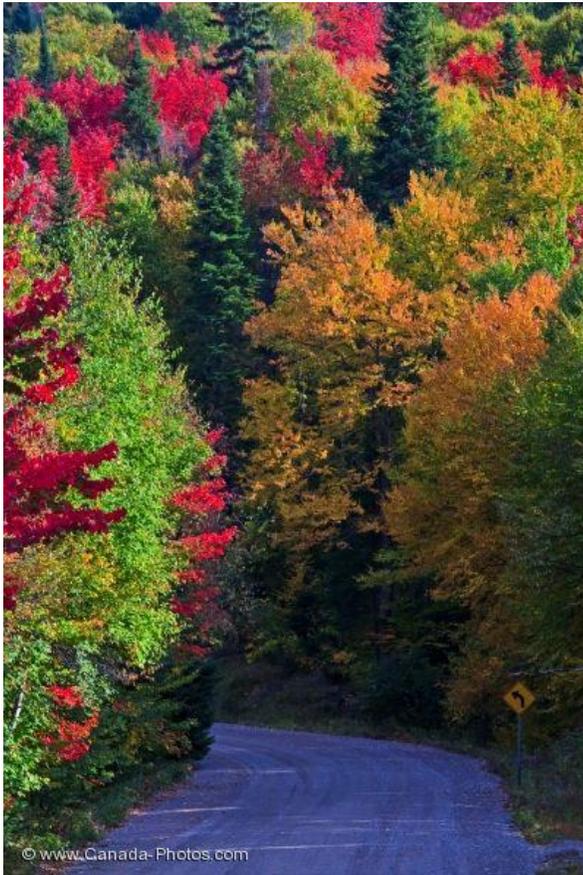




FALL 2018



PRESIDENT'S MESSAGE

Fall has finally arrived after a long and hot summer and it is harvest time! The roots and fruits that our climate so graciously provides us are plentiful. The wonderful colours that nature paints for us are abundant as I write this message. It is my favourite time of year. I hope that each of you are able to visit an orchard, farmers market or take a drive or walk to enjoy the beautiful scenery that makes us appreciate all that we are thankful for.

At the Board of Directors meeting in September we had a great discussion about what THEA is and how we need to infuse a new generation of younger members to carry the torch for home economics. Our skills that are even more necessary in today's information society that while making information readily available we need to figure out what is good information and what we need to ignore. We are exploring our purpose and ways to encourage members to share their skills and knowledge with fellow members and the public by recognizing all the facets of Home Economics.

Do you have any suggestions or thoughts for a catchy mission statement? I would love to hear your ideas and bring them to the next meeting in November. I was surprised recently when asked by another professional what does a P.H.E.C. do? He was amazed at the things our profession encompasses. No matter the area of your practice, all the practical things we take for granted are not so obvious to the public. Our upcoming meeting topic is organization. I will be there to pick up all the tips and tricks to make my purging task ahead more effective, not to mention what to do with items that I plan to keep so they can be enjoyed not hidden away. The meeting information is attached so read on!

We welcome your suggestions for THEA programming, projects or newsletter content via email to info.thea@yahoo.ca.
Carol Fraser - P.H.Ec.

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THEA publishes four newsletters per membership year in Fall, Winter, Spring and Summer. **Deadline for submissions for the Winter issue is November 30, 2018.** Items suitable for publication may be edited to fit the available space.

Assistance with this issue by Pat Truman & Jane Forest.

Toronto Home Economics Association
28 Jodphur Ave.
Toronto M9M 2J4

November Meeting Invitation

ORGANIZE YOUR SPACE:

Does your office/closet look like this?



Join THEA to make your spaces awesome in time for the holidays.

Learn tips for tidying up and streamlining
your bedroom, wardrobe and kitchen space.

Bring a friend if you wish.

Tuesday, November 6, 2018

6:30 - 8:30 p.m.

Speaker: **Emma Garon**, Manager of Hospitality Services at Kintore College

Location: Kintore College 75 Charles St W, Toronto

(close to the Museum subway station)

Refreshments will be served

Cost: \$10 students, \$20 Members \$25 guests

RSVP by October 31st to

Karen Dee: 416-506-8640 or karen.dee.lyncroft@gmail.com

GTA services that assist with downsizing (in case the November meeting gets you motivated)

Overwhelmed? Too Much Stuff? Want to Downsize?

