

# New Brunswick Home Economics Association

## 2019 Fall Newsletter

Dear NBHEA-ANBEF members,

The Executive Committee members are pleased to send you this Newsletter to inform you of the different activities since the 2019 annual conference. We take this opportunity to introduce ourselves:



**President & U de M representative - Julie Caissie, P.H.Ec**

Julie Caissie, professor-researcher in Family Studies and business owner of J.C. Research and Consultation, holds a Bachelor and a Master degree in Family Studies and the Ph.D. in Education from Université de Moncton. She started teaching at the Department of Family Studies (Université de Moncton) in 1999, first as a lecturer and then as an assistant professor. In addition to teaching and research, she sits on various national committees to promote the importance of our profession; she is a member of the National Consumer Council of Canada (board director) and she is the Atlantic

Provinces representative for the Canadian Foundation for Home Economics. In addition to these committees, she is very active within NBHEA; she is currently the president of NBHEA.



**Past President of NBHEA – Jocelyne Savoie, P.H.Ec**

I have taught 32 years in grades 7 to 12 in the Bathurst region for 32 years. The main subject of my teaching career was Home Economics but I also taught English and Math.

In the past 10 years or more, I have been active with the Bathurst Chapter and the provincial association and have been engaged in a variety of responsibilities.

Since my passion is music and singing, most of my volunteer work is with associations and committees pertaining to music such as JMC, music festivals, Voidunor choir and the Robertville church choir.

**President Elect - Karine Regnier, P.H.Ec**

Karine graduated with a Bachelor of 'Études familiales' (Family Studies) and a Bachelor of Biology and a Masters in 'Gestion des services de santé' (Management of health services) from the University of Moncton. During her studies she had the opportunity to study biology for one semester at Université de Poitiers, France. As a student she was involved in organizing different activities such as a Career Fair, etc. She currently works for the 'Réseau de santé Vitalité' as regional coordinator – evaluating the health needs of the communities in her region. She also teaches a course at the Faculty of health sciences and community services at U. de M.

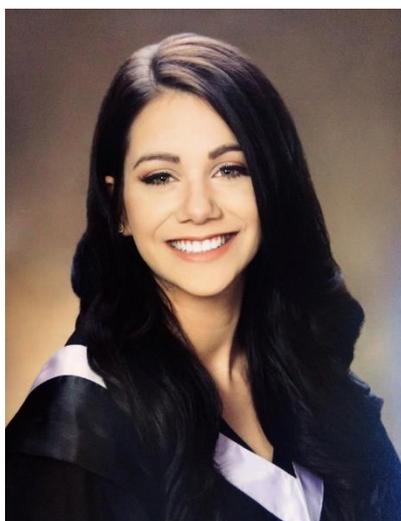


families.

**Recording Secretary - Martine McIntyre, P.H.Ec**

Martine, originally from Saint-Antoine, presently lives in Cocagne. After graduating with a B.A. (major in Family Studies) in 2018, she worked in Early Childhood Services for one year. Last fall she decided to enroll in the 'Gestion des services de santé' (Master's Program, Management of Health Services) at U. de M.

Martine has been an active member of the Association throughout her studies and presently serves as recording secretary. Her hobbies are cooking, reading, gardening and spending time with her family and friends. Her future management of health services employments will give her an opportunity to work to enhance the quality of life of NB



**Treasurer - Cassandra Basque, P.H.Ec**

From Tracadie-Sheila in New Brunswick, Cassandra decided to study at the Université de Moncton. She completed her B.A. (major in Family Studies) and a minor in criminology in June 2017. With an interest in helping others, Cassandra joined the Family and early childhood francophone South team as a family and early childhood educator, for a period of two years. With a desire for change, Cassandra applied for a position at the Department of Education and Early Childhood. In September 2019, she began her new job as an Early learning and childcare investigator. Cassandra is now an NBHEA Board member as Treasurer. She wants to remain involved in her field of study.



