

## Winter 2021 Newsletter



*THEA publishes four newsletters per membership year in Fall, Winter, Spring and Summer. Items suitable for publication may be submitted for the Spring issue by April 9.*

### President's Message

Happy New Year, I don't think I'm alone in giving 2020 an extra kick on its way out the door.

This past year has been a challenging one for many, and has brought some fundamental shifts to the way we live. For some of us it has been an opportunity to rediscover the things that make life joyful, and to dedicate more time to those things. For others it has been a time of reflection, and perhaps a year in isolation. It is my sincere hope that as we move into 2021, THEA can be there to support both members - and community - as we continue to navigate this new decade.

In December, some of the board was able to meet to discuss the mission and vision of THEA. The board has had casual discussions in past about how to define the work THEA does. In essence, what we would put on a T-shirt to describe the association? I'm not sure about you, but at times simplifying this message has been a struggle. We engaged Joan Bondar, a corporate communications professional who graciously volunteered her time, to allow us to speak freely about THEA and how to best to share the work of our association with the general public. We hope to share some of our ideas with you soon.

Coming into the late winter and spring we hope to beat the winter blues with several opportunities for members to 'meet'. We are working on hosting a virtual group fitness class, and we are very excited about our upcoming March members meeting on Age Friendly Communities (more details to follow in the newsletter). In April THEA member Natasha Gleeson will speak about her work at the Urban Indigenous Education Centre with the TDSB. I think our upcoming meetings have something to offer for everyone, and I hope to see you there.

I also hope that this new year may have sparked an interest in giving back, and volunteerism. As the membership year comes to an end, we are looking to add new members to our board. If you might be interested and want to know more about the responsibilities of being a board member, please feel free to reach out.

I hope to see you at an upcoming event soon.

Sincerely,  
Kamaria

## THEA Human Library

*Welcome THEA members! The human library is a place where members can introduce themselves and share their experiences and interests. Our hope is to foster communication and conversations between members to encourage connection in our association throughout the pandemic and beyond.*

Hi everyone! I am **Tamara Edwards** and I have always believed that my purpose is to guide others to live the best quality of life they possibly can. I am a George Brown College Alumni who graduated from the Fitness and Health Promotion program in 2019. Fast forward to today, I am in my final semester at Humber College for Nutrition and Healthy Lifestyle Promotion, currently apart of Humber's OHEA student branch. My goal is to combine these two diplomas to pursue a career in the health and wellness industry, eventually starting up my own business in the sector. I have been a certified personal trainer for almost 2 years now, and I am excited to be apart of THEA this year, continuing to build upon my knowledge and skills in order to create the job of my dreams. I cannot wait to network with you all!



International Food Focus Ltd. is owned and operated by **Carol T. Culhane**, a Professional Home Economist and Certified Food Scientist with a Master of Business Administration and a Certificate in International Food Law from Michigan State University. Carol has more than forty years of multidisciplinary experience in the food industry, including regulatory, operations, sales and marketing. She is highly regarded for her knowledge of food, regulations, business development strategies, business acumen, and her enthusiasm for the challenges of new ventures. Her expertise and wisdom has been shared with many individuals and organizations through her work at IFFL, seminars and webinars, and her active participation in professional, trade and community organizations.

# Calls for Member Experience and Nominations

## Card-Making Experience Needed

THEA is looking for a member who can lead an upcoming card-making workshop. The cards made will be mailed to [Sending Sunshine \(https://www.sendingsunshine.ca/\)](https://www.sendingsunshine.ca/), a not-for-profit corporation in Mississauga, Ontario with the aim to help reduce the negative effects of social isolation and loneliness among senior citizens by providing them with handwritten cards.

Please email [info.thea@yahoo.ca](mailto:info.thea@yahoo.ca) if you are interested in helping to provide a ray of sunshine in the lives of Ontario seniors!

## Call for Nominations for Marjorie Thompson Flint 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, 2021 to: [info.thea@yahoo.ca](mailto:info.thea@yahoo.ca).

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.

Previous Marjorie Thompson Flint Honour Award recipients are:

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

## THEA Board Nominations

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 Carol Fraser at [info.thea@yahoo.ca](mailto:info.thea@yahoo.ca).

