



HEIA-SAY

Home Economics
Institute Australia (SA)
Inc

Volume 3 2006
July, August, September

The President Says.....

....from the N.T.

Three months into our season here and I still do not have a problem getting up at 5 a.m. I still have a challenge, convincing some of the boys that breakfast is important and I still do a mild panic at 7 p.m. when the dinner gong sounds, and they rush into the kitchen for tea, if I have enough for them to eat?

Some days when the crew is working away from the homestead on mustering or fencing duties, they pack their own smoko and lunch. All of this, sandwich fillings, cake biscuits and fruit, has to be ready for them at 6 a.m. Boy can they eat!! Out of interest, one day I weighed one of the boy's lunches. It was 1.3 kg. Okay, I concede Rusty had a small orange in that and he would not eat the rind.

Being adaptable out here is essential. Menu planning can be seat of the pants stuff.

- As a farewell dinner for Tina and Trevor Tassell, I thawed two large chickens for the eight of us for tea. Just as well Tina got the six legged variety as 12 people turned up.
- The wok is a wonderful piece of equipment for feeding an ever-increasing number of people.
- Vegetables are delivered every 2 weeks and a cauliflower may or may not be enough for the crew, for a meal.
- The bread, this time, was the "wonderful" new super slices, but it is two sandwiches less per loaf, which ran us short.
- As I was getting tea underway, the ute arrived with a load of meat. (While yarding, a cow had rammed the fence, damaging its back, hence another killer) As I did not have much freezer or cold room space we had to have the bulkiest bits for tea, menu changed to ribs on the BBQ.
- The crew must have at least one day off in every ten days. Due to changes in trucking and shipping schedules for the cattle, they were granted a day off at very short notice. Twelve people headed for the nearest pub at 6-30 p.m. Leftovers for lunch for the next 2 days.

Why do we try? How do we succeed? Perhaps a desire to be respected, successful, fulfilled and useful in life. When I went to sleep last night, at 9-30 p.m. I had a smile on my face. I had cooked and cleaned for 15 hours and not a thing was left. Bacon & eggs, 24 sandwiches, 1 slab cake, a fruit platter, 24 muffins, 4 pizzas, roast beef, 4 veg and home made gravy. Everyone said thank you, the OUTCOME,- I'm Happy.

I HOPE YOU ARE ALSO, WITH YOUR CHOICES!

Best Wishes

Chris Parry

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IS THIS YOUR COPY OF “HEIA-SAY” YOU ARE READING?



WHY NOT HAVE YOUR OWN?

WHAT ARE THE BENEFITS OF JOINING HEIA?

- **Membership to the National body for Home Economics**
- **Being kept up-to-date with the latest news that is happening in the Home Economics field**
- **HEIA Journal – quarterly**
- **HEIA Newsletter – quarterly**
- **HEIA(SA) Newsletter “HEIA-SAY” – quarterly**
- **Access to Professional Development organised by HEIA(SA) at a reduced rate**
- **Schools can now become members, rather than individuals at a school**
- **Reduced rate on resources offered by HEIA**

WHY NOT JOIN NOW!

Any queries to Julie Taylor
Ph: 08 8270 4455
Fax: 08 88370 5819
Email: mtaylor@aandr.com.au

Have you got information to share with others?

Please follow the checklist below when submitting articles for HEIA-SAY.

ARTICLES

- Neatly typed articles can be scanned
- Indicate whether article is an individual, representative of a committee, company or organisation.
- Include a contact phone number or address in case of any queries regarding the article.

ARTICLES ON DISK

- Use only IBM compatible disks
- Use Microsoft WORD for word processing
- Type tables in Publisher as they do not copy from WORD to Publisher
- Send a printed copy of the article as back up.

E-MAIL COPY

- Send electronically to my email address
- Use Microsoft Word for text and Publisher for tables and send as an attachment

