

RECONNECTING: HOME ECONOMICS ALUMNI NEWSLETTER



**MAY 2021:
Looking Back on 2020 and Looking Ahead!**

Greetings from the Dean



Hello Home Economics and Household Science Alumni,

I'm pleased to send you the 2020 **Reconnecting** Newsletter, which includes news and information from the past year.

There are many unique and inspiring stories in this edition of the newsletter. You'll read about the Royal Canadian Navy ship named after a Saskatchewan war hero, Margaret Brooke, who was a Household Science graduate of 1935, and Henrietta Goplen provides details about the exciting Class of 1954's escapades.

We've also profiled alumna Dorothy Long who was recently honoured by the Saskatchewan Institute of Agrologists. Dorothy is a member of our College of Home Economics Engagement Committee and was lauded by the SIA as a "Champion of Canadian Food and Farming."

A section of the newsletter provides reflections from graduates and faculty on what the College of Home Economics has meant to them, and what education as a home economist has provided them.

I'm sincerely grateful to Merry Beazely and Millie Reynolds for their continued leadership role with the newsletter. I ask you all to continue sharing your stories and updates with Merry and Millie to ensure the Home Economics legacy lives on.

I look forward to meeting many of you at upcoming Home Economics events once it is safe to do so.

Jane

Dr. Jane Alcorn
Professor and Dean

A. Ongoing Support for Home Economics

Reconnecting Newsletter: A Message from Merry and Millie

We are most happy to continue to co-edit **Reconnecting**, with much-appreciated support of Dean Alcorn, Associate Deans David Blackburn and Yvonne Shevchuk, Assistant Dean Nutrition Carol

Henry, Kieran Kobitz, Sandy Knowles, Claire Sutton and others in the College of Pharmacy and Nutrition. And we always welcome contributions from graduates, former faculty and staff, and friends of the College of Home Economics.

We hope you are doing well in this very difficult time in history. This past year has been so hard to believe, hasn't it? Maybe we don't want to look back on 2020? But it is important to do this. We have been reassured by political leaders and public health officers aiming to do their best. It has been heartbreaking to see the toll of the virus in human life and health, although there are enduring stories to remember those lost. The economy, large and small businesses, and education at all levels have been significantly impacted. The pandemic has emphasized serious shortcomings in long-term and seniors' care, and what we need to do to improve.

We continue to thank the dedicated health care professionals, grocery and pharmacy employees, cleaners, transportation workers, teachers, community volunteers, and all the many others who have continued to step forward. And even with potential variants, things are looking hopeful, with several vaccines that we trust will be able to reach around the world.

Sadly, as it is for so many things this past year, our annual Home Economics luncheon and class reunions had to be cancelled. Please check [Home Page - Alumni and Friends - University of Saskatchewan \(usask.ca\)](#) and later in this newsletter for information for USask alums. We will restart the Home Economics Engagement Committee's activities as soon as it is safe to do so. Until then, we send our warmest regards and good wishes to you all.

A Special Thank You to Andy Collin



Andy served as Development Officer with the College from April 2014 until September 2020. Part of his mandate included providing support for College of Home Economics initiatives. He was a great help and a most congenial colleague in our many activities. Andy asked if we would pass on his feelings to you all about working with us.

"I always enjoyed working with the Home Economics Alumni and learning about the endless achievements and contributions so many individuals have made since graduating. There is such a depth of history within the group. It's a legacy that needs to be honoured and recognized and I feel truly thankful to have been a part of it for so many years. My time at the College of Pharmacy and Nutrition holds many special memories, but none more so than listening to all the wonderful stories shared at Home Economics reunions and luncheons. I wish everyone all the best."

And Andy, we wish you all the best as well!

Home Economics Engagement Committee

In recent years, the former **Home Economics Advisory Committee**, and the **Dr. Edith Rowles Simpson Lecture Committee** have merged, to become the **Home Economics Engagement Committee**. As with the earlier two committees, the new committee reports to the Dean, Jane Alcorn, and we will continue to receive in-kind support from her staff as well. Members of the Engagement Committee are: Jane Alcorn, Linda Ashley, Merry Beazely, Carolyn Chu, Barb Cox-Lloyd, Carol Henry, Kim Kennett, Kieran Kobitz, Dorothy Long, Heidi Matt, Rose Olsen and Gayleen

Turner. A **subcommittee of the Engagement Committee**, comprised of Barb Cox-Lloyd, Carol Henry, Kim Kennett, Dorothy Long and Hiedi Matt, will be planning the next **Edith Rowles Simpson Lecture** once we are able to hold in-person events.

College of Home Economics Website

This past November, the 'platform' that housed our website, and many other USask websites as well, had run its course and was shut down. Many thanks to Sandy Knowles, the Dean's Executive Assistant, and Kieran Kobitz, Communications and Alumni Relations Specialist, who arranged to have the Home Economics website relocated to the College of Pharmacy and Nutrition's website. Because it is not possible to make changes to the Home Economics website (and this wasn't possible on the former platform either), Kieran has created a tab to post future **Home Economics Alumni Newsletters** and also **Upcoming Events** that we hope we can hold before too long!



To access the Home Economics website:

- Go to www.usask.ca.
 - Click **Academics** in the drop-down menu
 - Then click **Colleges and Schools**
 - Then click **Pharmacy and Nutrition**
 - Then click **Alumni**
 - Then click **College of Home Economics** and **Read more** under **Archived Website**.
- You can bring up your class, individual photos, and lots of other information.

