

SHETA/ASHE 2009

Conference

October 1-3

Revitalize

Reflecting the Past

Creating the Future



Toll free number:

1 800 718 7727

Group booking #7620

Rooms held until SEPT 1st

Check out our blog: <http://sheta2009ashe.wordpress.com/>

**Welcome Canadian Home Economics Foundation
Trustees**

Conference Contacts:

Cathy Price: 693-4626 price.catherine@prairiesouth.ca

Barb Morrison: ph: 693-4691 morrison.barb@prairiesouth.ca

Thursday, Oct. 1

Pre-Conference: 10 am- 4pm

1. **Taste of Quilting- Marj Moore.** You will make a sampler wall hanging which will be suitable for use in the classroom. This project will include several techniques. You will be given information on beginning quilting as well as tips for teaching quilting in the classroom. (Limit 20)

\$50.00 lunch & kit included

2. **Thought about Food?** A Workshop on Food Security and Influencing Policy. This workshop is intended to provide tools and information to inspire communities to come together and act to make food security a reality for all of us. This is a joint workshop with participants in the Food Secure Saskatchewan Conference.

\$20.00 lunch included

EVENING:

7:30-10:00pm Registration, Refreshments & POOL PARTY

Pool Passes Provided

Friday, Oct. 2nd

8:00am – 8:45am Breakfast & Registration

8:45am - 9:00am Greetings and Opening Remarks

9:00am – 10:00am Keynote Speaker:

Wendy Barrett

“Pear-ing Up To Teach Good Nutrition”

How as educators do we successfully get the nutrition message out to our students? As a food educator, Wendy believes that “Fruit + Fitness =Fun”. “Pear-ing Up” is interactive and classroom ready for your teaching!!

Friday, Oct. 2nd cont'd

Break-out Sessions:

10:15am- 11:30am

1. 2010 Style and Design Trends for Interiors- Jillian Bookout-Bilawchuk, Interior Decorator, Jillian's Design Elements
2. Skills Canada: Baking, Cooking, Fashion Technology– Robin Halbert & Cathy Price, Teachers
3. SIAST Cooking Program Tour– Fred German, Instructor (Limit 30)
4. Fifth Avenue Collections' Grayson Hall Tour (Limit 12)
5. Demystifying Fats - Shari Tremaine, Public Health Nutritionist

11:30am - 12:45pm

Lunch, SHETA AGM, CHEF meeting with ASHE

Break-out Sessions:

SINGLE SESSIONS:

12:45pm- 2:00pm

6. Demystifying Fats - Shari Tremaine, Public Health Nutritionist [repeat session]
7. Future of Home Economics Curricula- Greg Lawrence, PAA consultant, Ministry of Education
8. Interior Design 30: Inspirations, projects and assessments- Avis Dahl, Teacher
9. Historical Walking Tour of Downtown Moose Jaw- Gord Johnson, owner Johnson's Tours
10. Fifth Avenue Collections' Grayson Hall Tour (Limit 12) [repeat tour]

2:15pm- 3:30 pm

11. Vinyasa Flow Yoga- Tracey Crooks, Owner "Body in Mind" Studio (Limit 16)
12. Fashion Illustration- Rietta Frick-Davis, Teacher
13. Labyrinth of Peace- Vanier Collegiate
14. Historical Walking Tour of Downtown Moose Jaw- Gord Johnson, owner Johnson's Tours [repeat tour]

DOUBLE SESSION:

12:45pm- 3:30 pm

15. Mini Sewing Projects- Cathy Price, Teacher (Limit 20) \$20.00

Friday, Oct. 2nd cont'd

6:00pm - Cocktails

6:30pm - Banquet

7:30pm- Candle Ceremony,

Ring Ceremony –contact Judy Fortier: fortier@sasktel.net/306-642-4256 or blog

Honoring of Superannuates

Saturday, Oct. 3rd

8:00am – 8:45am Breakfast

8:45 am—9:00am Announcements

Break-out Sessions:

SINGLE SESSIONS:

