



# Naming Committee

Honouring People and Places in Our City

THE CITY OF  
**Edmonton**

7th Floor, 10250 - 101 Street  
Edmonton AB T5J 3P4  
Phone: 780-496-6226 Fax: 780-496-6054

## Betty Mullen

(1930)



Betty Mullen (nee Elizabeth Blackburn) was born on a farm near Lavoy, Alberta. She and her mother moved to Edmonton in 1940 when her father, John Blackburn, joined the Air Force. Betty attended McCauley School, Victoria High School, and the University of Alberta. After receiving her Bachelor of Science in Household Economics in 1951, she interned in dietetics at the University Hospital.

In 1953, Betty married Dr. Ron Mullen, an orthodontist who, in 1957, was only the third orthodontist to practice in Edmonton. He co-founded the first Orthodontic Masters Program in Western Canada at the University of Alberta where he taught part-time for over 40 years.

From 1952 to 1960 Betty worked as a dietitian. She worked in hospitals in Lamont, Moose Jaw, Chicago, and at the Misericordia Hospital in Edmonton from 1957 until 1960. She held many executive positions with the local, provincial, and national home economics and dietetic associations. She edited the *Alberta Home Economics Association Newsletter* for 20 years, and for six years she co-edited the *Canadian Home Economics Journal*, a professional journal with a juried research section.

To standardize diets in Edmonton, she is known for spearheading the compilation of the *Edmonton Hospital Diet Therapy Manual* that was welcomed by doctors and patients; for co-authoring a low cost cookbook entitled *Family Meal Planning* for the Family Service Association to teach their clients proper nutrition, meal planning and budgeting; and for organizing a series, *Family Planning*, which appeared for months in the Edmonton Journal.

Betty was an active volunteer, supporting many organizations in Edmonton. She worked for the YWCA for many years, serving on the board and on various committees. She organized fundraising for renovations to the YW camp, YoWoChAs. In 1982, Betty was co-creator of the Society of the Friends of the YWCA in Edmonton, which in 30 years raised over \$600,000 in support of YWCA programs offered to women, children, and families in Edmonton. Betty was also an active volunteer for many other local groups such as Operation Friendship, Marian Centre, Meals on Wheels, and Victorian Order of Nurses. She was on both the Bissell Board and the United Way Board each for six years, serving on several of their committees. Acting on St. Stephens College Senate in the 1980s, she chaired the Honourary Degree Selection Committee and the Library Task Force.



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In 1987, being concerned for seniors, Betty was involved in creating Petrolia Seniors, a group providing opportunities for seniors to meet for fellowship, social, and educational events. Betty served on the executive for many years. From 1998 to 2014 Betty was a member and secretary of the Edmonton Seniors Community Health Council, an advocacy group whose purpose was to identify issues affecting seniors such as health, pharmaceuticals, home care, continuing care, mental health and to communicate their concerns to government officials and others providing constructive criticism and suggesting ways of addressing these issues.

As an active member of St Paul's United Church, Betty was a member and chair of the Quilters Group which makes, from donated fabric, 80 to 100 warm quilts each year which are donated to charitable organizations. In 2001, she began chairing the Flower Committee which is responsible for providing flowers for services after which they are taken to homebound individuals.

Over the years Betty has fundraised for groups such as YWCA, Concordia College, Aspen Gardens Community League, Heart and Stroke Association, Cancer Foundation, Lung Association, Diabetes Association, and the Salvation Army.

She has received a number of honours and awards such as the Alberta Achievement Award (Service Category), AHEA Fellow Award, AHEA Life Membership, Canadian Home Economics Association Honour Award, YWCA Tribute to Women Award (Community Service Category), YWCA Pat Cook Award, YWCA Life membership, and the Cosmopolitan Music Award. From 1988 to 2002, Betty also enjoyed a successful career in real estate with Royal LePage where she received various awards, including the Award of Excellence. Helping young couples make a good decision when buying their first home was one of her major goals.

Loving to sing, Betty has continued to sing in church choirs with her husband. The couple has two children and five grandchildren. Betty considers them to be her greatest pleasure and lasting legacy.

Of note, there are a number of roads in Southwest Edmonton named after her father, John Blackburn.

*Written by: Betty Mullen*

*Edited by: Betty Mullen and Danielle Ferchoff*

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**CITATION ON FILE**

Betty Mullen, e-mail to Danielle Ferchoff, 27 August 2015.



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## APPROVED ROAD NAMES

Mactaggart Neighbourhood

May 17, 2006  
Naming Committee