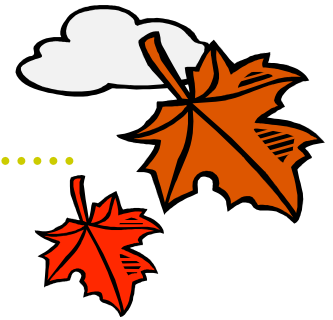




OFSHEEA IDEAS



IDEAS is a tri-annual publication serving the members of the Ontario Family Studies Home Economics Educators' Association

Fall 2010



Welcome to a New School Year Family Studies and Home Economic Educators!

This is an invitation to attend the 2010 annual OFSHEEA conference, "Celebrate the New Social Science and Humanities Curriculum" and the annual general meeting!

The conference program is astounding! The committee has been working very hard to provide something for all areas of Social Science and Humanities educators.

We also wanted to remind you that we have gone online! Becker Associates has been working on our web site from the back door. You can now register for conference AND renew or purchase a membership all on line. The glitches have been removed. If you are unable to register online, contact our office administrator, Dora Lee Bowald at 519-512-9914 to receive a membership form.

The professional OFSHEEA IDEAS Newsletter has now gone to email. Unless you have requested a mailed copy, we are sending your issues via the email address you gave us. If for some reason you are not received your copy, let our administrator, Dora Lee know.

The annual general meeting will once again be part of the conference program. It is necessary if we are to work on your behalf. Please check the website prior to attending for reports, nomination forms, proxy forms etc. Only the financial report, in limited paper copies, will be provided at the conference.

Following the AGM, the Keynote Address will be given by Susan Orchard, from the Ministry of Education Resource Department speaking on change.

Please join us for the *Celebrating Excellence* awards ceremony as part of our lunchtime celebrations recognizing the importance of the profession and subject field we are part of everyday. This is an occasion to celebrate the achievements of our colleagues and a time to congratulate

Celebrate the New Social Science and Humanities Curriculum

**Annual OFSHEEA Fall Conference
November 6, 2010
Maple High School, Maple, ON**



them on their accomplishments.

We have an exciting year ahead with the release of a new Social Science and Humanities curriculum. We do not have a release date, but are working closely on the curriculum and providing support resources.

Finally we really need your help....you are the ones who have the great resources, unique activities and different ways of teaching various topics. So...please submit these on line or mail to our office so that we can have them available as inspiration for seasoned and new teachers to help them meet the needs of their students.

Thank you for coming on board! If you aren't on board... What Are You Waiting For?



Laurie Farquharson
President

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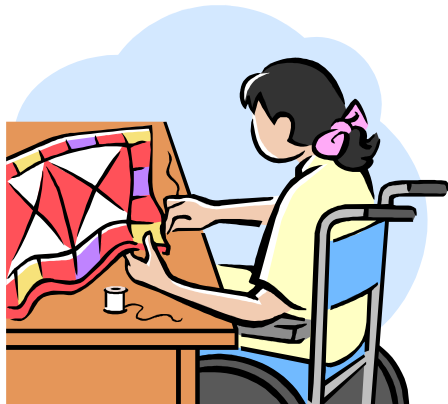


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Community Connection

“Giving to others as you learn yourself”



Submitted by Laura McEachern

My colleague and OFSHEEA member, Marjorie McIntyre, teaches the grade 11 fashion course at Grey Highlands Secondary School.

Near the end of the course, the students make quilting square blocks out of excess fleece and flannel from their mitts and PJ bottoms projects. These blocks are then sewn together to make baby quilts, which the students will donate to local organizations that will see that a needy family will benefit.

The students see a group project come together on the quilting frame as they tie the quilt and eventually bundle it up to be donated. The students also make drawstring shoe bags for the seniors in their local nursing homes. Both projects raise the students' sense of community connection.

In our busy world it seems students have fewer and fewer connections to people beyond their immediate circles; thus, classroom projects like these show students how to care for others and develop compassion and empathy. If you have any other projects that you and your students have been involved in, please share them with us here at OFSHEEA so others can implement them in their classrooms.



The Ontario Family Studies Leadership Council welcome you to visit their site for resources:

www.ofslc.org

Holding a Family Studies PD Event?

If you or your colleagues are holding a Family Studies PD Day Event, you are invited to use the OFSHEEA PD Display Board to promote involvement with our organization. At no cost to you, you can contact our administrator, Dora Lee dorabowald@gmail.com and have the kit sent out to your school. You will receive a beautiful large display board with information about the benefits of becoming a member, promotional items such as pens and paper, and some official OFSHEEA resources that you are able to sell. Spread the word! Get involved! Use the PD Display!

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International Federation for Home Economics ~ Council 18-24 July 2010

Report from Joanne Mackie OHEA delegate

Canadian delegates: Marilyn Weber, Margaret Torrance, Margaret Arcus, Diane O'Shea, Teena Jennings-Rentenaar, Kathryn Chandler represented IFHE Canada membership, Kathryn Marie, OFSHEEA, Shirley Jones, THEA, Joanne Mackie, OHEA. Prof. Jennings-Rentenaar and Prof. Chandler presented research papers.

Programme Committees met Sunday 18 July. I attended Outreach to Central European Countries, Household Technology and Sustainability Research and Textiles and Design.

Outreach is continuing their efforts in Latvia and questioning the connection of Central European immigrants to the rest of Europe.

Household Research has collected data from numerous countries on the washing of dishes by hand and dishwashers. Particularly with the waste of water, detergent and dishwasher use only as a sterilizer. The information has been exchanged and best practices will now be distributed. This is the first of topics in the goal to collect and exchange data of global relevance to household and appliance technology.

Textiles and Design issued a call for member's original designs for a Textile/Garment Exhibit to be held in Melbourne. St Angela's College invited primary and secondary students to submit work to the college.

