



# Human Ecology Newsletter

University of Manitoba

September 2011 Issue

## Message from the Dean



Dr. Gustaaf Sevenhuysen

Welcome to a new fall session! Your courses are in a faculty on the move. There will be more opportunities to use what you learn in international projects, and you will have more chances to work in industries as part of your programs. For people who are interested to join the faculty there will be more ways that any credits you may already have from college or university courses can be recognized.

The 2 Interdisciplinary Health programs in Human Ecology are now connected to the Health Sciences cluster of faculties. This will mean more opportunities for jobs, eligibility for entry into health professional programs, such as medicine and dentistry, as well as entry into graduate programs.

The research in all 3 departments is internationally recognized and the funding

in some of these groundbreaking projects creates summer student positions in the science laboratories and the community agencies with which our researchers collaborate. Have a look at some of the research astounding effects and products that are being created.

Thank you for choosing to study with us. We want to make the time that you spend in the faculty productive and successful.

## Message from the Student President



the measure of the success of those who have gone before us and keep the traditions that make our faculty such a wonderful and fun environment. While these are formidable tasks, I am very confident that human ecology students and HESO will exemplify passion and excellence during the year ahead.

As your student president, I represent you and all human ecology students to each Faculty Council meeting throughout the year. In these meetings, I meet with the Dean of Human Ecology, Department Heads, all professors and academic advisors. This is when decisions for the faculty are made; so please, if you ever come across any problems that concern the faculty either academically or non-academically, do not hesitate to speak to myself or any HESO members at anytime – we are here to help you with your priorities. It will also be of interest to the faculty as it

is always looking for ways to improve and help students reach their full potentials.

Student affairs have always been and will continue to be the top priority of HESO. One type of event that was very popular with students last year was Student Appreciation Days, in which HESO provided students with free breakfast or lunch. This year, I am happy to say that this event will now be held once every month. HESO will also host other events throughout the year, including Professional Development Days. This event is designed to help students explore different career options available to human ecology graduates, and network with professionals from organizations, such as the Manitoba Association of Home Economists (MAHE).

HESO also provides students with many conveniences and comforts in the student lounge. For example, in addition

to clean microwaves, a kettle, toasters, clean futon covers, a mini-mart and a free telephone, a refrigerator and a decorative wall clock have recently been added to our student lounge. The refrigerator will serve as a communal refrigerator where students can store their lunches and snacks. Lastly, a small mandarin tree and a plant have been placed in the student lounge for decoration.

Together, our hopes can be achieved.

Ian P. Montalbo

Welcome students to the 2011-2012 academic year. The student council in the Faculty of Human Ecology (previously known as the Faculty of Home Economics) dates back to 1918 when Evelyn Moore led a group of students towards the promotion of the interests of home economics students, as well as the faculty. My hope this year with human ecology students and Human Ecology Student Organization (HESO) is to strive to attain

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# Your 2011-2012 H.E.S.O.

## ***President: Ian P. Montalbo***

- Chair of student council and executive council meetings
- Member of executive council
- The deciding vote in executive and general council meetings
- Official representative of HESO
- Voting member of faculty council and attend meetings
- Member of Board of Senior Sticks (BOSS)
- A non-voting member of the UMSU council
- Responsible for liaison with the faculty through the Dean
- Responsible for the referendum for the Endowment Fund every X years when it comes up for a re-vote
- Responsible to exercise a general supervision over the affairs of the student body interpretation, in conjunction with the executive
- Accountable for verifying all monetary transactions through the treasurer prior to expenditures or reimbursement will not be granted
- Responsible for keeping constitution up to date
- Responsible for maintaining one office hour
- Responsible for maintaining a file and preparing a half-year and year-end reports



## ***Vice President: Chantal Lavoie***

- Acting president if the president cannot discharge his/her duties
- Member of executive council
- Member of the faculty council
- Member of curriculum committee
- Responsible for locker checks, putting up warning signs and cutting locks
- Responsible to report to the student council any public issues that are of interest from the faculty committees
- Responsible for ordering HE clothing
- Responsible for maintaining one office hour
- Responsible for maintaining a file and preparing a half-year and year-end reports



