

Honouring Michele McAdoo, P.H.Ec.

At our AGM on March
23rd 2018 at Brescia
University College,
Michele McAdoo
pounded the gavel one
last time. It marked her
last day as Chair of the
OHEA Board and
an eleven year span of
serving on the OHEA
Executive and Board.



Thank you Michele for your continued
support and dedication to the
Ontario Home
Economics Association.
From your friends and colleagues.

Dear Michele:

I think you already know that I feel very strongly about your many talents as a PHEc.

Over the years, I've observed your competence as a Meeting Chair, an Emcee, a Sec-Treasurer, President and Chair of the OHEA Board.

And then there was your enthusiasm to promote Homegrown and your Queen's Park interview to advance mandatory food education in schools.

In every capacity you have exhibited professionalism, excellent critical thinking and time management skills- often with humour tucked-in.

As you step away from your role as Chair of the OHEA Board, I'm sure you do so with a sense of relief but also of great satisfaction.

Yet.... 'we tend to leave a bit of ourselves everywhere we go in life' - and as a role model – you left lots with your OHEA colleagues.

Your leadership and dedication carried OHEA through thick and thin for 11 years and I (for one) am most grateful.

You and I have several common warp yarns – Kemptville College, 4-H, rural upbringing, farm life, strong family ties, Beef, a passion for Home Ec. and PHEcs.

Best wishes as you explore more opportunities in life and in your career. It's been such a pleasure to work with you and to learn from you.




With gratitude and love,
Mary Carver, P.H.Ec. - Ottawa

Please include me in sending
best wishes to Michele
McAdoo.

Thanks,
Jennifer Welsh

Please add my thanks to the
list from all of us who
recognize the long hours and
immense efforts Michele gave
to the OHEA over all those
years.

Sincerely,
Diane Burton P.H.Ec.



Dear Michele, I am so proud of you to have given so much time, energy and enthusiasm to all your support and help to the Home Economics profession in Ontario for these many years. You will be missed, but I expect still will be seen at events. Sorry I always seem to miss the spring OHEA Conference as I get older I go away for longer periods of time each winter.

I was so pleased to hear about your new job with Canada Beef, you will be a great asset to them.

Fond wishes Michelle, love to see you sometime
Margaret Howard PHEC

Dear Michele

Thank you for your energetic devotion to the Ontario Home Economics Association. Without your concerted efforts for many, many months I fear the Association would not have continued. I wish you continued success in growing the Home Economics brand and I look forward to working with you as a friend and colleague.


Cathy Enright

Hello Michele,

It has been a great pleasure to know you and to work with you over the years on professional Home Economics related projects and also on the personal level of decoration and design. May good luck and great pleasure follow you into the next phase of your life.

Sincerely,
Marjorie Paradine.





When I think of Michele I think of her many years and devotion to the Kraft Kitchen and being in awe of the idea of working in such a setting. I am so grateful that I had the opportunity to try out those beautiful facilities in recipe testing for the OHEA related cookbooks.

I am also in total awe of Michele's positive and upbeat attitude and sense of humour and her respect for her amazing parents and her roots in rural Ontario. She (like me) often credits our experiences and opportunities in 4H!

I am also in total awe of her beautiful dresses and outfits and anxiously await to see her latest styles!

Thank You Michele for your supreme leadership. May you enjoy 'retirement'. Here's to the "next chapter"!!

Diane O'Shea

Michele, a few words in acknowledgement of your eleven years spent serving the OHEA with your final years as Chair.

It was a pleasure working with you for a few of those years. I consider you the ideal person to work with on a board, bringing commitment, dedication, enthusiasm, problem solving capabilities and a team work approach.

Wishing you every success in your future endeavours and career.

Best wishes, Joan.