PHOTOGRAPHS

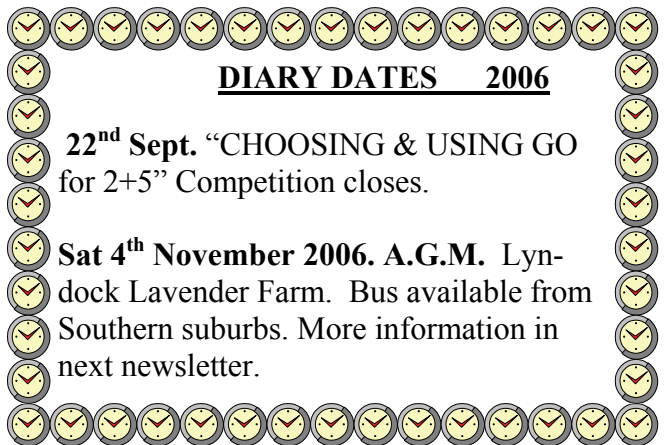
- Photographs can not be returned until after the printing
- Include the captions you would like
- Photos taken with a digital camera do not reproduce very clearly when inserted into a WORD document.
Send in JPEG format on disk or email as attachments.
- **Don't forget, parental permission must be gained before you send a photograph of students to be printed.**

Send to: Christina Tassell
Email: tinatrev@bigpond.net.au
Mail: 13 Baudin Avenue
Fairview Park 5126

DIARY DATES 2006

22nd Sept. “CHOOSING & USING GO for 2+5” Competition closes.

Sat 4th November 2006. A.G.M. Lyn-dock Lavender Farm. Bus available from Southern suburbs. More information in next newsletter.





Adelaide Hills Experience

On a cold, brisk & foggy Saturday 10th June, a group of 30 dedicated teachers from around the metropolitan and Hills regions met at Hahndorf at 8.15 – all on time!

We got off to a great start as our bus warmed up and the sun started to peek through the mist.

We were led by rambunctious Ruth and delightful Deb, as Roger the bus driver displayed all the right moves.

Shortly we were warmly welcomed by aromatic myrtle teas and the owners of *Tumbeela Native Bushfoods*, Ewa and Warren, who took us tramping through the early morning dewy grass and gave us tantalising tastes, smells and tidbits of information (amid interruptions from a barking labrador and naughty Ewa.)

At the *Oakbank Weaver* we were treated to yarns of the vocal and woollen style – absolutely fascinating they were too.

While some sweet teeth indulged at *Cocolat*, the creative juices flowed as we stood in awe of the wonderful products on display, and others in our group ventured down the main street to peruse designer household goods.

Some retirement plans had to be put on hold to pay for the purchases made at *Alkira Alpaca* in acquiring several quality textile products, while for others the delights of the *Gourmet Cheese and Wine Centre* in Birdwood extended their appreciation of local cheeses and other produce. The *Top of the Torrens Art Gallery* also gave many an idea for textile projects to tempt students

A delicious lunch served with impeccable style in a cosy *Talunga Restaurant and Winery* at Gumeracha really thawed out the tongues as well as the toes. Then on to *Melba's* where we could taste as well as smell the bargains from the vouchers that Deb had procured, while investigating gourmet packaging trends.

We all travelled back in time at the *Costume Museum* and had to frisk Pam Rosie – she had 15 pairs of shoes on!!

Finally the weary wanderers made their way back to Hahndorf with bulging bags and empty wallets, lots of ideas with which to engage students (Julie's scarf was a real talking point).

Appropriately Ruth was the lucky recipient of the name tag raffle and she will grow her lemon myrtle with fond memories of the Adelaide Hills Experience on 10th June 2006.

Thank you Deb Halse and Ruth Burton for your meticulous planning and organisation so that the day ran smoothly and was such a wonderful opportunity to rejuvenate the spirit.

Please join us next year - on the bus trip home we began planning next year's trip to the Barossa!

Julie Taylor



Our intrepid tour organiser extraordinaire
Deb Halse

Membership news

Our membership has hit 130

We now have 12 student members!

**A warm welcome is extended to
Jean Suagan Christies Beach High**



Better late than never!!!!

BRUNCH TO CELEBRATE WORLD HOME EC.
DAY IN S.A.

On the 25th March 65 members, students and friends attended our 10-00 am Brunch..

In keeping with the "Go for 2+5" theme we ate a delicious selection of fresh and marinated salads, antipasto, croissants, bruschettas and spinach triangles. Dessert was based on fresh fruit and cheese platters but Danish pastries, profiteroles and blueberry muffins were provided for those needing a treat. Sferas is a purpose built training facility that epitomized convenience and comfort.

Our very organised and efficient Executive ensured the Gorgeous Image Posters were on display, new nametags, complete with the HEIA logo, were supplied, and the "Go for 2+5" teaching resources available, plus raffle prizes.

