



SPRING 2019 NEWSLETTER



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THEA publishes four newsletters per membership year in Fall, Winter, Spring and Summer. **Deadline for submissions for the Summer issue is June 30, 2019.** Items suitable for publication may be edited to fit the available space.

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PRESIDENT'S MESSAGE

Spring is showing signs of a few early blooms and trees coming into buds but we look forward to some sunny days and fresh local fruit and veggies in the markets.

It is also time to renew your THEA membership if you have not yet done so. Our membership year ended on February 28 and your prompt attention is required to continue receiving your newsletters and other

information by renewing today. OHEA has now added a link for THEA student sponsorships along with their members to renewal to THEA online.

Our May 6th AGM is fast approaching (details follow). The venue is quite a bit east of the city core so if you have been wondering how you might get to Tam Heather Curling and Tennis Club without a long TTC ride please let me know and we will try to work out some ride sharing. It is not too late to register. We look forward to having you join us and why not bring a friend to hear more from our expert speaker on the background behind our new Canada Food Guide.

The board approved a hand book for the volunteers who run your organization which meant weaving in the many jobs that previously were covered by the administrator. Each of these jobs from answering correspondence, to sending your renewal packages, collating the newsletter and following up with members and renewals is time consuming. While you may not hear back from the same person to address your query, we all appreciate your patience. Without dedicated staff for the past two years the board members have been called upon to take on extra 'jobs' that keep up our association running.

Members are the backbone of our organization and as always, we would love to hear from you with any suggestions for improving the value of THEA or with any assistance you could offer. We are looking for some new faces and ideas for our programming for the coming year. This opportunity is for anyone who would like to participate in keeping our organization vibrant and be involved without a commitment to regular meetings. If you would like to help please let myself or any board member know how you might assist.

I look forward to seeing you on May 6 and if you can't make it to our AGM please forward your proxy that was mailed in the AGM package earlier in the month.

Carol Fraser – P.H.Ec.

Annual General Meeting & Dinner

Monday, May 6th, 2019

6:00 - 9:00 pm

Tam Heather Curling & Tennis Club
730 Military Trail, Scarborough
(south of 401, west of Morningside Ave)

6:00 pm: Registration & Cash Bar

6:30 pm: Dinner

7:30 pm: Annual General Meeting
& Marjorie Thompson Flint Award Presentation

8:00 pm: Guest Speaker - **Sue Mah, MSc, RD, PHEc**

“Canada’s Food Guide 2019 – Insights and Advice”



About Sue Mah –

- Nutrition Writer & Trends Expert
- Founder & President of Nutrition Solutions
- Dietitians of Canada Business & Industry Network – “2017 Dietitian of the Year”
- TV Personality – CBC “Morning Live” & CTV “Your Morning”
- Nutrition Communications Graduate Student instructor at Ryerson

Tickets:

Members - \$50 Guests - \$55 Students - \$ 35

If you would like to donate a door prize, contact:

Kathy Camelon at kathy.camelon@gmail.com or phone 416 388 1781

RSVP by May 1st to Kathy with any dietary requirements or if you would like to share a ride

You will be billed if you do not to cancel a reservation before noon on May 3

ANNOUNCEMENTS

**The Toronto Home Economics Association
is pleased to announce the recipient
of the 2019
*Marjorie Thompson Flint Honour Award.***

**The award will be presented to
Lisa Braverman BAS., RD, PHEc, LLB
at the
Annual General Meeting
Monday, May 6, 2019**

2019-20 Membership Renewal

THEA's goals are to:

- **bring about a closer cooperation among home economists in different fields in the Toronto area**
- **maintain, improve and increase the professional knowledge and ability of its members**
- **facilitate communication and cooperation with other organizations in the province who share the same overall aim**
- **encourage and support students in the field of home economics**
- **promote the welfare of the family, the home, and the community**

Please make a commitment at this time to maintain membership in your professional organization. You can also enclose an additional \$25.00 with your membership fee to sponsor a student member. Our future lies with our students and new graduates and sponsoring a student is a tangible way to share our enthusiasm with them as a profession.

Please take a few minutes to fill out your membership renewal if you have not done so. Those interested in joining THEA, please contact info.thea@yahoo.ca . Thank you to those who have renewed through THEA or OHEA.