9:00 am- 10:15 am

16. Temple Garden Mineral Spa: A Bold Act of Imagination: Building our Future from our Past– Deb Thorn, General Manager

17. Organic Skin Care– Jennifer Woodside, Teacher

18. Eat to live or Live to Eat???- Evan Danyliuk, Culinary Specialist (Limit 25)

10:30- 11:45 am

19. Moose Jaw Tunnel Tours- (Limit 32) \$13.50

20. Fifth Avenue Collections' Grayson Hall Tour (Limit 12) [repeat tour]

21. Eat to live or Live to Eat??? Evan Danyliuk, Culinary Specialist (Limit 25)

DOUBLE SESSION:

9:00am- 11:45 am

22. “The City”- Barb McKinnon, Teacher

23. Wonders of Wool - An Appliqué Project- - Marj Moore, Quilting Consultant (Limit 20)
\$15.00

11:45am Lunch, SHETA Region Meetings, ASHE AGM

*Welcome to Moose Jaw
“Surprisingly Unexpected”*

Check out our blog: <http://sheta2009ashe.wordpress.com/>

SESSION BRIEFS:

Keynote Speaker: Wendy Barrett - Wendy has developed and taught a program called “Power Up with Pears” throughout Canada to over 10,000 students. In her keynote address, Wendy will describe in her “Power Up with Pears” class and will simulate the lesson.

BREAK OUT SESSIONS:

- 1. 2010 Style and Design Trends for Interiors** – This presentation will assist in defining personal style and outline the steps in starting a decorating project. You will be inspired by rooms of various styles and the trends utilized in those rooms.
- 2. Skills Canada**– An introduction to Skills Canada competition. An overview of the three areas that are relevant to Home Economics and how you can get started.
- 3. SIAST Palliser Cooking Program**- Tour of the cooking program, including the equipment, tools, and description of the programs offered at SIAST.
- 4. Fifth Avenue Collection**– *Fifth Avenue Collections’* Grayson Hall – Tour this beautiful 1911 mansion in downtown Moose Jaw. It has been beautifully restored by the Butler family and is now home office for their family business. *Fifth Avenue Collection* has evolved from a basement hobby to a high-fashion jewelry company marketing through independent jewelers in six countries.
- 5, 6. Demystifying Fats**- Mono? Poly? Trans? Omega? This session will include an overview of dietary fatty acids, current recommendations and how it relates to healthy dietary patterns.
- 7. Future of Home Ec. Curricula**– The process for secondary PAA curriculum renewal will be presented. Greg welcomes participants will have the opportunity to provide their thoughts and ideas.
- 8. Interior Design: Inspirations, projects and assessments**- A collection of assignment and evaluation ideas will be shared, along with specific project samples. There will also be inspirations from former students who have pursued education and careers in the Interior Design field. We will have time to share ideas, resources and other sources of creativity. The session is designed for new teachers to the curriculum.

9 Historical Walking Tour of Downtown Moose Jaw– This guided walking tour will explore Moose Jaw’s rich heritage as evidenced in the grand architectural style of our buildings. You will be regaled with tales of a bygone era.

10. Fifth Avenue Collection– see #4

11. Vinyasa Flow Yoga– Enjoy an hour of relaxation. Energize your body through basic yoga, breathing and meditation. Renew your spirit- relax your mind.

12. Fashion Illustration– Scale, proportion and numeracy are the basic components drawing a Croquis (fashion figure). Participants will discover their artistic potential using a simple, step-by-step process to draw a human figure. This process can be applied to Fashion Design, Design Studies, Visual Arts, and Science class. Bring a pencil and sense of humor!

13. Labyrinth of Peace a unique meditation and relaxation experience. Each site is designed to immerse the visitor in an experience of peace. Come and experience a journey that will change how you look at life.

14. Historical Walking Tour– see #9

15. Mini Sewing Projects– Sew smaller projects for beginners and advanced. Each project should take your class one to five hours to complete. Handouts and assessment tools available. Sewing machines & fabric provided.

16. Temple Gardens Mineral Spa: A Bold Act of Imagination: Building our Future from our Past- This is the story of one community's struggle and challenge to build a community dream -- a world class destination mineral water spa resort -- smack dab in the midst of the 1990's economic recession. Amazingly this story is less about the building of bricks and mortar ... and more about the people who were able to build a "blue-ribbon" sense of pride!

17. Organic Skin Care - This unit, used for PAA survey course. Participants will have the opportunity to try eye soother, facials, and foot scrub. Photocopies of tested recipes and assessment tools will be provided. Bring a facecloth.

