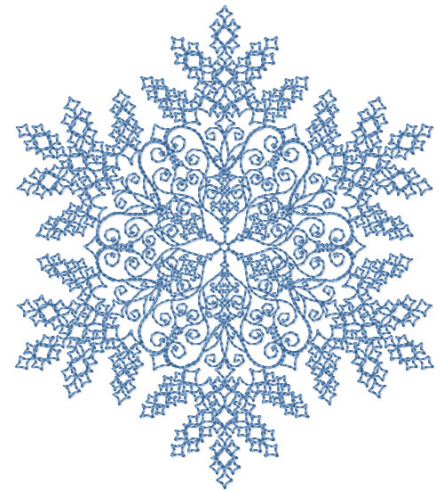




Winter 2012



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Contributions to the newsletter are welcome, wanted and necessary – please share your successes, favorite lessons and recipes and projects. All submissions can be emailed to corrinasimpson@hotmail.com.

Deadlines

Feb 15th for the March Edition
May 15th for the June Edition
August 15th for the September Edition
November 15th for the December Edition

THESA is a provincial specialist association of the British Columbia Teachers Federation. Our members are Home Economics educators in British Columbia, Canada, collaborating together for the betterment of individuals, families, and community

President's Report



Thank you once again to the Kelowna group who planned our fall conference. I know the sessions I attended were excellent – I found out I really didn't know anything about olive oil (and now I do!), and really enjoyed meeting Joanne Pearson, Vice President for the Americas of the International Federation of Home Economics (IFHE). I have joined the IFHE, and we hope to build some ties between this organization and THESA, especially since their 2014 conference is in London, Ontario!

The executive is currently planning for a “best practices” guide for Home Economics in British Columbia. We will be calling for members interested in serving on this committee early next year, and are exploring funding options for this project. We will also be watching closely as the government is continuing to move forward with the Education Plan. I recently received an email that the government will be publishing a brief in the next week or so, outlining the changes in education they are considering. This brief will be reviewed by the BCTF, and it has been recommended that PSA presidents be included in the review – I hope to have the opportunity to be at this meeting and to represent you and the interests of THESA in this process. I would like to take this opportunity to wish you a Merry Christmas and hope you have a relaxing winter break.

Paula Aquino

From The Editor

Wishing you all a fabulous restful winter break. Thank you for your continued submissions, keep them coming!

Save the Date!!!

**The 2013 THESA conference
will be held in Coquitlam.**

Please stay tuned for more exciting details.

Canadian
Home Economics
Foundation



La Fondation
canadienne
pour l'Économie familiale

The Canadian Home Economics Foundation and you: What's the connection?

THESA is the only professional home economics association in British Columbia, and with its 300+ members, it provides a strong voice for home ec. in the province. We don't have many spokespersons otherwise, except for the Canadian Home Economics Foundation (CHEF) which originally started as an offshoot of the now disbanded Canadian Home Economics Association. It is completely run by volunteers; administrative costs are around 3%, and donations are tax-deductible. You can make your donor dollar go a long way by supporting CHEF.

What can CHEF do for you? Its main function is to fund projects that have to do with home economics in Canada and around the world. From May 1, 2011 to April 30, 2012, \$33,747 was approved for twenty-two grants and awards across Canada in the areas of research, education, public service and post-secondary education and training. The types of projects that received grants included:

- "Women Cooking Together" – Chebucto Communities Development Association
- Saint John NB School Milk program
- Faculty exchange between Kenyatta University and the University of Prince Edward Island
- Kelowna Home Economics Teacher Association for "Fresh: 21st Century Approaches to Teaching Home Economics" project
- The HomeFamily.net

If you have a project in mind (for example, a school garden or a textiles community service project), consider checking out the CHEF website for application details.

CHEF also funds research projects for graduate students.

Go to <http://chef-fcef.ca/> for more information, or contact Mary Leah de Zwart, B.C. representative on the CHEF Board of Trustees.