## ***Secretary: Michelle Vuong***

- Member of the executive council
- Responsible for recording official minutes of the council and of the executive council
- Responsible for posting a copy of the minutes for the members of the student council within five days of the meeting
- Responsible for organizing and maintaining a file system for all records and property of HESO
- Responsible for stocking the mini-mart and maintaining an up-to-date product and price list
- Responsible for maintaining one office hour
- Responsible for maintaining a file and preparing a half-year and year-end reports



## ***Treasurer: Carly Ducheminsky***

- Member of the executive council
- Comptroller of all finances of HESO
- Joint authority with the president and vice president (in the absence of the president ) to sign all cheques and orders on behalf of the student council
- Responsible for providing a written report of all finances to council meetings
- Responsible for preparing the annual synoptic of HESO's financial records for audit by early April
- Responsible for maintaining one office hour
- Responsible for maintaining a file and preparing a half-year and year-end reports



# Your 2011-2012 H.E.S.O.



## ***Senator:*** **Monika Wetzel**

- Representative of HESO at all meetings of the Senate
- Responsible for informing HESO of senate affairs that are not discussed in closed session
- Deputy returning officer of HESO's council
- Member of the student senate caucus
- Responsible for maintaining one office hour
- Responsible for maintaining a file and preparing a half-year

and year-end reports



## ***UMSU Representative:*** **Carmelle Kokonas**

- Representative of HESO on the UMSU council
- The informer to HESO for UMSU affairs and vice-versa
- Member of at least one UMSU council standing committee as specified by the UMSU council
- Responsible for maintaining one office hour
- Responsible for maintaining a file and preparing a half-year

and year-end reports



## ***Communications Representative:*** **Rie Ueda**

- Responsible to produce newsletters
- Responsible for any advertising or publicity posters regarding human ecology functions and graduation events
- Responsible for clearing the bulleting boards on the 15th and 30th of every month
- Responsible for maintaining one office hour
- Responsible for maintaining a file and preparing a half-year

and year-end reports



## ***Events Programmer:*** **Linda Duong**

- Coordinator of all HESO events for the year
- Responsible for keeping the events calendar up-to-date
- Responsible for maintaining one office hour
- Responsible for maintaining a file and preparing a half-year and year-end reports



# Your 2011-2012 H.E.S.O.



## ***HNSC Representative:*** **Michelle Stevens**

- Member of the faculty council
- Responsible to report pertinent information to nutritional students after each faculty meeting
- Responsible for maintaining one office hour
- Responsible for maintaining a file and preparing a half-year and year-end reports



## ***Health Sciences/ Studies Representative:*** **Sarah Turner**

- Member of the faculty council
- Responsible to report pertinent information to health sciences/studies students after each faculty meeting
- Responsible for maintaining one office hour
- Responsible for maintaining a file and preparing a half-year and

year-end reports

## ***Family Social Sciences Representative:*** **Eric Fillion**

- Member of the faculty council
- Responsible to report pertinent information to FSS students after each faculty council meeting
- Responsible for maintaining one office hour
- Responsible for maintaining a file and preparing a half-year and year-end reports

## ***Community Relations Director:*** **Dana Weber**

- Responsible for organizing career day with members of the faculty
- Responsible for promoting HE students to the community at large
- Responsible for posting any job and volunteer opportunities that come to the attention of the councillor
- Responsible for maintaining one office hour
- Responsible for maintaining a file and preparing a half-year and year-end reports

## ***Textile Science Representative: TBA*** **(vote on September 27 and 28)**

- Member of the faculty council
- Responsible to report pertinent information to textile students after each faculty meeting

## ***Senior ACHES Representative: TBA*** **(vote on September 27 and 28)**

- HESO representative and liaison for; Association of Canadian Human Ecology Students and Manitoba Association of Home Economists (MAHE)

## ***Fundraiser/ Jr. ACHES Representative:*** **TBA (vote on September 27 and 28)**

- Responsible for organizing at least one fundraising event per term

## ***Graduation Representative: TBA*** **(vote on September 27 and 28)**

- Responsible for the general supervision over the affairs of the grad committee, which the rep is responsible for setting up
- Coordinator of Grad's Farewell Dinner and Dance



# Students Making a Difference!

## Attention students! It's time to vote on the Faculty of Human Ecology Referendum!

Our referendum dates back 23 years when Human Ecology students first voted to support our endowment fund in 1988.