The key note speaker for the 2010 Council was Dr. Marcela Villarreal the Director of the Gender, Equity and Rural Employment Division in the Food and Agriculture Organization of the United Nations in Rome, Italy. Dr. Villarreal wove the present day constraints of recession, oil dependency, health and gender to show the detrimental effect these constraints have on women's ability to provide food for their families.

Asia Kapande described her project in the Mwanza district of Tanzania. [Asia will be remembered for her connection to the Hamilton Home Economics Partnership with Tanzania and the OHEA project with the Home Economics Association for Africa.] Asia's project involves the growing of sweet potatoes for food and income. Farmers produce enough potatoes for their family and sell the young vines to neighbours. The vines can be dried for later use while the potatoes are made into crisps, chips, flour and baked goods.

Dr. Ute Leonhauser, a Food Security expert from the Centre for International Development and Environmental Research spoke about a research project that she did in South Africa with much of the report on an academic network in East Africa and Central Asia. A printed report is available on the IFHE website.

After adoption of the agenda, appointment of scrutiners and minutes of the Lucerne Council reports were received from the President, Geraldene Hodelin and the Executive Director. Note: All items to be voted on are presented but the voting takes place on the last day of the council.

The Vice Presidents of the five regions reported on the characteristics of Home Economics in their area. IFHE **Africa** held a regional conference in September 2009 in Swaziland. Nishi Surana is the incoming VP and Omena Uzezi Oghenejabor the Executive Committee [EC] member. **Americas** region highlighted each area in the report. Joanne Pearson is the new VP and Mabel Cordini the EC member. Joyce Mok presented the **Asian** news. The Asian Regional Association of Home Economics celebrated its 25th anniversary during the 15th Biennial Congress in December 2009 in Pune, India. An International Research/Academic Networking session established a platform for the sharing of resources. The **European** IFHE Network has created a structure to enable applications to the EU for funding for projects and research. Malta offers a M.Ed. in Health, Family & Consumer Studies. A European Masters in "Home Economics" is in discussion. Dr. Mary McGee continues as VP and Dr. Helena Aberg will become EC member. Region of the **Pacific** is hosting the 2012 meeting in Melbourne, Australia. Dr. Donna Pendergast continues as a VP and Gail Boddy is the EC member.



INTERNATIONAL FEDERATION
FOR HOME ECONOMICS

IFHE

Monday afternoon we attended the **Council Committee Congress** to understand the council/congress process and to be further informed as to our role if Council 2010 approves our bid to host in 2014.

The IFHE plan of action was received. **Finances:** As with many organizations, people pay their IFHE fees in the year of a congress. With IFHE that is every four years. As a result money is removed from savings to cover the short fall. A motion was made to raise fees for the year 2012. Payment of reinstatement fees and a life membership fee were discussed. According to German law, which IFHE operates under, three members of IFHE must be named as Financial Verifiers. Nominations were received.

Highlights of Council Committee Reports

Publication and Communication: The *International Journal of Home Economics* is published in electronic form. The IFHE History book and DVD are still available for purchase.

Project Assessment: Guidelines have been drafted in accordance with the constitution and were published in the *Home Economics News*. IFHE Committees may apply for the funding.

Think Tank: IFHE Position Statement-Home Economics in the 21st Century is available at <http://www.ifhe.org/175.html>

Young Professionals Network: At each IFHE gathering since Lucerne the YPN has contributed speakers and networking activities. YPN collaborated with the Finnish IFHE in a symposium in March 2009 and in Bonn in October 2009. Linking the Loop links

Report continued from page 4.

Home Economics professionals who are not able to attend the meetings in person.

United Nations The UN Committees prepare statements on issues related to the UN Programme and Commissions. IFHE signs the Statements which are presented on the IFHE website.

United Nations New York: Eileen GallingerLabiner is treasurer of the NGO Committee on the Family; member NGO Committee on UNICEF Working Group for Girls; member NGO Health Committee; member of UNIFEM. Mary Covington worked on the inter-generational subcommittee of DPI/NGO 'Impact of Armed Conflict on Vulnerable Generations, member of the Committee on Aging to promote the rights of older persons and raise awareness of the need for a convention. Mary Miller contributed to statements for the commissions on Social Development and the Status of Women. She participates in the NGO Committees on the Family, Children's Rights, Indigenous people and Aging.

United Nations Paris UNESCO Jacqueline Fritsch attended the 132nd meeting of the Executive with 2 days for NGOs after the financial crisis and the 2009 G20 meeting. UN has a special duty to protect the poorest from the effects of the crisis. Irina Bokova of Bulgaria is the new UNESCO general secretary. The 35th General Conference had priorities of Africa and Gender equality under 4 sections education, social and human sciences culture and communication and information.

United Nations Vienna Gertraud Pichler represents IFHE on the following NGO Committees on the Family, on the Status of Women and on Aging. The Committee on the family meets twice a year and the others 6 to 8 times a year. Gertraud attended conference organized by FAO and UN Food Security in Rome and Madrid and the World Food Summit in Rome.

Research This committee worked on a four year plan and the practicalities of calls for research papers to include practitioners papers and best practise papers.

Consumer Issues and Family Resource Management: This committee recommended their name be "Consumers and Sustainable Development" to better reflect their direction. It was decided to continue the e-book "Global Sustainable Development" and to ask for further papers.

Food Security and Nutrition The committee supported the German and Tanzanian Home Economics Associations to sponsor Asia Kapande to attend the Sligo meeting and the sale of the produce from the project. They are requesting information about food security and nutrition focused projects across the world. Best practices, case studies and research are requested.

Home Economics Policies in Education and Training The main aim of the committee is the collection of educational curriculum at all levels from all IFHE regions. The goal is to put the courses on line and catalogue them.

International Business Group IFHE is a champion for consumers how can IFHE connect to those consumers is the focus of this committee.