Find hidden treasures on the Home Economics website!

Please be sure to click on the **Site Map** (shown circled in red) at the bottom of the home page screen to access more history, such as reports on the Edith Rowles Simpson Lecture series; Home Economics recipients of the Governor General's Medal and Rutter Prizes; HESS Presidents and Senior Sticks; and Initiation and Ring Ceremonies.

Requesting Emails of Classmates and Friends

For the last two years, we've been using email to correspond with our alumni. If you have classmates or friends who are not currently receiving **Reconnecting**, please advise them to update their contact information by **clicking on the [relations website](#)** or **phoning the Alumni Relations office at 1-800-699-1907**.



USask Alumni Reunions: Reunite, Reminisce, Relive!

Thanks to **Christy Miller**, Director, Alumni & Donor Engagement and Executive Director, University of Saskatchewan Alumni Association for this update. The University hasn't made the decision on

the dates or format for the **2021 Alumni Week** (or weekend), normally held every September. This will likely be decided in early May. The Alumni Association will make an announcement on social media and its website once dates are determined, and there will definitely be virtual offerings.

For colleges, including **Home Economics**, who wish to plan reunions for anytime this September, Alumni Relations will support and promote you as a part of **Alumni Week**, which could end up being Alumni Month! Please let Merry know if you are interested in a reunion in September, at merry.beazely@usask.ca. If your class would like to hold a reunion at another time, please contact Merry. The College of Pharmacy and Nutrition will be pleased to provide a reception and tour for Home Economics graduates as soon as it is possible to be back on campus again.

B. Home Economists in Action

Dorothy Long, Class of 1989, has been recognized with an **Honorary Lifetime Membership** in the Saskatchewan Institute of Agrologists.

with thanks to the SIA for this article on Dorothy

“Dorothy Long is a champion of Canadian food and farming. As a Saskatchewan farm girl turned Home Economist, she has channeled her passion for agriculture and food into numerous campaigns aimed at informing and inspiring consumers about our Canadian ingredients. Whether it is through social media or an article or a hands-on farm tour, she continues to spend her career educating consumers, dietitians, chefs, and food and health influencers. Currently, she is excited to be working with Farm & Food Care SK to provide a consumer-friendly website and social media strategy called **Canadian Food Focus**. Canadian Food Focus’s mission is to tell the Canadian farm and food stories to encourage consumers to feel confident about their food choices from farm to plate.”




with thanks to Dorothy for information on Canadian Food Focus

Launched in 2019, Canadian Food Focus (taken from <https://canadianfoodfocus.org/>) is supported by Farm & Food Care Saskatchewan, a not-for-profit organization that represents farm families and food producers in our province. We also partner with Farm & Food Care Ontario, Farm & Food Care Prince Edward Island, the Canadian Centre for Food Integrity and the Center for Food Integrity in the USA. This initiative was also made possible through the Agri-Competitiveness Program under the Canadian Agricultural Partnership, a federal-provincial-territorial initiative. Content is developed by farmers, dietitians, home economists and other food and farming experts to ensure accuracy. ***Please visit the site to access balanced, factual, science-based information in a consumer-friendly way.***

Lara Paul: A Supportive Guide for Young Parents

with thanks to Lara for this information

Funded by the Patricia J. Hames Award “Resource for Youth” of the Canadian Home Economics Foundation, Lara Paul is developing “A Supportive Guide for Young Parents.” This valuable work aims to promote stronger health and resiliency outcomes for young families at risk, by reviewing



and incorporating newly released Saskatchewan Life Transitions 20 and 30 curricula and current research into a learning resource for teen parents and those who support them. The project involves systematically reviewing and assessing new learning outcomes and indicators in addition to robust empirical research and related public resources. The findings of this investigation will be reported in a paper, and the accompanying learning resource will include actionable learning tasks that promote responsibility and life-skill aptitudes such as self-efficacy, effective communication, holistic wellness, parenthood skills and resource management.

TEAM Resources: Congratulations on Your 25th Anniversary

with thanks to Betty Ann Deobald and Jodie Mirosovsky for providing the following

TEAM Resources was formed in 1992 by four College of Home Economics graduates from the Rosetown area: Alma Copeland, Barb Sanderson, Jodie Mirosovsky and Betty Ann Deobald. They had attended the Canadian Home Economics conference in Saskatoon in 1992 and “came away driven to find a way to share information with families and individuals on everyday essentials like food, finance, consumer law and wellness. After all, happy and healthy homes give way to individuals, who effectively contribute to society. Getting information to people right in their homes was a great place to start.”

“We all had a desire to use our professional knowledge in our rural communities. TEAM stands for Time, Talents, Energy, Attitude and Money – the resources that individuals and families must have and must manage to achieve their goals. We did adult education through the regional college originally and then began writing a consumer and family column with the Rosetown Eagle newspaper and other provincial papers. Remember, at that time, there was no Facebook, Instagram or Snapchat. Most people didn’t even have cellphones. It was the age of books, magazines, radio, television, pamphlets and fax machines.”

“In 1996 we were awarded a contract with the Western Producer newspaper to write a consumer, farm family and food column. The column replaced Emmie Oddie’s excellent column upon her retirement. Both Alma and Barb retired from TEAM Resources and Sarah Galvin join in 2012. The TEAM continues to enjoy receiving reader feedback on the columns and find it exciting and interesting doing the research, writing and providing photos for the column.”

