



TORONTO HOME ECONOMICS ASSOCIATION

SUMMER 2017

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THEA publishes four newsletters per membership year in Fall, Winter, Spring and Summer.

Deadline for submissions for the FALL issue is September 22, 2017. Items suitable for publication may be edited to fit the available space. Please send submissions to info.thea@yahoo.ca

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This issue was prepared by Nikki Osborne.

PRESIDENT'S MESSAGE

Our Board this year is comprised of President Ruth McDonald, Secretary Kamaria Francis, Treasurer Judy Fricker, Directors Lisa Braverman, Heike Heinze, Ruth Marshall, Kathleen McKay, Naglaa Mossad, and past President Mary Nowlan. At the AGM a motion was put forward to review the structure of the Board. The Board is investigating this issue.

A special vote of thanks is extended to Kairi Kallai who coordinated our association activities over the past 3 years as THEA administrator. She will be attending university full time in the Fall to obtain an Honours Degree in Social Work. The Board is looking for ways to cover the administrative tasks of the association. If you can help, please contact me at ruth.mcdonald280@gmail.com

Thank you to Kathleen McKay for organizing the THEA Dinner and Annual General Meeting. Christine Daley was our Ryerson student liaison and represented us at Ryerson events. We wish her all the best as she has accepted an internship. Adrienne Tsandelis will be our Ryerson Student Liaison this year.

As I continue in the position of President for another year, I hope to see you at various upcoming meetings and encourage you to become involved with the association as we recognize our 80th year as the Toronto Home Economics Association. This being a milestone for our association, we would like to celebrate at our meetings and through our newsletter throughout the year.

Our challenge continues to be the recruitment of new members, and the retention of existing members. We need your help to encourage those within the profession to see the values and benefits of joining our association.

Have a magnificent summer, whether you are staying in the area, going to a cottage or taking day trips. THEA hopes to see many of you at our Fall meeting.

Ruth McDonald, [P.H.Ec.](#)

Annual Reports for 2017

The 2016-2017 Annual Report contains a summary of our activities, as highlighted by members of the Board of Directors, and a complete Financial Statement (see separate report). The members of the Board would like to thank those who served on committees during the year. We also want to thank those who supported our efforts by attending meetings.

President's Report – Ruth McDonald, P.H.Ec.

THEA's Board of Directors was comprised of President, Ruth McDonald; Secretary, Kamaria Francis; Treasurer, Ruth Marshall; Directors, Lisa Braverman, Heather Grebler, Naglaa Mosaad, and Judy Fricker; and Past President, Mary Nowlan. Kairi Kallai as administrator, prepared numerous membership reports and acknowledgements, kept records and ensured that the flow of information was accurate.

Special thanks are extended to: Kathleen McKay for organizing the Dinner and Annual General Meeting and Andrea Liesner, Kamaria Francis and Christine Daley for their organization with respect to Programme planning; Noreen Kallai for co-editing the newsletter; Lisa Braverman for her insight on legal and professional matters; and Christine Daley for taking on the role of Ryerson Student Liaison.

We met, as a group, five times during the year at the homes of Andrea Liesner, Mary Nowlan and Ruth Marshall, to conduct the business of the association. We appreciated their hospitality. Ruth McDonald continued as liaison with OHEA, CHEF, and IFHE, attending meetings and reporting back to the THEA Board.

TREASURER'S REPORT – Ruth Marshall P.H.Ec.

**TORONTO HOME ECONOMICS ASSOCIATION
STATEMENT OF RECEIPTS AND EXPENDITURES**
(Unaudited - See Notice To Reader)
FOR THE YEAR ENDED MARCH 31, 2017

	2017	2016
RECEIPTS		
Memberships	\$ 5,710	\$ 5,830
Meetings	1,838	2,389
Donations	-	125
Interest income	473	458
	8,021	8,802
EXPENDITURES		
Accounting and legal	774	774
Affiliate fees	450	500
Bank charges	109	250
Donation	175	155
Executive administration	3,400	3,400
Gifts and honorariums	50	304
Meetings	1,861	2,821
Postage, printing and mailing	1,349	813
Website	200	200
	8,368	9,217
NET RECEIPTS OVER EXPENDITURES (EXPENDITURES OVER RECEIPTS)	\$ (347)	\$ (415)

SECRETARY'S REPORT - Kamaria Francis P.H.Ec.

