

## HORIZONS

Mrs. Beverley Carson moderated a panel of experts in specialized areas. Mrs. Donna Lotus, Food Service Supervisor; Mrs. Chris Smith, Hairdresser; Mrs. Christine Silverberg, Law Enforcement; Ms. Donna Vallikoff, Personnel Administrator.

Mrs. Carson opened by saying, what kind of woman do you want to be? It is important that you enroll in something you will enjoy during your school years. Statistics show that a single woman will be in the work force for 45 years. A homemaker, in addition to that role, will probably hold a job and will combine job sharing and household duties which will be a part of her lifestyle. There will undoubtedly be career changes, we must be flexible to live in these changing times and not become stereotyped.

Donna Vallikoff, Personnel Administrator, hasn't stopped learning or changing careers since graduation. From Kindergarten teacher and now personnel administrator, with half a dozen careers in between, she feels strongly that every changing career added depth to her character. Whatever you do—develop a curiosity for your work—a job can be as exciting as you make it. It is important to develop the right attitude and apply yourself.

Donna Lotus, Food Service Supervisor, finds her secret to working and keeping house is to be well organized. Both she and her husband do the household chores, but she really doesn't use convenience foods that much, but does take advantage of a slow cooker and automatic oven. She finds hobbies act as a vent to keep life interesting.



**Panel Participants**

Chris Smith, Hairdresser combines many activities, homemaking, motherhood, assisting her husband with doing payroll for his business and owning a hair-dressing shop. This seems like a tall order and a busy lifestyle, but she gets so much more out of living by being busy and having a variety of interests. But she cautioned, one must not waste time.

Christine Silverberg, Law Enforcement, works in a man's world, 600 men and 2 women. She feels one must be preparing for 5 or 10 years ahead. The job market is tough and one needs as many skills and backups, in the event of changing roles, for a job at age forty. She finds housekeeping a bore but a career a challenge. She added at the end of her presentation, "my husband is my best friend."

## HOME ECONOMICS DIRECTOR

Miss Molly McGhee, banquet speaker, felt "Dimensions", along with all the other definitions given during the Conference had an extended meaning, they are also concerned with the scope or importance of life.

As you go through life, bear in mind your pledge and place it upon an imaginary scale of successive goals upon which to measure yourself from time to time.

One aim of the 4H movement is to make available the wisdom of the past and present, so that youth may be equipped to solve the problems of the future.

One third of all volunteers in North America in the area of social service work are teenagers. This indicates an acceptance of responsibility which you also show.

To have happiness and satisfaction you must reach as far as you possibly can along the scale of life. Find better ways to solve problems, promote new ideas and interact with others.

Have the courage to speak out and stand up and be counted, if you really believe in something. Make an impact on as many people as possible. With every commitment, leave a little of yourself behind and give that little extra so you will be certain to help others along the way.

## SIGHTS AND SOUNDS OF THE ARBORETUM

The four sessions were an overview of the Arboretum and its Environmental Educational program, birds and bird songs, and Nature photography. The group learned about edible wild plants and their uses as food for humans.

Sampling was fun! The menu included a salad with such ingredients as mustard seed pods, toothwort, speedwell, wood-sorrel and wild leek.

For an entree, cat-tails in butter, daylily buds, jewelweed, Robinia fritters. Desert—candied ginger and beverages, a cold Wood-Sorrelade tea and hot Spice-bush tea.

## EFFECTIVE SPEAKING

Mrs. E. McFadden, Guelph was in charge of this particular part of the program. Some of the girls volunteered for duties at the banquet, such as, introducing head table, thanking or introducing speakers.

Mrs. McFadden dwelt on the anatomy of speech and the various types. Every speech whether topical, political or informal has three parts, an introduction, body and conclusion. But before a person speaks make certain you are standing comfortably, both feet firmly planted and the body relaxed.

Body language is important for it is here one can project personality, as well as present an idea. Because of a smile, effective use of eyes and eyebrows or body movement, the attention of an audience can be captured and held.

People have to work on voice and phrasing, learn to articulate and project and modulate your voice in a pleasant range. It takes practice but you too can give a speech.