All of our columns can be found at www.producer.com, and see the full story and recipe favorites: <https://www.producer.com/farmliving/columns-25th-anniversary-remembered-with-recipes/>.

Dr. Gwen Chapman Named Provost and Vice-president (Academic), University of Guelph

with thanks to Dr. Gwenna Moss for sending notice of Gwen’s appointment and to U of Guelph News, April 6, 2021 for the story

Dr. Gwen Chapman graduated from the College of Home Economics in 1982 and was honoured with the University highest honour for an undergraduate – the Governor General’s Medal. She went on to complete Master’s and PhD degrees in nutritional sciences at the University of Toronto. We featured Gwen in our **Reconnecting 2016** edition, at the time of her appointment as Associate Dean (Academic) of the Faculty of Land and Food Systems at the University of British Columbia. Gwen subsequently moved to the University of Guelph.

In her announcement of Gwen's appointment, U of G President Dr. Charlotte Yates noted that "Gwen is truly a champion for the entire University. She values U of G's academic strengths across the disciplines and the contributions of everyone from students, faculty and staff to alumni to colleagues across Canada and beyond." President Yates goes on to talk of Gwen's "great skill and strengths as a leader, a team builder and a collaborator..... known for her fairness, her collaborative nature and her enthusiasm for knowledge and her strong commitment to equity, diversity and inclusion." Gwen's research program "explores how people's everyday food practices are shaped by understandings and beliefs about food, health, bodies, and social roles. She is an innovative educator who has received prestigious teaching awards."



Nigerian School Fees Project Update from Kim Kennett, Class of 1982



left). Blessing recently received her diploma in science and hopes to enter a Nursing program in the coming year. Blessing's nephew,



Thank God, is in his final year of teacher training. Kim is also helping Ana Danladi (pictured at right with Edi Jerry). Ana is HIV positive and enrolled at university. She is also assisting Victoria Bello, another young woman who spent a good deal of time at her house, and who is completing her fourth year in Agriculture. Two other boys she has been supporting include Fater Peter and his brother Asorn Suur (pictured with Edi Jerry at left), orphans whose parents died of AIDS. They live with their grandfather. Kim's work 'in country' is coordinated through her good friend, Edi Jerry, with whom she worked at the Fansuam Foundation in Kafanchan. Edi practices in community health and has held positions related to maternal health and HIV/AIDS. Kim stresses the endless need for educational assistance in countries such as Nigeria and believes that an education is probably the most effective way to support a child in a developing country! For more information and to contribute to the Nigerian School Fees Project, please contact Kim at kmkennett@yahoo.ca.



Home Economists' Activities during the Pandemic

Covid-19 has resulted in us staying at home more and giving us more time to focus on things around the home. And although vaccinations have started, it may still be a while before we will be as before. Wondering what else you can do? Here is a list of the numerous interesting/new/old/boring/mundane/stimulating activities that U of S Home Economists have been doing, **as compiled by Millie:**

- Using up stash of fabrics to make masks and knee quilts, big quilts to donate, sewing doll clothes and outfits for grand daughters
- “Decluttering” homes of some precious “stuff” including going through closets with items going to recycle, kids, archives, museums, Salvation Army, YWCA and other charities; cleaning one drawer or cupboard a day, and capturing partner to houseclean desks and closets
- Telephoning, emailing, FT, writing friends and relatives, video chats, Zooming, and attending plays and on-line concerts, TEAMed and FT meetings, but missing F2F and group energy
- Baking and then putting on weight!; drinking more tea and coffee and perhaps wine; testing new recipes, enlarging family menus, canning, freezing, pickling and making relish; picking up groceries curbside; preparing cookbook of favorite recipes, publishing it and using for presents.
- Restarting/continuing painting, knitting, reading more, exercising at home
- Playing solitaire, doing puzzles such as Sudoku, jigsaws, learning to play chess
- Working from home, presenting papers through a virtual conference software, making a power point program on Martin Luther
- Upholstering lounge chairs, refinishing furniture, and with husband, building and stocking a little neighborhood library
- Researching ancestors, their lives and occupations: 3 fought Napoleon, 1 a cordwinder, 1 mole catcher; putting in order 35 years of letters from mother; finding envelope with 12 students’ writings and being able to find and contact 8 of the writers
- Just wasting time
- Hosting a 30-guest wedding in backyard and working all spring and early summer preparing yard; growing more vegetables; and more and more yard work
- Digitalizing music library; digitizing and electronically filing photographs of family, parents and grandparents
- Assisting nephew with his election campaign
- Driving around various new, old and in-between areas of the city

Whatever you do, please keep the mind active!

C. RECOLLECTIONS AND REFLECTIONS

Royal Canadian Navy Ship Named After Saskatchewan War Hero Dr. Margaret Brooke

with acknowledgments to Adam MacVicar, Global News Saskatoon

One of the [Royal Canadian Navy](#)’s newest offshore patrol ships, launched in November 2019, is named in honour of Saskatchewan war hero, Dr. Margaret Brooke. Margaret was born in Ardath, SK and graduated from the School of Household Science in 1935, specializing as a dietitian. She enrolled in the navy in 1942 and began her service in World War II with HMCS Unicorn. At that time there was no naval category for dietitians and so she was made a nursing sister with the rank of sub-lieutenant. She valiantly tried to save a colleague when their ship was torpedoed by a German U-Boat off the coast of Newfoundland. Margaret was decorated and made a member of the Order of the British Empire. She later returned to USask, where she completed studies and achieved her doctorate in Paleontology.