Eat Your History Student Inquiry Contest

BC Food History Network (<http://bcfoodhistory.ca/>)

Aims:

- To provide opportunities for students to meet the learning outcomes for the curriculum organizer Social, Economic, and Cultural Influences in the Foods and Nutrition 8 to 12 Foods and Nutrition IRP.
- To encourage a close examination of our shared past through food.
- To connect students to their local community through local museums and archives and interviewing community elders.

Contest Rules:

1. A Home Economics Teacher or Department can participate by designing an ***Eat Your History Project*** for their Foods and Nutrition classes. Any Foods and Nutrition/Cafeteria class from middle school through to Grade 12 in British Columbia may participate. The project may be done individually or in small groups. The format of the project must be one that can be uploaded to the BC Food History Network Website. The use of images is encouraged.
2. The Home Economics Teacher or Department is responsible for judging their Eat Your History Projects. Involvement of a wider audience such as all Foods and Nutrition classes, students and staff at the school, parents/guardians and community members is encouraged but not required.
3. The ***top three*** Eat Your History Projects from each school should be submitted to the BC Food History Network email address, bcfoodhistory@gmail.com, on or before the deadline of April 1st, 2013.
4. By entering projects in the Eat Your History contest, students and parents/guardians are considered to have provided consent for their projects to be made public on the BC Food History Network website.

Contest Deadline:

- The Eat Your History Student Projects must be submitted to the BC Food History Network, bcfoodhistory@gmail.com by April 1st, 2013.
- Judging at the provincial level will be completed by May 1st, 2013 and the winners announced.
- Prizes worth \$100, \$75, and \$50 will be awarded to three top entries. Prizes of \$300, \$200, and \$100 will be awarded to the home economics departments of the three top entries.
- All entries will receive certificates of participation.

Food history is as important as a baroque church. Governments should recognize cultural heritage and protect traditional foods. A cheese is as worthy of preserving as a sixteenth-century building."

Carlo Petrini

"A soup like this is not the work of one man. It is the result of a constantly refined tradition. There are nearly a thousand years of history in this soup."
Willa Cather, 'Death Comes for the Archbishop' (1927)

News From UBC

Are you thinking about getting your Master's degree? How about in home economics? A second cohort of Home Economics: Human Ecology and Everyday Life [HEE2] is slated to begin in September, 2013 with M. Gale Smith and Mary Leah de Zwart as co-advisors.

This is what some of the current Master's students in Home Economics: Human Ecology and Everyday Life are saying about the completely online program:

- Working with other Home Ec. teachers from across the Province and Country = invaluable.
 - Because of group projects and partnerships, so many of my classmates, even though we have never met, now make up a large portion of my personal learning community. It is great to have a community of learners/educators who understand what you are going through.
 - Talk to people about what you're doing. You'll be surprised at how your ideas can develop.
 - The H.E.E.L cohort is highly rejuvenating! It is delightful to share in the passion and frustration of education and Home Economics with colleagues across Canada! The hidden curriculum is most appreciated!
- I think I would recommend to potential students that they not be afraid to take on this degree, as it is helpful to our practice as well as interesting and stimulating.
 - Follow your passion. There is a lot of opportunity in the HEEL program for inquiry and exploration into topics of your own choice, so it's great if you can pin point a few areas that you're passionate about that can really make the process exciting and meaningful to you.
 - Take advantage of the opportunity now because it's an exciting time to collaborate with lots of eager minds. I feel blessed to have been able to learn from my peers and instructors alike.

For further information, go to: <http://pdce.educ.ubc.ca/programs/cohort/med-home-economics-0>

Deadline for applications is March 28, 2013. Admission is dependent on meeting academic requirements of the Department of Curriculum and Pedagogy as well as the Faculty of Graduate Studies (usually a B+ average). Most students will complete the program in 2 ½ years and the cost is approximately \$13,000 paid in 8 installments (tax deductible and sometimes employer-subsidized). Ten courses which include a major paper and two electives are required.