Minutes of the 2016 Annual General Meeting and the 2016 – 2017 Board Meetings were taken. Financial statements, Liaison reports and Administrative Reports were included in the minutes.

The THEA Board of Directors is responsible for the ongoing business of the Association. Five Board Meetings were held over the past year, with an average of 10 attending. Minutes of the meetings were recorded and distributed to the THEA Board of Directors.

AGM REPORT – Kathleen McKay P.H.Ec.

THEA AGM, May 11, 2016 - THEA'S 78TH AGM was held on May 11, 2016 at The Old Mill in Toronto. Twenty-five members and guests were in attendance. As always, networking prior to dinner was an important and enjoyable part of the evening. Welcoming remarks were made by outgoing President, Mary Nowlan and greetings were brought from OHEA by Michele McAdoo. Grace was said and dinner was served. After dinner, the business meeting was opened by Mary Nowlan requesting that all members read the reports and summaries written by various Board members, prepared and circulated by THEA administrator, Kairi Kallai. Ruth McDonald summarized OHEA events and Katelyn Mentone reported and requested the passing of THEA financial statements. There was no recipient of The Marjorie Thompson Flint Award for 2016. When the business meeting concluded, Kathleen McKay introduced Joan Ttooulias, a long time THEA member, who gave the group an entertaining summary of how Home Economics has changed over the years. Ruth McDonald thanked Joan for her presentation.. Mary Nowlan introduced incoming President, Andrea Liesner, who then introduced the incoming Board members and closed the 2016 AGM.

PROGRAM REPORT – Kamaria Francis P.H.Ec. and Christine Daley

This past year THEA had two members events detailed below. We also continued progress on program review and standardized feedback procedures to improve future events.

Jewellery Making Workshop – November 29th, 2016

A group of THEA members gathered for a jewellery making workshop at Kintore College at the University of Toronto. Under the direction of Bonni Poch, members were able to learn and understand technique and jewellery design through step-by step instructions. After the event, members were able to bring their work home to continue the piece they had created. It was a wonderful opportunity to connect with other members and learn about jewellery making in a fun and creative environment. Thank you to all who attended.

Meet and Greet – March 8th, 2017

The Ryerson Home Economics Association was delighted to hold yet another successful networking night with THEA and OHEA. On March 8th the three organizations joined together to celebrate the field of home economics. There was a great turnout with fourteen students and several Professional Home Economists in attendance. A big thank you goes out to Michele McAdoo, Lisa Braverman, Caroline Dewar and Tamara Saslove who shared their stories with us. It was great to hear about the diverse field of food and nutrition and how being a Professional Home Economist has influenced their career paths. In addition, thank you to Ruth McDonald who donated raffle ticket prizes. Two Ryerson students were delighted to receive student sponsorships at the event, congratulations to Adrienne Tsandelis and Sarah Szostok! RHEA looks forward to hosting other successful events with THEA in the future!

Gardiner Museum – April 1, 2017

The Gardiner Museum graciously offered to tour THEA members through their collection of world class ceramic art. Unfortunately, due to low interest for the proposed date, the meeting was cancelled, and we hope to reschedule for the coming months.

STUDENT LIAISON –Christine Daley, Ryerson University

I have thoroughly enjoyed being the Ryerson student liaison for the Toronto Home Economics Association over the past year. I have had the privilege of attending the 2016 AGM and several board meetings. Through these meetings, I have been able to learn more about the profession and professional home economists' place in the 21st century. Over the past year I have worked to increase the Toronto Home Economics Association's presence on the university campus. It is imperative that students understand the importance of professional home economists so they can continue to grow the profession.

I have helped to host several networking events with Ryerson students and THEA members. These events were incredibly successful, thanks to the many THEA members and guest speakers who attended and supported the events. Ryerson students really enjoyed the opportunity to meet professional home economists in a small intimate setting. I have received much feedback from students saying that the events hosted with THEA seemed less intimidating than other events and they were always pleasantly surprised with how welcoming professional home economists were. Through these events THEA members have shown students the jobs they can get as a professional home economist and have expanded their understanding of the field. Members of the association were gracious enough to sponsor students throughout the year, several Ryerson students were granted student memberships during the 2016-2017 academic year. It's great that THEA recognizes the importance of student members and is actively working to increase them.