This was the first time a ship was to be named after a living Canadian woman. Margaret passed away shortly after receiving the news in January 2016, at the age of 100. Her niece Margaret Brooke was on hand at the naming ceremony, and also travelled to Saskatoon to recognize her aunt being honored with College of Arts and Science Alumni of Influence Award.

Equipped with ice-breaking capabilities for ice up to a metre thick, HMCS Margaret Brooke will be used for offshore patrols all over the world, with priority in the Arctic.

Dean Margaret Crowle

Margaret joined the College of Home Economics in 1976 and taught in the areas of family finance and consumer studies. She guided senior students in community field placements and authored over 40 papers and technical reports. An active leader with the Consumer's Association of Canada, she received the 1982 Consumer Award of Merit from the Saskatchewan Government. Professor Crowle was appointed Dean of Home Economics in 1988 and shepherded the College and its students with great care and consideration during the period prior to its closure in 1990. Following her retirement from the University, Dean Crowle kept in touch with faculty, staff and graduates, contributing to University Homecomings and many special events. She shared her expertise with many advocacy, standards and government organizations and was recognized with numerous honors and awards (see [Deans: Margaret Crowle : College of Home Economics - UofS \(archive-it.org\)](https://archive-it.org)).



Margaret relocated to Sidney, BC for a time and then returned to Saskatoon to be close to her children, grandchildren and her many friends. She currently resides at Diamond House, a wonderful Senior Living & Care Community in Warman, SK. This summer, Millie Reynolds and Merry Beazely had the pleasure of having a safe and short but sweet visit with Margaret. It was great to see her, and her same lovely smile.

What was so great about the College of Home Economics?

What is so great about being a Home Economist?

Professor Doris Hasell, B.I.D. (Manitoba), and Faculty Member in Housing and Design, 1961-1990

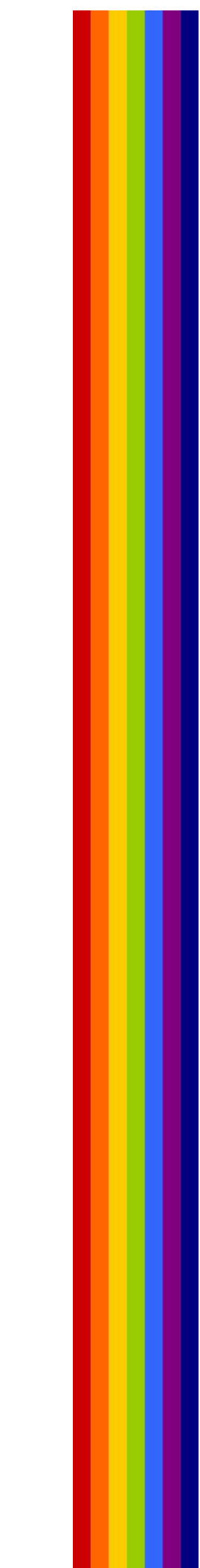
At this time of my life, I treasure the friendships made with Home Economists. It has been a remarkable journey! The social gatherings have always offered a time to share the latest happenings in foods, nutrition, housing, fashion, arts, etc., etc.

Carla Dudar, Class of 1979

For me personally the College was the foundation for my career as a home economics teacher. Without the presence of our College, I would not have become a teacher. I doubt that I would have pursued training in another province.

Sheila Lavender (Oliver), Class of 1968

For me, I believe it was the insistence that we be sufficiently grounded in a wide variety of the sciences before going on to developing expertise in an area of everyday family and home life,



which held special interest to us. We were provided with a well-supported base in order to follow our personal professional passion for contributing to a better future for this country.

Millie Reynolds, Class of 1969

I have always appreciated the natural and social science classes we took and how their ever-expanding knowledge is applied to and most useful in understanding the “hows” and “whys” of life. I am glad we were encouraged to be creative and to develop skills and talents that would be useful in life. It has been great to be interestingly engaged in creative accomplishments, especially during COVID times. The friendships and feelings of fellowship developed when we were at university have continued ever since.

Roberta Cox, Class of 1972

My BSHEc with the sciences gave me the ability to understand and interpret scientific articles and evaluate information; a basic understanding of how society affects individuals and how individuals create society; skills to communicate effectively using a variety of media including writing policy and program manuals and newspaper columns; and how to use logic, organizational and time management skills. This led to employment teaching adults; consulting; promoting wild rice; doing community development; and financial management of non-profit organizations. It also fed my love of cooking, designing and trying new things.

Sharon Feschuk, Class 1977

What I appreciate most about my BSHEc is the science background and broad outlook on home, family and community. Both have helped me immensely in my working career and at home. I really enjoyed my student years at the College and treasure the lifelong friendships and network of colleagues I gained there. I believe Home Economics is valuable for our younger generation and hope classes will continue through the College of Pharmacy and Nutrition.

Linda Ashley, Class 1973

I valued the Home Economics program as it presented science-based knowledge and skills which were transferable to both a personal and professional work life. The program exposed individuals to new technology, financial and consumers’ knowledge and other areas, including textiles and design. The program emphasized the balance of the humanities and sciences and applied them to families.

