

Fall 2020 Newsletter



THEA publishes four newsletters per membership year in Fall, Winter, Spring and Summer. Items suitable for publication may be submitted for the winter issue by January 8.

President's Message

It's finally fall, and as we settle into the new season it's hard to believe we have been living with COVID in our lives for seven months. Though gathering with family, friends and loved ones has become more challenging - and for some of us not a reality over the holiday long weekend - we as a Board hope to continue to support our members however we can.

Over the summer, the board was focused on reaching out to members. Our main project, a 'check-in' initiative was partially spurred by the realization that many of us aren't necessarily able to access the resource most needed at this time – human connection. In the coming months we hope to continue to speak with you all and open lines of conversation, whether it is about programming you would like to see, or if you have questions about Board activities, I hope you feel comfortable reaching out to us.

Last month a few Board members were able to meet with Ryerson students through a joint event with the RHEA. OHEA also participated in the virtual meet and greet, and it was an excellent reminder that the work that we do is still relevant and valued by young people. Next month we will meet with students at Humber College and I am also excited to see such great interest from students, especially with the reality of zoom meeting fatigue.

Moving forward, we hope to continue our engagement activities by speaking with former THEA members. I believe to understand how we can move forward as an association we must also understand why our membership is seen as valuable to some, and not to others.

I hope to see you all (virtually) at our upcoming member's meeting. Though we had wished to meet in person in an outdoor event, we hope more of you can join us online (details to follow). Some of you may be familiar with Gurneet Dhami's Master's thesis on diversity and inclusion in the profession of dietetics. I think this is a great time to explore, and look inwards at how to make dietetics a safer place for all. I personally don't work in this field, but I know I can move forward with best practices learned from the event.

I hope you all have a safe and happy fall!

Stay well,
Kamaria

THEA Human Library

Welcome THEA members! The human library is a place where members can introduce themselves and share their experiences and interests. Our hope is to foster communication and conversations between members to encourage connection in our association throughout the pandemic and beyond.

Hello, my name is **Luigi Liaros** and I have a passion for health and wellness. I am a Humber College Alumni from the Food and Nutrition Management program (2015). I am currently in my second last year in Nutrition and Food at Ryerson University with a minor in Psychology. I have ten years of experience in the foodservice industry, 5 of those years have been in a Long-Term Care (LTC) setting and hospital. My goal is to pursue my masters to become a Registered Dietitian. This will enable me to help others reach their health and wellness goals through education and understanding. I am excited to broaden my professional and personal network through my role as the **THEA Student Liaison**, challenge accepted!



Kathryn (Kathy) Camelon retired from a career in dietetics in 2016 and now is busy using her home economics skills in caring for her four-generation family and keeping in touch with former work colleagues. Kathy was a Registered Dietitian and Certified Diabetes Educator at Toronto General Hospital where she combined working in clinical trials relating to diabetes and heart disease, the practical application of research findings to nutrition counselling, and patient education. One of her interests was how to best communicate meaningful, food-based messages about healthy eating. Teaching was also part of Kathy's role as she mentored hospital staff and students from several health disciplines.

Kathy's interest in nutrition began when she was growing up on a farm in the Ottawa Valley, where she saw food move from field to table. This foundation, combined with an interest in health sciences, led to her rewarding career in dietetics. After graduating from the University of Guelph with a Bachelor of Applied Science in Applied Human Nutrition, she completed her dietetic internship at Toronto General Hospital and continued to work there for over forty years.

In the News this Season

"Home economics is back!"

The International Federation for Home Economics (IFHE) elected a new President, Dr. Gwendolyn Hustvedt, who released a [video statement](#) highlighting World Home Economics Day and some of her plans for the start of her 2020-2024 term of office. Dr. Hustvedt is the youngest person to be elected to this role, and has a goal to empower the coming generation of professionals to "take up the spindle or the spatula and make home economics a force for good in the 21st century."
(https://www.youtube.com/watch?v=rXKh_-CasZ8&feature=youtu.be&ab_channel=GwendolynHustvedt)

Check out Earth to Tables Legacies multimedia educational package as a useful resource for teachers preparing for fall classes from earthtotables.org.

Since 2015, the Earth to Tables Legacies project has brought together a small group of food activists across big differences - youth/elders, rural/urban, Indigenous/settler, Canadian/Mexican - for an exchange around food justice and food sovereignty.

The intergenerational production team, based in York University's Faculty of Environmental Studies, have filmed their conversations and food initiatives, culminating in a multimedia educational package that includes facilitator's guides, further resources, and commentaries by activists and academics.

