



New Brunswick Home Economics Association

Newsletter AUTUMN 2018

Administration Board

President: Julie Caissie

Vice president: Annie Lavoie

Secretary: Vacant

Correspondent secretary: Anita Landry

Treasurer: Aline Landry

Registrar: Stéphanie Arsenault

Université de Moncton representative: Jeanne Godin

Moncton Chapter: Stéphanie Arsenault

Bathurst Chapter: Ida Nardini

Saint John Chapter: Marilyn Upton

Past President: Jocelyne Savoie

Table of Contents

1. President's Opening Remarks 100th Anniversary
2. Souvenir photos 100th celebrations
3. President's Report
4. Registrar's Report
5. Scholarship Committee Report
6. Université de Moncton Report
7. Chapter Reports
8. 2019 Conference
9. In memoriam

1) President's Opening Remarks NBHEA 100th Anniversary Celebrations June 2, 2018

Welcome all, to this Conference to celebrate the 100 years of the New Brunswick Home Economics Association.

I would like to acknowledge the presence of Mr. Ted Gaudet representing the City of Dieppe, the Hon. Roger Melanson, President of Treasury Board, Minister of Post Secondary Education, Minister responsible for Aboriginal Affairs, Minister responsible for Trade Policy and MLA for the riding of Dieppe. We are also happy to welcome, Mrs. Sherry Wilson, MLA of Moncton-South-West riding.

Over 35 former Home Economists who cannot be here today sent greetings and messages of good wishes to all during this commemorative event.

Did you know that our Association is the second oldest in our province ? It was formed only one year after the NB Medical Society.

In 1918, a group of Home Economists decided to form an association to join their efforts to help families better manage daily issues. The first meeting of the newly formed New Brunswick Home Economics Association was held at the Aberdeen School in Moncton, on July 12th, 1918.

After so many years, we can ask ourselves:

- What is the importance of a Home Economist in 2018 ?
- Does he or she still have an important role to play in today's modern society ?

Let me answer by asking you another question.

- Are there still families and individuals in New Brunswick who need help in budgeting, food preparation and who need help in decision making which impacts their daily lives ?
- Do our youth need help to face today's life challenges in all aspects such as being able to take care of their basic life necessities ?

All of these subjects are being taught in the B.A. & B.A.-B.Ed. (Family Studies) programs at l'Université de Moncton preparing young Home Economics graduates to face today's job market.

As listed so well by Sue Rickards in her article published in the Times and Transcript last April, Home Economists teach about: *'food nutrition and health; personal finance; family resource management and planning; textiles and clothing; shelter and housing; childcare, and other skills related to personal and family development'*. *In high schools we 'help students acquire basic skills for family living and prepare students to become more effective parents', she says.*

Home Economics is a PREVENTION based profession. Our knowledge is used to prevent problems or issues in the lives of individuals and families. Not only do we help those in need to better manage their resources, in the long run it alleviates burdens for taxpayers. Many New Brunswickers share our views on the importance of Prevention. For example, the NB Medical Society has requested that Home Economics courses return in the schools. Recently, our two Associations joined to ask the Department of Education to re-introduce a compulsory Food and Nutrition course in the N.B. high schools, taught by a Home Economist holding a B.Ed.

As did our pioneers, we as Home Economist continue to address the changing challenges of today. In the community, we work in different fields, always related to helping individuals and families to better manage their resources, to develop basic skills and become more independent. We can also help train other community workers in their abilities to help families. We have adjusted to today's societal on-going changes. In this province, training is offered at l'Université de Moncton in order to meet the needs of the NB population. Over the years our training has prepared us to work in many different sectors such as: Department of Fisheries, Department of Agriculture, Milk Marketing Board, Department of Health, Department of Education, in Schools or Early Childhood Education Centers, Youth hostels, Children's and Women's Right Groups, T.V. shows, Day Care Centers, Home Care, as Artists, Semestress, Consultants, or Entrepreneurs.

Luckily, we have young professionals to embrace these challenges and some of them are here with us to celebrate this weekend. Where do they work these days ? Among this year's graduates

- one works at Blue Cross in Moncton,
- one works at Autisme Intervention Centre,
- another one held a summer job at the Association francophone des aînés du N.B. and she plans to pursue her studies in September.

Our Mission remains to empower individuals and families to enhance their quality of life by using their resources to meet their basic daily needs. Home economics is concerned with all aspects of daily living including human development, and relationships, financial management, consumerism, food and nutrition, clothing and textiles, housing and shelter.

That is WHY, I can answer with assurance YES, the profession of Home Economics still has a role to play in today's modern society and it is here to stay !

