



# NewsLink

Ontario Home  
Economics Association

Winter 2013



**Mission Statement:** The Ontario Home Economics Association, a self-regulating body of Professional Home Economists, promotes high professional standards among its members so that they may assist families and individuals to achieve and maintain a desirable quality of life.

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## Meet Astrid Muschalla, P.H.Ec.

Culinary Expert, Organic Landcare Professional, Master Gardener, Media Spokesperson, Yoga teacher, Owner – Oasis Institute for Healthy Living Inc.

Tall, lean and fit! One glance and you know this willowy P.H.Ec. is living right!

Astrid understands the connection between healthy soil, healthy plants, and healthful food to sustain humans in a healthy environment. A very active professional home economist, educator and chef, Muschalla (formerly Strader) walks the walk and talks the talk on smart living - preferably in her garden where she may even attempt to grow quinoa in 2013.

Mississauga was home turf when Astrid left to study Business at Ryerson, then Food & Nutrition Management at Kemptville College. Graduating with Honors and Distinction in '83, she joined Versa Food Service - planning menus, special diets and producing food for patients and staff in hospital and school cafeterias.

Invited to return to Kemptville College to teach and work as a research assistant in the same program from which she graduated was a great honour and Astrid spent ten years mostly under the mentoring style and caring direction of **Linda Reasbeck, P.H.Ec.** A member of the Canadian Society of Nutrition Management Accreditation Review Board, Astrid helped to evaluate other college programs and coordinated the food service accreditation program at Kemptville.

Academic Manager for the School of Part-time Studies at Algonquin College was her next career title. That mandate included design, development, review and update of all courses offered on a part-time basis in Community Studies, Police and Public Security, and Transportation & Trades. She developed industry and sector links for program planning and was responsible for hiring program coordinators and instructors.



Never one to stop work at the end of her shift, Astrid authored a weekly column on sustainable gardening/urban stewardship in *The Prescott Journal* for two years. She has been interviewed by *Maclean's Magazine*, Health Beat - CTV News - Ottawa, CBC Radio Noon and *Today's Parent*. She is founder and past Chair of Prescott Blossoms Volunteer Garden Club and acted as Site Manager for Prescott Blossoms Landscape (a Human Resources & Skills Development Canada funded 'youth-at-risk' program). She led a \$50,000 fundraising project that was awarded an additional grant of \$150,000 in its second year.



Always community minded, Muschalla served as an Advisor for a Restaurant Task Force with Leeds, Grenville & Lanark Heart Health Coalition. She produced and hosted the *Let's Cook Healthy* - a TV mini-series from the Heart & Stroke Foundation. Recipe development is an on-going passion for Muschalla who has also consulted on food labelling for Little Stream Bakery, Morocco Foods, Evelyn's Crackers, Euro Deli Meats and the Canadian Coast Guard.

Since 2006, Astrid has been operating [Oasis Institute of Healthy Living Inc.](#) - a consulting business based initially in Prescott, relocated to Toronto (to be closer to her aging parents) and eventually to Milton where she now lives with her husband, Kim. Neighbours quickly learn that Astrid is the 'go-to garden expert' and thus — her garden business grows.



A member of the Board of the Society for Organic Urban Land Care (2012-13), Astrid will help to improve Canadian standards. She completed the Professional Organic Horticulture program at Humber College last year and will finalize her Certification as a Certified Landscape Professional in 2013. The list of awards accolades and memberships is too lengthy for this article; but trust me, the list exists.

Trained in India, Astrid practices what she preaches as a Hatha Yoga and Meditation Teacher. That peaceful nature makes her a natural feline lover, too!

The title 'Red Seal Cook' (a government defined trade qualification) simply means Astrid is a qualified chef. Her respected knowledge allows her to develop in-classroom and online learning materials on organic and sustainable gardening, botany, holistic garden design, nutrition and healthy eating. Her client list includes Ontario Learn; Toronto District



School Board; Humber, Gaia, Algonquin, St. Lawrence, Kemptville, Centennial and Canadian Coast Guard Colleges; Master Gardeners of Ontario; Ontario Retirement Communities Assoc., Canadian Diabetes Assoc., At Your Service Hospitality Training, Trillium Cooking School, Occupational Health Nurses Assoc. and Fisher & Paykel Appliances Canada.

OHEA gratefully acknowledges Astrid Muschalla, P.H.Ec., her knowledge and ability to communicate a holistic lifestyle to consumers and industry through lectures, media releases and professional networking. She is wished continued success and recognition. Good health will triumph and so will she.



**Mary Carver, P.H.Ec.**  
**OHEA Public Relations Coordinator**

## What the P.H.Ec. Designation Means to Me

What a fortunate choice I made to study Home Economics or Household Science as was the designation at the University of Alberta, at the time. Is there any other profession which gives one the opportunity to use their education and skills both professionally or personally on a daily basis? Perhaps, as an association junkie, I have participated at all levels of the profession and reaped the many benefits of knowledge, networking, mentorship and friendship.