Sue Koenders the O'Malley Chairperson presented our only recipient, Claire Drummond with her certificate, and informed our many new student members of their opportunities for O'Malley consideration in the future.

In responding, Claire explained the research she is doing in both Primary and High Schools, looking at food availability and her work with student workshops, for her PhD.

The early indications are that there is still a long way to go improving foods available from Canteens in particular. (Because of the interest shown, Christina Tassell arranged a morning tea for students wishing to learning more about the application process, and the guidelines for the O'Malley Scholarships for 2007)

Guest presenter Dr. Murray Drummond (it's no coincidence, he is Claire's husband) is Senior Lecturer in the School of Health Sciences at Uni SA specialising in aspects of Socio cultural health for Men and Boys.

We reflected on the images of the male body, we remembered from the past, tall, muscular, masculine and hairy. We contemplated the archival male image of today, tall, muscular, masculine and **hairless**.

Evidence shows some sporting endeavors require this sleek body image, but the insistence of the female species also contributes to this change.

We were concerned by the evidence that between 5 and 10% of males interviewed suffered from eating disorders.

This however is not an accurate figure as it is based on hospital admissions. As teachers, we need to be aware that eating disorders and mental health issues are not exclusive to female members of the community.

One of our 2005 O'Malley recipients, Petra Lorenz, gave a brief review of her research findings on the history and future of Home Economics teachers in South Australia.

It was my great pleasure to present Petra with the Resek Award for the top Tertiary student for 2005.

Home Economics in South Australia is alive and well. The HEIA (SA) Executive had the pleasure of meeting with Ellen and Marietta Resek recently and we are currently working with them to establish a Tertiary Scholarship for the future.

The other positive news is that there are 10 students enrolled in tertiary studies, to qualify as Home Economics teachers, even though the official new UniSA. training pathway does not commence until 2007!

To all of you who attended and contributed to the success of the day, THANK YOU, and my gratitude, in advance for your assistance during my absence.

Chris Parry
President



National Conference

“Horizons—a Challenge for Home Economics”

The Grace Hotel

10th—12th inc January 2007

SYDNEY

This promises to be a very interesting conference with many great speakers already booked.

- Michael Carr-Gregg-ICT and Well being
- Professor Gay Hawkins-The Ethics Of Waste
- Gavin Hazel-adolescent social and emotional well being
- Professor Terry Lovat—National Values
- Robin Cranston-Smart Textiles
- Rob Gray– One harvest
- Tony Cranston-Pacific Textiles

Industry visits will be catered for:

- Newage Knitting
- Xyris Foodchoice
- Futura– catering programme
- Body Image
- Ian Hemphill herbs
- Pickled potted and preserved– food preparation in the 19th century.

A pre conference tour is also likely to take place.

Lets make the South Australian presence a very loud one!!

www.heia2007.com

Cycling keeps Danes and Dutch thin

The humble bicycle may be a key to solving the obesity crisis sweeping much of the world, a NSW parliamentary inquiry has been told. The inquiry into children, young people and the built environment heard obesity rates were increasing in almost all parts of the world except in sub-Saharan Africa.

Dr Tim Gill, of the Centre for Public Health and Nutrition at the University of Sydney, said Australia and the United States had among the highest obesity rates in the world, but even poorer countries such as Iraq were catching up.

"They're starting at a much lower rate, but their rate ... of increase is extremely similar in Brazil, in Japan, China, in India, in South Africa and Iraq," he told the inquiry.

Dr Gill said although the citizens of Denmark and the Netherlands had become heavier over the past few years, they had lower obesity rates than the rest of Europe.

He attributed this to their fondness of cycling and walking, and the infrastructure that enabled them to do this.

"They have poor diets, eat lots of meat, lots of high-fat foods but they have cycling infrastructure and walking infrastructure which is pervasive," Dr Gill said.

The obesity epidemic could be defeated if most Australians made small improvements to their diets and exercised more, Dr Gill said.

"If we could get everyone doing a little bit more or eating a little bit less, we could prevent the obesity epidemic at the population level," he said.

A submission to the inquiry by Dr Gill and other Sydney University academics said improved infrastructure such as better cycleways and playing fields were needed to enable young people to exercise more.

They also wanted more cycleways to sporting venues and shopping centres.

The inquiry continues.