IFHE President Geraldene Hodelin leads the applause after Shirley Jones and Joanne Mackie signed the protocol of agreement to host the 2014 Council in Canada. Executive Director Anne v.Laufenberg-Beermann completes the protocol. Hamilton Home Economics Association is the Canadian host. Shirley and Joanne will co-chair the event.

Outreach to Central and Eastern European Countries, Textiles and Design and Household Technology and Sustainability were reported on Monday's agenda.

Ad hoc Committee Revision of the IFHE Constitution The purpose of the revision to have the constitution in line with IFHE statutory bodies as well as German laws. IFHE Is registered in Germany. The revision was carried out by e-mail. The main changes were legal requirements for registration, the federation statutory bodies, gender issues, non profit issues, membership, payment of fees and resignation from membership, associated members voting rights, regional associations' requirements and voting arrangements.

Presentation of nominated IFHE members Carol Warren was the nominee for IFHE President Elect, a two year position. Professor Dr. Elisabeth Leicht-Eckardt was the nominee for IFHE Treasurer General, a four year position. This was voting day. Delegates had the opportunity to discuss their decisions with others during the social events on Sunday, Tuesday and Wednesday.

Regional Vice Presidents presented reports from their meetings. **Asia** reminded participants of their meeting in July 2011 in Manila. Their membership is sustained with life memberships. **Americas** reported a strengthening of YPN and distance education. **Africa** is working on a development fund project and reported a continuing visa problem when entering other countries. **Pacific** have compiled benefits of membership information. **Europe** approved their constitution so can now apply for EU funding of projects. Their research on healthy school meals is continuing.

International Federation for Home Economics ~ Council 18-24 July 2010 continued

Other events

Council Conference “Vision 2020 Home Economics, Changing Perspectives in a Changing Environment”

Tánaiste Mary Coughlan, Minister for Education and skills gave the opening address.

Prof Martin Caraher, Reader in food and health policy at the department of Health management and Food Policy at City University in London England was the key note speaker.

Dr. Kate Fletcher, Reader in Sustainable Fashion at London College of Fashion persuaded participants that the mind set of throw away clothing caused much hardship to the makers of that clothing.

Dr. Dymphna Devine is a senior lecturer in the School of education, University College Dublin. She spoke on immigration and schooling in Ireland. She has carried out research with students, teachers and administrators on how immigrant students adjust to the new school system. One problem noted is that Irish teachers colleges are either Protestant or Roman Catholic and one may not become a teacher if of another religion.

The afternoon hosted a choice of 24 research presentations over 14 time slots. We spent the entire afternoon in discussion of Council 2014 with President Geraldene Hodelin and Margaret Arcus.

Social Events

Welcome reception Sunday Evening

Participants assembled in the dining room of St. Angela's College to nibble on an array of appetizers and visit with 230 voting delegates from 20 countries as well as their accompanying persons. Participants were welcomed by the president of St. Angela's College, IFHE President and the co-chairs of the IFHE Council 2010 organizing committee. This was a ticketed event.

Gala Banquet Tuesday Evening

Ticket holder participants enjoyed a choice of two starters, three main courses and two desserts. Mary White Minister of State for Equity, Integration and Human Rights was the guest speaker. Bernie Butler spoke about the founding of her company “Good 4 U Food & Drink Company” The company was the major sponsor of the Council. The O’Conor School of Irish Dancing entertained in “River Dance” style. The band “The Odd Couple” provide music for listening and dancing.

Technical Excursion Wednesday Afternoon

Although this was our day of rain an entire day could have been spent in the National Museum of Ireland - Country Life. There are extensive grounds but we made a fleeting visit through the four floors of artefacts depicting Irish country life in previous centuries. There was a display of Irish Country Women’s work. That organization is Canadian Women’s Institute Irish counterpart.



Canadian Delegation: Shirley Jones, Marilyn Weber, Diane O’Shea, Teena Jennings-Rentenaar, Joanne Mackie, Margaret Arcus. Absent when the photo was taken Kathryn Marie, Kathryn Chandler, Margaret Torrance.

From Turlough we drove to Foxford. The woollen mills there came into existence through the efforts of a num who managed to have both the Protestant and Roman Catholic people working together to move community members out of poverty. It was also a lovely place to shop.

Academic Excursion Friday

We visited Magee’s of Donegal, a family company begun in 1866 by John Magee and Robert Temple. The cousins collected cloth [Irish tweed] from the area south west of Donegal for marketing. A hand loom was demonstrated. A great grandson of Robert Temple is the present CEO. Lunch was provided at the shop. Also a great place to purchase Irish goods .

The present CEO’s wife Elizabeth Temple has developed an acre of walled garden in the last 25 years. Elizabeth does all the work herself even to providing the entire bus load of visitor with numerous baked treats served with tea and coffee. The vegetables are grown in the traditional ridges to allow drainage, with seaweed used as fertilizer in between the rows. Plants were collected from around the world for cultivation.

On the return to Sligo we toured an ancient burial site and W.B. Yeats tomb stone.



Additional notes on IFHE's Conference 2010
Submitted by Kathryn Marie, Subject Chair of Family Studies -
St. Marys District Collegiate and Vocational Institute, St. Marys ON.

As a first time attendee at an IFHE Conference I was amazed at the wealth of information, knowledge and experience individuals were eager to share. People were there from all five continents!

Joanne has given a thorough review of the three keynote speakers who were excellent in their particular fields of study, and held us spellbound and intrigued during their presentations. In addition, there was an opportunity to hear academics present their research findings. Here is a summary of four of those presentations.

Karin Hoijer - Sweden

Mixed Signals: Learning about Food in Home and Consumer Studies Classroom.

Sweden, Denmark, and Norway have similar languages, and it is easy to understand each other. Finland is quite different.

Their Practical Wisdom takes the adage "Use what you have to get what you want" and changes it to "Consider what you need to use to get what you want, then do what you need to do to get what you want"

The kitchen has dominated Home Economics through the years.