Joan Ttooulias

Home Economist PHEc



Dear Michele

There are many reasons why I think of you as a mentor, a colleague and a friend. I met you four years ago at the OHEA AGM & Champagne Tea at Brescia University College when I joined the OHEA Executive as President Elect. I was very impressed with your energy, knowledge of the association and leadership skills. You were always available when I had questions or needed information. I learned so much from you and I truly appreciate all that you have done for the association. The amount of time that you put into OHEA, as well as your professionalism, loyalty and devotion make you an exceptional leader and mentor for the association and our members. Thank you Michele, it's been a pleasure to work with you and I wish you all the best in your future endeavors.

Sincerely, Cindy Hartman

Dear Michele,


Thank you for your years of leadership and inspiration to OHEA and other professional Home Economics causes. We are a stronger and more relevant organization because of your passion and vision.

I recall Joyce P. and I had some good times picking your brain during a lunch when I worked at Canada Beef...who knew then that you would be working there, making your mark just a few years later. I also recall some insightful food conversations in San Francisco while we both attended a Consumer conference.

Thank you again Michele.

Sincerely,
Cynthia Cousins





Michele puts a capital P on Professional Home Economist. Enthusiastic, energetic, organized and smart, she is a role model for all home economists, experienced ones as well as aspiring ones. You have served your profession so well over the many years, both with OHEA and OHEIB, and I know you will continue to do so. Best wishes and continued success.

Barb Holland, PHEc

Michele:

It's been a pleasure knowing you especially through the Ontario Home Economics Association.

You have done an incredible job for the Association and will be greatly missed in your role.

All the best to you.
Lucy Mahood

Dear Michele,

Thank you for all your efforts to support Home Economics and its various aspects throughout Ontario. Your dedication is exemplary.


Very best wishes for continued success in all future endeavours.

Joanne Mackie

Please include my thanks and best wishes to Michele. Her time with the board was not always the easiest as we all remember but she rose above it and led the association forward through all of that. I hope she can enjoy the next phase of her time with OHEA - being a general member. Let things unfold without knowing every scripted minute. All the very best
Michele!!!!

Deb Campbell





When I think about all of the amazing PHECs I've met over the past ten plus years as an OHEA member, Michele McAdoo is the very first person who comes to mind when it comes to being a model home economist.

During one of my stints on the BOD I vividly remember Michele taking on the role of VP finance and learning her new role from scratch. I remember thinking at the time how scary and daunting it would be to take over a role with such big responsibility. I was in awe of her enthusiasm, her open curiosity about the job and her dedication to learning the job so thoroughly. When her term as VP finance came to term and she set her sights on president elect, I thought, 'wow, this woman is my HERO'.

Her dedication to the profession, even through a life-altering career change, was so admirable that it has inspired me to say 'yes' whenever I can...so I can be more like her.

Michele is an incredible member of the Canadian food community and has influence that reaches far beyond the home economics community itself. Her genuine passion for family and connection is at the heart of it all, and I couldn't be more grateful to have her in my 'tribe'.

Erin MacGregor

Dear Michele: You've been a pillar in our beloved organization and the best example of what OHEA represents.

It has been an absolute delight working with you over the years.

Thank you for everything and I do hope our paths continue to cross.

Sincerely,
Janet Butters

I've had the privilege of knowing and being Michele's friend for at least 25 years. Michele is one of the most hard-working, dependable, enthusiastic, inspiring and fun-loving people I've known. She absolutely deserves to be recognized and honoured, not only for all of the time and invaluable contributions to OHEA, but for all the good she's done for the Home Economics profession. Kudos and sincerest congratulations to Michele!



These two photos are from a 2016 Gourmet Club event which took place near Havelock, Ontario. Michele, who grew up on a cattle farm, embraced the opportunity to try her hand at fishing. Typical Michele, always a great sport, eager to try something new, and proud of her success. Never a dull moment when Michele is around!

Olga Kaminskyj, P.H.Ec.
(retired)



Michele McAdoo with her “can-do” attitude, enthusiasm, dedication and hard work embodies the core values of a professional home economist.

Michele has been one of our biggest cheerleaders and ambassador for the Ontario Home Economics Association. She has mentored new students, organized meetings and conference with her great organizational skills and her wonderful sense of humour.