Linda Brown, Class 1974

I will always value and cherish my education as a Home Economist because I never had a problem finding employment. I have always been able to find work in my specific field since two months after Convocation in 1974! I thoroughly enjoy meeting, and working with fellow home economists, working on Home Economics Boards, at conferences and updates, and in the classroom. It has always been fun! and I was being paid to do something I have always loved to do – “muck in the kitchen!” If you can find a job that really fits you, you have certainly been blessed.

Johanna Bergerman, Class of 1972

I learned a particular way of combining a scientific frame of reference to thinking about resources with a feminist frame of reference and to questioning resource allocations. With this practice, I have gained a lifetime of benefits in my personal life for which I am grateful. My education and consequently my employment have provided me with opportunities to be of service to others and support community capacity-building for families.

Exciting Times: Dean Hope Hunt Safeguards Home Economics Students!

with thanks to Henrietta Goplen, Class of 1954

This story expands on one of the many highlights that Liz Delahey, Henrietta's classmate, kindly provided in a past *Reconnecting* issue. Henrietta takes us to **December 1953** and the **Engineers** were challenging the **Agros** to try to steal their Christmas tree, as had been the Agros' custom. Quite a few of the **Home Economics Class of 54** were idly sitting in the coffee room discussing significant events. We decided it should be our turn to take the **Engineering Christmas tree!**



However, there were many obstacles, one being the tree was "safely" locked in the Engineering Building. In addition, secret sources told us the Engineers had poured a cement base and put the tree into the cement and then had security wired it. Not to be outdone, we recruited an excellent male friend who owned a truck. In late evening, around midnight, the truck driver picked up Home Ec girls from around the City. The last stop was Coed's Cove. There we graciously (ha, ha) picked up the President of the Engineers' Society. With proper equipment including a key to the Engineer's tractor Lab (from unknown sources) we headed to the University. Access was easy but the building was very dark. Yes, the tree was in cement and, yes, it was also wired to an alarm. Home Ec people, being creative people, came with a saw and clippers. The clippers were used to cut the alarm and the Christmas tree was easily sawed off just above the cement base and then hauled to the truck. We left some unknown lingerie. We all returned to our hideout on Avenue B for a short sleep.

The next day the tree went to the College of Home Economics. The Engineers tried several times to get their tree back, but Dean Hunt and staff literally stood in the hallway and protected the tree.

Finally, the Engineers managed to steal our overcoats. It made for some cold walks on campus. How did we get our coats back? We cut off small pieces from the bottom of the tree, made little corsages and sold them back to the Engineers in payment for our coats. They never did get the top part of the tree. We had a nice tree that year. "The old hanger smelled so good that Christmas!" ***Thanks to Henrietta! We suspect she retrieved the above information from the Dean's notes to the University President!!!!***

with thanks to Henrietta for also tending to the care of the Home Ec poems.....

The spirited Class of '54 felt a need to let others know what Home Economics students were about and so created Verse 1 of the poem below. As life progressed, students felt the need to let others know that the life of home economists was not stationary, but had changed, and so added the second verse, 40 years later.

Home Ec Cheer, 1954, Verse 1

*Home Ec, Home Ec. Yes, we are all Home Ec
Nothing intermediate – No ma'am
Sweaters baggy, and or hair looks shaggy
Bur we're rough and ready – Yeah!
Girdles are the things we never wear,*

Home Ec Cheer, 1994, Verse 2

*Now that we are older, wiser and much bolder
Nothing we can't shoulder – No ma'am.
Sweat suits baggy and sometimes butts are
draggy,
But we're trim, not saggy – Yeah!*

*And, we haven't any use for Red Hot Flannels
Always, always, always in a hurry
Never ever worry
We're Home Ec, Rah! Rah! Rah!*

*Bikinis are the things we seldom wear
And when it's cold we snuggle in our Red Hot
Flannels*

D. Academics and Professions

College of Education

with thanks to Patricia Gillies, Program Advisor

The post BED 30-credit unit, part-time Certificate in Practical and Applied Arts/Home Economics focuses on the family unit: ecosystems, consumerism, living environments, financial management, politics, and clothing and textiles. Patti Gillies, Program Advisor (patricia.gillies@usask.ca) reports that the Certificate application process is closed at present due to COVID. This includes the Industrial Arts side of the program, as it has not been possible to rent high schools to provide the teaching arrangements for the students. There haven't been many enquiries currently. Patti adds that teachers are dealing with a lot in the classrooms now, and in their own home lives.

In College of Education news, Dean Michelle Prytula, appointed in 2014, resigned in early January for personal reasons. Beth Bilson, a well-respected academic and senior leader on campus, is serving as Interim Dean.

College of Pharmacy and Nutrition Academic Programs

with thanks to Dr. Yvonne Shevchuk, Associate Dean Academic



Both the Nutrition and Pharmacy programs have been delivered remotely in the Fall 2020 and Winter 2021 terms. As you can imagine, this has been challenging for both students and instructors, but we have all stepped up to this challenge. For the safety of the entire University community, the campus has been essentially closed, so the majority of us are working from our homes. We all miss the face-to-face instruction and learning and look forward to a time when we can all be on campus again. This year will be the first graduating class of PharmD students. The Pharmacy program underwent the transition from BSP to Doctor of Pharmacy over the last 4 years. Despite the COVID pandemic, both Nutrition and Pharmacy students will graduate this spring as usual. We are so grateful to the many preceptors who, despite the challenges of COVID, continue to take our students in practicums. Without their continued support we would not be able to graduate the dietitians and pharmacists that the province needs. ***Please stay safe everyone.***