As a retiree, the PHEc designation no longer is necessary for employment or recognition. However, as an active volunteer and board member with several organizations, the designation is useful to lend credibility to my contribution.

To me, perhaps the most important aspect of being a Professional Home Economist is a reminder of my personal responsibility to share my knowledge and when possible, to lead by example in order to enhance and improve the quality of life for others.

Although retired, supporting OHEA is also my way of encouraging the next generation of professionals and celebrating their vision, expertise and commitment to Home Economics.

**Linda M. Reasbeck, P.H.Ec., BSc (HSc.), M.Ed (Admin.)**



**Tell us... What the PHEc designation means to you. Submit a paragraph to Mary Carver: [mvcarver1@magma.ca](mailto:mvcarver1@magma.ca) and we will post it in NewsLink and OHEA website.**

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## President's Message by Joan Ttooulias, P.H.Ec.

The OHEA AGM and Conference will take place in March in Toronto and for those interested; early bird registration is available until February 15<sup>th</sup>. We are always on the look out for more volunteers to take charge of various tasks, if willing and interested please contact Nancy. Email: [nancyohea@rogers.com](mailto:nancyohea@rogers.com)

The executive has been very busy in the last few months working on various projects. The OHEA Membership Committee (Susan Hamilton and Jane Hamilton Wilson) has completed the new brochure that I mentioned in the previous newsletter. The new brochure was ready for the ACHES Conference at Brescia University College in London January 12<sup>th</sup>. Several OHEA members participated and attended the conference.

The Vegetarian's Complete Quinoa Cookbook, executive edited by Mairlyn Smith and ably assisted by the fifty-eight OHEA or SHEA members who contributed recipes, is selling well. The publisher has notified us that 11,500 copies have been sold to-date. Many were given as Christmas presents and of the 208 books that OHEA had ordered only 45 remain unsold. Since 2013 has been declared the International Year of Quinoa by the United Nations, the book will continue to enjoy excellent sales.

THEA had expressed an interest in having its own webpage on the OHEA site. Allison Jorgens VP of Communications has built on that idea and opened it up to all the branches. Allison has designed a Branch Association webpage which the board has approved of for the OHEA website.

Promoting the profession of Home Economics and the values that OHEA was founded on is the founding principle of OHEA. Please become involved; we are still looking for individuals who would be willing to volunteer for the President-Elect position, as well as VP of Branch Alliances and VP of Professional Development, these positions will become available after the AGM in March. Please reach out to the board with your questions, concerns and suggestions.

Wishing you all a Happy, healthy and prosperous New Year.

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# Cupcake Contest



## The Cupcake Contest – Be a Cupcake Woman – Be a Winner

Manitoba Canola Growers Association is looking for their next best cupcake recipe. They are looking for your best cupcake recipe using either canola oil or canola oil margarine as the fat of choice.

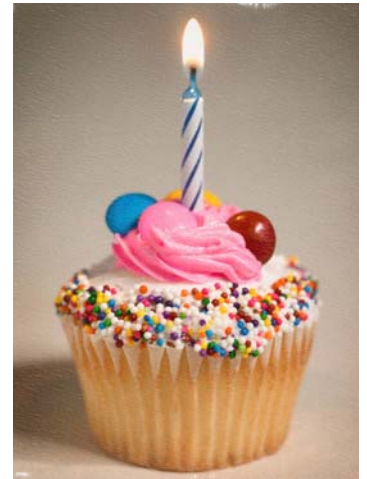
The contest is open to all members of OHEA, students and conference attendees. All entrants will receive a thank you gift from MCGA. The winner and their recipe will be announced by MCGA with a Be Well Story, blog, media press release and photos. It's just another time to shine!

This is a great opportunity for members and students to try their hand at recipe development, good learning curve on how to create, develop and write recipe copy/instructions, as well as a great addition to your resume.

Meet the judge, Pay Chen, Ryerson alumni, TV host, Writer, Producer and Food Columnist.  
<http://paychen.com/about/>

How to enter:

1. Create a cupcake recipe using either **canola oil or non-hydrogenated canola oil margarine**. It could be a family favourite, trendy, healthy and/or decadent.
2. Submit your recipe to get an anonymous # (all entries accepted). Include a 50-100 word story about your cupcake. Email to [nancyohea@rogers.com](mailto:nancyohea@rogers.com). Please put "cupcake contest" for the subject line.
3. Bring 6 of your cupcakes on a white plate or white paper plate to the Conference on March 23<sup>rd</sup>.
4. Write your # and title of your cupcake recipe on a white card and attach them to your plate.
5. Pay Chen will eat her way to the winner.
6. Winner announced – let the glory and the media begin.