The 2012-2013 Home Economics B. Ed. Teacher Candidates - UBC



Front row Pam Bruder, Megan Brevner, Sarah Ng, Jennifer Fehlauer (Diploma student), Kerri Zaine (Diploma student), Wendy Hu

Middle row Robyn Ummard, Corinna Nettleton, Gessica Mah, Alana Douglas, Corin Gueretto, Cathy Chan

Back row Jennifer Murdoch, Leah Bosello, Cary Brett, Irene Jim, Heather Clark

Cary Brett - I completed my undergraduate degree at UBC in Kinesiology while playing on the varsity volleyball team, and through these two influences I found a passion for nutrition and education. Choosing home economics was a no-brainer for me - improving the state of health in our society is a huge motivator for me, and having a physical education major and a home economics minor will best allow me to achieve this goal. I can't wait to begin making a difference!

Megan Brevner - I have a degree from UBC in food nutrition and health and I have always been extremely passionate about cooking and working with youth. In addition to foods, I have a strong background in family studies and also enjoy sewing. I am really passionate about teaching students proper nutrition so they can make educated decisions and learn that eating healthy can still taste delicious. I previously volunteered with VSB's after school cooking program where I got to teach elementary kids how to cook and have fun. Furthermore, I have worked with Delta Parks and Rec teaching cooking camps and a variety of other activities. I am looking forward to starting my career as a home economics teacher and discovering a new side of myself as a mentor to my students.

Pamela Bruder - I grew up in Prince George, and have been cooking and sewing since I could stand. In pursuit of becoming a Home Ec teacher, I completed the B.Sc. in Food, Nutrition and Health at UBC. During my undergrad studies I developed a passion for incorporating sustainable food practices within nutrition education and making connections between where food comes from, who buys which foods, and what happens to the food waste. I love the hands on learning style of Home Ec and I look forward to sharing my passion with my students.

Leah Bosello - I have a PE major with a minor in Home Economics from UBC. My passion is sport, health and fitness as well as nutrition. Although I have a lot to learn, after talking with many Home Economics teachers, I have learned that Home Economics is a tight knit community that supports one another in all endeavours. I was placed at Moscrop Secondary for my short and long practicum and thus far, have had a wonderful time. I will be teaching Baking 11&12 in the new year and believe it will be a great opportunity to help develop my skills and confidence in the Home Economics area.

Cathy Chan - I completed my first degree last May in the Faculty of Land and Food systems and received my B.Sc. in Food, Nutrition and Health. This year, I am enrolled in the education program in hopes of becoming a Home Economics teacher. I have always been interested in working with children and youth and have always enjoyed volunteering in youth programs. In addition, I have always been enamored with food and crafts. Therefore, it will be my pleasure to have the opportunity to engage youth in hopes to inspire through learning practical skills in Home Economics classes.

Heather Clark - I have lived in Vancouver my whole life, with a brief stint in Toronto a few years back. My education includes a bachelor's degree in fashion design and technology from Kwantlen Polytechnic University. My main passion is the textile aspect of home economics and I look forward to sharing this particular interest, as well as a keen interest of home economics with many students for years to come.

Alana Douglas - I have a B.Sc. in Food, Nutrition, and Health from the University of British Columbia. I have always had a passion for foods & nutrition as well as textile studies. I enjoy creating and baking gourmet appetizers and desserts as well as designing and sewing all kinds of dresses and bags from simple to complex. I am enrolled in the B. Ed. program at UBC with a Major in Home Economics and a Concentration in English as a Second Language. I have had some wonderful experiences prior to the UBC Teaching program with students from grades six to twelve in textiles as well as foods & nutrition courses. I had a fantastic experience on my short practicum! My practicum experience is in a middle school so I currently have the opportunity to work with grades six to eight in Home Economics and ESL. I look forward to continuing my teaching experience on the extended practicum and cannot wait to go back into the classroom and teach!