Who better than a Home Economist to help families manage their daily necessities?

If our Universities continue to offer the training and **if** everyone in this room makes a small effort to make known the joys of being part of our profession, our descendants will celebrate the second centennial of the Association in 2118.

During the next two days we will :

- Honour the work done by our pionners;
- Discuss the real challenges amongst today's families;
- And, look at the future with our Home Economics (Family Studies) students.

Many thanks to Colette Landry-Martin and Sheila Toner-McCarthy and to the members of their Organizing Committee for the marvelous work accomplished in order to provide such enjoyable celebrations.

May this conference bring many cheerful moments and meet your expectations.

Thank you.

Jocelyne Savoir P.H.Ec.
NBHEA-ANBEF President

2) Celebration photo highlights

Photos will be posted on our web site www.nbhea-anbef.com

3) President's report

After several years as registrar and member of NBHEA, it is an honour to serve as President of our Association. I will do my best to contribute to the growth of the Association in collaboration with the members of the Board of directors.

This report is a follow-up of our last meeting in June 2018 at the 100th anniversary of NBHEA conference *Healthy Living for Today's Families: What are the Challenges?* Since then, the Board has been focusing on many important issues for 2018-2019.

During a workshop last October with consultant, Lorio Roy, Board members expressed their concerns related to the future of our Association as the needs of our members and society are constantly changing. Possible solutions have been identified to ensure the survival of the Association. We discussed the need of a strategic plan to provide a sense of direction including the goals and the strategies to revitalize and maximize the future potential of our Professional Association. In 2019, we plan to consult with all NBHEA members to collect their concerns, needs, suggestions, etc.

A funding request will be submitted to the agency *Learn Sphere* to try to obtain funds that will allow us to hire a consultant to assist in the strategic planning process. The *Learn Sphere* agency offers programs (funds) and services to help non-profit organizations improve their operations. Furthermore, to better collaborate with our Past president, Ms. Jocelyne Savoie, I will take an intensive three-day training course on strategic planning scheduled for winter 2019 at the Université de Moncton. This training will allow me to strengthen my skills as president, as well as in managing this strategic plan more effectively.

Another Board priority is the promotion of NBHEA-ANBEF. On that matter, Ms. Stéphanie Arsenault, registrar and president of the Moncton Chapter, will schedule a social meeting with our young working Family Studies graduates to encourage them to become members and entice them to get involve at various levels.

In an effort to create community partnerships, I met with Ms. Rachelle Schofield, Coordinator of Healthy Eating and Social Entrepreneurship at the Francophone South School District to discuss the project *Apprentice in Action - Food Education Lab* that aims to develop culinary skills in students. During this meeting, I made her aware of

our Professional Association and, most importantly, informed her that Home Economists could play an important role in this project. More will be reported come on this matter.

A meeting is planned with Dr. Elaine Deschênes of the South-East Center for Social Pediatrics, located in Memramcook, to promote NBHEA and possibly develop a community-based research partnership in relation to the development of newborns. We hope that Home Economists will play a central role in the field of social pediatrics.

I take this opportunity to highlight the continuous hard work of Ms. Jocelyne Savoie, Aline Landry and Jeanne Godin in relation to reiterate our request to the Department of Education and Early Childhood Development to offer a compulsory Food and Nutrition course to all high school students in NB, taught by a qualified teacher. The meeting held with Mr. Luc Handfield, Directeur des programmes d'études, this past summer gave them the opportunity to promote the role of our professional association and convey its social responsibility for the health and well-being of individuals. Ms. Jocelyne Savoie, Aline Landry and Jeanne Godin will follow up with Ms. Isabelle Perron-Desjardins, the newly appointed consultant responsible for the course, Formation personnelle et sociale (Personal and Social Development), to share our previous efforts regarding the place and the need of a compulsory course in food and nutrition in schools in order to improve the quality of life of high school students.

The Board welcomes the study of Professors Stéphanie Ward and Caroline Leblanc at U. de M. (School of Food Science, Nutrition and Family Studies) on the influence of professional cooking classes presently offered in French-language secondary schools in South East N.B. on the culinary knowledge, skills and eating habits of teenagers. We wish them success and look forward to the results.

At l'École des sciences des aliments, de nutrition et d'études familiales (School of Food Science, Nutrition and Family Studies) at the l'Université de Moncton, Ms. Jeanne Godin and I continue to work on the redefinition of the Bachelor of Arts (major in Family Studies). A market study is underway and we will inform you of its progress in due time.

