



Summer 2020 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 5.



President's Message

We welcome Kamaria Francis as the incoming THEA president! See her introduction and hopes for THEA over the coming years.

Hi everyone, I hope you have had a safe and enjoyable summer thus far.

I am delighted to be the incoming THEA president, and would like to introduce myself to those of you I have yet to meet. Since 2015 I have been a THEA board member in various roles, learning and being supported from the many talented women who have sat on our board. My initial interest in THEA started when I was at university at Brescia University College. I think many people can relate to having an educator in their life who persistently promoted a cause or organization. For me it was my first year nutrition professor, who was a strong advocate for joining THEA. I graduated with a degree in Human Ecology (Nutrition and Family Studies a minor in Community Development) and quickly joined THEA to meet other like-minded individuals.

Professionally, I am a research analyst. Much of my work centers around transit and household travel patterns, large scale health care evaluations, and solutions to improve government supported housing. I am also dedicated to food justice and have volunteered at Regent Park Christian Resource Centre for five years. Much of my involvement there is supporting Regent Park residents' ability to access to safe and nutritious food.

I hope that during the tenure of my presidency I am able to learn about your interest in THEA. Maybe it is my research brain, but I am interested in learning what you, our membership, value about THEA and how we as a Board can better support your interests. I think we are in an interesting time to do this – the skills of Home Economists' have never been in the spotlight more. Everyone is 'returning to the home' and many could use our expertise. I hope to combine our efforts with other like-minded groups, and expand our reach.

I had hoped to meet some of you in person but due to current circumstances, perhaps we can have a virtual meeting. I look forward to speaking with you, learning from you, and supporting you in whatever capacity that is possible.

Sincerely,
Kamaria

Welcome New Board Members!

Gurneet Kaur Dhmi is a South Asian, Sikh woman travelling between Toronto (currently residing in Woodbridge, ON) to Halifax, where she completes her MSc in Applied Human Nutrition at Mount Saint Vincent University. She is an alumna from Ryerson University's Food Security Certificate ('18) and BAsC in Food and Nutrition ('17). Her emerging thesis work focuses on the experiences of racialized dietitians navigating dietetics, which is the profession she will be entering upon graduation. She also works on food security projects and youth leadership projects to connect the community to the plate, table and beyond. As a newly elected THEA Board Member, the first board she has ever sat on, Gurneet hopes to progress dialogue on race, reconciliation and equity within the home economics community. Home is a reflection of where you are in society and Gurneet aims to make it equitable and socially just!



Jess Wiles grew up in London, Ontario where she completed her BScFN in Dietetics at Brescia University College. Moving to Toronto shortly after to begin her MHS in Nutrition Communication at Ryerson University, she now calls Toronto her second home and works as a Registered Dietitian at Black Creek Community Health Centre. Jess is passionate about addressing socioeconomic factors and barriers such as food insecurity, poverty, racism, and inadequate housing in her work and prioritizes working with those who experience health inequities. As a healthcare professional and newly elected THEA Board Member she hopes to merge these occupations to help better the health and well-being of the home.

Amy Hasson is a student at Humber College going into her third and final year. She is excited to be the student liaison for Humber this year! She has recently completed the Food and Nutrition Management program and is currently enrolled in the Nutrition Healthy Lifestyle Promotion program. She is passionate about sharing her knowledge of nutrition and how to make the most out of food, to be able to help people reach their health and wellness goals. Amy is looking forward to being able to grow her professional network and leadership skills while participating in events and meetings within the THEA board as well as the student branch at Humber.



Thank You!

A big thank you to Carol Fraser for her leadership as the outgoing President and to Kathy Camelon and Leen Al-Fayez for their contributions to THEA and the Board of Directors!

Thoughts for the Day

Thea is #22 and Corona is #100 on the top 100 baby names for girls in 2020!