I would like to thank all the members who welcomed me onto the THEA board without hesitation. As I move onto my next journey, I look forward to being active in the association in the years to come. Thank you again to everyone who has supported me in my role as the student liaison, and to those who work tirelessly to contribute to the success of the organization.

MEMBERSHIP - Lisa Braverman P.H.Ec. and Ruth McDonald P.H.Ec.

The Board of Directors looked at ways to encourage student memberships, as an avenue to increase awareness of our Association and the benefits of joining THEA. Christine Daley, Student Liaison, connected us to students at Ryerson University through their attendance at numerous student events and posting/emailing our meeting notices. Two Student Meet and Greet events were held jointly with THEA, OHEA and Ryerson Home Economics Association, at Ryerson on September 22, 2016 and March 8th, 2017, which attracted students and members. The students responded, by attending the meetings and making contacts with other THEA members. A number of fortunate students had their membership in THEA sponsored by our members. Both the students and the sponsoring members received a letter, which provided them with information about the sponsor/student. This sponsorship initiative is a valuable promotion for our Association: please consider being part of this great venture.

THEA has a page on the OHEA website, making people aware of the Association and our activities.

Membership Statistics for	2015 – 2016	2016-2017
Active	49	49
Associate	0	0
Affiliate	1	1
Life/Honorary Life	5	4
Retired	31	31
Students	4	1
Sponsored students	5	4
Total	95	90

NOMINATING COMMITTEE REPORT –Ruth McDonald [P.H.Ec.](#)

As of May 11, 2016, no further nominations were received in response to the Nominating Committee's call for additional nominations and, accordingly, the following Active members have been elected by acclamation to the 2016-2017 THEA Board of Directors:

NOMINATIONS FOR THEA'S 2016-2017 BOARD OF DIRECTORS

<u>Position</u>	<u>Name</u>	<u>Term of Office</u>
PRESIDENT:	Andrea Liesner	2 years
VICE-PRESIDENT: (*)		
SECRETARY:	Daniela Kibedi	2 years
TREASURER:	Katie Mentone	1 year
DIRECTOR:	Lisa Braverman	1 year
DIRECTOR:	Naglaa Mosaad	2 years
DIRECTOR:	Dorothy Lyons	2 years
DIRECTOR:	Ruth Marshall	1 year
DIRECTOR:	Kamaria Francis	2 years
PAST PRESIDENT:	Mary Nowlan	

(*) The position of Vice-President has not been filled this year. It is the hope of the Board of Directors that this position will be filled in the new year. A full slate of eight candidates is being recommended to the members for election.

THEA ADMINISTRATOR'S REPORT – Kairi Kallai

The THEA Administrator's duties in 2016-2017 were centered around electronic communications with members. Four issues of the newsletter were delivered electronically, and those members who do not have access to electronic mail were sent the newsletter in hard copy. The 2016-2017 Membership Directory was produced and distributed to all members in a hard copy format.

Members were sent important association-related news by e-mail. This method of communication keeps costs down for the association and allows us to communicate much faster with members on issues that are time-sensitive.

The THEA Administrator attended numerous THEA Board meetings in the past year. Responsibilities also included processing memberships, updating the THEA database, contacting past members, keeping e-mail addresses current, and responding to enquiries from members and others, as well as preparing material for the Annual General Meeting.

79th THEA Dinner and Annual General Meeting Report

The 79th THEA Annual General Meeting took place on Wednesday, May 10, 2017, at The School of Fine Dining, 14th Ave in Markham. As always, networking prior to dinner was an important and enjoyable part of the evening. Ruth McDonald, President, chaired the meeting and Ruth Marshall reported THEA financial statements. Administrator, Kairi Kallai had required reports and summaries ready for members to read before voting took place.

Lisa Braverman introduced Ruth Marshall, who was the recipient of the 2017 Marjorie Thompson Flint Award. Ruth spoke to the members and guests about her career in Home Economics and the importance of involvement in professional organizations.

Once the AGM was adjourned, Kathleen McKay introduced Julie Bednarski, MHSc, PHEc, RD, founder and President of the Healthy Crunch Company. Julie impressed the group with her enthusiasm and dedication. Julie's love of cooking and recipe development began when she was a young girl and she now has her Kale Chips in various retail shops in the GTA, including Starbucks. Julie is an inspiration for all Home Economists and young entrepreneurs.