Corin Guerotto - I am an exchange student from Switzerland doing one semester at UBC. Back home I am enrolled in the teacher education program for Secondary School teachers (grade 7-9) that takes five years to complete (Masters is mandatory). My subject areas are Math, English (as an additional language), Physical Education and Home Economics (without textiles). I am very happy that I have the opportunity to do my seventh semester at UBC and also having the chance to do a practicum in a Canadian Secondary School. It has been a very enriching experience. I have a passion for travelling and getting to know how people think and how things are in other parts of the world. Therefore, it might not be the last time I do something like this. Personally, I am very into outdoor sports and I have been helping and guiding in youth ski, snowboard and climbing camps too. At the moment, I find it most attractive to teach Home Economics. However, I would enjoy teaching my other subjects too. Let's see what the future brings!

Wendy Hu - I am a teacher candidate for Home Economics. I was born and raised in Vancouver and have developed a passion for food from the diverse culture here. Though I live in Vancouver, I am open to possibilities in other districts, particularly in Surrey, Richmond and Burnaby. I graduated last year from UBC with a Bachelor in Sciences, majoring in Food, Nutrition and Health from the Faculty of Land and Foods Systems. This background allowed me to experience food and cooking from the perspective of science, and this is what I would really much like to share with future students.

Gessica Mah - I was born and raised in Vancouver, BC. I hope to work within the lower mainland. I have a major in Home Economics from UBC with an undergraduate degree in Sociology with a minor in Family Studies. I am extremely excited to start my practicum where I will be teaching Foods 10, Foods 11, Clothing and Textiles 8, and Family Studies 11. I look forward to meeting the members of THESA in the near future!

Jennifer Murdoch - I was born and raised in Richmond, BC. I always planned to be a teacher, and going into the Education program at UBC was what I hoped to do. My interest in Home Economics was fostered by my grandmother who was a caterer. She was an amazing woman who still inspires me through the delicious family recipes we enjoy. I am an avid sport and nutrition enthusiast who believes that promoting a healthy lifestyle within home economics is key for the health of all students. The family studies courses I have taken at UBC have been very motivating and have confirmed my passion. I look forward to an exciting career as a Home Economics teacher.

Corinna Nettleton

I grew up in Whitehorse, Yukon, where my love for crafting and cooking was fostered by long days hiding inside from the cold and the need to create my own entertainment in a small, northern town. Currently completing my education degree at UBC, I hope to work in the greater Vancouver area, but also have a soft spot for small towns that are a bit more out of the way. I can't wait to join the team of committed Home Economics teachers in this area.

Sarah Ng

I have been a day camp leader throughout my high school and university career and I realized that I loved working with youth. I have developed a passion for food, nutrition, and health while I was in the Bachelors of Science in Food, Nutrition, and Health program and I want to pass on the information to high school students through Home Economic classes. I have always loved food and from observations in Foods classes, I noticed that students love to cook. I hope to incorporate the nutrition aspect into the course, so students can cook and learn about the health portion. Now I am in the Bachelors of Education Program, on my way to be a Home Economics Teacher.

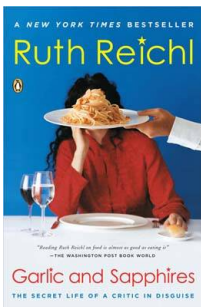
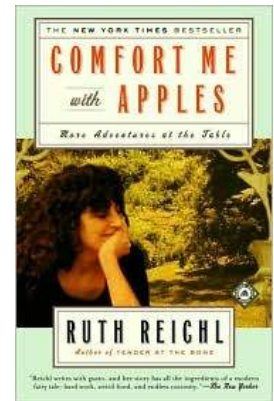
Robyn Ummard - I am looking forward to my future as a Home Economics teacher. I have my Bachelor of Applied Design in Fashion and Technology from Kwantlen Polytechnic and although clothing and textile are my first passion, my second is my desire to make a difference in people's lives. I see my future as a teacher as giving me that opportunity. I am eager to enter a profession that allow me to make a difference in the world and I believe that teaching students the fundamentals of how to provide for their basic needs is a pursuit that holds great value. I hope to return to the Okanagan but am always looking for new and exciting prospects that can enhance and enrich my life.

