



TORONTO HOME ECONOMICS ASSOCIATION

Summer 2021 Newsletter

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

President's Message

We are in the lazy days of summer, and I have to admit I have taken that phrase prescriptively and am very much slowly moving my way through these past few months. August into September is my favourite time of year; local produce, warm breezy evenings, summer linens, and the feeling of relaxation are unmatched any other time of year.

The Board is similarly relaxed and looking to ramp up in September and continue with our vision for the year. Moving forward we will continue to incorporate your feedback and offer programming that highlights all aspects of the professions that fall under the umbrella of Home Economics. We look forward to updating you soon on what is to come.

We also look forward to the addition of several new Board members, some you will learn more about below. I can speak for the entire Board to say that we are excited to have new perspectives, ideas, and energy on the Board. In addition, I would like to welcome our Student Liaisons from Humber and Ryerson Erin and Stephanie who will work with us to continue to strengthen our connection with both schools and foster relationships between students and members.

I hope you all enjoy the remainder of your summer, looking forward to seeing you soon.

Kamaria

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. If you would like to be featured in the next newsletter please submit a picture and bio by October 8.

Erin Ross is a second-year Food and Nutrition Management student at Humber College. She previously graduated from Brescia University College in 2015 and worked for the past few years at the head office of nutrition-focused, quick-service restaurants in Toronto. Erin decided to return to school to refresh her skills as she transitions from a career in restaurants to long-term care and hospital food settings. She enjoys art, hiking and hanging out with her rescue dog, Lobster. Erin is looking forward to being this year's Humber student liaison.

Stephanie Robayo is this year's Ryerson Home Economics Association (RHEA) representative. She is currently pursuing her second degree at Ryerson's School of Nutrition. In recent years, she has developed a strong passion for nutrition and home economics. She loves to try new recipes and strives to stay active by participating in team sports and hiking with her dogs. Stephanie aspires to become an RD and P.H.Ec. to help others live a long, healthy, balanced life.

Susan Banatas, P.H.Ec., a Ryerson graduate from 1998, acquired experience in areas of nutrition and marketing for nine years, but has gained many transferrable skills. Currently working as a Manager of Operations, with a focus on Health, Safety and Project Coordination for a commercial Plumbing and Heating Company in the GTA, has gained great insight while working with many diverse individuals, trades, and clients. She enjoys the daily challenges and adapting to many changes in a fast-paced environment. Family and community have always remained a priority, therefore, she will continue to stay engaged in the parent community helping to empower other parents to see the benefits of involvement for one final year.

She will be leaving the parent council's executive board as the secretary after 8 years to pursue a similar role with THEA. Hopes to continue with tradition while embracing new ones and contributing to the profession. She is looking forward to connecting with all members digitally or in person to adapt, create, and make some advances in this forever changing world that can support many.

Items of Interest

April 28, 2021 Meeting Report - Indigenizing Home Economics

THEA Board Member Natasha Gleeson, BA, BSW, BEd, MEd, OCT shared information about her role as a teacher in the Toronto District School Board's Urban Indigenous Education Centre. The event was attended by 11 people who learned about how Indigenous ways of knowing and home economics education share a commonality of learning by doing and sharing teachings and knowledge taking a hands-on approach. Natasha's presentation provided a good introduction to the importance of supporting Indigenous communities and decolonizing our spaces, including home economics education. Resources from the event can be viewed for further learning.

(https://docs.google.com/presentation/d/1yNS3TQHm548GH2Sx_6Gforx-SjLZUfq3eY9MI3zC0Bw/present?ueb=true&slide=id.gcdc4ddea80_0_706)

June 3, 2021 Meeting Report - Houseplants our Constant Garden

We learned about the history of houseplants, the benefits of growing plants, and how to properly care for a variety of houseplants with Doryne Peace, a Toronto Master Gardener. Houseplants are becoming increasingly more common in millennial homes and studies have shown that houseplants benefit us psychologically and spiritually. So, if you are in need of a mood boost or help coping with pain or stress try bringing some greenery into your environment. Doryne also provided personalized advice to a few of the 7 attendees on their own plants, including how much and how often to water, optimal sunlight, and how to remedy common plant ailments.

Congratulations to the 2021 Marjorie Thompson Flint Award Winner Evelyn Hullah!