Thank you Michele for your many years supporting OHEIB and OHEA. Lots of great memories when Michele organized the recipe testing of member’s recipes for the Home Grown cookbook at the Kraft Kitchens.

Wishing Michele all the best in her future endeavours.

This quote from Frank Lloyd Wright sums up Michele;

“I know the price of success, dedication, hard work and unremitting devotion to things you want to happen.”


Patricia Moynihan

Michele, your enthusiasm for our profession has been constant! Thank you for your dedication to the OHEA executive and Board. You have a way of making everyone feel welcome and valued in the Association. I wish you continued success in Home Economics, and in your personal interests.

Kindly,
Judy Fricker

Thank- you Michele for your dedication to OHEA over the past 11 years. I enjoyed chatting with you at past conferences. All the best as you pursue your new passions.

All the best, Pat Andres



As someone who was new to not only to OHEA, but also to the world of food and nutrition, you really served as an inspiration to me and a role model. From the moment I met you, you were welcoming friendly, passionate and I could see that you are a person who really likes to help others succeed and takes the time to go the extra mile. I am so happy that I got to know you over the past few years! You were definitely a reason why I chose to get involved with OHEA and I thank you for that. I wish you all the best, and only hope that I can be half the PHEC you are!

Cheers to an amazing 11 years serving OHEA!

Sincerely,
Tamara Saslove

Dear Michele,

Michele,

Thank you for your years of service in shaping OHEA to the organization it is today!. There is a tremendous amount of work that goes into being on the Board and I want you to know how much I appreciate it. Thank you for your tireless promotion of the profession of home economics!

All the best, Marnie Webb

Your boundless energy makes you the eternal “Energizer Bunny” mascot in real time!

Thank you for the cheerful effort you so willingly offered of your time and talents; not only toward OHEA pursuits but to the former OHEIB organization as well.

You are well deserving to take “time-off”!

Enjoy and Cheers!

Ilona Maziarczyk





Dear Michele,

With deep gratitude and appreciation, I want to thank you for all you've done for the Ontario Home Economics Association. An 11-year, high-level leadership commitment to a professional association is truly a significant accomplishment! It is not an exaggeration to say that your dedication and perseverance are the key reasons why OHEA continues to exist. You are an exemplary role model, and not just for young members! I am inspired by your professionalism, your integrity, your work ethic, your warm and gentle humour, and your patient and respectful demeanor with everyone you meet. Our lives are richer because we have had the honor of knowing you. Thank you again for such generosity of spirit that has benefited thousands of people ... in OHEA and far beyond.

Sincerely,
June Matthews

To Michele

You have always had that energizing spark in your approach to projects! What a great contribution you have made to promote high standards in OHEA through your many roles!

All the best in your future
endeavours!

Evelyn Hullah

I have always enjoyed Michele's cheerful, jovial and fun approach to whatever she is doing. She is a bright light, fun to be around and always giving of herself to the profession. I will miss her laughter but know she will hopefully still be stay involved. Best of luck in all your future endeavours.

Donna-Marie Pye



Dear Michele,

I remember you from attending OHEA conferences, long before I became the Administrator. When I walked into the Kraft Kitchens for my first board meeting you greeted me so warmly. I was so impressed by you as you were the President-Elect for OHEA as well as President for OHEIB and holding down a full-time job! I remember how disappointed you were when OHEIB folded and how determined you were that it wouldn't happen to OHEA. You provided lunch for the board meetings even after we weren't meeting at Kraft Foods anymore. When we launched Homegrown, you threw yourself into the promotion of the book, baking butter tarts and delivering them to the media along with the cookbooks. The last few conferences couldn't have happened without you!

Eileen Stanbury

Michele -- thank you for your tremendous dedication to OHEA and its sister organizations! I cannot believe it but I've known you for almost 19 years even if we only saw each other on a once a year or every few years.