**Registrar - Stéphanie Arsenault, P.H.Ec**

Stéphanie is from Petit-Rocher, New-Brunswick and her passion for family studies started at a young age. Stéphanie discovered a passion for cooking, embroidery, maintaining a healthy and balanced life and the importance of helping her community, by spending time with her mother and grandmother and having several volunteer experiences with her father. Stéphanie graduated from the Université de Moncton in 2014 and holds a B. A. with a major in Family Studies and a minor in Psychology. She had the opportunity to attend two ACHES conferences; London, Ontario 2013 and the organization of the 2014 conference in Moncton. Some work and practicum experiences such as House of Nazareth, YWCA and Dieppe Youth House Inc. allowed her to obtain a job at the Dieppe Youth House for a period of four years and her current job as a Case Manager at the Department of Social Development. Stéphanie also enjoys being involved in the community as a member of the P.R.O Kids Council in Dieppe. She is an active member of the Moncton chapter as well as a member of the NBHEA Scholarship and Continuing Education Committees.



**Corresponding Secretary - Jennifer Morin-Sirois, P.H.Ec**

Jennifer is from Saint-Leonard, New-Brunswick. She fell in love with the profession of Home Economist as of 2014, when she took the introductory class in Family Studies. Jennifer had the opportunity of completing her practicum with the Dieppe Youth House and this experience has confirmed that she was on the right path. Jennifer graduated from Université de Moncton in February 2019; she holds a B. A. with a major in Family Studies and a minor in Psychology. She has been a member of the NBHEA since 2016. She moved back home to be closer to her family, in Northwestern New-Brunswick and choose to work in her community. Since October 2018, Jennifer has been working as an Outreach Worker at the Madawaska-Victoria Family Resource Center offering programs and activities to children 0 to 6 years old and providing their families with resources in the Madawaska and Victoria counties. In addition to her recent experiences, Jennifer is involved in the New-Brunswick Wellness Committee for Grand Falls, Edmundston and surrounding areas. Jennifer considers herself very fortunate to be this year's Corresponding Secretary for the New-Brunswick Home Economist Association.

## President's Report

I have the pleasure to share the actions taken by the Board to promote the Association and the efforts to create new community partnerships.

### Our progress during 2018-2019

During our October 2018 meeting with consultant, Lorio Roy, Board members had the opportunity to express their preoccupations concerning the future of the Association, specifically regarding our membership as well as the social needs. Possible solutions were suggested; since then, an action plan to help promote the Association so that our Professional Association may be revitalized has been accepted. The following three priorities have been identified:

- a) continue to review the courses needed to graduate with a B.A. (majeure en études familiales) in the future at U. de M (training for our future members);
- b) promote NBHEA-ANBEF and the university programs in Family Studies and
- c) recruit potential NBHEA-ANBEF members.

#### **a) Review the courses needed to obtain a B. A. (majeure en études familiales – B. A. with a major in Family Studies) at U. de M.**

Since September 2017, the professors of the programs with a major in “*études familiales*” (Family Studies) have been working at this task. We have opted to review the existing courses so that they may lead to a Baccalauréat ès Arts en Mieux-être (B. A. in Well-being). Consultant, Lorio Roy was contracted by the Dean of our Faculty in November 2018 to do a Market Study on the need for a potential B. A. in Well-being. The results of the surveys and interviews with current employers either from the public, community or private sectors showed the need for trained professional capable to determine proactive strategies to help individual or employees maintain an optimum state of well-being. We are presently in the process of finalizing the proposal for such a new program. We will keep you informed of the progress.

#### **b) Promote NBHEA-ANBEF and the university programs preparing potential members**

During the 2019 annual conference NBHEA-ANBEF, members expressed their opinions concerning the future of the Association. They were the same as the priorities set by the Board (these suggestions are printed under ‘Retrospect on 2029 conference’):

- 1) to preserve the programs with a major in Family Studies at l’Université de Moncton
- 2) to determine strategies to recruit potential members to strengthen the Association.

