



TORONTO HOME ECONOMICS ASSOCIATION

Winter 2022 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 April 8.

President's Message

Happy New Year! I hope those of you who have made resolutions are sticking to them, and for those of you who have not been able to... I empathize as I am routinely one of you.

As THEA looks ahead to 2022, we hope to continue to build on what was started in 2021. Our last general member's meeting was a book club, where members discussed the past, present, and future of our shared profession. It was suggested that THEA continue to discuss this work, and how we can continue to push forward Home Economists, especially in the school. The idea of a task force was brought forward, and I would like to open up an invitation to you all.

If you are interested in joining this taskforce, please indicate your availability [here](https://doodle.com/poll/mpqzwc7f228mst?utm_source=poll&utm_medium=link) (https://doodle.com/poll/mpqzwc7f228mst?utm_source=poll&utm_medium=link) by February 2, 2022.

We are also looking forward to our February member's meeting, which will be a free virtual yoga class to keep you moving and warmed up during these cold winter days. Our [instructor](https://www.lizlaywine.com/) (<https://www.lizlaywine.com/>) is not only a yoga instructor, but also teaches fitness and strength training classes, and is experienced tailoring their classes to their clients. Don't hesitate to let us know if there is something specific you would like to try.

In lieu of payment, we are asking for a donation to be made to [Sistering](https://sistering.org/) (<https://sistering.org/>), a multi-service organization for at risk and socially isolated women. As a board, we acknowledged that after the giving rush of the holidays, many organizations are likely still in need. We reached out to Sistering, and they are continuously accepting donations, which can be done [here](https://sistering.org/donate/) (<https://sistering.org/donate/>). We thank you in advance for your support of this organization.

I hope to see some of you in the coming months. Stay well and stay warm!

Kamaria

In Memory

It is with deep sadness that THEA has lost two current members and a past president in December 2021.

We received news that **Norma McAllister** of Bridgenorth passed away on December 6. Norma joined THEA in 1964 after graduating from Ryerson in 1955 and Toronto

Teachers College in 1956. She taught for the Scarborough Board of Education before amalgamation and was a proud sponsor of many student members.

On December 21 **Shirley Jones**, a THEA Past President (1992-93), passed away in Burlington after moving there from Forest where she retired after a long career of teaching Home Economics in Sydenham, Oshawa and Mississauga. Shirley was a long-time member of CHEA, OHEA, THEA, IFHE and OFSHEEA. She was graduate of MacDonald Institute (1962) and OISE. Shirley was a frequent workshop presenter as well as our voice and representative at many international conferences around the world. She joined THEA in 1984, served as President in 1992-93 and received the Marjorie Thompson Flint Award in 1998.

Just after Christmas we received word from **Mary Adam's** husband Jack, that she passed away on December 22 after a long illness. Mary, a graduate of Mount Allison University in 1950 joined THEA in 1957. She worked for Maple Leaf Milling Company (Purity, Monarch, etc.). Mary was the Executive Director/Newsletter Editor for THEA for over two decades, 1971-1995, while raising her daughter and when our membership reached several hundred. At the time that OHEA became a Professional Association, Mary also assisted in the collection of fees as the Association began to grow. Before retiring she also worked as Credit Counsellor in York Region. Following her retirement, THEA distinguished Mary with a special "Honourary Life Membership". She was also the first recipient of the Marjorie Thompson Flint Award recognizing her many years of service to THEA in 1986.

If you have any fond memories of these dedicated long-time members to share, please forward them on for our next newsletter.

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, 2022 to: 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	2021 Evelyn Hullah

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 Kamaria Francis at info.thea@yahoo.ca.

Items of Interest

October 26, 2021 Meeting Report - Sari Papular Nutrition Cooking Class

Nine THEA members, including some Humber students, attended the virtual cooking class led by Sari Papular, RNCP. Working on zoom in our own kitchens, Sari walked us through how to cook shakshuka, a poached eggs in tomato sauce dish. We also learned how to prepare fresh and quick homemade no-yeast naan bread. In the weeks following the cooking class, the naan was a very popular recipe among those who participated in the class! You can find more of her cooking classes on her [website \(https://www.saripapular.com/\)](https://www.saripapular.com/) and [Instagram page \(https://www.instagram.com/saripapularnutrition/\)](https://www.instagram.com/saripapularnutrition/).