Downsizing Diva helps you sort through your things, design an organizing system that works, and reduces, reuses and recycles items you do not want, use or need, and they do it all with care, compassion and, sometimes comedy! <https://www.downsizing-diva.com/services>

Red Coats - The Downsizer condensing a lifetime of family possessions into a smaller home can feel like pushing an elephant through a keyhole. After a get-to-know-you consultation, Vicky Riley-Keyes of Red Coats Moving Solutions does a room-by-room analysis of what's needed for a comfortable life in your new place. Then she creates a detailed floor plan to figure out where everything will go, helps organize the move and takes care of the storage or sale of anything extraneous. www.redcoatsmoving.com

September Meeting Ontario Legislature Tour and Tea

Submitted by- Ruth McDonald P.H.Ec.



On September 7th, THEA celebrated the 125th anniversary of the completion of our current Ontario Legislature building with a tour and traditional English tea.

The tour started in the main lobby where we were shown two maces. The mace is placed in the Legislature chamber when it is in session and was refurbished in 2009, adding two diamonds from northern Ontario to its crown. We then proceeded to the West Wing where two actors presented a dialogue on the great fire of 1909 that destroyed this wing of the building.

Next stop was the Lieutenant Governor's suite to view the current commissioned art exhibit *Awakening*, which parallels with the United Nations Sustainable Development Goals. The artworks selected for *Awakening* tracks transformation and testifies the power of art to open our minds and

hearts to our full responsibility and our greatest potential. Our increasing awareness and understanding of the dynamic ecologies that sustain us—social, economic, and natural—have driven a new engagement for artists across Canada and around the world. Elizabeth Dowdeswell, the Lieutenant Governor, is a graduate from the University of Saskatchewan with a Bachelor of Science in Home Economics.

The final stop was a visit to the Legislature itself, then we were off through the East Wing before retiring to the Quorum Café for our refreshments. We enjoyed a traditional English style afternoon tea, complete with fancy sandwiches, mini quiches, scones with clotted cream, tarts, macaroons, and tea.

Items of Interest

OHEA

Food and Nutrition Forum 2018 **Royal Agricultural Winter Fair** at Exhibition Place in Toronto on Wednesday, November 7, 2018. Hear from nutrition, science, agriculture, and research experts; network with colleagues and make new contacts; pick up helpful resources; and experience The Royal, the largest indoor agricultural event in the world! View the agenda - <https://www.ohea.on.ca/blog/food-and-nutrition-forum-at-the-royal>

To Register -

<https://ohea.member365.com/public/event/details/054f709b3dd31c9905125e206f3f8e984373ed8c/1>

Leadership Workshop: Brescia University College, London, ON
Saturday, Nov. 17 from 8:30 – 3 PM.

The objective of the workshop is to increase awareness, through leadership, of the non-profit sector to boost a resume, influence a community and network with Home Economists.

OHEA members \$20; students \$5. This includes lunch and parking.

Registration will be handled through Member 365. The deadline for registration is Friday, November 9, 2018. Information at ohea.on.ca

Save the date - **40th Anniversary AGM & Conference** Friday March 22nd, 2019 (AGM) and Saturday March 23rd, 2019 (Conference), London Ontario.

IFHE

We were saddened to learn the IFHE President Sidiga WASHI passed away suddenly earlier this month. President-Elect Gwendolyn HUSTVEDT will head the Federation as Interim President after the Presidency was left vacant by the untimely death of IFHE President last week. Gwen has agreed to take over responsibility as Interim President until 2020, after which her official term as IFHE President will commence, as elected by the IFHE Council in 2018.

Fall Newsletter - <https://www.ifhe.org/publications/ifhe-newsletters-home-economics-news-2017-and-2018/>

IFHE Annual Meeting “Creativity and Innovation in Home Economics for Sustainable Development”
March 22nd, 2019, Port of Spain, Trinidad

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 available at www.ifheworldcongress2020

OFSHEEA

Annual Conference and AGM - Family Studies: Social Sciences for Life #OFSHEEA4Life

Saturday November 3rd 2018, Meadowvale Secondary School, 6700 Edenwood Dr., Mississauga.