**Deadline for submissions will be March 1<sup>st</sup>, 2013.**



# Healthy Eating Awareness and Education Initiatives

Health Canada's *Healthy Eating Awareness and Education Initiatives* are focused on improving awareness and understanding of healthy eating by motivating Canadians to make healthy food choices for themselves and their families. The objective of these initiatives is to increase Canadians' quality of life by improving overall health and decreasing the risk of obesity, hypertension, and other nutrition-related chronic diseases through a healthy diet. It is hoped that Canadians' understanding of healthy eating will be increased by emphasizing:

- ✓ *Eating Well with Canada's Food Guide*;
- ✓ the importance of using and understanding the Nutrition Facts table;
- ✓ sodium reduction through healthy eating; and
- ✓ the importance of improving cooking and food preparation skills to support healthy eating and healthy weights.

For resources that intermediaries can use with consumers, visit Health Canada's website for information on:

- Healthy Eating Toolbox - [www.hc-sc.gc.ca/fn-an/nutrition/part/tb-bo/index-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/part/tb-bo/index-eng.php)  
This toolbox features a variety of resources, tools, and tips on promoting the importance of healthy eating to Canadian families. The toolbox includes resources you can share with consumers, resources for health professionals and educators, and marketing and media outreach.
- Children and Healthy Eating - [www.hc-sc.gc.ca/fn-an/nutrition/child-enfant/index-eng.php](http://www.hc-sc.gc.ca/fn-an/nutrition/child-enfant/index-eng.php)  
This website offers information and resources on healthy eating after school, school health, cooking and food preparation skills and physical activity.
- *Eat Well and Be Active Educational Toolkit* - [www.eatwellbeactive.gc.ca](http://www.eatwellbeactive.gc.ca)  
This toolkit is designed to help those who teach groups of children and adults about healthy eating and physical activity, and encourage individuals to take action to maintain and improve their health. This toolkit features a downloadable poster, activity plans and images that complement the poster.

For information for consumers, visit the Healthy Canadians website:

- Healthy Canadians– Eat Well Central - [www.healthycanadians.gc.ca/eatwell](http://www.healthycanadians.gc.ca/eatwell)  
This website features information and resources on a wide variety of healthy eating topics such as: *Eating well with Canada's Food Guide*, how to use the Nutrition Facts table, healthy grocery shopping with kids, the sodium issue, healthy eating for kids on the go, and much more.

Stay up-to-date on the new resources being developed by subscribing to the Food and Nutrition RSS feed <http://www.hc-sc.gc.ca/fn-an/feeds-fils/index-eng.php>.

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## What did humans evolve to eat? by Gail McQueen, P.H.Ec.

In mid November I had the pleasure of attending the annual Professor Edna W. Park Lecture at the University of Toronto. This year the lecture was entitled *What did humans evolve to eat? Human nutritional health in comparative perspective*. It was presented by renowned anthropologist Professor William R. Leonard.

[www.anthropology.northwestern.edu/faculty/leonard.html](http://www.anthropology.northwestern.edu/faculty/leonard.html)

Given the present popularity of the paleolithic and other caveman-like diets I came to this lecture with a certain amount of enthusiasm and interest. I was not disappointed.

Professor Leonard has studied human populations all over the world, from prehistoric to modern man including present day indigenous agricultural and traditional herding populations. He shared with us some of that research.

The lecture began with an introduction to our early ancestors. What really sets us apart from other primates is our brain, which through evolutionary history has been far larger. This increased capacity comes at a cost. Our



brain requires 400 kcal/day at rest.

Professor Leonard believes much of early human evolution was influenced by the need to fulfill the nutritional requirements of this large brain. He points to some of these evolutionary milestones; the development of tools, the journey out of Africa, the beginnings of agriculture.

Throughout history humans have successfully adapted to acquire the necessary amount of food. As numbers grew we see social collaboration and improvements in agriculture. When confronted with food that was less than suitable, humans were able to develop processing methods to compensate. Such processing included cooking, the alkalization of maize in the Americas, and the detoxification of cassava in Bolivia. Thus, the large brain not only necessitated adaptations. It also facilitated them!

So what have we evolved to eat? He concludes that we are truly omnivores. We have an enlarged small intestine like a plant eater but a small colon like a carnivore. We have successfully thrived in almost every ecosystem on earth, consuming a variety of diets, from a very high animal protein diet in the Arctic, to diets in other areas of the world that vary considerably in the amounts and types of animal and plant.

Our evolution has not limited us to any one optimum diet. On the contrary we have been successful because we are flexible eaters.

We are now seeing obesity in the modern world at all time highs, along with associated health issues like diabetes, hypertension and heart disease. He implies that we may be a victim of our own success.

Professor Leonard has developed some very interesting energy intake and expenditure models that suggest that a large part of our present health problems simply are a result of an energy imbalance. It's not that we are eating so much more than our ancestors. It's that we are moving less. We no longer need to strive to fulfill our energy needs. We need to balance our intake and energy expenditure better.

Note: The Professor Edna W. Park Lecture was established in the Spring of 1974 by the Household Science Alumni to honour one of it's outstanding members, Professor Edna W. Park, for her notable contribution to the field of Home Economics in Canada. Edna Park was a Professor Emerita of the University of Toronto whose teaching career spanned almost half a century.

