



WINTER 2020 NEWSLETTER



What's Inside

THEA Meetings Schedule	page 2
Directory Updates	page 3
Call for Nominations	page 3-4
Items of Interest	page 4-5
Calendar of Events	page 6

THEA publishes four newsletters per membership year in Fall, Winter, Spring and Summer. Items suitable for publication may be edited to fit the available space.

Submissions deadline for the Spring issue is April 15.

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PRESIDENT'S MESSAGE

Here's to a new year and the start of a new decade. So far this century we have seen an enormous number of changes as the digital age came to life. The impact it has had on so many things is both amazing and somewhat frightening as the world around us changes adapts. The previous century had its' share of change but it seemed to be more gradual so that we were able to adjust more gradually to the latest and greatest things that

made life better. There are some days that I think reverting to pen and paper is just so much easier, then realize that if I want to save it, I better use the computer! I used to pride myself and being an up to date computer user but now admit I am no longer and look to the next generation for help. Those background updates never tell me what they are doing and keeping track of passwords and updates is a full-time job some days! Is access to everything on the cloud..... the best solution?

My hope is that throughout the coming year our student members will be our shining stars to help us effectively navigate in today's fast paced world. We are excited that 18 students have joined THEA this year and we warmly welcome each of them who have been sponsored by generous members. We hope students will share in some of our meetings and speak to our members, who have a gold mine of information and life experience to share while listening to your dreams of the ideal job and workplace.

We look forward to working more closely with student groups at Ryerson and Humber to expand our knowledge and skills in the current environment to meet the needs of our communities. Home Economists have a broad range of resources to offer.

A meet and greet is being planned to gather both groups of students together with members to engage in dialogue about the needs of each demographic and how we can best work together in meaningful ways. It seems our biggest challenge is a time that will work! I know that the board is keen to have new ideas and the energy that our students have in spades. We look forward to our future together.

I hope to see you at one of our planned events soon.

Carol Fraser – P.H.Ec.

THEA Meeting Announcements

THEA has reserved space for a lunch time

Winterlicious Get Together

Tuesday, February 11th - 1:30 p.m. at

Oliver & Bonacini Café Grill

Continental, International, Italian Cuisine

2901 Bayview Ave at Shepherd, Bayview Village

3 course meal

Cost - \$23 plus beverages, HST & Gratuity

Accessible by TTC / Free parking

Reserve your spot now to join fellow THEA members

Email: karen.dee.lyncroft@gmail.com by ***February 7th***

Space is limited so don't delay!

Preview the [prix fixed menu](#)

“Got a Gut Feeling?”

Join THEA Members and Carol Culhane, PHEc

Thursday, April 2nd – 6:30-8:30 p.m.

Longo's Maple Leaf Square Loft

15 York Street

Carol's presentation provides an update on dietary fiber, gastrointestinal health through applied science and associated food safety issues to appeal to all PHEc's

Refreshments will be available

Cost - \$10.00, Students \$5.00

Accessible by TTC or Free 2 HR parking with \$20 Purchase

To Attend Contact: karen.dee.lyncroft@gmail.com by ***March 30th***

Directory Updates

Status Changes

London, Euphemia	Retired
MacDoanld, Sandy	Resigned
Malone,Pat	Passed away last fall

New Student Members -

Benkova, Ina	Benliro Kleinch, Mary	Calderwood, Hope	Chou, Lulu
Dass, Justin	Davidson Evans, Rachel	Hasson, Amy	Iatropoulos, Krysta
Krupat, Sarah	Latalisa, Dora	Medina, Ana Maria	Olorunnisolas,Opeyemi
Schwartz, Joeie	Solberg, Allysa	Trieu, Jasmine	Wong, Melissa

Call For Award and Board Nominations

Marjorie Thompson Flint Honour Award

This award is given to a THEA member for distinguished service to the Association and to the profession of Home Economics. It was established in 1986 to honour Marjorie Thompson Flint, one of THEA's founding members, a constant and valued mentor and advisor to THEA's Executive and Board of Directors. Marjorie played an active role as one of THEA's Honourary Directors until a few months before her death in July 1998.

