



## TORONTO HOME ECONOMICS ASSOCIATION NEWSLETTER SUMMER 2018



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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 31, 2018.** Items suitable for publication may be edited to fit the available space.

**Toronto Home Economics Association**  
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Toronto M9M 2J4

This issue is prepared by Jane Forest.

### PRESIDENT'S MESSAGE

Welcome to the summer newsletter and to quite the weather we are experiencing. Grab cool drink and a comfy seat while you catch up on THEA news.

It has been an interesting transition for the board and executive this year. We have several new board members who have some great ideas that we will explore at our next meeting but a real challenge for me to get up to speed not having served on the board for a few years and to do it without the benefit of an administrator. I have to extend a huge THANK YOU to our Ruths. Ruth Marshall picked up the ball last year to not only act as treasurer but also took on most of the admin work as well. Ruth McDonald faithfully continued on as President, liaison and attended to the many housekeeping roles that were no longer staffed. Your efforts on behalf of all members have not gone unnoticed and we hope you are enjoying a well-deserved summer vacation.

The newest board members will be introduced later but I must say having so many young people at the table is refreshing and exciting. We had a great first board meeting of the year and I look forward to working with this enthusiastic group women.

Now my first newsletter is complete, our energy will be focussed on getting the directory out to you as soon as we have all the renewals logged. A few glitches with the new OHEA software delayed some of our renewals. For those of you unable to attend our Annual General Meeting in May, the proposed by-laws were approved. The board will now focus on reviewing our purpose, and providing program that suits our inquisitive students and the interests of a growing number of retired members. If you have any suggestions please do not hesitate to send them along to me or any board member.

I would like to extend a big round of applause for the many members who included a student sponsorship with their renewals. We expect to match your donations with students this fall once classes resume in September as our student reps are geared up to promote professionalism to their classmates through their Ryerson Home Economics Association with 5 events planned to date.

Please forward any suggestions you have regarding THEA programming, projects or newsletter content via email to [info.thea@yahoo.ca](mailto:info.thea@yahoo.ca).

Finally, if you haven't yet signed up for the Tea & Tour at the Ontario Legislature on September 7 Ruth McDonald still has a couple of spaces available. See you there!

Enjoy you summer.

Carol Fraser - P.H.Ec.



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## NEW BOARD MEMBERS



**Karen Dee** is a graduate of Hotel and Food Service Management at the British Columbia Technology, Vancouver, B.C. She is the current Director of Lyncroft Hospitality Training Centre provides the meal, laundry and maintenance services for a private student residence located at of Toronto campus.

impact of Home Economics and Management on the well-being of individuals and society, she developed training programs for women of all ages who wish to acquire the necessary skills to homes professionally and create the right atmosphere for the person's development.



**Kathryn (Kathy) Camelon** retired from a career in dietetics in 2016. Kathy was a Registered Dietitian and Certified Diabetes Educator at Toronto General Hospital where she combined working in clinical trials relating to diabetes and dyslipidemia, the practical application of research findings to nutrition counselling and patient education. One of her interests was how to best communicate meaningful, food-based messages about healthy eating. Teaching was also part of Kathy's role as she mentored hospital staff and students from several health disciplines.

Kathy's interest in nutrition began when she was growing up on a farm in the Ottawa Valley, where she saw food move from field to table. This foundation, combined with an interest in health sciences, led to her rewarding career in dietetics. After graduating from the University of Guelph with a Bachelor of Applied Science in Applied Human Nutrition, she completed her dietetic internship at Toronto General Hospital and continued to work there for over forty years.

## NEW RYERSON STUDENT LIAISONS

**Leen Al-Fayez** is a third year nutrition and Food Student at Ryerson University. I will be a Student Liaison representing the Toronto Home Economics Association – Ryerson Chapter for the 2018/2019 school year. I am passionate about food and the role it plays in different practices and in the life course of different people. In my spare time I play hockey or swim with my many siblings – four to be exact – and even draw or write whenever an opportunity to do so presents itself! I look forward to working with the THEA this year and hope that my unique and creative insight will help make a difference in a group passionate about home economics and the role it plays in promoting a healthy and happy community.