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## Headlines – Stories of Interest

### **Antioxidants may be enemy in cancer fight - DNA pioneer Watson warns patients of multivitamin use** by Nick Collins (London Daily Telegraph, January 9, 2013)

Late-stage cancer patients could be thwarting their own treatment by taking multivitamin pills containing antioxidants, the Nobel Prize-winning scientist James Watson has warned.

The benefits of supplements containing antioxidants such as vitamins A, C and E are the subject of fierce debate. While some studies suggest that they could offer moderate protection against cancer, Watson, who with Francis Crick discovered the "double helix" structure of DNA in 1953, argues that the pills could be doing more harm than good...[Read](#)

### **Tasty gluten-free foods on horizon while vegetables move to centre of plate – 2013** (The Canadian Press, January 2, 2013)

An increase in gluten-free cuisine that has fabulous flavour is going to be a big trend in 2013. Quince and cauliflower should be on your radar, along with finger limes and such delicacies as octopus and grits.

The demand for more gluten-free foods has led to a wider availability of products that can be digested by those with [celiac disease](#) or intolerance for the wheat protein. Christine Couvelier, who watches food trends through her Victoria-based company [Culinary Concierge](#), predicts more gluten-free items with better flavour in stores and restaurants...[Read](#)



## Unilever will Phase out Use of Microplastics

(Associated Press - via National Grocer Magazine, December 28, 2012)

Unilever, the maker of Vaseline, Axe deodorants and Dove soaps, among other cosmetic and personal care products, says it will phase out the use of micro-plastics by 2015.



Many soaps, skin scrubs and shower gels contain microplastics, which are tiny polyethylene beads. Scientists and environmental groups are concerned that they contribute to polluting oceans.

The company said that it has "decided to phase out the use of plastic micro beads as a 'scrub' material in all of our personal care products" by 2015.



Fed up with how her diet is going, Charlene takes a more serious aim at her target weight.

## Do You Confuse How You're Doing With What You Weigh?

by Dr. Yoni Freedhoff, MD – Ottawa, December 13, 2012

It's certainly what society teaches.

If you're trying to lose or maintain your weight the scale will tell you how you're doing. Bollocks.

The scale never tells you how you're doing. The scale only tells you what you weigh.

How you're doing is what you're actually doing. Are you cooking healthful meals? Are you organizing your dietary timing, calories, and proteins? Are you minimizing meals out? Are you being thoughtful? Are you keeping track of your choices and intake? Are you exercising? Are you consistent in your efforts?

Boiling it down even further ask yourself, "Am I living the healthiest life that I

can honestly enjoy?"

If the answer's yes, you're doing great - scale be damned.

The fact is sometimes you weigh more than how you're doing even when you're doing great.

[www.weightymatters.ca/2012](http://www.weightymatters.ca/2012)

## How Reliable is Your Health News

(Globe and Mail, December 2, 2012)

Every week it seems like a new study comes out with a bold new pronouncement. A cup of coffee can extend your life. Or it can hasten your death. A new treatment is trumpeted or certain foods or lifestyle are demonized. Yet many of these reports distort the facts, exaggerate findings or simply aren't true.

The journal *Heart* published an editorial last week about how extreme runners face a higher cardiac risk. Many subsequent reports jumped on the idea that running was bad for you but failed to properly qualify the findings.

...[Read](#)

## Family dinners can build teen confidence and reduce obesity

(Toronto Sun, November 19, 2012)

Meals heal. Dinnertime doesn't simply fuel bodies – it nourishes hearts and emotional health.

Studies show that sitting down to family dinner several nights a week not only boosts grades, confidence and motivation, but teens are also less likely to drink alcohol, smoke or do drugs. Frequent family meals also reduce stress and the incidence of childhood obesity, as well as depression and suicidal behaviour...[Read](#)



## Health care Farming by Melanie Epp (Ontario Farmer, November 6, 2012)

- gluten-free market projected to grow to \$5 billion by 2015;
- producers can not keep up to the demand for quinoa;
- OMAFRA is working in partnership with others (incl Katan Kitchens) to find the most suitable growing conditions for quinoa and amaranth in ON;
- experimental one acre site plots are set up in Campbellville, Peterborough, Stanfordville, Matheson and Cobden;
- these groups expect to be the first commercial exporters of quinoa in North America in a short time;
- quinoa may be less risky than some corn and soy crops in extreme heat like we experienced this year;
- saponin is actually a natural insecticide that (as we know) needs to be washed off as it's a digestive irritant.

For more info on local quinoa or amaranth contact: Jamie Draves at Katan Kitchens - [service@katan.ca](mailto:service@katan.ca) or [www.katan.ca](http://www.katan.ca)

## U of G Appoints First Food Laureate



The University of Guelph has appointed its first Food Laureate. Anita Stewart, an expert on food and Canadian cuisine, will serve as the University's honorary food ambassador, providing advocacy and leadership and promoting initiatives. It's believed to be the first such position in the world. We are known internationally as the place for food research, teaching and technology, but our contributions to the culinary life of Canada need to be more widely touted. Having a Food Laureate will allow the University to engage people across the country and strengthen our profile and support."