New Course in Nutrition: NUTR 298 Food Fundamentals and Preparation

with thanks to Cathy Langdon, Foods & Nutrition Lab Coordinator

This past January 2021, the College launched a new course in Food Fundamentals and Preparation. A small cohort of students was recruited to test-run the course, remotely for now,



and it has gone very well. The plan is to make this a required course in the Dietetics program in the near future and offer it as an elective to students from other disciplines as well. This addition addresses new Dietetics competency requirements in food literacy and the cooking and food skills that are part of this. By the end of this course, students will develop both theoretical knowledge and practical skills in

household food preparation, food preservation, safe food handling and food storage. Students will have the opportunity to reflect on their experiences with food preparation and prepare a variety of foods relevant to differing health and economic situations. Photo on left shows Cathy giving a tour of the Foods Laboratory to a Home Economics class reunion.

Nutrition Professional Practice Courses: Project Showcase

with thanks to Dr. Allison Cammer and the Professional Practice Committee



During the week of April 12-16, this year's Project Showcase used Portfolium to build impressive online portfolios highlighting learning achievements of students in the Year 3 and Year 4 Professional Practice courses. Year 3 students focused on identifying and describing cultural foods from around the world, including Acai Berry, Boxy, Dal, Durian, Fiambre, Kheer Kimchi, Melitzanosala, Mochi, Pemmican, Tempeh and Vietnamese Cold Rolls. Year 4 students worked

with Registered Dietitians on projects that have included: Environmental Scan of the Nutritional Management of Trauma Patients in Canada; Savoury Snacks and Supplements in Hospital: Are Patients Given Enough Selection?; and Nutrition and Mental Health: Applying Evidence-Based Knowledge & Culturally Appropriate Methods when working with Indigenous Peoples and Communities in Saskatchewan.

Pharmacy and Nutrition Graduate Studies

with thanks to Dr. David Blackburn, Associate Dean Research and Graduate Affairs



Greetings from the Research and Graduate Affairs office at the College of Pharmacy and Nutrition! It has certainly been a year to remember, and we are looking to get back to normal soon! In March of 2020, the entire Health Sciences building was shut down and all research laboratories had to stop their experiments, except for a small few that were deemed critical. Thus, many of our 53 graduate students were unable to make progress on their research. Fortunately, we were able to permit researchers back to their laboratories slowly and have developed a careful system to ensure people can conduct their research in a safe environment. Our research activities are not normal yet, but the majority of our students are able to access their laboratories on a rotating basis.

Our graduate program is made up of 30 students enrolled in the Master of Science program and 22 who are undertaking a PhD. Our students come from all over the world, including Europe, the Middle East, Asia, Africa, South America and Canada. They are focusing on a wide variety of disciplines, including Dietetics, Pharmacy, basic sciences, global health, and the health of Indigenous people. These students have so much to offer, and we are lucky to have them.

If you have any questions or comments, please don't hesitate to contact us at david.blackburn@usask.ca. *We always love chatting with Home Economics Alumni.*

Research in the College and COVID

with thanks to David Blackburn, Kieran Kobitz and the Pharmacy and Nutrition website

The College's faculty and staff are currently engaged in a number of COVID-19 related activities. Examples include: Evaluating the therapeutic potential of cannabinoids and senolytics to prevent, treat, and manage COVID-19 infection in adults with age-related co-morbidities; Exploring potential drug therapies for COVID-19; A qualitative assessment of home-Based education for patients awaiting lung transplantation, in the era of COVID-19; The impact of coronavirus (COVID-19) on university students' dietary intake and physical activity; and Mitigating risk factors (diabetes, obesity, hypertension) associated with COVID-19 complications through promotion of dietary consumption of pulses. For more information on these and other research projects, please go to: [COVID-19 Activities - College of Pharmacy and Nutrition - University of Saskatchewan \(usask.ca\)](https://www.usask.ca/collegeofpharmacyandnutrition/research/).

Professional Services in the College and COVID

with thanks to Kieran Kobitz, Carrie Verishagen and the Pharmacy and Nutrition website



The **Medication Assessment Centre and Interprofessional Opioid Pain Service** offer virtual consultations, using secure videoconferencing technology or telephone, **to anyone across the Province**. The following services are available, at no charge to the public: comprehensive medication assessments; cognitive behavioural therapy for insomnia; and chronic pain management/opioid tapering. See [Welcome - College of Pharmacy and Nutrition Patient Care Services - College of Pharmacy and Nutrition - University of Saskatchewan \(usask.ca\)](https://www.usask.ca/collegeofpharmacyandnutrition/patient-care-services/).

The Canadian Pharmacy Association has partnered with the **medSask Unit** in the College to expedite sharing critical information for pharmacists and other healthcare professionals to make therapeutic substitution decisions for medication shortages. **medSask** has also received financial support from the Saskatchewan Registered Nurses Association and the College of Saskatchewan Family Physicians to help support this initiative.



Eat Well
SASKATCHEWAN

Eat Well Saskatchewan (EWS) was awarded a Saskatchewan Health Research Foundation's COVID Rapid Response Grant entitled "A Formative Evaluation of Eat Well Saskatchewan Social Media Campaign to Enhance Food Security During the COVID-19 Pandemic in Saskatchewan". The project includes a social media campaign to engage Saskatchewan residents to share strategies used to cope with food security challenges during the pandemic. These food security stories along with evidence-based food and nutrition education posts related to COVID-19 will be shared on EWS social media accounts.

