



**“The Strait Facts”**  
**Prince Edward Island Chapter Newsletter**  
**March 2006**  
 Email: [IAAP@pei.eastlink.ca](mailto:IAAP@pei.eastlink.ca)

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The **deadline** for the April issue of “The Strait Facts” is **March 31<sup>st</sup>**. Please submit your articles, photos, tidbits etc. to the Newsletter Committee.

**March is Nutrition Month**

**Make Wise Food Choices, Wherever You Go!**

March is Nutrition Month and the theme is Make Wise Food Choices, Wherever You Go! Here are some ways you can make healthier food choices whether you are at work, the grocery store, or dining out.

\* **Get Caught!** During March, keep your eyes peeled for dietitians in grocery stores who will be making themselves available to answer your questions. Dietitians will be on the look-out to "catch" consumers reading food labels in grocery stores and to let them know they have been "caught" making wise food choices. Dietitians will also be visiting intermediate and high schools and community events to "catch" and reward young people who are making wise food choices.

\* **Put nutrition labels at the top of your reading list!** Take advantage of the fact that standardized nutrition labelling is now mandatory on most pre-packaged food. Use the % Daily Value, which is found in the Nutrition Facts Table, to compare foods and see if a food has a lot or a little of a nutrient. To learn more about nutrition labelling and to visit a Virtual Grocery Store, go to Healthy Eating is in Store for You. [www.healthyeatinginstore.ca](http://www.healthyeatinginstore.ca)

\* **Visit the most popular nutrition website in Canada:** [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell). Review this year's Nutrition Month® fact sheets on Supermarket Smarts, Eating Out Smarts, and a crossword puzzle.

\* **Get a personal assessment of your daily food and activity choices** with "EATracker", find meal planning help with "Let's Make a Meal", and enter the "Get Caught Scavenger Hunt." All are at [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell) If you don't have access to a computer, contact a dietitian at your public health department, hospital or community health centre for more information about Nutrition Month® activities that can help you make wise food choices.



# "The Strait Facts"

## Prince Edward Island Chapter Newsletter

### March 2006

#### 2005-2006 Executive

Millie Howatt, President  
mohowatt@ihis.org

Millie MacKenzie, President-Elect  
mmackenzie@hollandc.pe.ca

Dianne MacLean, Past-President  
dmaclean@upei.ca

#### Vacant Position, Secretary

Doreen Foster, Treasurer  
dfoster@upei.ca

#### Committee Chairs

Janet Prentice  
Program/Education  
jprentice@upei.ca

Carol MacDonald  
Bylaws & Standing  
carmacdonald@upei.ca

Colleen Hatcher  
Membership  
chatcher@pei.cancer.ca

Judy Gallant  
Fundraising/Publicity  
Judy.Gallant@vac-acc.gc.ca

Sandra McDonald  
Cards/Newsletter  
sanmcdonald@upei.ca

Edith Cardy  
Certification  
ecardy@upei.ca  
Nominations (TBA – Feb. '06)

#### The Symbol of Hope

##### Getting the dirt on daffodils

- The daffodil is the Canadian Cancer Society's symbol of hope in the fight against cancer. The cheerful blooms are sold every year to launch Cancer Awareness Month in April, the Society's official door-to-door campaign month.

- This year, Daffodil Days will take place March 15-17 in communities across the Island. Watch next week for Society volunteers delivering and selling bright yellow flowers at various Island businesses and grocery stores. Buying a cheerful bouquet of flowers will help fight cancer in Island communities.

- Daffodil Days began in Toronto in the 1950s. A group of Canadian Cancer Society volunteers organized a fundraising tea and decided to decorate the tables with daffodils. The bright, cheerful flowers created an atmosphere that seemed to radiate hope and faith that cancer could be beaten.

- The Canadian Cancer Society is the world's largest purchaser of daffodils and the growers in British Columbia must arrange their plantings to meet the needs of the Society's spring demand for live blooms.

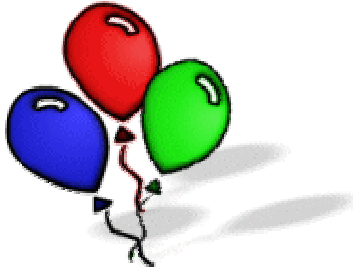
- The yellow flowers pack a lot of punch - in 2005 over 10,000 bunches of daffodils covered the Island in yellow, raising approximately \$66,000 for Canadian Cancer Society cancer programs in PEI.

What do daffodils do? They help:

- .fund cancer research on all types of cancer
- .advocate for healthy lifestyle policies in PEI to prevent cancer
- .promote healthy lifestyle strategies for reducing cancer risk
- .provide information about cancer
- .support people living with cancer

They help spread hope.

Colleen Hatcher  
Canadian Cancer Society  
PEI



Birthday wishes are being sent out to:

- ♦ Lori Comeau (Mar. 5)
- ♦ Colleen Hatcher (Mar. 13)
- ♦ Rita Saunders (Mar. 14)
- ♦ Donna Riley-Morton (Mar. 15)

### Congratulations to:

Michelle McKearney who just started her new position as Administrative Support for the Computer Science Dept at UPEI. Best wishes Michelle!

### Education Meetings

(c =confirmed)  
(meetings held at various locations)

- April 11:** "Rev up your CPU" (minor computer repairs).
- May 9:** Event Planning and Annual Meeting.
- June 3:** Retreat (Saturday morning).

## Mark Your Calendar For Upcoming Events

- ✎ Please mark your calendars for **Wednesday, April 19<sup>th</sup>** for our Professional Day Workshop. June, Judy, Millie MacKenzie and Janet are working behind the scenes to get things organized for this great event. More details to follow soon.
- ✎ Canadian Divisions Conference "CAP it all in the Capital" May 18 – 20. Early bird registration to March 15<sup>th</sup>! Don't forget the CAPtivating Pre & Post Tours – to take advantage of the pre conference tours, book early. Discount air travel is available through WestJet (QC3360) and Air Canada (CV060450). For more information contact Co-ordinators from the Ottawa Chapter: Nicole Theriault ([nicole.theriault@nrc.ca](mailto:nicole.theriault@nrc.ca)) or Kim Picard ([kpicaard@regionalgroup.com](mailto:kpicaard@regionalgroup.com))

### A warm welcome to our newest members



June Harper with VP Millie MacKenzie



Linda Callaghan with VP Millie MacKenzie



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## U Make Me Smile!

Smiling is infectious,  
You can catch it like the flu.  
When someone smiled at me today,

I started smiling too.

I passed around the corner,  
And someone saw my grin.

When I smiled, I realized,  
I'd passed it on to him.

I thought about that smile,  
Then I realized its worth.

A single smile just like mine,  
Could travel round the earth.

So, if you feel a smile begin,  
Don't leave it undetected.

Let's start an epidemic quick,  
And get the world infected!



**Happy St. Patrick's Day**

## IAAP Meeting Dates 2006

General meetings will be held on the 2<sup>nd</sup> Tuesday of each month (unless otherwise specified). Executive Committee and Chairs will meet on the last Wednesday of each month.

Please reserve the following dates in your calendars.

Month	General Meeting Dates	Executive Meeting Dates
March	14	29
April	11	26
May	9	31
June	3***	TBD

### Note:

- June – no general meeting – a morning planning retreat scheduled for first Saturday in June.

## Thank you!

to our VP Millie MacKenzie for her very interesting and informative talk at our meeting last month on portfolios and how important they are when job searching or looking for promotions. Needless to say, we all learned something new from Millie.



VP – Millie MacKenzie



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