At our last referendum in September 2008, Human Ecology students voted to continue their support to the Endowment Fund and the Equipment Fund with a **\$100** contribution (about **\$3.33/credit hour**) per student for a **3** year term. This year, your student council has voted to increase the contribution amount to **\$3.50/credit hour**, which works out to **\$105** for a 30 credit hour course load, and we voted to carry the contribution for a **2** year term.

Our endowment and equipment funds al-

low our faculty to allocate money to special projects and initiatives. Anyone can make proposals to the Endowment Fund committee for use of the money generated from the endowment fund. This committee is made up of 9 members, including 2 students who help make decisions regarding how the money can best be used. Last year, over **\$52,000** was distributed towards equipment, student groups, student conferences & symposium, travel awards and scholarships.

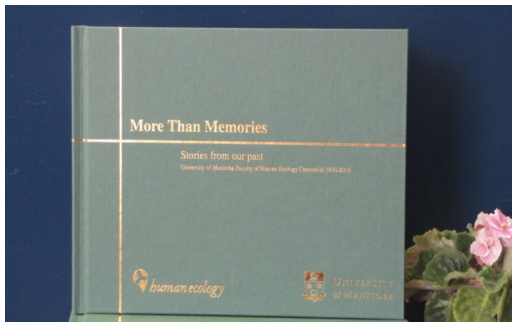
Your student council supports this decision and we encourage you to do the same by voting on **Tuesday Septem-**

**ber 27 and Wednesday September 28.** Voting will take place on the **2<sup>nd</sup> floor** on both days from **10:00 am to 3:00 pm.**

An open forum will be held on **Monday, September 26<sup>th</sup>** from **11:30 am to 12:30 pm** in the **Student Lounge** to answer any questions you may have about the referendum. If you are unable to attend, please feel free contact your President, Ian Montalbo, at [i\\_montalbo@hotmail.com](mailto:i_montalbo@hotmail.com).

We strongly encourage your involvement to ensure a promising future for our Faculty of Human Ecology!

## Making your mark on Human Ecology



### Books

In honour of the Centennial Celebration of Human Ecology in 2010, Glenda Parsons and Michael Eskin edited a book on the history of the faculty; *More Than Memories: Stories from our past*. The book showcases the highlights of our last 100 years complete with photos and anecdotes from alumni. The book is for sale for \$25 a copy and all the proceeds are going to be put towards the Centenary Scholarship fund. The books are available through the faculty and McNally Robinson Booksellers.

### Bricks

Three years ago, the faculty began selling bricks, planters and benches to raise money for scholarships. To date, over \$23,000 has been raised and will be used to create scholarships. The bricks were installed last summer for the big Centennial Celebration in September. The brick path is still accepting orders for bricks; planters and benches so make your mark on Human Ecology.



### Prints

In 1995 Grant Marshall created a watercolour print of the Human Ecology Building. The faculty has copies for sale for \$35. Limited supplies have been signed by the artist and are still available. If you wish to see a print, there is one hanging up in Glenda's office and in the student lounge.

For all of these items, see **Glenda Parsons:** (204) 474-7045, Room # 312C or by email [gparson@cc.umanitoba.ca](mailto:gparson@cc.umanitoba.ca)





# Childhood Nutrition: The Way of Our Future

By Amanda Hamel

Dr. Joyce Slater's HNSC 4300 Student



John, looking half-asleep, sluggishly walks into the breakfast program, finds his favorite spot, and slumps into his chair. He reaches into his coat pocket and pops open a can of Barq's Root Beer and glugs it back. "It's 8:30 in the morning, John!" I exclaim. "Yeah, well my mom gives this to me so I can wake up", he replies.

School breakfast programs in Manitoba, without a doubt, help many children obtain a healthier start to their day, which ultimately leads to a greater chance of academic success (among many other positives). However, if these programs are to succeed at helping children make healthy food choices, more attention needs to be paid to educating parents and caregivers on how to act as role models for healthy eating in the home and at school.