Information at: ofsheea.ca

Canadian Symposium XV – 2019 Issues and Directions in Home Economics/Family Studies/Human Ecology: Transformative practice, ecology and everyday life.

University of British Columbia February 22-24, 2019, Vancouver, BC

Information: canadiansymposium@gmail.com or ca-symposium

Publications

International Journal of Home Economics – “A Millennial recruitment and retention blueprint for Home Economics professional associations”

This is a paper which was featured in the [International Journal of Home Economics Volume 2 No 2 2009](#). Although the paper is a few years old, it is very interesting with a lot of valuable information. It was written by both a millennial and a baby boomer! The information given should be of importance to understand and consider for use in our association.

The paper draws on generational analysis theory, demographic, character, and value profiles of the Millennial Generation (aged 18–26), and the literature on association membership trends *to develop a strategic Millennial blueprint for Home Economics professional associations*.

The premise of the paper is that if Home Economics organizations are able to demonstrate, and then deliver, a commitment to Millennial professionals, these same professionals will commit to the associations, and the profession.

Here are some suggestions for strategies which might be used by our association.

Snapshot of Innovative Millennial Strategies for Home Economics

Associations

- Position association as civic-minded
- Provide feedback-oriented leadership
- Create Home Economics ambassador program
- Customize advancement plans for lateral and upward movement within the association
- Customize new slogans, often
- Create generational mentoring systems
- Create peer mentoring systems
- Develop membership discounts for Millennial teams (recruit teams of Millennials)
- Offer a lapsed membership alumni program
- Create a Rising-Star membership category, a reduced fee to entice young professionals. This initiative gives them an opportunity to join for a significant discount;
- Offer discounts for referrals, especially group/team referrals
- Choose a Millennial as the organizational gatekeeper (the go-to-person)
- Target Assistant Professors and new teachers

- Offer conference travel top-ups
- Offer tuition top-ups
- Actively work with employers

A Snapshot of Grandparents in Canada – Vanier Institute

This item will be of interest to many of our THEA members - enjoy!

Canada’s grandparents are a diverse and evolving group, many of whom contribute greatly to family functioning and well-being in their roles as mentors, nurturers, caregivers, child care providers, historians, spiritual guides and “holders of the family narrative.”

The Vanier Institute of the Family has published **A Snapshot of Grandparents in Canada** – the first in their *Statistical Snapshots* series, which provides statistical analyses of family experiences and the social, economic, cultural and environmental contexts that shape family life.

Here are a few of the highlights, please reference the link above and download the article for more details!!

- Canada is home to more than 7.1 million grandparents – an increase of 25%, compared with the overall population growth of 12% during the same period.
- Life expectancy at age 65 in Canada has increased over the past 50 years by 5.7 years for women and by 5.6 years for men – representing a growing amount of time for potential intergenerational relationship-building in families.
- Nearly 600,000 grandparents live in the same household as their grandchildren, more than half of whom report having financial responsibilities in the household.
- More than 13% of seniors in Canada are in the paid labour market, nearly double the rate from 30 years ago (7%).

As more snapshots become available, we will highlight them in future newsletters.

Calendar of Events

Nutrition Resource Centre 2018 Forum - Unpacking Food Literacy -

Thurs, November 15, 2018 8:30 AM – 4:00 PM, Chestnut Conference Centre, Toronto

Please join us on November 15th, as we bring together health professionals, service providers, educators, students, researchers, food literacy champions and government decision makers to showcase innovative programs and initiatives, and to share the latest research, resources and tools to ultimately help consumer make healthier food choices.

<https://www.eventbrite.ca/e/nrc-2018-forum-unpacking-food-literacy-tickets-47821223567>

The Caribbean Association of Home Economists presents their 23rd Biennial Conference.

April 12-17, 2019 in St. John's, Antigua. Click [here](#) for more details and registration.