Evelyn Hullah's career has encompassed a broad spectrum of areas within the field of Home Economics and since joining THEA she has supported our association as a faithful and contributing member for 42 years.

Her roots in the field are deep having grown up in the Ottawa Valley and a keen 4-H club member. Following graduation from Guelph she became a County Home Economist for Carleton and Grenville Counties, Department of Agriculture and Food.

After her marriage she moved to Toronto and joined General Foods as a Test Kitchen Home Economist. She then founded and did consulting on recipe development and testing, food styling for TV commercials, print ads coupons, cookbooks and food packing, sensory evaluation, product tolerance testing, and package directions for Cardinal Kitchens, a division of her husband's company Cardinal Biologicals Ltd. Along the way she authored Cardinal's Handbook of Recipe Development, a textbook used extensively by corporate test kitchens and universities in Canada and the US. She published at least one cook book, "On the Go" with handy recipes for busy cooks.

For Home Economists Evelyn was one of the driving forces behind the establishment of the Provincial Legislation that lead to the Ontario designation of Professional Home Economist in 1989. She was with the MPP who presented the legislation to parliament in its many stages. The P.H.Ec. designation that we closely covet and benefits of reciprocity from province to province are a tribute to the work Evelyn has done over the years. "It is our 'brand' and our way of projecting to the public the unified message that our services are professional, regulated and reliable." She then served as Vice-President then President of OHEA in 2002-2004. Over the decades the skills we as P.H.Ec.'s have learned are even more important today than ever in a world where food and financial literacy and health have taken on a whole new meaning.

Evelyn has also served on Ryerson's Curriculum Advisory Board. A document that she prepared in

2006 entitled “The Professional Home Economist – Guidelines for Career Development” is something that we can all aspire to and reflects the essence of who she is.

1. Love of working in your chosen specialty within the home economics profession.
2. Sense of where your work fits into the big picture of the home economics field of practice and where you fit into your project team.
3. Delivery of proficient, results-oriented service.
4. Integrity – honesty, ethics, dependability, respect, accountability.
5. Knowing the limits of your expertise and how to compensate for them.
6. Commitment to life-long learning – remain current and expand your skills.
7. Good Communication Skills – let your PHEC credentials work for you!
8. Dress for Success.
9. Positive, cooperative and compassionate team spirit – and good sense of humour!
10. Development of actionable linkages – become indispensable in wider circles.
11. Development of leadership and business skills – time management and financial skills.
12. Support of professional association – strive to make our profession stronger than when you entered it!

To this day Evelyn’s plate is full, whether as a daughter, sister, wife, mother, mother-in-law, grandmother, Home Economist, colleague, church member, neighbour or friend! Evelyn is a very deserving candidate for the Marjorie Thompson Flint Award as a mentor, advisor and true leader. Thank you Evelyn, for all you have given to Home Economics and Congratulations!

Evelyn's acceptance speech was so motivational and indicated what the award as well as the profession means to her. Evelyn highlighted many aspects of what home economics has contributed to her profession and life, as well as her contributions to them in her speech, summarized below:

"It is with great pleasure that I accept this wonderful award. Carol Fraser kindly delivered this plaque to me earlier today! Thank you very much, Toronto Home Economics Association! I remember being quite impressed at the first THEA meeting I attended as a guest, in about 1970. There were over 100 members there and the meeting was conducted in such a professional way. Right away, I felt the value that this organization had for its members. I soon joined THEA – as my local professional association. We would receive updates on new products, presentations on current home economics topics, meet future colleagues and friends and learn from respected home economists in business, education and government as they lead the current initiatives and welcomed us, as newcomers. I think of what generous mentors Wendy Sanford and the late Jean Patterson were, while I was writing drafts of Cardinal’s Handbook of Recipe Development.

In our day-to-day jobs, we individually have responsibilities and make contributions, but to belong to an association gives us a chance to contribute with a stronger, united voice. Particularly, when the association interacts with outside organizations, we can spread influence beyond the home economics environment to the broader community. For example, THEA is now showing support, as an association, for the Food Literacy Bill, 216, being presented for approval in the Ontario Parliament. I encourage all members to think about how you can get involved to keep THEA strong - for others and for

yourself. As for my particular interest, I have supported well-designed by-laws, which advance and serve the THEA objectives. I have input bylaw suggestions, using experience from OHEA professional registration act and by-law committees. Today's THEA board is to be applauded for its enthusiasm, as the new and experienced members work together to undertake timely causes that matter to us as a profession. I continue to value my membership!