December 9, 2021 Meeting Report - THEA Book Club

Our last general member's meeting was a book club, where we discussed *The Secret History of Home Economics: How Trailblazing Women Harnessed the Power of Home and Changed the Way We Live* by Danielle Dreilinger.

Members discussed the past, present, and future of our shared profession. It was suggested that THEA continue to discuss this work, and how we can continue to push forward Home Economists, especially in the school.

If you haven't gotten a chance to read the book yet and you are still interested, you can find the book at your local library or purchase on [Amazon \(https://www.amazon.ca/Secret-History-Home-Economics-Trailblazing/dp/1324004495\)](https://www.amazon.ca/Secret-History-Home-Economics-Trailblazing/dp/1324004495), or [Chapters-Indigo \(https://www.chapters.indigo.ca/en-ca/books/the-secret-history-of-home/9781324004493-item.html\)](https://www.chapters.indigo.ca/en-ca/books/the-secret-history-of-home/9781324004493-item.html) online.

Upcoming Events

Fitness February - Yoga

Wednesday February 23, 2022 7:00 PM – 8:00 PM EST

Warm up and get active during these cold winter months in our free virtual yoga class with instructor [Liz Laywine](#). In lieu of payment, we are asking for a donation to be made to [Sistering](#), a multi-service organization for at risk and socially isolated women. We reached out to Sistering, and they are continuously accepting donations, which can be done [here](#). We thank you in advance for your support of this organization.

RSVP to attend the yoga class: info.thea@yahoo.ca (see links pasted above).

The Power of Home

Rebuilding Together: The Strength of Human Relationships

75 Charles Street West, Toronto, ON

February 25 - 27 2022

Join us for the 9th annual student conference for young women in post-secondary. The 3-day blended virtual and in-person conference will explore life skills you can practice at home and which will have a lasting impact on your personal and professional success. In the morning, participants choose two workshops to learn skills from a Chef, a Financial Adviser, a Cocktail Enthusiast, a Business Professional and a Dining Room Expert. A three course lunch at BLU Ristorante is included with registration (heated covered patio available for those who do not wish to show proof of vaccination). The afternoon talks will feature Dr. Carey Campbell on "Why the family is the best place for a human being to grow" & Dr. Douglas Campbell on "Are Deep Friendships Possible Online?" .

Check out the [conference website \(http://thepowerofhome.ca/\)](http://thepowerofhome.ca/) for details and [register here \(https://www.eventbrite.com/e/stride-and-power-of-home-workshop-tickets-207523808297\)](https://www.eventbrite.com/e/stride-and-power-of-home-workshop-tickets-207523808297).

IFHE XXIV World Congress

Home Economics Soaring Toward Sustainable Development

September 6 - 10 2022

Atlanta, Georgia, USA

Plans include a pre-Congress for educators, plenary speakers, research presentations, exhibits, opening and closing ceremonies, a welcome dinner, home visits, and a banquet. New at this Congress is the Learning Day on the Move, which incorporates educational and technical excursions in and around Atlanta, including the University of Georgia-Athens. Be sure to view the tentative [Program-at-a-Glance \(https://custom.cvent.com/FDCA1EFDA28249948F0EFD6DBE868561/files/071015050c394426996c40c4d508b969.png\)](https://custom.cvent.com/FDCA1EFDA28249948F0EFD6DBE868561/files/071015050c394426996c40c4d508b969.png).

Registration opens in February 2022. Checkout the [IFHE World Congress website \(https://web.cvent.com/event/ec0dcde7-3a47-494c-ba86-269439400fa3/summary\)](https://web.cvent.com/event/ec0dcde7-3a47-494c-ba86-269439400fa3/summary) for more details.

Resiliency in Families Talk

March 2022

Stay tuned for more information about an upcoming event on the topic for World Home Economics Day 2022 - "Building resilient homes and families"