**Maria Jude** is a fourth year Nutrition and Food student at Ryerson University. I am a student member of THEA and executive member of RHEA because I have a passion for teaching and learning, especially when it has to do with gaining new skills. The skills that I personally hold include skills in creativity, cooking, baking, food styling, gardening, and making home-made versions of things I appreciate i.e. fermented foods, skin-care and waste-free products. I am very passionate about food security, sociology, nutrition research and culinary arts. In the 2017-2018 academic year my position at RHEA was as VP of fundraising, and my current position with RHEA is group leader and Liaison. As RHEA group leader, ideally I will guide the other group members towards planning and executing beneficial events and workshops. I hope to learn and potentially teach with the wonderful individuals that I will work with in the up-coming academic year.

## Items of Interest

**OHEA** is proud to show support for the Fresh From the Farm Healthy Fundraising for Ontario Schools. This fundraising initiative provides schools the opportunity to raise funds by selling Ontario fruit and vegetables to the community, while promoting healthy eating and supporting Ontario farmers. Click [here](#) to learn more about this great initiative!

### **OFSHEEA**

Annual Conference and AGM -Family Studies: Social Sciences for Life #OFSHEEA4Life  
Saturday November 3<sup>rd</sup> 2018, Meadowvale Secondary School, 6700 Edenwood Dr., Mississauga

### **IFHE News**

The IFHE 2018 Council was held in Khartoum Sudan February 25 – March1, 2018.

Congratulations to Gwendolyn Hustvedt, USA, who was elected President Elect and Christiane Pakula, Germany, who was elected Treasurer General. Proceedings and press release available at [ifhe.org](#)

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 in July at [ifhe.org](#).

**2019** 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](mailto:canadiansymposium@gmail.com) or [ca-symposium.com](http://ca-symposium.com)

## Education and Home Economics

Home economics, or domestic education, is a discipline with the potential to advance the health status of millions. In the midst of a pediatric obesity epidemic, “instruction in basic food preparation and meal planning skills needs to be part of any long-term solution” (Lichtenstein and Ludwig, 2010). More than ever, many parents and children alike cannot be expected to cook and prepare the healthy meals expected of them to maintain a nourishing lifestyle. Busy schedules and the constant convenience of take-out food equips millions with alternatives that suit their chaotic schedules. Considering this, a home economics curriculum empowering the modern time-restrained generation to prioritize healthy eating is integral. Advancing food knowledge does not necessarily mean bringing back the old Canadian curriculum wrought with gender-specific stereotypes. Instead, it implies reformulation that is gender neutral, and wrought with pragmatic instruction, demonstrations and hands on experience. One article further emphasizes that a comprehensive curriculum would need to communicate to students the scientific and practical aspects of food. Essential skills would include “basic cooking techniques; caloric requirements; sources of food, from farm to table; budget principles; food safety; nutrient information, where to find it and how to use it; and effects of food on well-being and risk for chronic disease” (Lichtenstein and Ludwig, 2010).

Even outside a school curriculum basic skills that are essential to self-sustainability can be promoted proactively in the family. Why not transform meal preparation from an intimidating chore into a rewarding pursuit. Every child should be equipped with the knowledge to harness modern – but healthy – conveniences (ex: pre-chopped fruit packages) and avoid pitfalls in the marketplace (ex: prepared foods with a high ratio of calories to nutrients). With said insight no matter ones schedule, everyone has the tools to prioritize their healthy eating via the preparation of quick, nutritious, and tasty meals. It is important to dispel the myths – aggressively promoted by some in the food industry – that cooking takes too much time or skill and that nutritious food cannot also be delicious. Rooted in the value of education, the discipline of home economics is universal; in a modern world that does not encourage gender stereotypes, this means home economics today serves a role to empower an indiscriminant audience to take initiative and autonomy with their health – to prioritize the preparation of healthy meals in the face of an obesogenic environment.