18. Eat to live or Live to Eat???- The International Culinary Schools at The Art Institutes is a leading educator in the Culinary Industry in North America. This session will provide participants with information about programs offered at The Art Institutes as well as a food demonstration. Participants will have the opportunity to experience the sights and smells as well as enjoy a sample of the food prepared.

19. Moose Jaw Tunnel Tour- Choose one:

a. Passage to Fortune: profiles the Chinese immigrant experience in Canada. Immerse yourself in the sights, sounds and secrets of the day.

b. Chicago Connection: steps you back to prohibition era to see the role that Moose Jaw played in supplying illegal liquid to the US via the Soo Line and Al Capone.

20. Fifth Avenue Collection- see #4

21. Eat to live or Live to Eat???- see #18

22. “The City”- Teaching financial literacy to high school students has never been more fun and interesting! The City is a free, powerful teaching resource to help improve student’s knowledge and supports Life Transitions. Registrations must be received by **Sept 15-** so resources can be ordered.

23. Wonders of Wool - An Appliqué Project- Using wool, you will make a small 'hand stitched' project. Information on working with felted wool and using wool in quilting will be included.



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SEE YOU THERE!!!

SHETA/ASHE 2009 CONFERENCE REGISTRATION FORM

Revitalize: Reflecting the Past, Creating the Future

REGISTRATION:

Name _____

Address _____

City/Town _____

Postal Code _____

Phone: Home _____

Work _____

Email _____

School Division/Region _____

Teacher Certificate # _____

* I am a member of ___ SHETA ___ ASHE

* If you have any dietary/special food considerations please explain:

CONFERENCE:

Pre-conference:

A Taste of Quilting \$50.00 _____

Thought about Food? \$20.00 _____

Conference:

Member (SHETA/ASHE) \$200.00 _____

Non-member \$250.00 _____

Superannuates \$135.00 _____

Students \$135.00 _____

SHETA membership

Renewal \$30.00 _____

SHETA superannuates

and student renewal \$15.00 _____

ASHE memberships \$60.00 _____

Extra banquet ticket \$35.00 _____

Saturday ONLY \$50.00 _____

(sessions, lunch & ASHE AGM)

Mini Sewing projects \$20.00 _____

Tunnel Tour (choose one) \$13.50 _____

g. Passage of Fortune _____

h. Chicago Connection _____

Wonders of Wool \$15.00 _____

TOTAL \$ _____

Make Cheques payable to:

SHETA/ASHE Conference 2009

Donna Wells- Registrar

1626 Spadina Dr.

Moose Jaw, SK

S6K 1B1

(306) 693-4842 (home)

(306) 693-6744

donna.wells@sasktel.net

SESSION CHOICES:

Friday, October 2nd

10:15-11:30am (Single session)	1 st	2 nd
1. 2010 Style and Design Trends for Interiors		
2. Skills Canada		
3. SIAST Cooking Program Tour		
4. Fifth Avenue Collections' Grayson Hall Tour		
5. Demystifying Fats		

12:45-2:00pm (Single session)	1 st	2 nd
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7. Future of Home Economics Curricula		
8. Interior Design 30: Inspiration, projects, assessment		
9. Historical Walking Tour of Downtown Moose Jaw		
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2:15-3:30pm (Single session)	1 st	2 nd
11. Vinyasa Flow Yoga		
12. Fashion Illustration		
13. Labyrinth of Peace		
14. Historical Walking Tour of Downtown Moose Jaw		

12:45-3:30pm (Double session)	1 st	2 nd
15. Mini Sewing Projects		

Saturday, October 3rd

9:00-10:15am (Single session)	1 st	2 nd
16. Temple Gardens Mineral Spa: A bold act of Imagination		
17. Organic Skin Care		
18. Eat to live or Live to Eat???		

10:30-11:45am (Single session)	1 st	2 nd
19. Moose Jaw Tunnel Tour		
20. Fifth Avenue Collections' Grayson Hall		
21. Eat to live or Live to Eat???		

9:00-11:45am (Double session)	1 st	2 nd
22. "The City"		
23. Wonders of Wool- An Appliqué Project		

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Signature: _____