Hub Group Happenings

Fleurieu Hub Group

are planning to hold their Term 3 workshop at Wirreanda High School on Thursday 24th August, 4.00 – 6.00 pm with the aim for participants to actually make a textile article suitable for junior classes. For more details contact Deb Halse at Seaford 6-12 School Ph 83272222

Nutrition Teachers Network Group

Eight Stage 2 Nutrition teachers met on Thursday 29th June at Thebarton Senior College and had very valuable informal discussions on setting the Trial Exam, ideas and strategies for managing the Issues Analysis, and the main topic – sharing information and resources on Health Behaviour Models. All agreed that the interchange was reassuring and very informative

Please come along to our next meeting to be held on **Tuesday 29th August at Sienna College 4.00 – 6.00 pm** if you would like to learn more and share ideas.

Contact Julie Taylor for more details.

Nutrient Reference Values

If you would like to find out more about the new Nutrient Reference Values (NRVs) which replace the old Recommended Dietary Intakes (RDIs) why not check out the National Health and Medical Research Council website at www.nhmrc.gov.au/publications/files/n35.pdf

NOTE WELL

All cheques for membership must be made out to HEIA Inc

NOT

Heia SA.

They are to be sent to Jamison Centre ACT

SEMINAR

Dr Winston J. Craig is Professor of Nutrition and Director of the Dietetics Internship program at Andrews University in Berrien Springs, Michigan, where he has taught health and nutrition classes since 1987. Dr Craig received his Ph.D. degree in Organic Chemistry from the University of Queensland in Brisbane and a Master of Public Health degree in nutrition from Loma Linda University, California. For a number of years Dr Craig taught nutrition at Loma Linda University, California and at the University of Massachusetts in Amherst. He has authored approximately one hundred articles for publications and has written "Nutrition for the Nineties", "Eating for Good Health", and "The Use and Safety of Common Herbs and Herbal Teas".

Dr Winston J. Craig August 4-6 2006

Friday 4th August - 1.00 - 3.30 pm - Enterprise House *

- > New Frontiers in Phytochemical Research
- > Herbs and Spices for the Prevention and Treatment of Chronic Diseases

Saturday 5th August- 3.30 pm - City of West Torrens Library Auditorium *

- > New Frontiers in Fruit and Vegetable Research
- > Use and Safety of Medicinal Herbs.

Sunday 6th August - 3.30 pm - City of West Torrens Library Auditorium *

- > Good Fats and Bad Fats
- > How to Lose Weight Safely and Effectively
- Enterprise House - 136 Greenhill Road, Unley, Lecture Theatre (Room 4)

City of West Torrens Library Auditorium - 1 Brooker Terrace, Hilton

Presented by Adventist Health lifestyle matters: seminars

www.lifestylematters.org.au

**CEASA News****ACE Proposal**

On the 7th June I attended an association forum organised by CEASA to discuss issues related to report by the Curriculum Corporation of Australia which proposes to replace all 9 current state senior Certificates with one Australian Certificate of Education.

The 6 recommendations include:

Curriculum essentials be identified in key curriculum areas by national subject panels.
Achievement standards be developed by which students results can be compared across Australia

All students undertake a National Key Capabilities Assessment part way through year 12
An ACE Award of Excellence be introduced based on the KCAA National standards body be established to manage the awards.

All students in the final years of secondary school become eligible to receive the ACE following state agreement to incorporate the recommendations in their existing certificate. A large turnout by representatives indicated the concern felt by associations and during the SWOT analysis conducted during the forum it was obvious that more threats were perceived than opportunities. From the ideas generated by the group, CEASA will produce a summary to be submitted to DEST on our behalf, by Aug 4th

Details of the proposal can be found in the report *Australian Certificate of Education – Exploring a Way Forward* at www.dest.gov.au/ace

Teaching Australia: A Charter for the Teaching Profession

CEASA has also distributed information on the development of a draft charter for teaching, for which individual or association responses are sought by 15th September
Details can be found at www.teachingaustralia.edu.au

Julie Taylor

Recipe of the term

(These **Zucchini & Carrot Muffins** were a real hit at the Child Studies Expo)

1 c w/m plain flour	2 eggs
1 c SR Flour	2/3 c oil
1 ts carb soda	1 c grated carrot
1 ts cinnamon	1 c grated zucchini
	1 ts vanilla
½ c chopped pecans	¾ c brown sugar

Method:

1. Sift together the first 4 ingredients, then stir in the nuts.
2. Whisk together the eggs, oil, sugar & vanilla.
3. Beat all together until combined.
4. Spoon into prepared muffin wrappers.
5. Bake for approx. 15 mins @ 180° until brown and firm
6. Cool & lightly ice with lemon cream cheese icing

Julie Taylor

National Conferences

14–15 August The Vision Splendid Adelaide
13th National conference of the Curriculum Corporation, with a focus on transforming school education through the use of ICTs
www.curriculum.edu.au

September

3–8 September 10th International Congress on Obesity Sydney
<http://www.ico2006.com/>

27–29 September Gifted 2006—Concepts, Challenges, Realities

Esplanade Hotel, Fremantle WA
<http://www.gifted2006.org.au/>
Further information: Email: conference@gifted2006.org.au

November

27 November Australian Association for Research in Education Conference
www.aare.edu.au

29 November—2 December Nutrition Society of Australia 30th Annual Scientific Meeting

University of New South Wales, Sydney

Further information: nsa@fconventions.com.au

December

7–9 December Values in Technology Education
4th biennial international Conference on Technology Education Research

Crowne Plaza Hotel, Surfers Paradise, Gold Coast, Qld

Further information: Dick Roebuck
Tel: 07 3735 5862 Fax: 07 3735 6868
Email r.roebuck@griffith.edu.au



DIARY DATE

A.G.M.

“Smell, Taste & Experience the Flowers”

Petal, Tulip, Daisy, Blossom, Daffodil, Poppy, Petunia, Pansy and Rose
Hope you will frolic with us at the

The Lyndock Lavender Farm
HOFFNUNGSTHAL RD LYNDOKH 0885244538
Saturday 4th November 2006.

9-00 am Bus leaves Happy Valley
9-15 am Target, South Rd. Bus stop 15
9-30 am Thebarton, South Rd. Bus stop 7
9-45 am Gepps Cross Girls High.
11-00 Lyndock Lavender Farm
11-30 A.G.M.

12-30. Lunch - Please Pre-ORDER
1.30 – 3-00 Tour of the Lavender Farm
Networking “Ideas that work in the classroom”
Please come prepared to share
3-00 pm Bus Departs

Cost Members \$35-00, Non Members \$45-00, Students \$30-00. Deduct \$20-00
if NOT using the Bus.

Nomination Forms, Lunch Orders, Bus Reservations and RSVP will be avail-
able in next HEIA-SAY,
or on www.heia.com.au

If you would like more information on this before the next newsletter please contact:

Narelle Bennett
Aberfoyle Park High Ph. 82704455
narelle@internode.on.net

H 82937656 Mob. 0439885224



...A different point of view!!

Much-vaunted Values Should be Enshrined in a Bill of Rights

The Howard Government has become keen on values. Erstwhile Education Minister Brendan Nelson wanted schools to instil Australian values into their pupils. Treasurer Peter Costello thinks that if citizens don't like the values of this country, then they can ship out.

And last week parliamentary secretary for immigration Andrew Robb flagged the possibility that would-be migrants to Australia ought to pass a citizenship test before they are allowed to settle here.

This test would ensure migrants had an understanding of Australian values, Mr Robb says.

And what are these Australian values, of which the Howard Government speaks? According to Mr Costello, they are democracy, the rule of law, the independent judiciary, independent liberty. Dr Nelson characterises them as mateship and giving another person a hand up and a fair go. And for the Prime Minister, Australian values are embodied by this nation's unswerving commitment to racial equality coupled with an absolute determination to ensure that all sections of the Australian community are fully integrated into the mainstream of our national life.

So as Mr Robb heads down the path of crafting a citizenship test for new migrants, he won't have to look far to find out what he and his fellow conservatives think are Australian values. But the absurdity of Mr Robb's idea is that the values about which the Prime Minister, Mr Costello and Dr Nelson speak, are not in fact uniquely Australian values at all. They are the values of the liberal democratic philosophical tradition.

They are the values of European democracies, Britain, Canada, New Zealand, South Africa, and any other nation which subscribes to a belief that liberal democracy is the superior means to organise society. Even the much-vaunted sense of egalitarianism and the fair go, about which Australians love to speak, is not uniquely Australian. Go particularly to New Zealand or Canada, and you will find that the citizenry of those countries, too, have a strong sense that they have a responsibility to make their land as equal as possible. And as for racial equality, once again there is nothing unique about Australia's supposed commitment to such an ethic. South Africa's 1996 constitution, perhaps

the finest expression of liberal democratic principles crafted by any country around the globe today, speaks of bedrock values of human dignity, the achievement of equality, non-racialism and non-sexism.