Good Reads

I have just discovered that the executive producer of the two-time James Beard Award-winning *Gourmet's Diary of a Foodie*, which is one of my favorite programs, is a very accomplished writer. Ruth Reichl has written several books which I thoroughly enjoyed such as:

- Tender at the Bone
- Comfort Me with Apples
- Garlic and Sapphires
- For You Mom, Finally, (originally published as Not Becoming My Mother and Other Things She Taught Me Along the Way).

She is the editor of *Endless Feasts: Sixty Years of Writing from Gourmet*; *Remembrance of Things Paris: Sixty Years of Writing from Gourmet*.



The books all contain fabulous recipes and are an inspiring read. I hope you enjoy them as much as I have.

I also use episodes of *Diary of a Foodie* (Seasons one and two are available on DVD at www.amazon.ca) in my classroom as it is so informative.

The books are widely available and she has a great website with recipes and writings at www.ruthreichl.com .

submitted by Tanya Silvonen

The Prairie Fruit Cookbook – by Getty Stewart,

A Professional Home Economist in Winnipeg, Getty Stewart is author of "*The Prairie Fruit Cookbook*", with more than 150 tested recipes, this is an easy to follow book with plenty of information on preserving techniques, harvesting and storing. Visit www.gettystewart.com.



Recipes and Resources

I received this recipe from my friend and fellow Home Ec teacher Joanne Ibbetson , This recipe is always a hit and consistently makes the top five list when my students evaluate the course.

Victoria Jam Cake

125 ml Margarine
125 ml Sugar
2 eggs
2 ml vanilla
250 ml Flour

5 ml Baking Powder
Pinch salt
50 ml Milk
30-40 ml JAM [raspberry etc.]
10-15 ml Icing Sugar

Preheat Oven to 325°

Line 18 cm round cake pan with parchment paper. Preheat oven, check rack position [at middle]

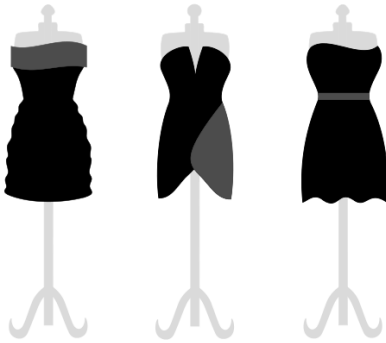
Cream margarine and sugar till fluffy. Add eggs, one at a time, beating well. Stir in vanilla.

Sift flour, baking powder, and salt together in a separate bowl.

Add flour-mix alternately with milk [Starting and ending with flour]

Spread batter evenly in pan, make a slight depression in middle. Bake for 20-25 minutes or until done.

Cool cake [on rack] 5 min, then remove from pan. Allow to cool completely, then cut in half so you have two circles. Place one half on plate, spread with jam, **Sandwich** together “dust” with icing sugar. Serves 4 - 6



PROJECT RUNWAY LITTLE BLACK DRESS CHALLENGE

– adapted from THESA Newsletter December 2007

Your challenge designers: is to create a unique and interesting dress from plastic bags. You may use as many bags as you would like.

Step 1 Sketch your idea. Remember to keep it simple because you have to create this design out of plastic bags.

Step 2 Gather your materials – you may use notions such as buttons, ribbons, brooches etc. to embellish your garment.

Step 3 Use a class member or a dress form to build your dress on. Remember your model has to be able to get in and out of the garment. One suggestion is to cut it up the back when it is finished then tape it back together when it is time to put it back on. Be sure to label the parts with masking tape so that you can figure out how it goes together again once it is off the model.

Step 4 Design statement – photograph your dress on the model and explain your design inspiration. Describe who would want to wear your design.