*References - Lichtenstein, Alice H., and David S. Ludwig. "Bring Back Home Economics Education." Jama, vol. 303, no. 18, 2010, pp. 1857-1858.*

submitted by **Leen Alfayez** one of our Ryerson Student Liaisons

## Jennifer Welsh – Marjorie Thompson Flint Honour Award Winner for 2018



The 2018 Marjorie Thompson Flint Award was presented to Jennifer Welsh at our AGM in May. Jennifer devoted her distinguished career to teaching at Ryerson University over a span of 34 years. As Ryerson grew so did Jennifer's roles. She started as professor, and soon became co-chair of the Department of Home Economics in 70's. By the 80's she Chaired the Department of Food, Nutrition, Consumer and Family Studies. Next up she served at the Dean of Faculty of Community Services then from 1998-2004 she fulfilled the role of Director of the School of Nutrition. A Registered Dietician and Professional Home Economist Jennifer has inspired many students to follow in her passion of food, nutrition and food security. Congratulations Jennifer.

*Thank you to the donors of the items for the raffle and door prizes at our Annual Dinner and Annual General Meeting*

## Calendar of Events

### Textile Museum of Canada

55 Centre Avenue (Dundas St. W & University Ave., St. Patrick subway)

[info@textilemuseum.ca](mailto:info@textilemuseum.ca)

**Crosscurrents: Canada in the Making - June 27, 2018 - March 31, 2019** - *Crosscurrents* explores ongoing cultural exchanges and interactions between Indigenous people, settler Canadians and newcomers over the last two centuries, and examines shifting identities, intersections and contestations that inform textile expressions alongside the stories of those who make Canada their home. Through collaborations and confrontations, memories, dreams and traditions converge to reveal a dynamic and multi-layered textile landscape: hooked rugs, blankets, quilts, beadwork, basketry and other iconic objects illustrate broad cultural crosscurrents and values that continue to inspire new generations of textile practitioners. The exhibition draws from the TMC's rich Canadian collection of historic artifacts, and features the work of contemporary artists as well as loans from private and public collections.

**Beads, they're sewn so tight -: October 10, 2018 – May 26, 2019** - *Beads, they're sewn so tight* presents the work of artists Bev Koski, Katie Longboat, Jean Marshall and Olivia Whetung, who employ distinct techniques in their approach to using beads and thread. From bead weaving to loom work and bead embroidery, their artwork threads through formal concerns of colour and design attending to critical issues such as language retention, stereotypes and social/environmental injustices for Indigenous people

**Spadina Museum** 285 Spadina Rd, - June 27, 2018 - December 31, 2018 **Making History: The Women of Frankie Drake Mysteries & 1920s Toronto.** Presented in partnership with Shaftesbury, this exhibit explores the fascinating lives of women in 1920s Toronto, and how their challenges and triumphs are reflected in the lives of the characters of the CBC drama Frankie Drake Mysteries.

**Gibson House Museum**, 5172 Yonge St - September 22, 2018 - February 10, 2019 **Website:** [www.toronto.ca](http://www.toronto.ca) **The Fairer Vote** - This exhibit is a celebration of the 100th anniversary of Canadian women being entitled to vote in federal elections. It showcases objects from the Toronto History Museums collections that illustrate the lives of women in 1918 and highlight key people in the Canadian Women's Suffrage movement and the milestones on the way to winning "Votes for Women."

# Traditional Tea and Tour



**Where history, art and parliament meet!  
There are still a few spaces left for the September meeting. If you are interested in attending, please contact Ruth McDonald directly.**

You are cordially invited to afternoon tea at the Ontario Legislature Building,  
Queens Park, Toronto Ontario.

Friday September 7<sup>th</sup>, 2018

2:00 – 4:00 pm

\$30.00 per person

Discover Ontario's parliamentary history and heritage as you take a 45-minute guided tour of the Legislative Building followed by a full English-style afternoon tea service in the Legislative Dining Room, with a theatrical performance by some of Ontario's most celebrated historical figures.

Please enter by the South Doors of the Legislature by 1:45 with valid photo identification

RSVP to Ruth McDonald at 416-302-3228  
or [ruth.mcdonald280@gmail.com](mailto:ruth.mcdonald280@gmail.com)

with  
full name  
dietary restrictions  
mobility issues

Please respond no later August 1, 2018.  
As per policy, you will be billed if you fail to cancel a reservation before noon on August 15, 2018.

For information contact: [/discoveryportal.ontla.on.ca/en/visit-us/tours/afternoon-tea-programs](http://discoveryportal.ontla.on.ca/en/visit-us/tours/afternoon-tea-programs)