On February 25, 2021, Carrie Verishagen, Director of EWS, presented in the **House of Commons**. She represented the College as a witness to the Standing Committee on Indigenous and Northern Affairs in their study of Northern Food Security. For more information, please see <https://www.ourcommons.ca/DocumentViewer/en/43-2/INAN/meeting-20/notice>. This April, Carrie was nominated for a YWCA Women of Distinction Award in recognition of leaders whose hard work has influenced positive change in both their careers and the community. Carrie is granddaughter of former Dean Margaret Crowle.



Canadian Symposium on Home Economics Education



Canadian Symposium on Home Economics Education celebrated its **30-year anniversary** in February 2021. This biennial event continues to grow in its representation of Canadian home economists as well as increasingly drawing in international home economics academics and practitioners. Usually offered in locations across Canada, 2021 saw the first virtual symposium due to COVID-19. See <https://www.ca-symposium.com/about> for more information.

World Home Economics Day 2021 & IFHE Newsletter 01_2021

World Home Economics Day 2021 will have occurred by the time you receive *Reconnecting*, but please find documents and links at <https://www.ifhe.org/events/world-home-economics-day/>). The IFHE Office, in Bonn, Germany also sent information on the IFHE Newsletter. Please go to <https://www.ifhe.org/membership/ifhe-newsletters>.

Saskatchewan Home Economics Association Highlights

with thanks to Gayleen Turner, ASHE President

Gayleen reported that Renee Wiebe will be moving on to SHETA Past President and notes that it has been a pleasure to work with her, and that the networking between ASHE and SHETA has been very efficient and smooth. Michelle Hardy will be the new SHETA President. ASHE Board members will be supporting an upcoming nomination of a Home Economist to the Saskatchewan Agricultural Hall of Fame. Gayleen thanks Merry Beazely for her support of Home Economics.

SASKATCHEWAN HOME ECONOMICS EDUCATION AWARD

with thanks to Kim Kennett and Millie Reynolds

Valued at up to \$3,000, this award supports/enhances family related food, nutrition and consumer education programs offered in Saskatchewan. In addition to the general terms of reference cited by the Canadian Home Economics Foundation (CHEF), consideration for the Saskatchewan Home Economics Education Award will include at least one of the following:

- Enhancement of the home economics teacher education program within the College of Education, University of Saskatchewan.
- Support for development/adaptation and delivery of programs that broaden the knowledge for daily living of Saskatchewan people.

The deadline for applications is May 31. For more information, please go to [Saskatchewan Home Economics Education Award - CHEF-FCEF](#).

The Canadian Home Economics Foundation (CHEF), like so many other organizations, has been affected by COVID. Some projects have been postponed or funding has been delayed given current circumstances. The CHEF financial year runs May 1 – April 30. As of March 2021, CHEF has allocated \$22,188 to projects. Two Saskatchewan-based projects were successful in receiving funding in the 2020-21 year:

- Healthy Eating & Resource Management – Regina HELP Award: \$7,594 was awarded to Heritage Food Security – DIY Food Kits to be used for Program support staff stipends and Weekly food kits supplies. (Deborah Stevens, Regina, SK)
- Communications – Gwenyth Bailey Simpson Award: \$2,000 was awarded to for the project #EatwellKIDS – A Social Media Campaign to Increase the Awareness of Food and Nutrition for Youth. (Carrie Verishagen, RD, SK)

In November 2020, Seshni Naidoo, University of Saskatchewan, received a graduate student award of \$1,000. At the request of Roberta Cox and the committee managing the HELP award, this award will be discontinued as of April 30, 2021, and funds transferred to the General Fund.

Manitoba Association of Home Economists Launches Update of www.HomeFamily.net

The Association of Saskatchewan Home Economists set up HomeFamily.net in 2004 and kept adding to it over a number of years before transferring it in 2010 to the Manitoba Association of Home Economists to look after. MAHE has recently launched an update of the site, which includes information on nutrition, food preparation and cooking, food preservation, food shopping and household budgeting. Check it out!

Saskatchewan Dietitians' Association Highlights

with thanks to Shawn Smith, President and Lana Moore, Registrar/Executive Director

At the top of the to-do list for 2020-2021 has been to work with the Ministry of Health to identify ways that dietitians' skills/knowledge can best be utilized during the COVID-19 pandemic. Many dietitians have been redeployed to do contact tracing and COVID-19 compliance follow up.



SDA member Calyn Stange from La Ronge is a published author! Her book "Are You Hungry?" has been translated into Cree, Dene and Michif, and is central to the Babies, Books and Bonding program of the Northern Healthy Communities Partnership. If you want to know more about the book and why it was important to Calyn to write it, watch this Facebook video <https://fb.watch/2ZzSbeueJA/> or visit the Northern Healthy Communities Partnership Facebook page or website.

The **Nutrition Month 2021** campaign explores how your culture, food traditions, personal circumstances and nutritional needs all contribute to what healthy looks like for you. Check out the activity guide at www.NutritionMonth2021.ca, which includes a section on Culture and Food Traditions.

Local Food Infrastructure Fund Launched

The [Local Food Infrastructure Fund \(LFIF\)](#) is a five-year, \$50-million initiative ending March 31, 2024. The program is part of the Government of Canada’s Food Policy, which is Canada’s roadmap for a healthier and more sustainable food system in Canada. Successful applicants will be eligible to receive between \$5,000 and \$250,000 in non-repayable funding. Project applications will be accepted until **December 31, 2023 or until the program is fully subscribed**. Eligible applicants are community or charitable organizations, Indigenous groups and not-for-profit co-operatives.