In 1999, I graduated from Ryerson University with a Bachelor of Food and Nutrition and you along with Jennifer Welsh, Barb Holland and Carol Guylas were the first ones to welcome me into the OHEA as a PHEc with warmth and enthusiasm. You, Michele along with several others introduced me to OHEIB which helped me to understand the many possibilities in the field of Home Economics. Then I chose to go into teaching family studies and belong to OFSHEEA but I knew I was always welcome at OHEA or OHEIB. Michele, you deserve a well earned break from executive business and I hope to see you in the future at another conference or THEA meeting on the sidelines. All the best --

Camille Naranjit, PHEc.





Michele

You are the epitome of a quintessential home economist - a leader, hands on to get the job done, always with a warm smile as big as the sun, lots of encouragement with a professional attitude and appearance that is fresh and assuring.

You have been had a strong influence on sustaining the OHEA and brought new ideas and a youthful approach to bring new heads and hands to lead the organization.

Thank you for your dedication and service throughout the many years you have been involved with professional home economics associations as a role model to all P.H.Ec.

Carol Fraser, P.H.Ec.

Thank you Michele for being so dedicated to Home Economics and to us, your colleagues and friends. You will be missed on the Board, but know you will still be a huge part of the association.

Take care.

Hugs,

Susan Hallam, P. H. Ec.

Michele,

Thank you for representing us so well through all your years representing OHEA. So much has been accomplished and so many doors have opened. I know your service doesn't end here as your passion for the profession lives on.

All the best,
Cathy Ireland



Dear Michele,

Sending my very best congratulations and best wishes for a job WELL DONE! Appreciation for leading our Association in the ways you have and the various contributions you have made through the years have not gone unnoticed by the rest of us! Again Congrats in the heartiest of ways and may you always look back on your years of service with a feeling of great satisfaction and a twinkle in your eye for leading us successfully through some challenging and changing times.

Sincerely,
Christine Carson, P.H.Ec.

Mississauga, ON

Dear Michele,

My sincerest thank-you for all you have done over your 11 years with the OHEA Board of Directors.


Your enthusiasm and strong leadership greatly contributed to many successes for OHEA during this time. Congratulations and best wishes as you move on to other endeavours.

Sincerely,
Jennifer Rennie

I would like Michele to know how much I enjoyed my years on OHEA board with her when I served as Eastern Ontario representative. Michele was always so positive and efficient in all her board duties. She is a wonderful role model as a professional home economist. All the best wishes for your future endeavours Michele!

Sincerely, Elaine Silverthorn





Michele: What an inspiration
you are to others! Your
dedication to the profession is
phenomenal. You warmly
welcomed me to the OHEA
fold with your warm cheery
personality. I wish you all the
best for all your future
endeavours.

Joyce De Decker

Michele,

Thank you for welcoming me to
the OHEA Executive team and
supporting the growth of the
association. Your leadership and
dedication to OHEA is inspiring.
It has been a pleasure to learn
from you. I wish you all the best
in your future endeavors!

Cailin Whincop

To Michele,

I would like to extend my personal thanks and appreciation for years of
dedication and hard work on behalf of Professional Home Economists in
Ontario and Canada-wide! I've always admired you (Michele) as an example of
the type of professional that I wanted to be. In your various roles, you worked
hard on our behalf, but more importantly, always brought that characteristic
sense of humour to everything you did - making you a joy to work with. Thank
you for sharing your knowledge and insight freely and for being so gracious
with your time - especially when I know what long hours you put into your
jobs. You were always the first one to step up when something needed to
just get done, to mentor new home economists and students, and basically
volunteer in any capacity needed. I have many fond memories of those board
meetings at Kraft Kitchens... you spoiling us with delicious food. I am sure
that OHEA will continue to be influenced for the better, not only with the
legacy of your outstanding contributions to our field in the last 11 years, but as
you continue to impact our profession in the years ahead. Well done!

Amy Whitson P.H.Ec.



Dear Michele

Thank you for all the time energy and enthusiasm that you have contributed to OHEA. Having spent many years involved myself I have at least some understanding of what is entailed and am happy that since I handed off to you things have continued to move along and in many ways into a new era.