Bildung is a German word translated to mean education, but it really is much more about empowerment.

Visions held traditionally and into the future are:

- gender equality
- household/housekeeping

- culture, symbols and materiality (what materials do to us and what we do to materials)
- critical consumers evaluate the history of the product before considering buying the product
- health and life quality
- citizenship

Sharon Y. Nickols - United States

Home Food Preservation: New Perspectives on an Old Age Practice.

1900-1919

People were encourage to plant more gardens, and their were Girls Canning Clubs.

People were asked to eat more corn, oats, rye and fish, in order that wheat, meat, sugar and fats could be sent to the army of WW1.

1920-1929

There was a great emphasis on the application of science as it influenced the preservation of food.

1930-1939

These were the worse times in recent history for food preservation, and availability, as people experienced The Dirty Thirties.

1940-1949

Dehydration and Freezing can into vogue.

1950-1959

Post war industrial expansion. Home freezers and kitchen equipment became more familiar in many homes.

1960-1969

The age of convenience

Fast foods, ethnic foods, restaurants, and the microwave, all contributed to the changes in how women fed their families.

1970-1979

51% of women in the United States were employed outside of the home. This increased the use of the alternatives which were popular in the last decade.

1980-1999

The connection between food, exercise, and health became a major focus, and influenced preservation of food, or a reduction in such practices as freshness was emphasized.

2000-2010

Going beyond the previous connection, there has been a thrust of personal connection to food, and also food safety concerns. This is sending us full circle and has the public considering their role and responsibility in food preservation.

Teena Jennings-Renter of U of Akron Granville, Ohio

email: tj9@uakron.edu

Sustainable Textiles and Crafts of the Developing World

Teena introduced us to her travels to Madagascar and Bolivia where she met and studied indigenous people, their crafts, and their methods of distributing these to the international market.

Novica.com is in association with National Geographic and is a lovely web site of individual artists and their work.

Minkhasweaters.com is the connection to sweaters from Bolivia. They are being sold in Canada, and this web site gives all of their information.

Catherine Amoroso Leslie of Kent State University, Ohio

The Singer Sewing Book by Mary Brooks-Picken

The American Home Economics Association of 1919 printed four small books written by Mary Brooks-Picken, which became popular worldwide. These were the foundation for the Singer Book of 1949.

Catherine was fascinated with this amazing women, and went through the development of the Singer Book through the years, noting the changes as fashion and society changed.

More information is available at www.kent.edu/fashion



By: Anita Bansal
 OFSHEEA's Regional Director, Metropolitan Toronto
 Teacher at Albert Campbell Collegiate Institute in Toronto
 Email: anita.bansal@tel.tdsb.on.ca OR anitabansal2001@hotmail.com

News Release - The Government of Canada Releases Data Showing Trans Fat Levels in Canadian Foods are Declining.

Health Canada announced that Canada continues to make progress towards reducing the amount of trans fat in the Canadian food supply. The data includes an analysis of bakery products, a small sample of international foods sold in restaurants, and nutrition information obtained from the Nutrition Facts table of pre-packaged foods. According to the new data released from the

trans fat monitoring program, 80% of the pre-packaged foods selected for label review met the trans fat limit set by the Trans Fat Task Force in June 2006. "Canadian government is pleased to see that industry has reduced the level of trans fat in many pre-packaged foods," said Health Canada. "This was achieved by finding healthier alternatives without increasing the levels of saturated fat. We are also encouraged that foods sold at various restaurants serving international cuisine are meeting the trans fat limit." The foods that were sampled in this set of data included:

- Bakery products from grocery stores, such as croissants, pies, tarts, cakes, brownies and donuts
- Foods from restaurants serving Chinese, Thai, East Indian, Lebanese, Caribbean, Japanese and Vietnamese cuisines
- Donuts and muffins from popular coffee and donut shops
- Pre-packaged foods from grocery stores, including cookies, crackers, instant noodles, frozen potatoes, desserts, snacks and popcorn.

In 2006, the Trans Fat Task Force recommended a trans fat limit of 2% of the total fat content for all vegetable oils and soft, spreadable margarines, and a limit of 5% of the total fat content for all other foods, including ingredients sold to restaurants. In June 2007, Health Canada adopted these recommendations and gave industry two years to demonstrate progress in meeting the recommended targets. Health Canada is monitoring progress through the Trans Fat Monitoring Program and is regularly publishing the results on its website. Canada is the first country to require that the levels of trans fat in pre-packaged foods be included on the mandatory Nutrition Facts table. Canadians are encouraged to read the Nutrition Facts table when making food selections, as it lists the amount of trans and saturated fat a product contains, as well as other important nutrition information such as calories and the level of 13 core nutrients.

More information on trans fat, nutrition and data tables can be found on Health Canada website: www.healthcanada.ca

Thinking Critically About Local Food OFSHEEA/OFSLC/OTF Summer Workshop – Guelph August 10-12, 2010

Submitted by: Diane O'Shea Workshop Facilitator/Presenter

Twenty teachers met at the University of Guelph for insights into the topic, *"Thinking Critically About Local Food"*. This workshop fully launched a new teaching resource developed by Family Studies teachers Diane O'Shea, Jennifer Burke, and Judy Schonberger in conjunction with TC2 - The Critical Thinking Consortium through funding from Ontario Agri-food Education via the Ontario Family Studies Leadership Council (OFSLC). The resource is available FREE at www.ofslc.org or www.tc2.ca

The three day workshop focused on the new resource but also provided valuable professional development about food, agriculture and related issues and concerns for Family Studies teachers and other teachers – including elementary.

