallam who continues to upgrade her skills through courses in Long Term Care Senior Management. Clearly, she has no plans of her own to retire.

A native of Port Hope and a Home Economics honours grad from Kemptville College, Susan (Creighton- in those days and yes - a former student of Linda Reasbeck, P.H.Ec.) taught for a year in Renfrew before joining Versa Foods (Aramark) where she worked for over 20 years. For eleven of those years she served as District Manager for the Healthcare/Business/Education Divisions of Versa, in a territory that stretched from the Quebec border to Bowmanville and north to Thunder Bay.

In 1992, Susan became the Executive Director of Rideau Place on-the-River - a Five-Star seniors' residence reminiscent of the fine upscale hotels of bygone eras. Subsequently, she served in the same capacity for three other Ottawa-based retirement homes - her skills and experience often sought on the ground-breaking plans of new projects. Well-known for her special warmth and caring, Susan works closely with families and residents to help maintain a desirable quality of retirement life.

In 2006, Susan and her hubby Bill, moved from Ottawa to their winterized cottage on the shores of Moria Lake. While Bill retired, Susan became the Executive Director of Quinte Gardens in Belleville - once again helping to oversee the establishment of a new facility. "Susan's number one priority is the well-being of our residents; she is always available to meet with them or their families to discuss issues of concern - or just for a friendly chat", reads the Quinte Gardens' website. "In fact, there are several summer day trips with residents to the Lake where all enjoy the scenery and pontoon boat rides."

Susan was recently named to the OHEA Board of Directors as a representative for QHEA. She is a Member of the Board of Directors for the Alzheimer's Society, and of the Belleville Chamber of Commerce. She is also a member of the Belleville, Rural Health Sciences Network and served on the Board of Directors of Ontario Retirement Communities Association for over 6 years.

In 2008, Susan was nominated for Business Women of the Year, in Belleville.

OHEA (and Ottawa HEA) salute Susan Hallam for her successful career and for her many contributions to home and retirement life in Ontario. She is a true professional - and one who is missed by Ottawa HEA.

by Mary Carver, P.H.Ec.

It starts with...Cathy Enright, P.H.Ec.[National Public Service Week Profile]

Each and every one of us is a consumer, and as a dedicated communicator, professional home economist, and loving mother of three, **Cathy Enright, P.H.Ec.** has served as a champion for Canadian consumers throughout her career in the public service.



Cathy Enright, P.H.Ec.

Cathy has been devoted to Canadian consumers ever since she graduated with a science degree in home economics from the University of Ottawa, and began work as a public relations officer for a national food company. Her public service career has followed a path from the Canadian Metric Commission, to Consumer and Corporate Affairs, and then to Industry Canada and her present position as Director of Consumer Services and Outreach for the Office of Consumer Affairs. The key to Cathy's understanding of consumers is that she recognizes Canadian consumers as individuals.

Throughout her career Cathy has helped build the future of the public service by acting as a mentor and role model for students and young professionals. She has hired numerous students and young people, and has spent a large portion of her time and energy investing in their careers and future. In 1999 Cathy won the coveted Mentor of the Year Award from the University of Alberta.

When asked to name her proudest achievement, Cathy talks about balance, and her ability to work part-time for 17 years and still have a successful career. "I've contributed to the government through my work," she says, "and in turn being a public servant has contributed to my life by giving

me the flexibility to stay at home part-time to raise my children and give back to my community by volunteering in school and church programs.”

Cathy feels that her own experience sends a message to other public servants that achieving a healthy work-life balance is possible. For her employees, she strives to create an environment where work-life balance is encouraged and supported. Cathy understands that being proud of what you do includes being proud of your contributions not only at work, but also to your family and your community as well.

So what is next for Cathy? As Director of Consumer Services and Outreach, Cathy leads the Office of Consumer Affairs’ Contributions Program which offers funding to consumer groups across Canada. She is now working very hard at encouraging and strengthening the consumer movement in Canada. All Canadian consumers should be proud and confident that an exemplary public servant such as Cathy Enright is working on their behalf.

Submitted by Mary Carver, P.H.Ec. OHEA Public Relations Coordinator



Lunch at Brookstreet - Profitable and Fun Kick-off to Another Year!

Sept. 22nd was a great day for Ottawa Home Economics Association. Set in the spacious and upscale setting of Perspectives Restaurant, Brookstreet Hotel, Kanata, OttHEA kicked-off yet another fiscal year. Great food was expected and delivered. The excellent turnout (29 to be exact) was pleasantly surprising - considering the lunch-hour timing and west-end venue. Great to have several teachers in attendance. Executive Chef Clifford Lyness toured the group through the professional kitchen and answered questions about the menu and management of a well-organized production team.

Thanks to all who attended and/or supported the scholarship fundraiser through the silent auction. Member’s meals were slightly supplemented by OttHEA and a copy of *Margaret’s Table* was purchased, dedicated and presented to Chef Lyness in appreciation. OttHEA realized a \$140. profit on the day. In addition, 9 Entertainment Books were sold. Look for a separate profit report from Margaret Torrance, P.H.Ec. on the coupon books. Teamwork pays off!