Stewart founded Cuisine Canada to promote the growth and study of Canadian food culture. She was the first Canadian to earn a master of arts in gastronomy; has authored or co-authored 14 books on Canadian foods and wines that include many U of G examples; and appears regularly on CBC Radio. Besides consulting on Ontario's culinary tourism strategy, she has worked frequently with Agriculture and Agri-Food Canada, the Ontario Ministry of Agriculture, Food and Rural Affairs, and the Canadian Tourism Commission and Ontario Ministry of Tourism.

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## Member News

### OHEA Awards Nominations

The **President's Distinguished Service Award** recognizes outstanding volunteer contributions of one or more members of OHEA during the preceding year. The recipient of this award is chosen by the President.

Nominations describing volunteer contributions that qualify the nominee and how these contributions have benefited OHEA should be sent to **Joan Ttooulias, P.H.Ec.**, OHEA President, by email [allister.joan@sympatico.ca](mailto:allister.joan@sympatico.ca).

The **Founder's Honour Award** is presented annually to a Professional Home Economist who has made an outstanding contribution to the profession. The nominee shall be a member of OHEA and must have made a sustained contribution to the broader community in which they practice. Nominations may be forwarded to **Joan Ttooulias, P.H.Ec.**, by email at [allister.joan@sympatico.ca](mailto:allister.joan@sympatico.ca) and must include a brief biography of the nominee, a rationale for the contributions made by the nominee, and the support of two members whose signatures have been included on the original nomination form.

The deadline for nominations is February 15, 2013. The awards will be presented at the OHEA AGM on March 22, 2013.





Congratulations to **Michelle Kwan** (R) Ryerson's School of Nutrition recipient of the 2012 OHEA Incentive Award presented by **Allison Jorgens., P.H.Ec.**, OHEA VP Communications on November 15<sup>th</sup>. Michelle will get a one year membership with OHEA.



**Barb Holland, P.H.Ec.** (R), on Rogers Daytime Toronto promoting OHEA Quinoa Cookbook - October 17, 2012.

## Keeping that Healthy Eating Resolution (Toronto Sun, January 9, 2013)

**Erin MacGregor, P.H.Ec., RD**, suggests Kale Chips as a nutritious snack. Erin's recipe and photo were published along with other tips from OHEA members in 26 Sunmedia papers across Canada.

[www.torontosun.com/2013/01/04/keeping-that-healthy-eating-resolution](http://www.torontosun.com/2013/01/04/keeping-that-healthy-eating-resolution)

### Kale Chips

#### Ingredients:

- 1 bunch of kale: stems removed, washed, thoroughly dried and cut or torn in to 3" (bite-sized) pieces
- 2 Tbsp extra virgin olive oil
- fine kosher or sea salt for sprinkling

#### Method:

1. Preheat oven to 300 degrees F
2. Combine kale and olive oil in a bowl until leaves are evenly coated
3. Spread leaves over parchment-lined baking sheet in one layer (you will need 2-3 baking sheets per bunch)
4. Sprinkle sparingly with salt
5. Bake for 15 minutes until light and crispy, but not browned.
6. Kale chips are best enjoyed when made and eaten the same day



## Welcome New OHEA Members

OHEA would like to welcome **Alessandra DiMattia, P.H.Ec.** and **Meagan McGregor, P.H.Ec.** as New Grad members. Alessandra graduated from Western University in Food and Nutrition. Meagan graduated from Brescia in Nutrition and Dietetics. We also welcome Lovella Regner as a Student member from Ryerson University and Ambreen Ameer Ali as a Provisional member mentoring under **Deb Campbell, P.H.Ec.**

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## Branch News

**London HEA** had their meeting at the Aroma Restaurant on November 28, 2012. After a delicious dinner, there was a challenging game of *Name the Spice, Name that Tune*. Members also brought hats, mittens, scarves and socks to be donated to the Women's Community House. The next meeting is January 30<sup>th</sup> to be held at one of the restaurants participating in Londonlicious.

**Niagara Region HEA** had a great November meeting including a tour of the Chocolate FX factory and a delicious dinner at the Firehall Restaurant in St. Davids. Our next meeting will be April 8, 2013 which will be a celebration of World Home Economics Day and a Fundraiser for a local charity. We will be showing the movie *The Intouchables* at the Boutique Movie Theatre in Ridgeway, ON and opening it up to family and friends. This is a fabulous French movie (with English subtitles) based on a true story about a quadriplegic and his unusual caregiver. The movie's theme ties in with the 2013 World Home Economics Day theme *Empowering Individuals, Families and Communities through Home Economics: Confront Poverty and Social Exclusion*.