In order to promote our profession as well as the programs with a major in Family Studies currently offered, Jocelyne Savoie, past president, and Aline Landry, past Board member, were present at a booth at a teacher’s conference held in Edmundston last August. Fifty-five (55) teachers, primarily from the northwest region, were informed on the current training required to practice our profession. From our standpoint, we were able to enquire about their experience

teaching the compulsory course, *Formation personnelle et sociale*, and their potential need for professional development with the different topics taught (for which they have not necessarily received any formal training). The high school teachers were able to give us the names of the guidance counselors at their school, information which should help us to communicate directly with them to promote the Thelma Sewell Memorial Scholarship.

Personally, I attended the '*Sommet des femmes 2019*' (Women's Issues Summit) as president of NBHEA allowing me to give more visibility to our profession and create new partnerships. Also, as a Board member of the Consumer Council of Canada and of the Canadian Home Economics Foundation, I had the opportunity to attend many profitable meetings giving me an opportunity to speak of our profession. It is an honor for me to represent you at the national level.

### **c) Recrutement of new members**

Stéphanie Arsenault, registrar, and I are communicating with as many young graduates who are in the workforce with the hope of getting them to become active members capable of being involved at different levels. Our work is progressing well.

### **On-going work**

I would like to take this opportunity to mention the work done by Jocelyne Savoie, Aline Landry and Jeanne Godin regarding their efforts to meet with the staff at the ministère de l'Éducation et du Développement de la petite enfance (Department of Education and Early Childhood Development) to continue to ask for a compulsory course in Foods and Nutrition taught by qualified teachers at the high school level. A follow-up was done with the newly hired consultant responsible for the existing compulsory course, Isabelle Perron-Desjardins. I will be attending the meeting scheduled with her on November 18th.

I would like to express my appreciation to you, Home Economists, who continue to support your Association. A special thanks to those who offered their time and energy to be part of the Board or on the Executive of their Chapter over the years and to those who continue to do so today, as well as to those who organize our annual conferences.

Finally, it is with pleasure that I invite you to plan to attend the 2020 annual conference next May in Bathurst.

Julie Caissie, Ph.D. EFI, professor  
President NBHEA-ANBEF

## 2019 conference in retrospect- Brainstorming ideas from our members

*Two priorities were identified prior to the brainstorming session*

### 1. **Maintain Home Economic programs at U de M**

- Make the point that in high school they are bringing back trades but removing TECH in University.
- Express the urgency to potential employers for them to write (with a cc to NBHEA) to the administrators (such as Vice-president of research, Dean of the Education Faculty at U. de M.) expressing the need for future employees with our training;
- Encourage teachers who have training in 'études familiales' (family studies) to talk about their training to their students;
- Have promotional materials for the University programs in Family Studies;
- Have TV publicity;
- Inform guidance counselors so they can inform high school students of our training;
- Communicate with teachers who have a minor to inform them of the possibility of having a major;
- U.de M. should promote our programs;
- Inform employers of our training (in détail).

### 2. **Supporting NBHEA**

- Reconnect with former members and students, check what could be changed to get their interest back.
- Connect with NB Teacher's Association.
- Through contacts, try to reach including members that have to belong to other Associations.
- Actual member wants to participate more in local meetings
- Speak with other Home Economists (retired teachers) to encourage them to join.
- Media Plan-have a member who is able to react to thing said on radio or TV (have 'catchy commercial');
- Each member tries to encourage at least one member to join our Association;
- Volunteer to work on an existing community project to give visibility to our Association such as on 'Family day';
- Speak with guidance counselors (on three university campus and the schools);
- Plan non-formal meetings schedules ahead of time;
- Invite non-members who studied Home Economics to our activities;
- Ask for and accept feedback;
- Celebrate anniversaries for past graduates;
- Make sure we are mentioned everywhere (radio, tv, web site).

## Committee of Examiners Report

From March 1, 2019 to November 2019, sixty-four (64) professionals asked to be registered as NBHEA members according to the Act to Incorporate the New Brunswick Home Economics Association (1990).