Program committee

THEA is looking for enthusiastic individuals to assist the program committee to plan our meetings. The responsibility of the committee is to organize the meetings by finding a speaker/activity and venue. If you are not able to be part of the committee, we welcome all program ideas or your ability to host a meeting by providing a venue.

This is a great way you can give back to our home economics profession.

If you can assist please contact **Karen Dee** - karen.dee.lyncroft@gmail.com

Recent Events

Jan Main's Kitchen

Our February 26th meeting was held at Jan Main's Kitchen. Nine members shared an easy to prepare 3-course meal demonstrated by host Jan Main that reflected simple ingredients reflective of the new Canada Food Guide. It was a wonderful evening of learning, conversation and reminiscing around a healthy meal with each taking home the recipes to recreate. Judy Fricker was the evening's photographer.



Vegetarian Meal Ideas presented by Longo's Loft Leaside

On April 3rd, THEA members and their guests were treated to a food demonstration and generous samples of tasty legume-based dishes. Loft Coordinator, Rhonda Mousseau prepared and showed everyone how to serve three delicious recipes: Black Bean Brownies, Chick Pea, Watermelon and Goat Cheese Salad, and Warm Potato and Lentil Salad.

Guests were given an overview of the many programs offered in the Longo's Loft and invited to consider this beautiful demonstration kitchen as a venue for future meetings as well as special events, such as birthday celebrations.

A fun evening for all! Guests went home with new recipes to try and novel ideas for entertaining. Check out <http://www.longos.com/Store/Loft.aspx/> for demonstration classes at a location near you.

Recipes from the Peanut Bureau of Canada



Asian Turkey Lettuce Wraps – Packing a slight kick of spice, these fresh, vibrant turkey lettuce wraps are sure to make their way onto shoppers' weekly menu rotation. Can be made vegetarian with tofu, as well. To serve four, you're looking at 1 tbsp of peanut oil, ¼ cup of peanut butter and 3 tbsp of chopped peanuts, and each serving offers 30 g of protein.



Peanut Butter Smoothie – Whether you need a quick breakfast or a tasty recovery drink, this peanut butter smoothie is sure to satisfy the tastebuds! It only takes 2 tbsp of peanut butter and 1 cup of milk to get 18.5 g of protein in one smoothie.

Calendar of Events



Nicer weather is finally in the forecast. Here are some events to explore in our wonderful City of Toronto.

Hot Doc International Documentary Festival April 25 – May 5, 2019 North America's largest documentary festival, conference and market, with a selection of more than 150 cutting-edge documentaries from Canada and around the globe it offers something for everyone.

Cherry Blossoms in High Park – if you have never seen the wonderful spring time display plan a trip in the near future to take in the gorgeous spectacle. Plan to use the **TTC** as the roads and parking lots in the park will be closed during the peak season for the first time this year. The prediction as of writing is that the first cherry blossoms will begin to bloom in early May, with a peak bloom (70% of blossoms opened) to occurring between May 7-12.

Tastemaker Toronto - May 10 – 12, 2019 at the beautiful and historic Evergreen Brick Works. One of the top global food festivals – Tastemaker (formerly Taste of Toronto).

Doors Open Toronto – May 25 – 26, 2019 10 am -5 pm

The 20th year of public display of architecturally, historically, culturally and socially significant buildings open their doors for the weekend and highlight the people who built the city.

TD Toronto Jazz Festival- June 21 – 30, 2019

Delivering the sounds of the world's greatest jazz musicians from the quaint and most intimate of venues to large concert halls.

Summerlicious – July 5 – 21, 2019

Three course, prix-fixe menu, and you can experience an amazing array of culinary excellence. Try a new or favourite place to enjoy a meal with friends or family.

IFHE

The XXIV Congress 2020 will be hosted by IFHE US, in Atlanta Georgia **August 2-8, 2020**. Theme: Home Economics- *Soaring Towards Sustainable Development*. Details at www.ifheworldcongress2020

Judy Fricker suggests these documentaries for a rainy day or evening viewing.

"Forks Over Knives" www.netflix.com/ca/title/70185045

"What the Health" www.netflix.com/ca/title/80174177