**Ottawa HEA** members toured the Governor General's residence in late October to take advantage of beautiful Fall weather and the grounds at Government House. A Christmas luncheon was held on December 4, 2012 with over 20 members in attendance and a meeting is scheduled for January 21<sup>st</sup> to map-out a Spring fashion event and plan the balance of the year.

Michelle Kwan, a 4th year Ryerson School of Nutrition student, is the winner of the 2012 Ottawa HEA Scholarship. Michelle's face will look familiar to many OHEA members as she was also the winner of the 2012 OHEA Media Release Competition. Her release addressed the importance of adequate sleep to maintain a healthy mind and body and was published under OHEA's letterhead. Michelle earned her BFA (Hons) in Visual Arts and is currently pursuing her BASc in Nutrition and Food. In addition to her full time studies, Michelle is currently the Financial Officer for the Nutrition Course Union and the Communications/Social Media Director for the Canadian Association of Food Service Professionals for the Ryerson University chapter.



Congratulations to Meaghan Jones (L) of Brescia - recipient of the Ottawa HEA Scholarship for 2012 (presented by Dr. Janet Madill). In her 3<sup>rd</sup> year of a BScFN Honors Specialization in Nutrition and Dietetics, Meaghan has a high cumulative average. She reported that she had undergone an amazing transformation during her past two years at Brescia and that her contributions to school and community have grown tremendously compared to her time before Brescia. She started as a first year representative in SHEA (Student Human Ecology Association) where she developed initiative and public speaking skills. She was also a team leader for the NIK (Nutrition Initiative for Kids) program. In her second year, she became a Brescia Soph and learned how to create an environment of inclusivity and acceptance. She successfully applied to become the current Administrative Director of BUCSC. She is also a volunteer with the pre-diabetes education program.



**Qunite HEA** held a Christmas Silent Auction & Pot Luck on December 17, 2012, at the home of Jane Pratt. The group meets next on February 25<sup>th</sup> at 7:00 p.m. - Bring and Brag / planning meeting at Heather Wattam's - just outside of Marysville.

**Toronto HEA – Save the Date, THEA Celebrates 75 Years!** AGM Tuesday, May 7, 2013. The Arcadian Loft, 401 Bay Street, Simpson Tower, 8th Floor, Toronto. Chef service provided by Oliver & Bonacini.

**OHEIB** student liaison, Pooja Mansukhani, has put together a profile sheet on those members who have agreed to do a mentorship with students. Eleven OHEIB members (six of them are also OHEA members) will be mentoring Ryerson students starting in January! The program will work like this: each time there is an opportunity for mentorship, send Pooja an e-mail and she will circulate the opportunity to students. Please consider doing this as well. Email Pooja at [p.mansukhani@gmail.com](mailto:p.mansukhani@gmail.com).

**From The Vanier Institute of the Family** – 2012 was a very busy year for the Vanier Institute. We made presentations in every province. We hosted roundtables in Gatineau, Halifax, Charlottetown, Montreal, Kingston and Cornwall.

We have published [Transition magazines](#) focusing on farm families, rites of passage and the roles and responsibilities of family members. We have reached thousands of Canadians through [social media](#). Students, teachers, journalists and reporters have downloaded hundreds of fact sheets from our [Fascinating Families](#)

and [By the Numbers](#) series. We launched the [Military Families in Canada](#) initiative and began sharing results of our [Caregiving and Work](#) project. We worked with hundreds of media outlets to present the 2011 Census to Canadians.

In 2013, we will continue to make families matter. We look forward to working with you in the coming months to meet our objectives, plan for the 20th anniversary of the international year of the family in 2014 and our 50th anniversary in 2015. We wish you and your family health, happiness and harmony.

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## ACHES 2013

The Association of Canadian Human Ecology Students conference was held January 10 – 12, 2013 at Brescia University College in London, ON.



**Shirley Jones, P.H.Ec.** (above), at the IFHE exhibitor booth.



**Diane O'Shea, P.H.Ec.** (above), speaks on how education is a vital part of the future of this profession.

**Allison Jorgens, P.H.Ec.** (R), explains the importance of consumer awareness and shares the truth about Canadian food labels.



**Deb Campbell, P.H.Ec.** (above), displays felting and quilting items.

**Dr. June Matthews, RD, P.H.Ec.** (R), discusses the importance of bridging the gap between our rural and urban resources.



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# Look for it

## Communication News...

OHEA is on Twitter and Facebook! Follow and Like us to stay connected!

[www.facebook.com/OntarioHomeEconomicsAssociation](http://www.facebook.com/OntarioHomeEconomicsAssociation)

<https://twitter.com/OntarioHEA>

OHEA has a new blog! Are you interested in sharing your expertise or trying out your finger at blogging? Home Economics is a diverse profession and we are hoping to develop a diverse and informative blog! We are looking for posts (approximately 250-500 words) on topics of interest, home economics related news, favourite recipes, book reviews, event information and reviews, etc. If you are interested in writing for the OHEA blog please contact Allison Jorgens at [allison@grainofsalt.ca](mailto:allison@grainofsalt.ca).