All were qualified and accepted according to the following membership categories:

CHAPTER	TOTAL	ACTIVE	NON-EMPLOYED	STUDENT	RETIRED	HONORARY
Saint-John	7	0	0	0	7	0
MONCTON	34	12	3	7	12	1*
BATHURST	9	3	0	0	6	0
NONE / AUCUN	14	4	0	0	10	0
<b>TOTAL</b>	<b>64</b>	<b>19</b>	<b>3</b>	<b>7</b>	<b>35</b>	<b>1*</b>

Stéphanie Arsenault, PHEc. /EFI  
NBHEA Registrar / Registraire de l'ANBEF  
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## U. de M. Family Studies Representative Report

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

### 2019-2020 Enrolments

B.A. majeure études familiales (major Family Studies)	2 students
B.A.-B.Ed. majeure études familiales (major Family Studies):	9 students
Minor, 'Développement personnel et social':	79 students

Projected B.A. (majeure études familiales)  
*December 2019* graduate: Cynthia Caron

Projected B.A.-B.Ed. (majeure études familiales)  
*May 2020* graduate: Noémie Auffrey-Jones

**Fall 2019 Activities at the School:** Different fundraising activities were organized to help four students attend the next annual conference of the Association of Canadian Human Ecology Students (ACHES) which will be held at the University of Alberta in Edmonton, from January 1 to 5, 2020.

Jessica Gallant, Isabelle Léger, Joanie Godbout et Noémie Auffrey-Jones are grateful to NBHEA-ANBEF for their generous financial contribution. They will present a report at our next annual conference.

### New Proposed Program leading to a 'B. A. en mieux-être'

As stated in my president's report, since September 2017, the professors of the programs with a major in 'études familiales' (Family Studies) have been working at this task. We have opted to review the existing courses so that they may lead to a Baccalauréat ès Arts en Mieux-être (B. A. in Well-being).

This proposed program aims to offer special training on well-being allowing students to understand the factors in relation to physical, social, mental, professional, environmental, emotional, financial and spiritual conditions that have an impact on health and the delivery of services whether they are offered to an individual or to a group. Students will acquire the skills to promote a healthy development and well-being to individuals or communities. This newly proposed, innovative program will deal with an emerging domain and contribute to improve the well-being of our population.

The results of the market study done by consultant, Lorio Roy encouraged us to pursue with our work. Last June, Mr. Léo-Paul Pinet, Executive Director Centre de bénévolat de la Péninsule acadienne and Mme Barbara Losier, Director du Mouvement Acadien des communautés en santé

du N.-B. and Organisme coordinateur du Réseau-action communautaire de la SSMEFNB were suggested as good candidates to study our proposal by members of the Committee responsible to evaluate the new University Programs. Their recommendations and observations were included with our proposal. NBHEA-ANBEF members (specialized in family studies) were identified to evaluate the proposed program; we hope it will be done in the near future. Details on course content will eventually be available.

**February 2020**

Professional Home Economics rings will be ordered in February. Should any member wish to order one, please let me know ([julie.caissie@umoncton.ca](mailto:julie.caissie@umoncton.ca)).

Julie Caissie, Ph.D., P.H.Ec.

## **CHAPTERS REPORTS**

### **Bathurst Chapter's Report**

Fall 2019

The Bathurst Chapter did not meet often in 2018-2019 due to the president's illness. The Bathurst Chapter met at Ecole Secondaire Nepisiguit on October 29<sup>th</sup>, 2019. Many items were discussed.

A more complete report will be produced for the Spring Newsletter, 2020.

Jocelyne Savoie

President of the Bathurst Chapter of the New Brunswick Home Economics Association

### **Moncton Chapter's Report**

The Moncton Chapter has unfortunately not held meetings since last May's AGM. The Chapter has difficulty obtaining quorum at meetings for a couples of years now.

On the other hand, it was taken into account that some members want to continue to make more meetings focused on social interaction within the members.

A group of people is currently working on the development of the small program for the year 2020! Keep an eye open, an Email will follow soon with more information.

If you have ideas and would like to share them with us or would like to join, please send an Email to [stephaniearsenault07@hotmail.com](mailto:stephaniearsenault07@hotmail.com)

See you all in 2020!

Stéphanie Arsenault

Member of the Moncton Chapter