

“Dimensions '81 Destination... Life”

The Provincial Conference, chaired by Lorraine Holding, Associate Director of Home Economics Branch, was assisted by Regional Supervisors, Joyce Canning, Carol Creer and Ruth Marcou. Seven District and County Home Economists were responsible for the Conference management.

WELCOME

Dr. Richard Barham, Chairman, Department of Family Studies said, styles of family living have changed but at the root the family is the basic function and biologically and socially must go on. He referred to the post war years when countless women worked to help the war effort, women put their hands, minds, energies and skills to many things. Just take a look at the family before the last war and the family to-day. Consider the reconstructed family, the single parent, as well as the tremendous social change.

Dr. Barham greeted the delegates on behalf of President Forrester welcoming all to the University of Guelph campus. No department is more interested than the Family and Consumer Studies in the 4-H. We feel we have a better understanding of rural communities and the fringe of the rural area.

SPEAK WITH EASE

Mrs. Patricia Ferraro, Instructor, Effective Speaking, Guelph, emphasized everyone can speak in public if the basics are followed.

The punch line is the important fact, the thing you want to get across in your final statement. Choose your final sentence first. It will be your last chance to get your message across.

Quality does not necessarily go with quantity. There is no need to say a statement in five different ways. If you are a good joke teller and you have an appropriate joke, tell it, however if you are not good, you will be better off leaving it out.

Be certain to use eye contact when speaking. Stand firmly on two feet, don't fidget, avoid bad habits such as 'a-a-a', or 'you know'. If you have acquired a bad habit, repeat the word over and over, this will help you avoid these habits.

Try to be sincere and honest, use good strategy and if gestures are normal to your character, use them. Your opening line must be effective.

Many people are afraid of a mike. Two good rules to follow, forget it's there, and don't touch. If you get a feed-back, or a sharp 'p', stand back.

When you've given your speech, — stop — don't ramble on, and don't say 'thank you' at the end.

VISUALIZE YOUR MESSAGE

Mrs. Barbara Flewelling, former Home Economist with OMAF, now a high school teacher, demonstrated ways and methods to promote 4-H at the local level.

She emphasized, to make attractive posters, one does not have to be an artist. Creative, imaginative, enthusiastic, yes! Make your posters and hand-outs eye catching, colorful and attractive.

Dare to be different! Reflect your individuality in your record books and promotional material. Mix and match poster paper, fabric, and a variety of printing.

Visualizing your message, is one more way 4-Her's can sell themselves in the community.

NEW ROLES — NEW GOALS

Dr. Sam Luker, Chairman Part-Time and General Studies, University of Guelph set the mood for the Conference.

“We talk far too much about how we would like the family to be, rather than how it really is.”

No social unit works together as well as the family. There is no substitute for it. In the 1950's the marriage was reduced in impact and moved from religious to social obligation. In the '80's the main reason for marriage is not for religious but for personal fulfillment. We demand more of marriage. There is a whole new framework. Women are leading the way, they are not marrying for social status but for the right reasons, a need to become a 'whole' person.

A quick survey showed half the delegates came from working farms, one quarter were the first-born, almost all, planned a full-time career sometime during their life, and expected to marry.

The family never stays the same, nor does the function of the family. The various cycles range from the newlywed stage on to the parental, through middle age and then retirement. However, many individuals never experience all these stages in one marriage.

Traditionally, only one family in five have the father the breadwinner and the mother staying at home, as opposed to 49% having both parents working. Eight percent are one parent families, with 20% of these a male parent. Two percent of the population live without benefit of clergy, but half of this group after one year either leave or marry out do not stay in an unmarried state. Older people are splitting more and more.

With the divorce rate continuing to rise, and very few teaching skills available for coping and living with marriage, it means we must continue to work harder at 'marriage' to keep the family strong.



At the **SIGHTS AND SOUNDS** sessions, Mr. Alan Watson, Naturalist, at the University of Guelph's Arboretum told the interest group about some of the edible wild flowers, roots and pods. **CATTAILS ANYONE?**