Finally, it is with pleasure that I invite you to the NBHEA 2019 Conference that will be held *on May 4, 2019 in Moncton*. Please mark your calendars.

Julie Caissie, Ph.D, P.H.Ec.,
Professor-researcher in Family Studies at Université de Moncton
Maritime Provinces Representative on Board of Canadian Home Economics Foundation

4) COMMITTEE OF EXAMINERS REPORT/REGISTRAR'S REPORT- Fall 2018

NBHEA-ANBEF 2018-2019 MEMBRERS

CHAPTER / CHAPITRE	TOTAL	ACTIVE / ACTIFS	NON- EMPLOYED / SANS EMPLOI	STUDENTS / ÉTUDIANTS	RETIRED / À LA RETRAITE	HONORARY MEMBERS / MEMBRES HONORAIRES
SAINT JOHN	8	0	0	0	8	0
MONCTON	31	11	1	8	11	1*
BATHURST	12	5	0	0	7	0
NONE / AUCUN	16	2	1	0	13	0
TOTAL	67	17	2	8	39	1*

Stéphanie Arsenault, P.H.Ec. /EFI
NBHEA Registrar / Registraire de l'ANBEF
registraireanbef.nbhearegistrar@gmail.com

5) Scholarship Committee Report

Scholarship Committee members Annie Lavoie, Jocelyne Savoie and Stéphanie Arsenault awarded the NBHEA Scholarship to Brigitte Savoie, 4th year student enrolled in the B.A- B.Ed. (major in Family Studies) at Université de Moncton.

A Professional Development Grant was awarded to Julie Caissie to participate at "Society of Human Ecology" in Portugal.

Annie Lavoie, P.H.Ec.
Chair Scholarship Committee

6) Université de Moncton Faculty Representative Report

École des sciences des aliments, de nutrition et d'études familiales (ÉSANÉF)
Faculté des sciences de la santé et services communautaires (FSSSC)

B.A. major family studies	4 students
B.A.-B.Ed. major family studies	3 students
Minor « Personal and Social Development »	55 students
B.Sc. nutrition with internship: internship	66 students; 14 in their 5 year
Master's in Food and Nutrition	7 students
Projection of University degree in June 2018	14 students B.Sc. nutrition with internship
Projection of University degree in May 2019 B.A. major in Family Studies	3 students: Brigitte Savoie, Vanessa Léger and Cynthia Caron

Activities at the ÉSANÉF:

Fall 2018

Many fund raiser events were organized so that 4 students (Brigitte Savoie, Vanessa Léger et Cynthia Caron et Noémie Auffrey-Jones) can participate in the annual ACHES Conference to be held in Winnipeg from January 3 to 6, 2019. Two 50/50 draws with prizes worth over 400 dollars were done in October and November as well as a restaurant evening at Little Louis restaurant. The students wish to thank our Association for their generous financial contribution. They are looking forward to giving a presentation at our next annual conference.

February 2019

The professional rings for the students will be ordered.
Should any Association member wish to order, please contact us.

Redefinition of B.A. major family studies

Since September 2017, we have been working at 'redefining' our program, Études familiales leading to a B.A. with a major in Family Studies. Enrolments in this specific program have been suspended since June 2018.

We began this task by looking at Mireille Cyr's report followed by an analysis of social needs regarding health and prevention. It appears as if health prevention and well-being sectors will be in full expansion; well-being in particular becoming more and more

important. Thus, we opted to redefine the program to lead to a Bachelor of Arts in Well-Being.

This program will aim to:

- Offer specialized training which will focus on individual well-being in the workplace whether it is for the public sector or for private organizations;
- Understand factors that impact on health and the required services in well-being regarding health, social, mental, professional, environmental, emotional, financial and spiritual at the personal, community and institutional level;
- Acquire skills to promote optimal, healthy development, and well-being for everyone and the community;

This future program would meet employer's requirements (governmental, community and private) who look for general professionals capable to implement various practical proactive strategies to help individuals/employees to reach and maintain their optimal well-being.

Currently a market study is underway under the direction of Mr. Lorio Roy. Further details regarding this new course outline will be provided to the members in the future.

Jeanne Godin, Ph.D., P.H.Ec.
Université de Moncton Faculty Representative

7) Chapter Reports

Bathurst Chapter Report

May 2018 - Preparations for the 2018 Conference and the 100th NBHEA anniversary celebrations are well underway and Jocelyne Savoie keeps us abreast with regular updates. Annie Thériault, P.H. Ec. at École secondaire Népisiguit organized with her students a fund raiser to help *Maison de Passage House* of Bathurst. They gave 300 dollars to this organization who help women and children victims of violence.