- June is **National Indigenous History Month**. Dean of Indigenous Education & Engagement at Humber College, Jason Seright, invites you to celebrate at home by watching some of the films off of his [recommended movie list](#) and check out this [list of resources](#) on how allies can support Indigenous communities.
- COVID-19 has impacted many families over the past few months, **Statistics Canada** is calling on parents of children 14 years old or younger to answer questions in a variety of [online surveys](#) related to child care, schooling, children's activities, and parents' employment status and concerns for the future.
- **Women make up 70% of workers in the health and social sector** and do 3 x as much unpaid care work at home as men. This unfair burden is highlighted by the UN campaign [#HeforSheAtHome](#). IFHE actively supports this campaign and continues to promote "home" as a place of value that men and women act within on equal terms.

Other Items of Interest

World Elder Abuse Awareness Day

Deb Schulte, the Minister of Seniors provided an update on World Elder Abuse Awareness Day. The COVID-19 pandemic has put seniors at increased risk of abuse since so many are living in isolation. Here are a few tips to help protect yourself from financial fraud:

- You may get phone calls, emails and texts on COVID-19. Be cautious when receiving them.
- Remember that if you didn't initiate contact with a person or a business, you don't know who you are dealing with.
- Never click on links or attachments in unsolicited or suspicious emails.
- Never give out your personal or financial information by email or text.
- Note that financial institutions will never ask you to provide personal, login or account information by text or email.
- When banking online, enter your financial institution's website address in your browser yourself and look for the key or lock symbol before the https: indicating a secure site.
- Beware of questionable cures for sale: if it seems too good to be true, it probably is.
- For more information, check out the [Little Black Book of Scams](#) and the [Canadian Anti-Fraud Centre](#).

Prosper Canada announced the launch of the [Financial Relief Navigator \(FRN\)](#), a bilingual one-stop portal where Canadians can access critical COVID-19 emergency benefits and financial relief from governments, financial institutions, utility, telecom and internet providers.

Canadians shared lessons learned from the pandemic...

The Value of Life - "You don't know what the future is going to bring," Margaret Cook says. "I hope everybody goes out and hugs a stranger when this is over – that's what we need."

Less Focus on Material Objects - Amanda Wright says the pandemic has highlighted the importance of cherishing those around her, especially family members. "Something like this happens and you realize that your immediate family is the most important thing. In a situation like this and in life, you have to be there to support each other and...to be each other's soundboards to get through times that are tough."

More Focus on Mental Health - "I think we all need to express ourselves," says Shauna Berrigan. "Your feelings, whether positive or negative, are OK – they're your feelings and you're allowed to have them."

Casey Johnston says "we as a community should be checking up on our neighbors, family and friends as mental health is a real issue. People with severe depression and other mental illnesses need help during this time."

See this [CTV article](#) for more Canadian stories.

Statement of Solidarity – Anti-Black Racism

On June 10, 2020 THEA issued a [Statement of Solidarity](#) against anti-Black racism on behalf of the Board of Directors. We are naming our intentions and next time we hope to solidify the facts as we take part in social justice movements within the Greater Toronto Area and stand in solidarity with the Black Lives Matter movement and BIPOC community in Toronto.

If you wish to support the movement visit blacklivesmatter.ca to learn more on how to get involved. You can also check out this [Guide to Indigenous Toronto](#) and [List of Anti-Racism Resources](#). Home economics started from the fabric of the home and we aim to keep it sewn and connected to all of our homes without discrimination.

May 2020 AGM Annual Reports

President's Report – Carol Fraser

THEA's Board of Directors for the past year included President, Carol Fraser; Secretary, Kamaria Francis; Treasurer, Judy Fricker; Directors, Kathy Camelon, Karen Dee, Heike Heinze; Past President, Ruth McDonald; and Ryerson Student Liaison, Leen Alfayez. We continued to share the administration of the association by board members throughout the year. I thank each of the board members for their contributions throughout the year.

While our meetings continue to draw only small numbers, they have provided opportunities for interesting discussions and a chance to meet new people. We were pleased to be invited to make a presentation to Humber students in the fall and grateful for the all the members who sponsored a total of 18 students. Several of them have joined us at our meetings. Our summer time online survey provided helpful information to choosing where to meet and topics of interest. Thank you to those who participated.