I hope we are able to continue to enjoy our conversations at future gatherings and I wish you all the best in your "retirement" at least from OHEA Executive and Board.

I suspect you will find something else to keep you busy as that has certainly been the case for me.

All the Best
Susan Donaldson

I knew Michele was a 'mover and a shaker' from the moment I met her at the OHEIB meeting in the Nestle kitchen so many years ago. She attended as a new grad, and the impression she made has me remembering her then still.

She went on to become a force at Kraft foods and for all home economists and now I am blessed to get to work with her daily at Canada Beef. And every day, I am grateful for the skip she puts in my step!

I am hoping that even if she is not leading our conference programs in the future, she will continue to contribute her bright ideas and enthusiasm. And knowing the generous soul that she is, I am betting that she will.

Thank you Michele for all that you have done for us!

Joyce Parslow

Michele, you have led, supported, mentored and celebrated our field of Professional Home Economics with so much contagious enthusiasm and energy for many years. We appreciate everything you do and thank you so much for your many years on the board of OHEA, including your leadership as president of our association.



From judging at the Royal Ontario Winter Fair, to being the behind the scenes supporter on the OHEA's HOMEGROWN Cookbook, while dedicating over 20 years as a Manager and Home Economist for Kraft Foods and now Executive Director Communications at Canada Beef, while celebrating food and the profession of home economics each and every day, joining in the Ontario Farm Tours, making cotton candy on the neighbourhood lawn for Halloween each year and still finding time to be a guest speaker at colleges, to teach a class on food writing, and to always lend a helping hand to friend or colleague with their own food passions and projects. Thank you Michele, from your dear friend
Susanne Stark



Dear Michele,

As an educator, one of my greatest satisfactions has been to see my graduates excel both professionally and personally. Michele, you certainly met and exceeded expectations. You were an outstanding student in the Food and Nutrition Program at Kemptville College and after graduation in 1990, continuing your education at Ryerson you once again excelled. Michele, we thank you also for graciously hosting Kemptville College students on tours of Kraft Foods.

Michele, your professionalism has been more than evident in your commitment to Ontario Home Economics Association. You have contributed time and energy to the Association, through both 'thick and thin times' that concerned both membership and finances. Your stewardship and mentorship for OHEA and its members has been outstanding, and we have been very fortunate to have had your 11 years of dedication.


Enjoy a little break from organizational responsibilities and we will see you soon at an OHEA function.

Sincerely,
Linda Reasbeck

Congratulations Michele on your outstanding service to the Profession of Home Economics through your dedication and hard work to the Ontario Home Economics Association these many years. Also to your legacy in the long history that you have of your service and leadership to other associations of this Profession and its networks.

Best wishes and enjoyment in the future.

Ann Parker P.H.Ec



Michele, I well remember when you first joined the OHEA executive and my initial impression was that here is a young person who is a dynamo and will be good for the association. How very right I was. Your contribution to OHEA has been outstanding in so many ways and I consider it a privilege that I had an opportunity to be your colleague and to learn from you.

I well remember you volunteering to host the OHEA Board meetings at the Kraft Kitchens and know that it involved many hours of extra work on your part to make arrangements and always be the first to arrive and the last to leave and to handle so many extraneous details to facilitate our gatherings. I have warm memories of your guided tour of the kitchens and you explaining the testing process to us. I will never forget the meeting where you received the phone call about your grandmother. Despite this incredibly upsetting news you carried on with your duties throughout the afternoon, you weren't about to end the discussions early and then you went on to graciously bid us all safe journey before going about the business of cleaning up and then driving home to Perth to be with family. I admired tremendously your professionalism and your composure during that difficult time.

It was under your leadership that stronger ties between THEA and OHEA were forged. Your positive attitude and collegial approach went a long way during that process.

On a personal note, I learned from you that Quebec drinks more instant coffee than any other part of Canada, it's a piece of trivia I shared on more than one occasion. I also remember with fondness your description to the Board members over lunch of your meeting with Justin Trudeau. I can honestly say that you've enhanced my growth as a professional home economist and know that through your 11 years of service you played a major role in the evolvment and growth of the association.