USA National Institutes of Health

NIH has unveiled its first-ever, institution-wide funding plan for nutrition research over the next decade, which includes a strong focus on the field of “**precision nutrition**.” Precision nutrition is an approach to developing more targeted and effective diet interventions based on an individual’s personal characteristics (as articulated by NIH Director Dr. Francis Collins). The plan provides \$1.9 billion. See <https://commonfund.nih.gov/nutritionforprecisionhealth/fundingopportunities>.

E. In Memoriam

It is with sadness that we list those alumni who have passed away since the last **Reconnecting** issue. Every effort has been made to ensure the accuracy of this list. If the name of your friend/ colleague has been omitted, or listed incorrectly, please let us know, and accept our apologies. In addition, we include below stories that we have received about those Home Economics grads who have recently passed away.



Judith D. Roy	1978	BSHEc	Bachelor of Science in Home Economics
Diane L. Forbes	1970	BSHEc	Bachelor of Science in Home Economics
Elizabeth M. Bellamy	1957	BSHEc	Bachelor of Science in Home Economics
Elizabeth M. Talarico	1948	BHSc	Bachelor of Household Science
Gwendolyn E. MacLean	1938	BHSc	Bachelor of Household Science

Elaine Christine Clark, Class of 1967

Elaine passed away peacefully in September 2019 at the age of 77. She is survived by her husband Ray and their children. Elaine grew up on the family farm in Wynyard and entered the Congregation of Sister Servants of Mary Immaculate, where she served the Lord until 1968. She received her Home Economics degree as Sister Elaine. She married Ray in 1971 and went on to teach for many years in both Yorkton and Regina. She was known as a truly kind soul, always caring for others first.



Irma Ruth (Ruthie) Ebbels (Hutchison), Class of 1943

Ruthie worked as a dietitian in Montreal during the war. Bill Ebbels sent her an engagement ring in the mail. After the war she and Bill returned to Saskatoon where Bill completed a Commerce degree and they relocated to Regina. Ruthie spent countless hours doing volunteer work, most notable as a gallery guide, a docent with the Travelling Art program, Kinettes, MacKenzie Art Gallery, Lakeview United Church, and the Regina Symphony Orchestra. She wrote A History of Travelling Art in 1987 and was a noted piano player.



Veronica Longmuir (Seefried), Class of 1972

Veronica taught at Kindersley High School before she opened her fabric store. Quilters for miles around bought fabrics and attended quilting classes at her shop, Veronica’s Sewing Supplies. The Saskatoon Quilt Shows gave her an opportunity to display her works. As a grandmother, she proudly would show you photos of grandkids and kids. Veronica passed away on October 14, 2020.

Elizabeth "Beth" Smith (nee Chesney)

Beth passed away peacefully with family by her side on Sunday, March 1, 2020 at Regina Pioneer Village at the age of 89 years. She is reunited with her beloved husband Allan who predeceased her in 2019. For more information, please see www.reginafuneralhome.ca.



Bonnie Scott Seawell, Graduate of University of Moscow Idaho and Regina Home Economics Association Member

Bonnie passed away peacefully at age 90 in January 2020. Although her roots are in Idaho, Bonnie brought her family to Canada when her husband Oscar started a new career as a university professor in Regina. Bonnie explored several careers and settled comfortably into being a financial counsellor with PAR. She loved this work, only ending it a few years ago. Bonnie was predeceased by her husband, and leaves behind daughters Susan, Jane and Marian, and son John, as well as other family and the many friends she made while in the beautiful city of Regina.



Elinor G. McNeil (Davis), Class of 1955

Elinor passed away on April 19, 2021, not long after celebrating a delightful surprise 89th birthday with her family via Zoom. Born in Prince Albert, she went on to receive her Bachelor of Science in Home Economics in 1955, and taught Home Economics, Math and Science. Elinor was one of the first female lifeguards and pool managers for the City of Regina. She met the love of her life, Jack McNeil, while on the job. They were married in 1956 and raised their three children in Regina. Elinor was an active volunteer and leader, including with the Regina Home Economics Club. For more information, please visit www.speersfuneralchapel.com.

Fundraising: Please Support Our Ongoing Home Economics Legacy

Your generous gifts can help ensure that Home Economics continues to be celebrated at the University of Saskatchewan. We are creating a **Home Economics Legacy Fund**. Please contact Kieran at kieran.kobitz@usask.ca or at 306-966-5823 to make a donation and obtain a charitable receipt for income tax purposes.

Where are you now? What are you doing? Please let us know!

Co-editors Merry and Millie extend sincere thanks to Home Economics graduates and friends who contribute to *Reconnecting*. We thank the members of the **Home Economics Engagement Committee**, and the **Dean, faculty and staff of the College of Pharmacy and Nutrition** for all their good work and support for Home Economics.

We look forward to hearing about important events in your life and receiving your feedback on the *Reconnecting* newsletter. Please send by email or post to one of us:



Merry Beazely

Phone: 306-652-0086

Email:

merry.beazely@usask.ca

676 University Drive
Saskatoon, SK S7N 0J2



Millie Reynolds

Phone: 306-343-0322

Email:

millie@sasktel.net

3 Mills Crescent
Saskatoon, SK S7J 2P8