Before the evening closed, Ruth McDonald introduced the outgoing Board of Directors and the incoming 2017-18 Board. Ruth asked members to stay involved in THEA, especially encouraging young people to make time for professional organizations.

Money raised went to CHEF and thanks go to Carol Fraser, Karen Dee, Kathleen McKay, Ruth McDonald, Ruth Marshall and Kamaria Francis for donating prizes.

THEA is pleased that Ruth McDonald will remain as President for 2017-2018.



Kathleen McKay P.H.Ec.

Marjorie Thompson Flint Award Acceptance Speech – Ruth Marshall P.H.Ec.

Thank you Lisa. To be recognized by one's friends and peers is truly an honour. All of us who are here tonight share similar values: we care about each other, and we have chosen careers which focus on the people around us – their personal well-being, family life, nutritional needs, homes, and finances. We also have had many excellent role models in our realm; Mary Adams, Phyllis Meiklejohn, Sandy Whitehouse, Lorna Faulds Goss, Margaret McCready, and Marjorie Thompson Flint. In addition, each of us has a unique story to tell, a path that has led us to this point in our lives.

My decision to take Household Science at University of Guelph was based on what programmes were not offered at University of Toronto. I became a 'Mac' girl and soon realized that I really liked the diversity of the courses in the programme. In the spring of 1971, I once again faced a decision – what to do next. I had learned that to be a County Home Economist, one needed to be a 'farm girl', which eliminated that option. A friend encouraged me to apply to the Faculty of Education at U of T, and off we went.

(Continued on next page)

I discovered that I truly loved teaching, and forty-five years later, I am still in the classroom, not full-time, but about two months at a time. I take on a variety of assignments – Math, Science, ESL, even French and Dance. The resilience, the ability to multi-task, and the willingness to be lifelong learners, that we develop as Home Economists equip us to take on new challenges.

When I first graduated from University of Guelph, my dad stressed to me the importance of making a commitment to my profession. It has been an evolving process – CHEA, OFSHEEA (Ontario Family Studies Home Economics Educators' Association), OHEA, and THEA. Each of these organizations has provided me with opportunities for both personal and professional growth, in addition to the privilege to give back, and hopefully, 'pay it forward'. I have met many interesting, dedicated Home Economists, all of whom have shared their passions and friendship. Because of its inclusive nature, and local context, THEA has been an important component of my journey, giving me the opportunity to collaborate with innovative, enthusiastic individuals, to learn from one another, to share, support, and guide one another.

All of you have demonstrated the importance of volunteering and encouraging other Home Economists. Our lives are enriched by our lasting connections to one another. The friend who encouraged me to become a Home Economics educator, is still my friend, fifty years later.

I hope that we can all take time to reflect and appreciate our families, friends, and our circle of Home Economists. In closing, Phyllis Meiklejohn, one of our instructors at the Faculty, often reminded us to look forward to the future, embrace change, give of ourselves to others, be thankful for what we have, and to remember to surround ourselves with older people when we are young, and younger people as we grow older, first to give us wisdom, and later, to keep us youthful.

THEA NEWS

WELCOME TO NEW AND RETURNING MEMBERS

Welcome to Susan Banatas and welcome back to Sandy Whitehouse who has renewed her membership since moving back to Toronto.



Toronto Home Economics Association

An Evening of Olive Oil Tasting Presentation & product sampling

Is Your Olive Oil Fake?

Did you know that 70-90% of the olive oils on the shelf are adulterated? Panagiotis Tsiriotakis, owner of Acropolis Organics, will teach you how to distinguish real olive oils from all the fakes in the market. He will also walk you through the fascinating history of olive oil and its numerous health benefits.

Tuesday Oct 3rd, 2017

Acropolis Organic Corp
86 Northline Road Unit A
Toronto, On
Phone 416 429-5111

Registration : 6:30

Meeting : 7:00

Cost: \$10.00

Directions:

Car: DVP to Eglinton, east on Eglinton, right on Bermondsey, left onto Northline Rd

TTC : Woodbine Subway Station - Bus 91D Woodbine, exit at Hollinger Rd and Bermondsey. Walk east

Register at info.thea@yahoo.ca or Kamaria Francis at 647-452-8852 by September 29th, 2017

As per policy, you will be billed if you fail to cancel a reservation by noon on September 29th, 2017.