We are all aware that poor nutrition (including overweight, obese, and underweight) in children is a growing concern in Manitoba, let alone the rest of the country. It follows then that healthy eating along with regular physical activity are key ingredients to healthy living for school-age children (Healthy Child Manitoba, 2006). In 2008, Canada's Chief Public Health Officer, Dr. David Butler-Jones, wrote a report stressing the importance of child health: "When children go to school hungry or poorly nourished, their energy levels, memory, problem-solving skills, creativity, concentration and behavior are all negatively impacted" (p. 41). An apparent 31% of elementary students and a staggering 62% of secondary students do not eat a healthy breakfast before school (Butler-Jones, 2008).

And this is where school breakfast programs come to the rescue, but not without the help of parents and caregivers.

Correction, *should* come to the rescue.

As a breakfast program coordinator for an elementary school in Manitoba, I ask myself what the effect of these programs are if children are learning unhealthy habits at home. Are these programs truly helping children eat healthy if many par-

ents and immediate caregivers are sending confusing nutritional messages by packing junk into their children's lunchboxes?

Canada, and indeed Manitoba, does not have a perfect system for providing school-aged children with healthy meals, namely breakfast, given the fact that we are one of the few developed countries left without a national meal program (Center for Science in the Public Interest, 2009). Government and Non Governmental Organization funding for Manitoba meal programs is a measly \$100 000 per year (Center for Science in the Public Interest, 2009). It stands to reason that we need support from our federal government to step up and establish a subsidized school meal program; our children deserve to live healthier lives now and into their bright futures.

A national meal policy to subsidize the cost of meals must be supported and its development will come with time, perhaps a great deal of time. Let's focus on the now. Why don't we concentrate on what's happening within Manitoba school breakfast programs today? We need to take policy-making a step further by spending time educating parents and caregivers about healthy eating. The issue begins with food behavior within the home. If immediate caregivers can act as positive role models for their children, to the best of their abilities, then school breakfast programs will more effectively foster better, more nutritious, food habits.

If we can write policies on subsidized meals for children, can we not make it a policy that schools address the importance of parents modeling healthy eating? We most certainly can (Healthy Child Manitoba, 2006). Undeniably, there are many reasons why parents and caregivers may not be able to provide their children with nutritionally adequate foods, for instance due to a low income or educational level, but it also cannot be denied that parents can and should learn about ways to improve their eating habits. There needs to be a collaborative approach between schools, community nutrition professionals, and caregivers to address child nutrition issues, and to capi-

talize on any existing initiatives that engage schools with caregivers and the community to improve and promote healthy eating among children (Sorhaindo and Feinstein, 2006).

It's a two-way street: parents and caregivers should make time to get involved with school meetings and parent committees, and school board committees should do all that they can to engage parents and caregivers to do so. For instance, elementary schools can advertise nutrition tips in newsletters and draw attention to parent-teacher meetings on bulletin boards and other such announcements to gain attendance. Parent-teacher and school board committee meetings could be a great way for parents and caregivers to advocate for their children's health and could also serve as a medium for nutrition education sessions.

School boards and community nutrition professionals could also collaborate to increase parents' self-confidence and the extent to which they value good nutrition. Research has shown that parents can be taught skills to help counterbalance negative influences, such as television advertising, on their children's nutritional patterns (Sorhaindo and Feinstein, 2006). Moreover, whenever possible, family meals could serve as guidance for healthy eating behaviors, so that parents and caregivers can model healthy eating behavior in a positive environment.

This is a public health effort, meaning that parents and caregivers can combine their efforts with schools and knowledgeable nutrition professionals to help reverse the current health trends for the greater good of the community. To illustrate, "educational interventions with parents, aiming for the modification of diet in a healthy perspective, seems to be one of the most adequate tools to address with the worldwide obesity epidemic" (Moreno et al., 2010, p. 106).

Yes, we can and must focus on policies to make nutritious food more accessible to students, but we cannot ignore the need to focus on our children's immediate caregivers as providing guidance to make healthier choices. Educated caregivers have the tools to build self-esteem in and empower their children to make healthy choices now and into the future.

Barq's has bite? I think not.