How does your design measure up?

Design Sketch	/10
Design Inspiration statement	/10
Explanation of who would wear your design	/10
Unique use and construction of materials	/10
-plastic sheet is not just wrapped around model	
Construction durability	/10
-garment should last through the photo shoot	
Photo	/10
Total	/60

Calendar of Special Days

January

National Soup Month

1 New Year's Day

15 National Hat Day

31 Backward Day

February

Heart and Stroke Month

Random Acts of Random Week – Feb 11-17

18 Family Day (BC)

24 National Tortilla Chip Day

March

Nutrition Month

April

Cancer Awareness

7 World Health Day

17 Equality Day

22 Earth Day

May

Foster Care Month

7-13 Mental Health Week

1 May Day

4 Star Wars Day (May the fourth be with you)

12 Mother's Day

15 Chocolate Chip Day

June

Dairy Month

5 World Environment Day

July

1 Canada Day

21 National Ice Cream Day

August

3 National Watermelon Day

4 BC Day

September

National Arthritis Month

8 International Literacy Day

16 Terry Fox Run

21 Oktoberfest begins

October

Autism Awareness Month

Cookie Month

National Breastfeeding Week (Sep 30-Oct 6)

16 world food day

November

Adoption Awareness Month

11 Remembrance Day

17 Homemade Bread Day

27 Chanukah starts

December

21 Winter Solstice

26 Kwanzaa

27 National Fruitcake Day

Suggestions for classroom and school applications

- Set up a Bulletin Board Display
- Invite guest speakers
- Involve students in projects that correspond with the topic.

THESA Public Relations Order Form

Mail Cheque to: Tanya Silvonen
 1879 Farrell Cres
 Saanichton, BC
 V8M 1K7
 Tel: 250 544 1893
 silvonen@telus.net

<i>ITEM</i>	<i>Cost (includes tax)</i>	<i>Quantity</i>	<i>Total Cost</i>
<i>NEW ITEM!!!!!! Magnetic clip</i>	<i>\$3.50</i>		
<i>Mark Book (non-THESA members \$15.00)</i>	<i>\$12.00</i>		
<i>THESA Lesson Aids Book 2000</i>	<i>\$25.00</i>		
<i>Foods and Nutrition 9, Lesson Aids (recipes mainly)</i>	<i>\$25.00</i>		
<i>Foods and Nutrition 10, Lesson Aids (recipes mainly)</i>	<i>\$25.00</i>		
<i>International Foods; Lesson Aids (recipes mainly)</i>	<i>\$25.00</i>		
<i>Keychain with Loonie and Quarter token</i>	<i>\$5.00</i>		
<i>Lanyards w/Detachable Key ring -red, green, black, blue, or purple</i>	<i>\$4.00</i>		
<i>THESA Navy Golf Shirt-100% pique cotton (size Med)</i>	<i>\$27.50</i>		
<i>Pen on a Rope -white, red or blue</i>	<i>\$2.00</i>		
<i>Red Apple Note Holder</i>	<i>\$5.00</i>		
<i>Notepaper with Printed header Home Ec. "Don't Leave School Without it"</i>	<i>\$3.50</i>		
<i>Paperclip Holder- green and magnetic</i>	<i>\$3.50</i>		
<i>Balloons</i>	<i>\$.25</i>		
<i>Student Aprons w/o Pockets-white</i>	<i>\$10.00</i>		
<i>Teacher Aprons w/o pockets -red, navy, burgundy or forest green</i>	<i>\$18.00</i>		
<i>Umbrella</i>	<i>\$15.00</i>		

Upon receiving your cheque the requested items will be sent to you.

Total order: _____
 Plus shipping \$5.00 (under \$50 order)
 \$10.00 (over \$50 order) _____

Total Amount Enclosed \$ _____
Please make cheque payable to THESA.

*Do you have a hot new idea for a PR item?
 Please send an e-mail to Tanya*

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