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## Items of Interest

### *November 25, 2020 Meeting Report – Got a Gut Feeling*

Our last virtual meeting was well-attended and informative as Carol Culhane provided us with a history of fibre, from being called 'roughage' in the 1950s, 'crude fibre' in the 1970s, 'dietary fibre' in the 1980s, to defining the difference between 'soluble' and 'insoluble fibre' in the 1990s. Carol demystified the various health claims associated with fibre as well as the muscles and mechanisms involved in our gastrointestinal tract to digest and move fibre through our bodies. We even learned how to properly wash our hands - ensuring our thumbs are cleaned thoroughly - and the importance for preventing the spread of COVID-19 as well as maintaining our gut health. Let this be a reminder to all not to forget to wear a mask, social distance, and wash our hands! See [Public Health Ontario \(https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en\)](https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en) for more information on properly washing your hands.

### *The Difference Between Pleasure and Happiness*

Is it possible for us to be happy in the middle of a pandemic? What is the role of the home in helping to achieve a happy society? The theme of the 5<sup>th</sup> conference for the Home Renaissance Foundation “Happy Homes, Happy Society?” sought to unpack this question. Check out this article shared on their BeHome Blog about the [difference between pleasure and happiness \(https://behomeblog.wordpress.com/2020/10/29/is-pleasure-synonymous-with-happiness-absolutely-not/\)](https://behomeblog.wordpress.com/2020/10/29/is-pleasure-synonymous-with-happiness-absolutely-not/), describing what each of us can do individually from our homes to deal with the difficulties associated with the coronavirus.

## **March 21st is World Home Economics Day!**

### **Upcoming Events**

#### *Age Friendly Communities*

Thursday March 4, 2021 7:00 PM – 8:00 PM EST

To celebrate IFHE World Home Economics Day 2021 and World Health Organization Decade of Healthy Ageing 2020-2030, Toronto Home Economics Association presents *Age Friendly Communities*, a virtual presentation by Heather Thompson, Director of Age-Friendly Initiatives with Community Development Halton.

How can communities contribute to the participation, health, independence, and security of people as they age? Many of us have heard the term age-friendly communities, but what exactly makes a community age-friendly? Informed by the framework of the World Health Organization’s Age-Friendly cities guide and practice, this presentation will focus on the domains and attributes of an age-friendly city and community, highlighting the benefits and strategies that enhance the quality of life for people as they age.

RSVP: [info.thea@yahoo.ca](mailto:info.thea@yahoo.ca)

#### *Issues and Directions*

16<sup>th</sup> Canadian Symposium on Home Economics Education  
February 26 - 28 2021

Virtual conference hosted by the University of British Columbia, Vancouver BC. The Canadian Symposium on Home Economics Education will celebrate its 30 year anniversary. The focus of the symposium has been to provide a forum for sharing information and research and action planning to strengthen home economics/family studies/human ecology/family and consumer science education.

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

## *Is This Safe To Eat?*

Communication Strategies to Tackle Tough Questions About Food & Farming  
Feb 11, 2021 at 12:00 PM EST

In this FREE 1-hour webinar, you'll get strategies, tactics and evidence-based examples that will help you:

- talk confidently about food, farming and science
- counter misinformation and calm fears
- engage meaningfully with your audience
- think on your feet and answer challenging questions

Brought to you by dietitians Shannon Crocker and Carol Harrison with Ag Comms Expert Crystal MacKay. In partnership with Canada's Agriculture Day, Canola Eat Well, Canadian Food Focus & CropLife Canada. [ZOOM webinar registration and more information online](https://us02web.zoom.us/webinar/register/1716107417138/WN_N2HoXgr4TBa4lu6RexG6jw)  
([https://us02web.zoom.us/webinar/register/1716107417138/WN\\_N2HoXgr4TBa4lu6RexG6jw](https://us02web.zoom.us/webinar/register/1716107417138/WN_N2HoXgr4TBa4lu6RexG6jw)).



Stay tuned for an upcoming event in April 2021!

Featuring THEA member Natasha Gleeson for members and educators on updating the curriculum surrounding family studies that includes indigenous perspectives.