June 2018 – Jocelyne Savoie, Riba Riordon, Marcelle Mersereau, Marilyn Ferguson Mallet, Ida Nardini and Debbie Giberson participated in the 2018 Conference and the 100th NBHEA anniversary celebrations in Dieppe. Special thanks and recognition to Jocelyne Savoie and Riba Riordon for their major involvements and work with the organization committee. This centennial event was an incredible success!

The painting donated by a local area artist, Lillian Riordon, for a fund raiser during our NBHEA celebrations, raised 500 dollars which will be given to our local *Maison du Passage House*.

July 12, 2018 - In order to commemorate the foundation of our provincial Association on this day, a hundred years ago, a group of provincial Home Economics graduates gathered in Moncton at Aberdeen School. This was the exact location where the first meeting was held to form our Association on July 12, 1918. A group photo was taken to immortalise the occasion. Representing our Bathurst Chapter was Jocelyne Savoie, Riba Riordon, Annie Thériault and Ida Nardini.

November 2018 – During our meeting, brainstorming was done on how to increase our Chapter membership. New slate elected for 2018-2019 is Jocelyne Savoie, President, Riba Riordon, vice-president, Lisa Landry, treasurer and Ida Nardini, secretary.

Ida Nardini, P.H.Ec.
President

Moncton Chapter Report

The members of the executive of the Chapter (Stéphanie Arsenault, Sonya Bourgeois, Lise Jaillet and Martine McIntyre) met last October to plan the meetings / activities for the year 2018-2019.

It's been two years, that the Moncton Chapter is seeing a reduction in the attendance/participation of the members at meetings. As we were not able to reach the quorum to vote for certain proposals or even to vote for the members of the executive, the members agreed not to continue any more to do "formal" meetings and from now on, concentrate on opportunities for social / networking meeting and to learn more on our wonderful profession.

The first meeting will be organized after the Holidays and remains to be determined. The members of the Chapter who have ideas for activities, type of evenings or even presentations, are invited to share them by e-mail to stephaniearsenault07@hotmail.com.

The organizing committee of the Moncton Chapter wishes you Happy Holidays with your family and happy New Year 2019! Anticipating the pleasure to seeing you there in 2019!

Stéphanie Arsenault, P.H.Ec.
President

8) 2019 Conference

The 2019 NBHEA-ANBEF Annual Conference :

Date : May 4, 2019

Where : Moncton

Preliminary conference program :

10:00 am Guest speaker or workshop

Noon Banquet luncheon with the professional ring ceremony

1:30 pm Annual General Meeting

Please mark this conference date on your calendar. Details to follow in the Spring.
We look forward to seeing everyone at the up-coming 2019 annual conference.

JESSICA COBURN (ROBINSON)

1921-2017

I was born June 8, 1921 in Keswick Ridge. I was very involved with household and farm work while growing up. I enjoyed cleaning, ironing, sewing and to me food preservation was more interesting than baking. My aunt Kay (Jessica) encouraged me to be an interior decorator; so, I guess she is the one who steered me in the direction of Home Economics.

When I attended the Provincial Normal School in 1939-1940, Household Science was compulsory which made little impression on me at the time; we had Miss. Violet Knapp as a teacher. I obtained my first class superior teachers licence in 1940. My first year teaching was to a class of grade 8 students in a one-room school in Middle Southampton. The next year (1941-1942) I enrolled in the Faculty of Science at UNB. From 1942 – 1945 I attended Macdonald College and graduated with a B. Sc. in Home Economics from McGill University. My mother, Julia Buchannan-Coburn, a UNB graduate in 1904, was a teacher and principal at Keswick Ridge Superior School.

After graduation in 1945, I taught all the Grade 9 clothing and textiles classes at Moncton High School and one evening class each semester in 1945-1946. Helen Murray was head of the Home Economics Department and taught clothing to classes other than grade 9. Jessie Peacock-Sharpe taught the Foods and nutrition classes. After our marriage in 1946 we moved to Ottawa where I worked as a lab technician at Laboratory of Hygiene for one year before teaching evening sewing classes in the Ottawa area as our four children were growing up and continued teaching evening classes in Clothing construction after they moved to London, Ontario in 1965. My husband, John, was a microbiology professor at University Western Ontario. For me, it was part-time teaching at A.B. Lucas Secondary School in 1967-1968 before teaching part-time night classes in Microbiology, Foods Sanitation & Preservation during 17 years at Centralia College of Agriculture & Foods which opened in 1969. It was a 45 minute drive from London, Ontario to the College.