At this time, scholarship candidates are being selected by Ryerson and Brescia and the winners will be announced soon.

**by Mary Carver
Scholarship Chair**



Executive Chef Clifford Lyness of Brookstreet Hotel, is thanked for providing a delicious lunch and tour to 29 members and friends of OttHEA on Sept. 22nd.



Introducing Our New Members

We welcome **Nancy Wright**, and **Joan Gregoire**, in their own words:

Nancy: It is always difficult to talk about oneself but here goes: Born and raised in Ottawa; went to Ryerson, Ottawa U, and U of Toronto - Family Studies Specialist; have been teaching Home Economics/Family Studies for over 30 years; will be retiring soon - June 2010 or 2011; I teach Foods and Nutrition (Grade 9 and 12); I love all types of textile arts - mainly knitting and quilting; love to scrapbook; married with no children but lots of pets - two precious little Lhasa Apsos named Waggs and Sadie and many beautiful Himalayan kitties; volunteered at Heart Institute for nearly 20 years; good sense of humour; love people; lifelong learner.

Joan: I was born in Manitoba and received my BHEc, CEEd, and MSc. from the University of Manitoba. After working as a public health nutritionist in Nova Scotia, I moved to Ottawa in 1976 and taught Family Studies in high school with the Lanark County Board of Education, retiring in 2002. I am married with 2 adult married daughters. I spend most of my time in the garden, at the cottage or travelling. I belong to a memoir writing group and book club, and fill in the few remaining hours hiking, snowshoeing or snowmobiling. There are still not enough hours in the day!

Long-time member Doreen Cairns has moved to Salvation Army Grace Manor on Wellington at Parkdale. She does not have a phone, but is able to have visitors if you are in the neighbourhood. The doors are open from 9 am to 8 pm, but late morning, 10 to 12 would be the best time to visit.



Books For The Taking

- *Cultural / Cross Cultural
- *Decor / Crafts
- *Equipment / Appliances
- *Family / Relationships
- *Food Use / Nutrients
- *Health / Nutrition
- *Miscellaneous - on Women
- *Home Economics Pedagogy
- *Resource Management

Many titles in these categories were given by the daughter of the late Peg Hamilton after Peg's death last winter and are available to anyone interested.

A list of titles in each category is available with the year published, author, & basic dimension of the books. Lists can be sent to you on line, or a hard copy available from me -Marilyn Prevost (mmprevost@sympatico.ca) OR phone 613 231-7391 (Peg was a Family Studies teaching colleague at High School of Commerce starting in 1974 before she specialized in Guidance to finish her career.)

The books can be handed to you at the Nov. 30 Home Economics meeting, for example. Finding a suitable home for these books is what this project is about.

Thanks. **Marilyn**



Come visit St. Brigid's Annual Christmas Fair on Saturday **Dec 5th 10:00 am - 3:00PM**
Christina Lamothe of OHEA will be there:

- With a fabulous array of spa products & skin treatments
- Skin care, Face lifts and pampering of the divine and sublime sort
- Small selection of giftware: kitchen items & costume jewellery

Happy spa-lidays!

Christina Lamothe

Host your own in-home spa

613-601-9926 or 613-523-9926

www.beautipage.ca/spaottawa

xinaspa@gmail.com



experience



*Canadian Federation of University Women - Ottawa are holding a
Musical Light Lunch on Friday, November 13th at 12 noon.*

Friends who might be interested in an elegant meal with music at Le Cafe will be treated to one of Bach's Unaccompanied Cello Suites by a member of the National Arts Centre Institute for Orchestral Studies, and be able to ask her questions about her musical life.

Tickets cost \$35 and the proceeds after costs go to the upcoming conference to celebrate the 100th Anniversary of the Canadian Federation of University Women - Ottawa . Let me know if you are interested!!

for ticket information call Mary Partington at 613-829-9963 or email Mary at mpartington@rogers.com



Forwarded by OCW: the subject is a meeting, on November 18th, concerning Women's Bladder Health

Women's Bladder Health

Objectives: • To provide general information about urinary incontinence and pelvic organ prolapse

- To emphasize the importance of healthy lifestyle practices
- To discuss conservative management approaches and possible medical and surgical interventions for urinary incontinence and pelvic floor prolapse

Location: The Ottawa Hospital, Riverside Campus

1967 Riverside Drive

Amphitheatre (Lower Level)

Time: 7:00 p.m. – 9:00 p.m.

Date: Wednesday, November 18, 2009

Wednesday, April 14, 2010

Speakers: Registered Nurses & Nurse Continence Advisors

Urogynecology Clinic

Shirley E. Greenberg Women's

Health Centre

FREE ADMISSION

To register or for more information contact:

613-738-8400 ext. 81726