Your warmth, your humour, your vision of what OHEA could and should be and your positive approach to all aspects of home economics are admirable. Thank you so very much for the many things you have done for home economics and especially for OHEA. I truly enjoyed working with you.

Fondly,
Janet Dryden, P.H.Ec.





Dear Michele

You joined the board while I was
chair.

It was always so wonderful to see
your great, big smile.

You arranged for the board to use
the Kraft facilities for our meetings.
These meetings sometimes included
supper - that was always welcome as
we were all coming from our day
jobs.

Over the years you have provided a
sterling example to so many fresh,
young, new faces - people starting
down the road of serving as
Professional Home Economists.

I really enjoyed the AGM when you
brought your mom. It was fun that
she won (I think) the 50/50 draw -
something fun anyway.

Whatever the years ahead hold for
you, I know that you will meet them
with professionalism, grace and
aplomb.

Enjoy!

Margaret Murray P.H.Ec.

Dear Michele

You have done an amazing job of
representing us at OHEA over the
last 11 years. I especially remember
you being the Master (Mistress) of
Ceremonies at the OHEA
Conference, on the spur of the
moment, when Mairlyn Smith was
ill. You stepped up to the podium
with enthusiasm and grace.

I also remember your fascinating
fascinator at the OHEA tea at Brescia
when we were hosted the IFHE
Council 2014!

Thank you for all your hard work,
diligence, diplomacy, and
enthusiasm for our profession as
Home Economists.

Best wishes for an exciting future.

Marilyn Weber - Niagara Region
Home Economics Association Rep
and IFHE liaison





Photographs of Michele McAdoo, P.H.Ec.

Page 4 - Michele and Susanne Stark at Facebook Recipe Challenges; Michele at restaurant; Michele at the Farmer's Market.

Page 7 - Michele at photo session for recipes by email; Michele at OHEA Strategic Planning Meeting 2014 at Conestoga College.

Page 9 - OHEA 2018 Conference – with OHEA Board Members: Lesley Macaskill, Michele, June Matthews, Rachelle Provost, Cindy Hartman, Sandra Venneri, Cathy Enright, Cailin Whincop, Joyce De Decker; Michele at Annual Food Farm Tour; Michele introducing speakers Carol Harrison and Joyce Parslow at the OHEA 2018 Conference at Brescia University College.

Page 11 - Michele attending the 2016 Gourmet Club event near Havelock.

Page 14 - Michele and her RV passion ; Michele at 35th Annual 2014 AGM at Brescia University College - Michele with her 'fascinator' at the Champagne Tea with Susan Donaldson, Mary Johnston and Joan Ttooulis.

Page 17 - Michele and Susanne Stark at The Royal Winter Fair judging Jelly, Jams and Pickles; Michele with Joyce Parslow; Michele participating at the Food Farm tour.

Page 20 - Michele presenting the OHEA President's Distinguished Service Award to Allison Jorgens at the 2015 OHEA Conference in Toronto; Michele with 4-H Ambassador Nicole French at the 2017 OHEA Conference in Guelph; Michele with Bobby Umar, Keynote Speaker at the 2017 OHEA Conference in Guelph; Cindy Hartman presenting OHEA President's Distinguished Service Award to Michele McAdoo at the 2017 OHEA Conference in Guelph.

Page 23 - Michele working while celebrating with friend.

Page 26 - Michele and Eileen Stanbury at the 2014 AGM; Michele presenting Lynn Weaver with her PHEc certificate at the 2018 conference; Michele and Joan Ttooulis presenting OHEA Honourary Membership award to The Honourable Elizabeth Dowdeswell, Lieutenant Governor of Ontario; Michele's final AGM as Chair with Cindy Hartman and Cathy Enright at Brescia University College 2018.

Page 28 - Michele with Susanne Stark at annual cotton candy fest for Halloween; Michele celebrating with Kraft colleagues .