Shining a Light on Fall Produce

[Potato Cinnamon Swirl Rolls](#) recipe developed by Canola! and Professional Home Economist, Emily Richards to highlight [4 reasons](#) why you should include potato in your dough recipes (<https://canolaeatwell.com/celebrating-fall-veggies-and-shining-a-spotlight-on-the-humble-potato/>)

[Maple Apple Upside Down Cake](#) by Joanne Chang from Food & Wine (<https://www.foodandwine.com/recipes/maple-apple-upside-down-cake>)

Phone Tree Finds

This summer members of The Board proposed a member check-in phone tree initiative, reaching out to all current THEA members. Through discussion, we realized that members might enjoy speaking with someone about their concerns related to THEA, the future of Home Economics, and any general anxieties related to COVID. These conversations proved to be fruitful, with excellent discussion and ideation emerging. Below are some of the results of our conversations.

- Humber students appreciated the opportunity to meet with THEA members, and network informally with other professionals. This set THEA apart from OHEA, and we showed care, interest, and dedication to these students.
- Online meeting platforms, such as ZOOM and GoToMeeting will be helpful for members moving forward.
- Due to social isolation, a 'tea time' type event may be helpful for members to connect in a small meeting.
- Virtual meetings could discuss food waste and how to prevent it, healthy eating and fibre, home or household tips.
- Some members retain membership to support the association but can't be as active as they were previously due to changing family needs, distance etc.
- One member had several ideas of projects we might be able to do to educate students in Family studies using ways other than the classroom, since that is not possible at present and given that it is not compulsory.
- A member noted that people are not lacking skill or interest in baking (shown during Covid); but lack discretionary time in "normal" times.
- IFHE published a journal, and that its' research would likely remark on life changes due to Covid
- There is genuine concern about the lack of family studies or food literacy courses in elementary, middle, and high schools.
- A suggestion was to have a Q & A with newcomers to glean info about their Toronto food experiences, noting that many cultures have a big impact on the food industry.
- OHEIB meetings carried a sense of fun; could have been because the membership represented a variety of careers and dynamic food businesses.
- Wise advice to check other organizations as to how they attract and retain members: OHEA and OFSHEA.
- A suggestion was made to have weekday afternoon meetings/gatherings for the retired members.

Upcoming Events



THEA would like to invite you to a virtual presentation titled **"Who's setting the table? Naming Racism & Promoting Equity-Based Practices"** presented by a fellow THEA Board Member, Gurmeet K. Dhami, B.A.Sc., M.Sc. Candidate.

Join us on **October 29th from 6:30-8:00 pm** for a virtual presentation focused on intersectionality, anti-racism and equity. This event is **FREE** and **OPEN** to the public. If you have the capacity to do a little more, we are collecting donations to support food security efforts led by Food Share Toronto. Please let us know if you would be interested in supporting this when you RSVP by email at info.thea@yahoo.ca.

To join by phone call 647-497-9373
Access code is 951-422-005

To celebrate **CHEFs 40th Anniversary in partnership with MAHE for their 30th Anniversary**, we invite you to a joint online conference with keynote speaker, Norah Spinks, CEO of the Vanier Institute of the Family on **Saturday October 24th**. The speaker will be at **10:00am CDT (11:00am EST)** and the Foundation Annual Meeting and Donor Recognition will be at **11:00 CDT (12:00pm EST)**. Please join whenever you are able, and note the MAHE AGM may still be in progress at 11:00am EST).

Please join via this [ZOOM link](#) to hear Norah's presentation and continue for the CHE Foundation Annual Meeting OR visit zoom.us/join or call +1 647-374-4685 and enter the following Meeting ID: 897 9164 0631 and Passcode: 938011





The OHEA is excited to launch the inaugural Fall 2020 Speaker Series comprised of 3 evenings of inspiring on-line discussion and networking so that our community can continue to stay connected, grow, and build our future together.

- **CREATING CONNECTIONS**
November 3rd from 7:00pm to 8:30pm
- **MANAGING MONEY IN DIFFICULT TIMES**
November 18th from 7:00pm to 8:30pm
- **WELLNESS AND HUMAN BONDS** **December 1st from 7:00pm to 8:30pm**

To learn more about our great lineup of speakers visit our [OHEA Conference website](https://www.oheaconference.com/), and [Speakers Series Registration](https://www.oheaconference.com/) page online to register for free.

(<https://www.oheaconference.com/>)

(<https://ohea.member365.com/public/event/details/106ca68cee9a727177889a6313e7fedf32cd75c/1>)