

4 H CONFERENCE

The University of Guelph provided the meeting place for 185 4-H Homemaking Club girls attending the annual 4-H Girls' Conference.

A high percentage of those attending had achieved provincial honours, and all were enthusiastic and eager to enjoy campus facilities and contribute as much as possible to make the days together a success.

The Conference planning under the direction of the Supervisor of Junior Extension, Mrs. Margaret Woolf, the Regional Supervisors and County Home Economists afforded opportunities to meet new girls, and learn from the specialists.

A former Supervisor of Junior Extension, Miss Jean Scott, provided the "extra incentive" in her keynote "Horizons" address to set the mood and pace for the days ahead.

In her opening remarks she said, "I hope this Conference will help you to not only enjoy the wonders of today but to catch a vision of what lies beyond your 1976 horizon." In the next twenty years you and others of this generation will be the leaders.

Looming large on your horizon, is the choosing of a career. It is natural for all of us to want to perform useful and satisfying work. Something which makes use of our special talents and abilities, and something where we can enjoy a sense of achievement and feel we are building for the future.

When choosing a career, we first need a vision of what we wish to accomplish, a sense of purpose enabling the attainment and then plans to make our vision and purpose come true. Now is the time to plan.

Work alone is not satisfying, we all need diversification, including play and recreation. Dr. Wilder Penfield once said, this is an age of leisure but we should strive to make it an age of opportunity. If this is so, then leisure is opportunity for culture—culture of the mind and body.

"A disciplined mind and a good character can be had only by the person who is willing to pay the price for them."

FITNESS FOR LIVING

A session was spent with Dr. Brian Wilson, Department of Human Kinetics, Guelph, who said basically—Human Kinetics is the analysis of human movement from all aspects—movement in totality. Weight itself is not the important variable to measure, more importantly is the percentage of body fat.

A measure of fitness comes about through the encouragement of participation, exercise combined with a proper diet. If you want to lose fat don't take it off in a hurry but look at a year's programme, the diet must be kept constant. Loss of weight should come from both components muscle and fat.

The group then moved to the gym with Mrs. Ann Stallman for an exercise period. The workout quickly showed each delegate's level of fitness.

CAREER HORIZONS

Lori Jocus, a graduate of Child and Family Studies, University of Guelph, whose career was in the field of co-ordinator of childhood education and Supervisor of Day Care Centres, enjoyed the challenge of working with young children. Day Care is becoming

increasingly more important because of working mothers, and careers are experiencing expanding horizons too. The areas of work could include working with handicapped, mentally and emotionally upset, play therapists in hospital, case workers, consultants, etc.

She told of personal experiences in her own varied career, and now looking back, found it most satisfying to be a woman, to have a professional career, wife and now expectant mother.



Panel Moderator—Mrs. Betty Obokata.

Jill Varnell, also a graduate of University of Guelph, former County Home Economist, wife and mother, has a strong involvement in community activities.

Her philosophy on homemaking, is marriage should be a partnership, responsibilities in the home should be shared and you should prepare yourself for all occasions—marriage, motherhood, career as a housewife. You have to like yourself, and be yourself to become an important person. Life is a lot of small things rolled up to make one big thing. For her children, most important of all she wants them to learn to accept responsibility so they can better cope when they leave home.

Christine Silverberg is a graduate of York University in Sociology and Political Science. A policewoman now a constable working with the Mississauga Police Force. The 29 women on the force work in all areas and she feels if a woman is suited for the job there is no reason why she could not become a law enforcement officer. Many jobs are available, general patrol, fraud squad, finger printing, the field seems to be opening up with more and more women joining.

Women do have to be versatile, for indeed there are some gory aspects encountered. She feels many TV programmes overplay and glamorize the force.

Mrs. Silverberg feels she is accepted by the other officers, not because she is or is not a woman, instead for her "worth" as an officer.

PROTEIN OF THE FUTURE

The experts, Dr. N. C. Stoskopf, and Dr. J. W. Stone, both from the University of Guelph, debated whether people can be fed properly with only animal protein or plant protein. Dr. J. C. Rennie, from the Ministry of Agriculture and Food, acted as moderator.

Dr. Stoskopf opened on the defense of plant protein with the question of land use. Whether in the years ahead the land can support grazing cattle, growing grains, and still have enough space for future living.

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