What I enjoyed most was teaching adult evening classes. From 1948 to 1950, I taught evening classes at Macdonald College, as well as at Hudson High School.

Note:

When Jessica wrote this in 2009, she lived in Keswick Ridge, NB. Later she moved to Saint Ann's Court in Fredericton. She passed away in December 2017.

Martine Levasseur-Gallant
1923- 2018



Martine attended elementary school in Clair, NB, the village where she was born. In 1938 after completing her 8th grade she enrolled at 'l'Académie du Sacré- Coeur' in Saint Joseph, Westmorland County. In addition to her regular classes, she pursued piano lessons, weaving, typing, as well as taking part in drama classes which she really enjoyed.

Sr. Jeanne de Valois recognizing Martine's potential encouraged her to pursue her studies in French literature at le Collège Notre- Dame-d'Acadie in order to become a teacher. However, her brother is the one who had most influence on the choice of her career. He was a medical student at St. Francis Xavier University; he often talked to her about the Home Economics courses offered at the University and how beneficial these could be. So, she decides to continue her post- secondary education for three years (1941-1943), in Home Economics at 'l'Académie du Sacré- Coeur' in Saint-Joseph. The professors at this institution used the Université Laval curriculum. They were not a University and could not give degrees; therefore, for a student to be granted a Bachelor

of Science in Home Economics from l'Université Laval, they would have had to attend all classes during their 4th year on the University campus in Québec city.

At the convent, Martine helped Sr. Jeanne de Valois in tutoring students who had difficulty in French, a subject matter she really enjoyed. She received the NB Governors General medal for the highest mark in French.

Sisters Jeanne Françoise, Sr. Marie de Lourde and Sr. Thérèse du Carmel (director) taught the majority of H. Ec. courses. Nurses were invited to come to teach courses on health and hygiene. One could tell the home economics students from the other students since they wore their uniform (a green wool jumper with a beige blouse) sewed by them in the clothing laboratory.

Mr. Dionne, an agronomist from the Edmundston area, knew that Martine had training in Home Economics. He is the one who told her about a job opening for a bilingual Home Economist at the NB Dept. of Agriculture. She applied and was hired in 1944. She remembered her first assignment outside the office; she had to go to New Jerusalem accompanied by her director. In those days, hotels were far and few; it was customary to stay in private homes where people offered lodging and staff had to share a bed. According to Martine it was only in Bathurst where they had the luxury to stay at the Gloucester Hotel.

During her first year as a civil servant her annual salary was 1,000 dollars. At this time, Mr. King was Deputy Minister at the Department of Agriculture, Alma Weldon was superintendent of Home Economics Services, Elsie Estabrooks was 4-H Supervisor of Girl's work. When Elsie resigned in 1945, Dorothy Connors was hired to replace her. In 1948 Betty Jonsson was hired to replace Dorothy, responsible for the girl's work in 4-H clubs.

In 1948, Martine accompanied a 4-H group to the Royal Winter Fair in Toronto. The following year, she was invited to be a judge at this national exhibition and her Director was quite surprised that such an invitation had been extended to her. She proceeded to tell her that her employer could only give her time off but could not pay for any expenses. This certainly wasn't a problem because the Toronto Fair covered all of these expenses and Martine participated for the following two years as an official judge. One exhibitor company even offered her a job, which she declined as she was planning to marry in the near future.

From 1944 to 1951 while at the NB Dept. of Agriculture, she was responsible for the 4-H files in the francophone regions on a year round basis and in the summertime for the one week camps for the Women's Institutes, as well as judge at NB Agricultural Exhibitions. In the wintertime, she taught weaving courses in various provincial regions; travelling was done by train and she was lodged by families within the community. During those years she had two summer students: June LeBlanc, Ella Jessop's cousin, and Rela Rossignol. Ella Jessop had a long teaching career in the Edmundston region. June had probably studied Home Economics in the province of Québec. Rela studied at l'Académie Notre-Dame du Sacré-Coeur in Saint Joseph (Memramcook) at the same time as Martine.

Once her children were grown, she went back to work for a few years in Kingsclear for the Department of Indian Affairs and taught night classes in Foods and Nutrition and Clothing and Textiles. In the early 70's she worked part-time for NB Housing with Shirley Myers, a Home Economist with the Department of Agriculture. The families who wanted to live in these affordable rentals housing units were interviewed, evaluated and chosen according to their needs. Most families needed courses on how to manage their new resources. Martine was a board member on the Farm Product Commission for ten years.

Note: This was written after an interview with Martine in 2009. She passed away in May 2018.