Ruth McDonald continued as liaison with OFSHEEA, OHEA, CHEF, and IFHE, attending meetings and reporting back to the THEA Board. Our Ryerson Liaison Leen Alfayez who has provided a connection to our students at Ryerson University and we wish her well as continues on to become a teacher. Thank you as well to all of the board members over the past two years who have supported my role. It takes a community to make things happen and each of you has contributed to ongoing work of THEA to make my job much easier. I think we have all grown some! While we end this year in COVID-19 isolation it will be remembered as an epic time in history. My hope is that we will face our 'new normal' world as kinder and more patient with large lessons learned to make it a better place going forward.

Secretary's Report – Kamaria Francis

Minutes of the 2019 Annual General Meeting and the 2019 – 2020 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 7 attending. Minutes of the board meetings were recorded and distributed to the THEA Board of Directors.

Treasurer's Report – Judy Fricker

The financial documents with the bank were updated in the fall and late winter our investments were renewed. We have also made arrangements with the bank to accept e-transfers for members. Please also refer to the [audited financial statements](#).

Program Report – Karen Dee

A celebratory AGM dinner meeting was held at the Tam Heather Curling Club in Scarborough on May 7, 2019. Close to 30 members and guests arrived to mingle, many of whom had not seen each other for months or more, thereby creating a warm welcoming atmosphere. There were Home Economists from different parts of the province. Among the guests were Lisa Braverman's mother and two siblings who came to join us in honoring Lisa as this year's recipient of the Marjorie Thompson Flint award. Lisa entertained us with some highlights from her time as a Board member of THEA. After a pleasant buffet dinner, we enjoyed a presentation by Sue Mah, a professional dietitian and collaborator on the updated Canada Food guide. Aside from learning about the history and development of the Food guide from its inception, we gleaned some insights on the factors that influenced the new guidelines and how to interpret them. Door prizes were handed out with almost everyone coming home with a surprise.

Membership Report – Heike Heinze

Eighteen students had their membership sponsored in THEA this past year. The student and the sponsoring member received a letter, which provided them with information about the sponsor/student. This sponsorship initiative is a valuable recruitment and promotion for THEA.

Student Liaison Report – Leen Alfayaz

This year at Ryerson university the activities of the THEA were promoted in a plethora of ways, including the Ryerson Student Group Fair, and online with our THEA/RHEA Facebook group. We at Ryerson, were also able to hold many inspirational student events that allowed more than 50 students to learn from professional speakers, and interactive activities. Though our semester plans were cut short due to COVID19 cancellations, the RHEA team was able to engage students in many successful events. Some events include Industry Night in

collaboration with the Canadian Association of Food Professionals, a LinkedIn Fundraiser, a post graduate education forum alongside the nutrition course union, and the annual on campus RHEA/THEA/OHEA Meet and Greet which gave students insight on what it means to be a home economist. We will be welcoming a new team including 7 new executive members, and a new president come the fall semester to continue the initiative of the RHEA student group, and continue to promote the activities of the THEA Association to students, and community members.

Nominating Committee Report – Ruth McDonald

As of April 30, 2019, no further nominations were received from the Nominating Committee's call for additional nominations and, accordingly, the following members were elected by acclamation to the 2019-2020 THEA Board of Directors. The Vice-President position has not been filled this year; the Board of Directors hope to fill this position during year. A full slate of seven candidates is being recommended to the members for election.



Upcoming Events

- **THEA Meetings** will return when safe
- **Phone Tree** coming soon to stay connected
- **Member Directory** will be mailed out shortly - stay tuned!
- **OFSHEEA Family Studies Throughout the Lifespan Virtual Conference** on Saturday September 26, 2020 - Registration online in September and AGM info coming soon

Copyright © 2020 Toronto Home Economics Association All rights reserved.

Our mailing address is:

Toronto Home Economics Association

28 Jodphur Ave.

Toronto M9M 2J4

Email: info.thea@yahoo.ca