I have enjoyed my career as a Professional Home Economist immensely. From food styling, to developing food package directions, to testing recipes, to rural extension work with the Ontario government, to writing a recipe development reference book, to directing Cardinal Kitchens home economics consulting services, the opportunities that have come my way have been varied! Through the years, I have taken on challenges in the most professional way I could – striving to make the best effort every day, to provide reliable, science-based service. I think we each reflect the image of our profession, as a whole, every time we interact with others in the workplace.

I have my family to thank for being examples of hard workers and for their ongoing support. My husband and business partner, Bill, my mother and late father, my adult children and my sister, Kathy Camelon, also a THEA member on this call tonight. Likewise, colleagues and friends, including Carol Gulyas and Carol Culhane, uplift me and spur me on.

One of the keys to my continued work enjoyment was to learn the magic of teamwork, and I have had numerous chances to work with THEA members. What an advantage to have already met them at THEA meetings, where we also develop relationships that build individual skills, such as public speaking, taking part in efficient meetings and project management! Just to mention a few people, I have shared OHEA committee work with Carol Fraser, Ruth Macdonald, Carol Gulyas, Marg Murray and Carol Culhane, and many hours on commercial television sets doing food styling with Carol Gulyas. I am very grateful for all these interactions. I can't finish an appreciation list without mention of my early interest in home economics through 4H clubs, which led me to studies at the University of Guelph.

Being chosen to receive this Marjorie Thompson Flint Award brings to mind others who were honoured previously. I feel privileged to be in the company of these respected recipients! Thank you very much for this valued award, given in the name of a home economist that was so much a part of the basic success of THEA as well as an experienced food stylist. I have been proud to make Home Economics my life's work. To have had a career I have truly enjoyed, as a member of THEA, and now to be recognized by fellow professional home economists...this is really the "icing on the cake"! Thank you.

In The News

The Canadian Federation of University Women Fellowship 2021-2022 Winners

- Canadian Home Economics Association (CHEA) Fellowship 2021-2022 Winner: Lauriane Ouellet (<https://cfuwcharitabletrust.ca/canadian-home-economics-association-chea-fellowship-2021-2022/>)
- Ruth Binnie Fellowship 2021-2022 Winner: Marie Phaneuf-Fournier (<https://cfuwcharitabletrust.ca/ruth-binnie-fellowship-2021-2022/>)

In Memory of Allison Eleanor Milburn

The Toronto Home Economics Association is saddened to announce the passing of Allison Eleanor Milburn. She was a dedicated member of THEA and will be missed. For those wishing to attend, September 18th is graveside service at Mount Pleasant Cemetery. (<https://www.legacy.com/obituaries/theglobeandmail/obituary.aspx?n=allison-eleanor-milburn&pid=198661849&fhid=9911>)

The Clothesline by Marilyn K. Walker

A clothesline was a news forecast, to neighbors passing by.
There were no secrets you could keep, when clothes were hung to dry.

It also was a friendly link, for neighbors always knew,
If company had stopped on by, to spend a night or two.

For then you'd see the fancy sheets and towels upon the line;
You'd see the company tablecloths, with intricate design.

The line announced a baby's birth, to folks who lived inside,
As brand new infant clothes, were hung so carefully with pride.

The ages of the children, could so readily be known
By watching how the sizes changed, you'd know how much they'd grown.

It also told when illness struck, as extra sheets were hung;
Then nightclothes, and a bathrobe too, haphazardly were strung.

It also said "Gone on vacation now", when lines hung limp and bare.
It told "We're back!" when full lines sagged, with not an inch to spare.

New folks in town were scorned upon, if washing was dingy grey,
As neighbors carefully raised their brows, and looked disgustedly away.

But clotheslines now are of the past, for dryers make work much less,
Now what goes on inside a home, is anybody's guess.

I really miss that way of life; it was a friendly sign,
When neighbors knew each other best, by what was hanging on the line.

Special thanks to Judy Fricker for sharing this poem.

Upcoming Events

Stay tuned for more events coming soon