## Media Release Update

Thank you to Mary Carver, P.H.Ec., for the following media release that, along with all other OHEA media releases, is available under the **Ask a P.H.Ec.** tab at: [www.ohea.on.ca/ask-a-ph.ec.html](http://www.ohea.on.ca/ask-a-ph.ec.html).

January 2013 – 2013 – *International Year of Quinoa and International Year of Water Co-Operation*. Each year, the United Nations (UN) allocates a calendar theme to bring awareness to a cause of international significance. 2013 has been declared *International Year of Quinoa and International Year of Water Co-operation*. In this release, Mary explains the United Nations declaration for 2013. Mary's release was picked up by the Ottawa Council of Women and forwarded to all 50 of its affiliated groups.

## Health Check Coupons, and a Happy, Healthy New Year!

Welcome to 2013! It's no secret that the New Year is a great opportunity to make some positive changes. Eating right and getting some physical activity ideally are year-long habits, but can seem tough to incorporate into our daily lives.

Have no fear; Health Check can help! If you're looking for tips, tools, or other resources to get you going in a healthy way, visit [healthcheck.org](http://healthcheck.org), where you'll find a variety of blogs covering everything from healthy resolutions, to tips on cooking healthy with kids, in addition to other articles and resources to keep you moving in the right direction.

[index](#)



## Upcoming Events

### OHEIB Student Meet and Greet

January 30, 2013

Oakham House, Ryerson University, Toronto  
3 out of the 4 speakers are OHEA member

[Click here](#) for details



November 3, 2012 – fall 2013

Patricia Harris Gallery of Textiles & Costume, Toronto

BIG is exclusively drawn from the ROM's collection of nearly 50,000 textiles and costumes. Showcasing 40 artifacts from around the world, this unique exhibition includes objects assuming their BIG status in a myriad of ways. With some objects publicly displayed for the first time, the installation offers a fresh, new way of exploring the ROM's renowned collections. [Click](#) for more info.



## Winterlicious 2013

January 25 – February 7, 2013

Toronto

Don't hibernate this winter, get out and savour Toronto's fantastic restaurants and local food at the 11<sup>th</sup> annual Winterlicious celebration. [Click here](#).



## IFHE Annual Leadership Meeting 2013

February 8 – 12, 2013

Kardinal Koenig Haus, Vienna, Austria

Symposium related to IFHE Campaign IYF

"Confronting family poverty and social exclusion – contribution of Home Economics"

[Click here](#) for details.



## Organic: The Way Forward

Saturday, February 16, 2013 9:00 am - 5:00 pm

University of Toronto Conference Centre

89 Chestnut St., Toronto

\$65 (\$85 after Feb. 5); COG members \$55 (\$65 after Feb. 5)

Rates for students, retirees and unwaged

Organic lunch included!

Info and registration: 416-466-4420 or [www.cogtoronto.org](http://www.cogtoronto.org)



## The Canadian Symposium on Home Economics/Family Studies/ Human Ecology

February 22 – 24, 2013

Radisson Vancouver Hotel, Richmond, BC

It is a biennial gathering of home economists and home economics educators at which papers are presented and issues discussed. Call for Papers to: [dezwart@mail.ubc.ca](mailto:dezwart@mail.ubc.ca)



In March 2013 senior business leaders from global food, drink and nutrition businesses will come together for Food Vision, a world-first industry summit established by the publishers of FoodNavigator.com and NutraIngredients.com.... [Read](#)

## Canadian Restaurant and Foodservices

### Association Show

March 3 – 5, 2013

Direct Energy Centre, Toronto



## International Women's Day

March 8, 2013

2013 Theme: THE GENDER AGENDA: GAINING MOMENTUM

Over time and distance, the equal rights of women have progressed. We celebrate the achievements of women while remaining vigilant and tenacious for further sustainable change. There is global momentum for championing women's equality. [www.internationalwomensday.com](http://www.internationalwomensday.com)



# International Women's Day 2013

The Gender Agenda: Gaining Momentum

## World Home Economics Day

March 21, 2013

Since March 21st, 1982, IFHE has celebrated the World Home Economics Day every year. In 2013 it focuses on the theme: "Empowering Individuals, Families and Communities through Home Economics: Confront Poverty and Social Exclusion". It is related to the IFHE Campaign planned for the 20th Anniversary of the International Year of the Family in 2014.

[www.ifhe.org](http://www.ifhe.org)



## Canada Blooms

March 15 - 24, 2013

Direct Energy Centre, Toronto

[www.canadablooms.com/index.html](http://www.canadablooms.com/index.html)



## The Good Food and Drink Festival

April 5 - 7, 2013

Direct Energy Centre, Toronto

[www.goodfoodfestival.com/](http://www.goodfoodfestival.com/)



## IACP 35th Annual Conference

(International Association of Culinary Professionals)

April 6 -9, 2013

San Francisco

"Dirt to Digital: Real Food in a Virtual World"

San Francisco and the surrounding Bay Area of northern California is the site for IACP's 35th annual conference. With its energetic restaurant scene, the nearby farmlands, vineyards, ocean shores and high-tech Silicon Valley, San Francisco helps set the pace of the nation's food culture.