Here are some of the highlights from participants at the sessions:

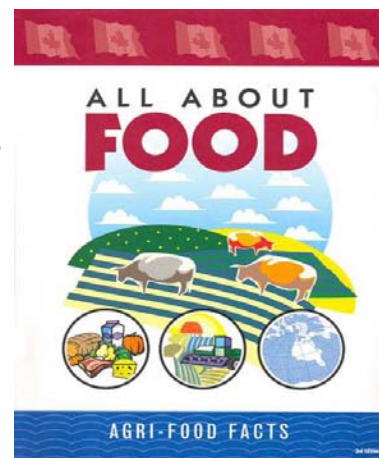
- The best part – seeing the various perspectives shared about local food and the critical dialogue we had in our sessions.

Continued on page 9

Thinking Critically About Local Food continued...

- Something that I learned that I would like to use with my classes – using food packaging and labelling as a creative literacy strategy
- The trip to the Cambridge Farmers' Market helped me realize just how important it was to connect to real farmers and the importance of really thinking about where our food comes from.
- Garfield Gini-Newman helped me see how using visuals can truly prompt higher level, critical thinking.
- Ontario Agri-food resources are truly incredible – the virtual farm tours are particularly good.
- Thankfully I am not teaching foods this fall – otherwise I would be planning non-stop for the rest of the summer as I re-think incorporating critical thinking and more food and nutrition knowledge. I will be sharing with my department.

- During the workshop I learned of the sophisticated level of Family Studies teachers, this was much more than I expected.
- During the workshop I learned that local food issues are indeed complex. I also appreciated the “tomatosphere” project and resources, the tour at the Controlled Environment Research Facility at the University of Guelph was fascinating – I had no idea.
- I came to the workshop expecting to learn about local foods, I did not expect to learn the depth of information that I learned about food, local food, critical thinking and the variety of resources I came home with!



Dear OFSHEEA Member,

Do you recall the feedback form you filled out at the end of Conference last year? What you said you wanted most from OFSHEEA was resources. With that in mind the Board created a committee to focus on getting more resources available to OFSHEEA members. We know the best source of information/resources is our membership. For this reason, we are sending you this request to send us your favourite resources. Send them via e-mail to us and we will organise the resources into course categories, and post them on the website. From the website you will be able to download any resource and manipulate it for your own needs.

Suggestions for resources:

- Assessment and Evaluation Plans for Family Studies Courses
- Essay topics
- Culminating Assignments & Rubrics
- Lesson plan ideas
- Activity ideas
- Differentiated Learning ideas
- Cooking lab ideas - recipes prepared in under 40 minutes
- Fashion projects
- DVD/Video suggestions, plus worksheet if available for supply teacher days
- Great websites used



Please make sure you note somewhere on the document where it was **sourced from, and who submitted/created it**. We must give credit where credit is due.

Please send your resources to ofsheea@gmail.com Send your documents in either of the following formats:

- Microsoft Word
- Rich Text Format

Can't wait to hear from you.

OFSHEEA Website Committee Laura McEachern, Heather Walters, Tiffany Shantz

Additional Notes OFSHEEA IFHE's Conference 2010

submitted by Diane O'Shea, Family Studies Department Head, Medway High School, Arva, ON.

Joanne Mackie and Kathryn Marie have provided detailed insights into the "World Council Meeting of the International Federation for Home Economics held at St. Angela's College, Sligo, Ireland. The following are a few highlights from my perspective as a second time attendee at an IFHE event and my first Council meeting.

Impressed with the range of Home Economics related programs that are carried on throughout the world
Impressed with IFHE's relationship with the United Nations and the position statements which include:

- **Position Paper on the Eradication of Poverty** (IFHE Position Statement on the UN Millennium Development Goal 1: "Eradicate Extreme Poverty and Hunger")
- **Position Paper on Gender Equality:** (IFHE Position Statement on the UN Millennium Development Goal 3: Promote Gender Equality and Empower Women)
- **Position Paper on Education for Environmental Sustainability/Position Paper on Education for Sustainable Development** (IFHE Position Statement on the UN Millennium Development Goal 7: "Ensure Environmental Sustainability" and on the UN Decade of Education for Sustainable Development)

Particularly interested to hear about **food security issues** as this applies directly to our Food and Nutrition courses. The world food crisis has NOT settled from a couple of years ago, it is only that the media has chosen to highlight other things. *Hunger in the world continues to be a huge issue with the investment in agriculture being decreased!* This is a major concern for FAO. Hunger issues coincide with other social issues including maternal mortality.

Prof Martin Caraher added to these concerns: "There is no such thing as cheap food (and I would add clothing), if there is cheap food, there are hidden costs." He claims there is a new form of hunger arising because our whole food supply is largely based on oil, thus the impacts. In the developed world this is shown in the huge increase in food banks. In Toronto, he sees more food banks and food programs than McDonald's outlets! While oil is the root of the food problems, water is becoming a bigger issue. He stressed that we need to educate about our food systems and that we need to view food with a wider public health view --- not simply what is cheapest. ***For us in Family Studies the need to teach about Food and Nutrition from a sustainable viewpoint is crucial.***

