

to go in your career, president of the company or secretary to the president?

Is marriage for you? There is not as much pressure on girls to marry as there used to be. There is no stigma now on girls who do not marry.

Consider if you marry young — what will happen to your career?

Think carefully about the kind of husband with whom you want to share two thirds of your life.

You are what you are today because of many influences, your parents, your friends, school, 4-H and other organizations to which you belong. Do you like who you are? If not, why not do something about it. You must love and respect yourself as a person before you can love and esteem others and before they can love and esteem you. There are times when we all do



Round the World Dining
Food Forum presented by food specialists, Anne Urquhart, Denise Kendall and Bonnie Lacroix.

not act the way we would like to — when we become angry, are unkind, inconsiderate, rude, complaining. If we allow it, these traits can become habits and the habits can get in the way of achieving our goals. We can and do model our lives, to a certain extent on the people we admire. Have you ever stopped to think that you are a model for someone else, that you may be influencing the life of younger sisters, brothers, nieces, 4-H Club girls etc.

It is important to sort out in your minds the values and traits you feel important to you as a person. What are some of the basic values which are worthwhile to cherish — Honesty, freedom, loyalty, honour, reverence for life?

Have you set goals for yourself? At the moment your goal may be for a short term, finish high school, marry, have children.

If you marry young and have your children as soon as possible, those children are likely to be well on in

school by the time you are thirty-five. Life expectancy for women is seventy-six. It is a long time between 35 and 75, more than half a lifetime in which mothers can contribute to society and pursue their personal interests as individuals. This represents a second lifetime. Are you preparing for that second lifetime?

Goals often need to be reassessed, or changed as circumstances change. Probably the greatest challenge facing you as women of the '70's will be your ability to cope with change — rapid change.

In his book *Future Shock*, Alvin Toffler says, "Some people achieve a certain sense of serenity, even in the midst of turmoil, not because they are immune to emotion, but because they have found ways to get just the right amount of change in their lives. The search for that optimum may be what the 'pursuit of happiness' is about."

Concluding her talk to the girls, Mrs. Woof urged them to enter fully into the discussions on careers, expressing their own opinions and listening to the opinions of the other girls.

CAREER PANEL

"Work for the sake of working is good". Quoting this ethic, Miss Donna Hepburn introduced a panel of working women who explained briefly the education necessary, the requirements and the rewards of their own careers. Miss Hepburn said, "the work ethic has been changed, for various reasons, by society to include "success". But "success" is now being challenged by many young people who are entering the labour force. Attitudes of female-male suitability to careers are being challenged too. Your goal for the future will partly be determined by the values you hold today. Are you looking for a means of giving? — a way to express your own ideas? — a chance to travel?"

The panelists, Miss Carol Mallette — working in international development as she studies for a masters degree at the University of Guelph. Miss Mallette has worked in Mexico, India, Liberia and Ghana. She advised that girls interested in International work get a thorough training and said that a sense of humour is



Mrs. Layne Paton, Supervisor of Crafts, explains techniques of Leathercraft to Barb Mainland, and Linda Baxter.