[www.iacp.com](http://www.iacp.com)

## The Green Living Show

April 12 – 14, 2013

Direct Energy Centre, Exhibition Place,  
Toronto

[www.greenlivingonline.com](http://www.greenlivingonline.com)

**GREEN LIVING  
SHOW** APR 12-14 2013  
Direct Energy Centre, Exhibition Place, Toronto



## GO Gourmet

April 26, 2013, 6:30 p.m. – 10:30 p.m.

Steam Whistle Brewing Company

Looking for a terrific food event and a great night out? Then Go Gourmet is for you! Go Gourmet is an upscale foodie night out featuring local cooking by top Canadian chefs. The evening starts with a cocktail reception where appetizers made from recipes created by our chefs will be served. Come and meet chefs Anna Olson (queen of baking), Brad Horen (Captain of Culinary Team Canada, gold medal winner of the 2012 World Culinary Olympics) and others. The Master of Ceremonies is **Mairlyn Smith, P.H.Ec.!**

[www.cfdi.ca/Events/Go-Gourmet.aspx](http://www.cfdi.ca/Events/Go-Gourmet.aspx)

# OHEA CONFERENCE 2013 & 34<sup>th</sup> AGM

***Be a***  ***in Challenging Times***

Please Join Us for the

**34<sup>th</sup> OHEA AGM and Dinner**

March 22<sup>nd</sup> 6:00 p.m. – 9:00 p.m.

Chestnut Conference Centre, University of Toronto

(Terrance Room)

and for the

**2013 OHEA Conference**

Chestnut Conference Centre

March 23<sup>rd</sup> 8:30 a.m.

(Colony Ballroom)

Registration includes a downloadable walking tour of Leslieville  
and admission to the Textile Museum (expiring June 30<sup>th</sup>)

[Click here](#) for details, registration, hotels, speaker bios, and things to do.

Sponsored by



ONTARIO PORK



## Student Media Release Contest

**Looking for unique opportunities to build your resume?** Here's a chance to do just that *and* see your name in lights! The Ontario Home Economics Association is calling on you for submissions to our annual **Write a Media Release contest!**

Each year, our media release program generates great exposure for OHEA and Professional Home Economists as our releases get picked up by online, print and television outlets across the country!

The OHEA prides itself on providing up-to-date information to Canadians on all things family, food, finance and health. To find out more about what we're looking for, visit our [archive](#) of releases from the past 10 years.

**Submission deadline: March 1, 2013 to Allison Jorgens, P.H.Ec., OHEA VP Communications**  
[allison@grainofsalt.ca](mailto:allison@grainofsalt.ca)

Topic: Get those creative juices flowing - we're looking for hot new ideas, advice or research that relates to the diverse field of home economics! The more timely and relevant the topic to Canadians, the more pick-up the release and the author (that's you!) are likely to get.

The first five submissions will receive free conference registration. The winner will be announced at the OHEA Annual Conference: March 23, 2013 at the Chestnut Residence so mark your calendars now!

The winner will receive a prize and the incredible opportunity to work with an editor and our public relations coordinator to officially release their submission to our Canada-wide media distribution list. Once distributed, the OHEA communications team will provide you with support for any interview requests you receive as a result of your release.

Good luck to all who enter!

## Conference Sponsorship

We would like to invite you to be a sponsor for our conference. Your support could be in the form of cash donation or door prize/raffle item. Your generous sponsorship will help offset costs to the association for ongoing professional development at this event. Benefits of the sponsorship plan include recognition on printed material, signage and on-screen the day of the conference and promotional pieces for the delegate bags. The levels of sponsorship are: Platinum Level \$3,000; Gold Level \$1,000; Silver Level \$500; Bronze Level \$250; and Student Sponsorship \$50.

Other possible suggestions for sponsorship: packaged food for breaks and lunch, door prizes/raffle items, silent auction items, gift certificates and coupons. For further details on sponsorship, please contact Nancy Greiter at [nancyohea@rogers.com](mailto:nancyohea@rogers.com). If you know a business or individual that the sponsorship team could approach, please let Nancy know.

## NewsLink and Website Submissions

NewsLink is written by members for members, and we want to hear from you! Help us keep NewsLink interesting and relevant by sharing your ideas and stories. We're calling on all members; active, retired and student for NewsLink submissions for our upcoming Spring 2013 issue. Submission can be as short as 200 words, so let us hear your voice! If you have any events or items for the website, please submit them as well.

Please email to Nancy at [nancyohea@rogers.com](mailto:nancyohea@rogers.com)  
by April 9, 2013.

## Food for Thought

**Why is lemon juice made with artificial flavor, and dishwashing liquid made with real lemons?**