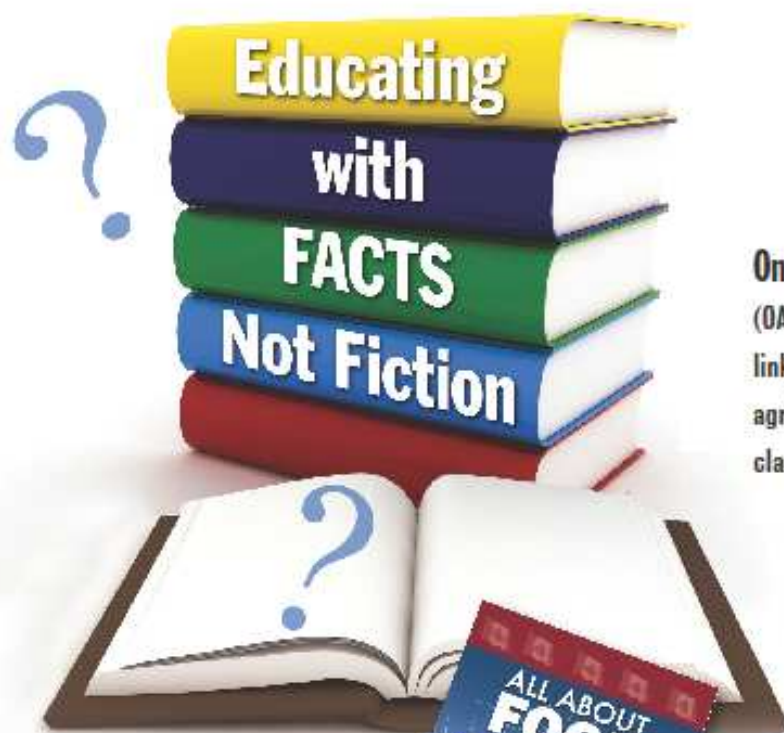
For Fashion and textile teachers, please check out Kate Fletcher at www.katefletcher.com. Her presentation about her book is a **must** especially with our focus on environmental concerns. The website presents this information: *Sustainable Fashion and Textiles: Design Journeys* brings together for the first time information about lifecycle sustainability impacts of fashion and textiles, practical alternatives, design concepts and social innovation. It challenges existing ideas about the scope and potential of sustainability issues in fashion and textiles, and sets out a more pluralistic, engaging and forward-looking picture, drawing on ideas of systems thinking, human needs, local products, slow fashion and participatory design, as well as knowledge of materials.

The book not only defines the field, it also challenges it, and uses design ideas to help shape more sustainable products and promote social change. Arranged in two sections, the first four chapters represent key stages of the lifecycle: material cultivation/extraction, production, use and disposal. The remaining four chapters explore design approaches for altering the scale and nature of consumption, including service design, localism, speed and user involvement. While each of these chapters is complete in and of itself, their real value comes from what they represent together: innovative ways of thinking about textiles and garments based on sustainability values and an interconnected approach to design. The book is available through Chapters.

Here's an exciting opportunity for Family Studies classes. The Committee for Consumers and Sustainable Development is looking to connect classes in Home Economics (Family Studies) through Skype. Think of the insights that could be gained! If you want more information contact Marilyn Weber IFHE Canada lin167@niagara.com

Finally, with thanks to the untiring efforts of Joanne Mackie, Shirley Jones and Marilyn Weber and others, Canada will host the 2014 IFHE World Council Meeting – likely in London, Ontario. While this is the business meeting of IFHE, it also presents a time for educators and business people in Home Economics and Family Studies to come together for other aspects of professional development and advocacy. Stay tuned for further developments. It will be a very exciting time in our profession!

Long ago Joanne Mackie stressed that seeing the world through IFHE offers travel and professional development at the same time. I cannot emphasize how entirely correct she was and is. To this I would encourage any Family Studies educators to seriously consider attending the IFHE World Congress in 2012 in Melbourne, Australia. Check out the website: www.ifhe2012.org With a theme of "Global Well-being", the congress promises incredible insights for educators in Family Studies and travel opportunities that we can only dream about!



Resources include:

- Curriculum Links
- Student Activities
- Interactive Lessons
- Assessment Tools

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November 6, 2010
Maple High School
Maple, ON**



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- **\$150** (Sept. 25th-Oct 25th)

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- **\$250** (by Oct. 25th)

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Mention "Ontario Family Studies Home Economics Educators' Association" at time of booking

Looking for Helpful Consumer Information?

Submitted by: Jasmine Carson-McMullen

Are you looking for helpful consumer information on everything from managing your debt to dealing with telemarketers? If so, [visit](#) the [Canadian Consumer Handbook](#). Along with consumer tips, the Handbook includes a directory of government and non-government contacts useful to consumers.

It also offers information on a wide range of topics such as online shopping, contracts, housing and home renovations, identity theft, collection agencies, and much more, to help you build your buying skills. It even helps you with how to make an effective complaint.

The Handbook is intended to help you become a better-informed and more confident consumer. Review the tips in the Handbook and remember to seek information, ask questions and proceed only when you are completely comfortable when making a purchase. Knowing what's on offer in today's marketplace and whether it suits your needs – in other words being a well informed consumer - is key to protecting yourself. Critically examine product and service of-



ferings before purchasing to make sure there are no unexpected or negative implications. Always remember – if it seems too good to be true, it usually is.

The Handbook was created and is updated by the Consumer Measures Committee. This Committee is made up of senior consumer protection officials from federal, provincial and territorial governments and provides a forum for national cooperation to improve the marketplace for Canadian consumers, through the harmonization of laws, regulations and practices and through actions to raise public awareness.

Visit www.ConsumerHandbook.ca today.



Professional Registration: Many OFSHEEA members who previously may not have qualified for professional registration as a Professional Home Economist (P.H.Ec.) through the Ontario Home Economics Association may now qualify with 10 years' work experience in the field of Home Economics. For further information on other qualifications, or to receive a membership package, contact Nancy Greiter, OHEA Administrator/Registrar at nancyohea@rogers.com

Visit the OHEA booth at the upcoming 2010 OFSHEEA Annual Conference on November 6th for further information. You can also visit us at the Toronto Women's Show from November 5 - 7th at the Toronto Convention Centre.

OFSHEEA Mailing Address:
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18 Devonshire Ave.
Brantford ON N3T 5B9
519-512-9914

Newsletter Editor's Address:
tammystorms@gmail.com

Submissions are now being accepted for the next issue. Your articles, letters, teaching ideas and resource suggestions are welcomed. Please submit as a MS Word attachment in email or by mail to the newsletter editor.