Nominees must have made a sustained contribution to the Association, demonstrated outstanding accomplishments in the profession of Home Economics, and been a THEA member for at least ten years. THEA members may submit nominations in writing, supported by signatures from two additional members, before March 1, 2020 to: info.thea@yahoo.ca

Previous Marjorie Thompson Flint Honour Award recipients are:

1986 Mary Adams	1998 Shirley Jones	2009 Ruth McDonald
1987 Libby Wilson	1999 Betty Ann Crosbie	2010 Olga Kaminskyj
1991 Sandy Macdonald	2000 Barbara Holland	2011 Sally McClelland
1992 Barbara Floyd	2001 Carol Fraser	2013 Wendy Sanford
1993 Carol Ferguson & Margaret Fraser	2003 Jane Forest & Allison Milburn	2014 Kathleen McKay
1995 Anne Selby	2005 Stephanie Charron	2015 Heather Grebler
1996 Pat Malone	2006 Joan Ttooulis	2017 Ruth Marshall
1997 Bonnie Lacroix	2008 Margaret Thibeault	2018 Jennifer Welsh
		2019 Lisa Braverman

The Board will make a final selection. If a recipient is chosen, the award presentation will take place at the THEA's Annual General Meeting in May.

THEA BOARD MEMBERS

The Toronto Home Economics Association requires individuals who wish to serve on the Board of Directors and assist with Association meetings. Even if you have no experience but are keenly interested in participating in our management please put your name forward. This is a great way to develop leadership skills and to give back to your profession.

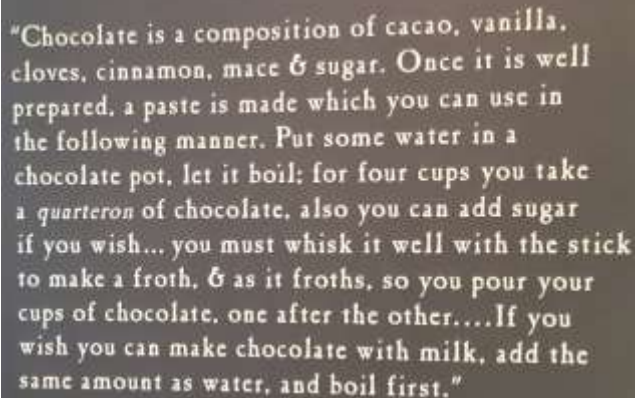
The Board of Directors meets five times a year, June, September, November, January and March. Meetings typically last for 2 to 3 hours. In addition to attending Board meetings on a regular basis, Board members are expected to participate in the activities of the Association and to attend the Annual General meeting which usually takes place in May of each year. Board members are asked to prepare ahead of time for Board meetings by reading the board meeting package. This is normally a two-year commitment and great opportunity to expand your skills and network.

We also need volunteers to assist with our newsletter production and meeting planning. Please consider what you can contribute for your association. This is an opportunity to be part of THEA's future.

If you are interested in filling one of our 3 Board positions, serve on a committee or you just want to know more information, please contact Ruth McDonald, the Chair of the Nominating Committee at info.thea@yahoo.ca

Items of Interest

January 16th THEA Meeting Report



"Chocolate is a composition of cacao, vanilla, cloves, cinnamon, mace & sugar. Once it is well prepared, a paste is made which you can use in the following manner. Put some water in a chocolate pot, let it boil; for four cups you take a quarteron of chocolate, also you can add sugar if you wish... you must whisk it well with the stick to make a froth, & as it froths, so you pour your cups of chocolate, one after the other... If you wish you can make chocolate with milk, add the same amount as water, and boil first."

Recipe from the Era of Enlightenment

Our recent "meeting" at the Gardner Museum was a delight as seven members and one guest learned more **about** the life of the French courtiers' life. The exhibit *Savour: Food Culture in the Age of Enlightenment* was a reflection of the courtiers from 1650-1789 based on the ceramics and silver on display the narrative had many familiar themes: cooking methods to bring out the flavour including preserving of fruits and vegetables to achieve the best flavour beyond the peak season, introduction of sugar (reflecting the slave era that produced it) and using what is locally available such as the catch of day, which was more likely red meat than fish unless you lived near the coast. Ice cream was even on the menu however only in season when ice blocks were available! The old cook books were incredible to see and read but most cooks today would not be able to use them as they don't have specific measures or baking times as their ovens were not temperature controlled. The trompe l'oeil presentation brought it all together and brought the audience into the vignette as if you were actually there.



On October 18th, **The Honourable Elizabeth Dowdeswell**, Lieutenant Governor of Ontario, and **The 90th Anniversary of the Person's Case at Queen's Provincial Women's Council held a celebration for the Park.**

Five Professional Home Economists from across Ontario were in attendance. From left to right, Laura Donatelli, Judy Fricker, Carol T. Culhane, The Honourable Elizabeth Dowdeswell, Karen Dee, and Cailin Whincop.

The Honourable shared a few remarks about the opportunity we have today to amplify women's voices.

"Your contributions are needed now, perhaps more than ever. Through your work to mobilize women on a variety of important issues, you offer a much-needed voice that safeguards and enhances our progressive political inheritance in Canada. Each of you strengthens our democracy through your advocacy. Everywhere inequality persists: it is pervasive between economic classes, between races and ethnic groups, between geographies rural and urban. Women are particularly vulnerable during a time of

transition. And so, as your Lieutenant Governor, and as the proud honorary patron of the Provincial Council of Women of Ontario, I thank each of you for your deep commitment to empowering women in this province."