Next Issue Deadline Jan. 1

The OFSHEEA newsletter staff will take no responsibility for the direct or indirect action taken by others in regard to information published in this newsletter: Opinions expressed are not necessarily those of the OFSHEEA Board of Directors. All submissions are subject to editing by the OFSHEEA Newsletter Committee.

OFSHEEA Recipe Box



Spicy Tomato Juice

13 lbs ripe tomatoes (about 40 medium)
 2 celery ribs coarsely chopped
 3 medium onions coarsely chopped
 1 medium green pepper coarsely chopped
 1 ½ cups chopped fresh parsley
 ½ cup sugar
 1 Tbsp Worcestershire sauce
 4 teaspoons salt
 1/4 tsp hot pepper sauce
 1/4 tsp cayenne pepper
 1/4 tsp pepper

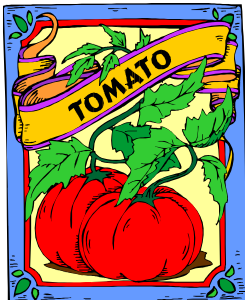
Quarter tomatoes, place in a 6 quart kettle. Add the celery, onions, green pepper and parsley. Simmer, uncovered, until vegetables are tender, about 45 minutes, stirring occasionally. Cool slightly; put through a sieve or food mill. Return to kettle. Add remaining ingredients; mix well. Bring to a boil. Remove from the heat; cool. Pour into freezer containers, leaving ½ inch headspace. Freeze for up to 12 months. Yield: about 5 quarts.

Notes from Laurie:

Add or not the hot pepper sauce depending on the kick you want the juice to have. I have never put in the 1/4 tsp but I have children!

I can my juice by sterilizing the jars, bring juice to a boil, put in jars and seal in a hot water bath. It keeps well this way too if you don't have a lot of freezer space.

Submitted by
 Laurie Farquharson



NOTICE OF THE ANNUAL GENERAL MEETING

Saturday, November 6, 2010
 8:30 a.m. - 9:00 a.m.

Maple High School
 50 Springside Road
 Maple, Ontario

(Jane St. & Rutherford Rd.)

IN ACCORDANCE WITH CONSTITUTION
 ARTICLE VIII – SECTION 3

Pumpkin Chocolate Chip Muffins



1 and 2/3 c. flour	1/4 tsp. salt
1 c. sugar	2 eggs
1 Tbsp. pumpkin pie spice	1 c. pumpkin
1 tsp. baking soda	1/2 c. butter, melted
1/4 tsp. baking powder	1 c. chocolate chips

Thoroughly mix together flour, sugar, pumpkin pie spice, baking soda, baking powder and salt in large bowl. Break eggs into separate bowl; add pumpkin and butter and whisk until blended. Stir in chocolate chips. Pour over dry ingredients; fold in with rubber spatula just until dry ingredients are moistened.

Scoop batter evenly into greased paper-lined muffin cups. Bake at 350 degrees 25 to 35 minutes, until puffed and springy to touch in center.

Yield: 12 muffins

Note: this recipe doubles well

These are best the day after... if you can wait that long!



OFSHEEA Technology in the Classroom

Creating the Future Now ABEL Summer Institute 2010 Review

This past August I attended the Abel Summer Institute Conference themed 'Creating the Future Now' for two and half days at York University. It was an amazing conference for all educators who are interested in new technologies in the classroom, and want to learn more about the changes we can look forward to as technology plays more of a role in everyday education.

There were three key speakers at the conference: Dr. Alec Couros gave his talk on *How Informal Learning Networks Can Transform Education*. His focus was on social networking services like Facebook and Twitter and how they can be used by educators as the key to the reform of teacher and learning.

Dr. Garfield Gini-Newman gave his talk titled *Using Technology to Enhance Collaborative and Critical Thinking*. He spoke on powerful ways to use technology to create a highly collaborative classroom where the focus is in students accessing and processing information to solve meaningful problems and create new knowledge.

Dr. Bill Muirhead spoke about *The University of the 21st Century: Lessons from the University of Ontario Institute of Technology*. I really enjoyed his speech about how education will change as more technology is implemented into the classrooms of the future. He showed us several short video clips, one of which best describes the change in education can be viewed anytime on Youtube called: 21st Century Education in New Brunswick, Canada. This short 5 minute film clip is worthwhile to watch as it describes where education is headed in Canada in the near future.

All of these speakers were videotaped and their key speeches can be viewed on the Abel portal web site. I also had the opportunity to attend several hands on workshops of my choice, and they all came with amazing resources.

My first workshop was with Katherine Walraven Director of Education Programs at TakingITGlobal (TIG), an awesome organization that can help classrooms become involved in global initiatives.

Nathalie Rudner gave me ideas on enhancing my Abel Moodles. Sholom Eisenstat a Computer Resource Teacher in the York Region DSB gave an exceptional workshop on Prezi presentations and Digital Storytelling, and Colin Harris's workshop on ipad literacy was very informative. (His online workshop is worth viewing if your interested in using ipads in the classroom <http://iPadLiteracy.com>).

Next August is the 10th Abel Summer Institute and I will definitely be attending.

Submitted by Tammy Storms



**CALL FOR NOMINATIONS
BOARD OF DIRECTORS
Term for May 1, 2011– April 30, 2013**

Nominations for the following positions will be accepted until January 31, 2011.

Western Regional Director Northeastern Regional Director
Eastern Regional Director Metropolitan Toronto Regional Director
Vice President

***Nominees and nominators must be OFSHEEA members in good standing.**

****Nominees for Regional Director must be from the same region.**

NOMINATION FORM

Position: _____

Name of Nominee: _____

Address: _____

Telephone: _____ (day/eve)

Preferred E-Mail: _____

OFSHEEA Region: _____

School Board: _____

Consent of Nominee: _____

Address of Nominator: _____

Seconder: _____

Mail to:
Cory Hogan
34 Maplewood Crescent
Garson, ON P3L 1G8

hoganc@rainbowschools.ca

**OPPORTUNITIES FOR OFSHEEA
APPOINTMENTS & COMMITTEES
2011-2012**

The Board of Directors invites volunteer participation in these working committees. These opportunities offer professional development and leadership learning.