Congratulations to our Ryerson Student Rep **Leen Al-Fayez** on receiving the School of Nutrition Staff Recognition Award at the November Awards Ceremony. **Mira Makan** was the recipient of the Elizabeth Chant Robertson Award this year. We extend our congratulations to Mira as well. Thank you, Kathy Camelon, for making the presentation to Mira on behalf of THEA.

International Federation of Home Economics - Registration is now open for the **XXIV IFHE World Congress 2020** meeting August 2-8, 2020 in **Atlanta, Georgia USA**. If you are interested in attending this amazing event THEA would consider a bursary to assist with costs. Early bird registration fees apply until April 10. If you are an IFHE member and plan to attend please contact us as we are looking for someone to carry our vote at the meetings. [Click for details on the program](#), registration, etc. or access the link from www.ifeh.org The UN has addressed unhealthy diets, homelessness and lack of education as some of the global challenges we are all facing, including Canada. IFHE has addressed these areas of concern and more in the past year.

Canadian Home Economics Foundation — Gwenyth Bailey Simpson Award **Call for Proposals due January 31** – Up to \$2,000 granted annually for providing information the Canadian public on food related topics, general nutrition or consumer information that involve a Professional Home Economist. For more information contact ruth.macdonald280@gmail.com or www.chef-fcef.ca

Vanier Institute of the Family -[December Issue](#) – Here is the latest edition of the e-newsletter. Past issues can be found on their [website](#) along with details on their Feb 20, **Families in Canada Conference** Satellite Event.

National Council of Women Canada - The TACW on behalf of the National Group is requesting members (THEA is a member of TACW) and interested Canadian's to complete a **survey on Water and Energy and Climate Change** in January 2020. You will be asked about your use and conservation of water and energy in order to educate members and update protective environmental polices. Similar surveys were conducted in the previous two decades, The final results will be circulated broadly and sent to various levels of government. If you wish to participate please **see the attached documents**. Return completed form to annporter@sympatico.ca (We have suggested the use a more up to date survey format in the future to reach more people.)

Sustainability is our focus this year and there was an interesting article in the [Toronto Star Fashion section, Nov. 21, 2019](#), highlighting down products that so many of us have migrated to warm and light outdoor wear – but where does it come from? How ethical is down and how to dispose of it when you are through with the garment or duvet. Check the link for answers.

Repurpose your furniture and household items when moving or downsizing with a win win!
www.FurnitureBank.org - Keep it out of the land fill and your possessions enjoy life in new home.

Check out [N4NN latest report](#) on Canadian eating habits - are they sustainable?

OHEA blog on [sustainable agriculture](#) with PHEC's

Calendar of Events

February 11, 2020 - Join THEA Members for a **Winterlicious Lunch** at 1:30 – see page 2

March 8, 2020 – International Women's Day “An equal world is an enabled world. How will you help forge a gender equal world? Celebrate women's achievement. Raise awareness against bias. Take action for equality.”

March 20, 2020 - OHEA AGM - Come and tour the new Food Labs at Brescia University College before dinner. Conference and AGM registration will open February 7th.

March 21, 2020 - OHEA Conference - Brescia University College, London
Our 2020 theme is “Creating Connections”. Join Ellen Pruden, Director of Canola Eat Well as she shares her guiding principles in building a successful farm to food community. Learn about 5 pillars of community building along with guest experts Mairlyn Smith, P.H.Ec., Erin MacGregor, P.H.Ec. and Erin Jackson, Farmer. Find out how you can join or grow your own community. In the session, we will stretch our bodies and craft with our hands embodying the spirit of Canola Eat Well: when we learn together; we grow together. Allison Jorgens, P.H.Ec will explain how Building Connections will Drive Your Success. Many more speakers to come. www.ohea.on.ca

April 2, 2020 - Got a Gut Feeling? Join THEA members for Carol Culhane's talk at 6 pm -see page 2

April 28, 2020 Nutrition for NON-Nutritionists course at UoT for professionals in food, beverage, culinary, grocery, PR, sales and marketing. **Unlock the Power of Nutrition & Health Conference**– get the facts straight in a fast-paced world that is light on fact checking from reliable sources. Early [registration](#) here for discount and details.

May 20 or 21, 2020 TBC – THEA AGM – details to be sent separately once speaker and location confirmed

August 2-8, 2020 - International Federation of Home Economics - XXIV IFHE World Congress 2020 meeting in **Atlanta, Georgia USA**.