Plan to support your organization by volunteering for a position this year.

Conference Committee Chair Person(s)
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***Nominees and nominators must be OFSHEEA members in good standing.**

NOTICE OF INTEREST FORM

Committee of Interest: _____

Name: _____

Address: _____

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Preferred E-Mail: _____

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School Board: _____

Mail to:
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ANNUAL GENERAL MEETING

November 6, 2010 8:30 a.m.
Maple High School, Maple Ontario



AGENDA

Call to Order and Announcements	<i>Laurie Farquharson, President</i>
Approval of Agenda	<i>Laurie Farquharson, President</i>
Introduction of Current Members of the Board	<i>Cory Hogan, Vice President</i>
Minutes of AGM 2009	<i>Dora Lee Bowald, Administrator</i>
Treasurer's Report	<i>Ruth McDonald, Acting Treasurer</i>
Appointment of Reviewer of Accounts	<i>Ruth McDonald, Acting Treasurer</i>
Summary of the Annual Reports of the Association	<i>Cory Hogan, Vice President</i>
Other Business	
Adjournment	

PROXY FORM

If you do not expect to attend the annual meeting, and wish to authorize another member to vote on your behalf, please complete this form and send it with that member to the annual meeting.

The undersigned, a member of the Ontario Family Studies Home Economics Educators' Association (OFSHEEA) hereby appoints:

NAME: _____ REGION: _____

Also a member of OFSHEEA, as a proxy of the undersigned to attend, vote, and act for the undersigned at the annual meeting of the members to be held on Saturday, November 6, 2010 at 8:30 a.m.

DATED the _____ day of _____, 2010

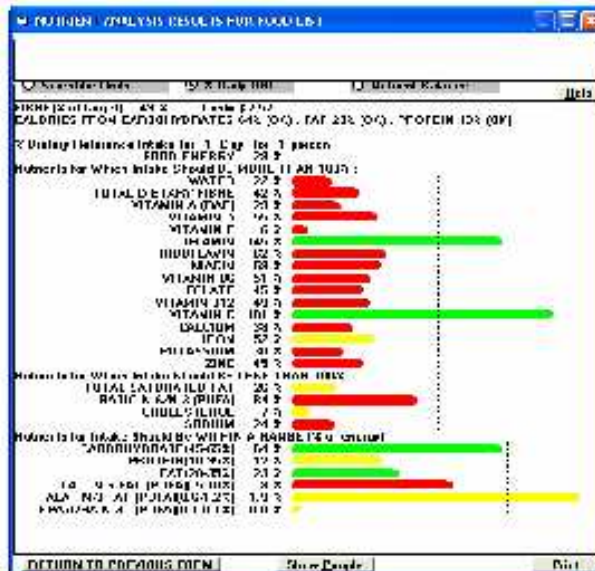
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- provides immediate feedback and graphics for a more effective and enjoyable learning experience

You may find some web-based learning tools useful in understanding how to use FoodFocus or in getting your students started with FoodFocus:

- Entering a fast food meal and a quick look at the Analysis display for a fast food meal
<http://www.foodfocus.com/UofM/FoodFocusToStart.htm> (be sure computer sound is turned on)
- Explanations about the FoodFocus main screen, Analysis display options, using Sorting and Reports
<http://www.foodfocus.com/UofM/HowDoFoodsCompareToGuidelines.htm>

Contact us for pricing for your school or board:

Web: www.foodfocus.com Phone: 204-453-6060 Fax: 204-477-9906
 Email: vprowse@foodfocus.com Mail: 721 South Drive, Winnipeg, Mb R3T 0C2



Contact Dora Lee Bowald
dorabowald@gmail.com
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May 1 Sept 1 Dec 15

OFSHEEA RESOURCES

ADVERTISING RATES (Black and White)

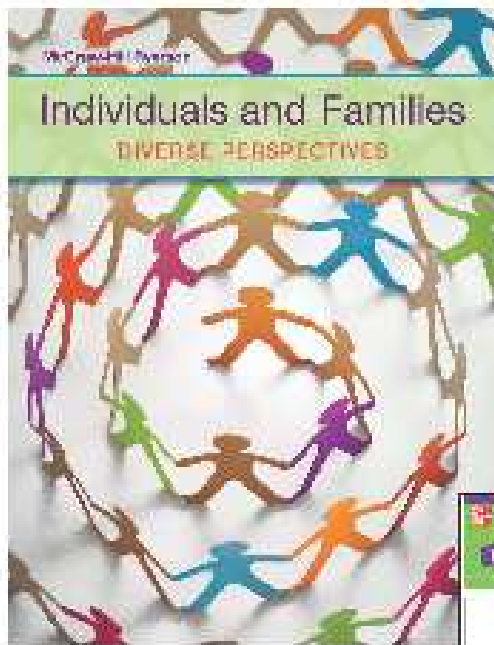
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	1	2	3
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COVER			
front (inside)	\$400	\$700	\$900
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Name of Resource for Sale	OFSHEEA members price	Non-members price	Total Column for Ordering
Planning, Implementing and Assessing Food Labs A Teacher's Guide	\$25	\$35	
Planning, Implementing and Assessing Family Studies Sewing Labs, A Teacher's Guide	\$25	\$35	
Differentiating Amongst the Social Sciences HSP/HSB/HHS	\$20	\$30	
Lesson Ideas and Resources for HIR3C HIP3E	\$20	\$30	
Resource Package HPC 30, HPW 3C, HPD 4E, HHG 4M	\$20	\$30	
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OFSHEEA Metal Pen and Note Paper	\$5	\$7	
Nylon Logo Bag—Royal Blue and Black	\$12	\$15	
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