So Mr Robb's citizenship test will serve no purpose in inculcating a sense of Australian values to those who are forced to take it. Instead, it will merely serve to illustrate what those who want come to this country already know - that Australia is a liberal democracy and that as such it shares, in keeping with hundreds of other nations, the core values of this philosophical tradition.

The real issue that Mr Robb and his colleagues ought to be addressing, and one that a would-be migrant to Australia might muse upon, is why it is that Australia's commitment to the liberal democratic values of tolerance, equality and a democratic governance structure is so lukewarm.

If these core values are the bedrock of our nation, as the Howard Government says they are, then why do we not have a charter or Bill of rights to ensure that they cannot be so readily attacked? Australia is one of the very few countries theoretically underpinned by liberal values of tolerance, equality and the rule of law which does not enshrine those values in its constitution. And that is why the Howard Government can, because there is no constitutional charter or Bill of rights preventing it from doing so, undermine liberal democratic values so readily.

Whether it be in denying asylum-seekers the right to appeal to the courts against decisions made by the Executive, or through the introduction, in the name of the war on terror, of draconian sedition and association laws which threaten to make the innocent guilty, the Howard Government is guilty of undermining liberal democratic values on more than the odd occasion.

The Howard Government's constant harping about how much it cherishes and wants to uphold Australian values is both misleading and dishonest. There is nothing unique about them at all.

And if this Government really thinks that these days, Australia's subscription to liberal democratic values is somehow under such threat that its ministers need to constantly give speeches about them and devise tests to ensure that migrants understand them, then it should enshrine them in a charter or Bill of rights.

Perhaps that's a question Mr Robb and his colleagues might like to ponder.

Greg Barns is a former senior adviser to the Howard Government, and author of What's Wrong with the Liberal Party, published by Cambridge University Press (2004). This article first appeared in The Canberra Times, 2 May 2006.



Maccas toy story

Parents are celebrating a victory in the war on obesity after Disney axed a link with McDonald's to give away toys with Happy Meals.

Disney films will not renew a 10-year, \$1.3 billion cross-promotional deal with the fast food giant.

The move comes amid growing concerns over childhood obesity.

Characters from Disney family movies like *Toy Story*, *Finding Nemo* and *The Incredibles* have been given away in Happy Meals to help promote films.

But the deal will end worldwide – including in Australia – after this year's promotion featuring the movies *Cars* and *The Wild*.

Disney board member Steve Jobs has said there was "value" in the tie-ins but there were also concerns as "as our society becomes more conscious of some of the implications of fast food".

A quarter of Australian children aged five to 17 are overweight or obese. And on current trends, half of Australians will be overweight or obese by 2020.

State governments are ready to beef up controls to tackle the epidemic.

Justine Hodge said she hoped other companies followed suit.

And she added: "There is no doubt about it, children pester their parents these toys. Any move to remove this is a step forward."

Another popular children's character, the overweight green ogre Shrek, may also be about to step away from so-called less healthy meals.

DreamWorks Animation SKG, the studio behind the popular movie series, is believed to be considering whether its new *Shrek 3* should be only linked with healthy McDonald's meals like salads.

Disney reportedly ended the deal in part to distance itself from fast food and its links to childhood obesity – but the reason was rejected by both companies.

McDonald's said the move was made for "sound business reasons" and it would look at future tie-ins.

Disney added: "We look forward to a more flexible, non-exclusive relationship where we will be working with them on a case-by-case basis."

It is estimated toy promotions can triple Happy Meal sales. Texas advertising expert Professor Jerome Williams called it the "nag factor". "Studies have shown that, after a while, parents will give in to their children," he said.

ENTERTAINMENT BOOKS 2006/2007

They have arrived in the CEASA office!

Price for CEASA association members is \$55.00.

Contact Debbie or Natalie to purchase your Entertainment Book

phone: (08) 8463-5875 fax: (08) 8463-5855

web: www.ceasa.asn.au

NEW WEBSITE

The NSW government has launched a terrific new website for parents with lots of advice and resources about healthy kids. There is plenty of information about nutrition and physical activity including ways to assess if your child is healthy enough and what to do if they are not. This site is a great resource for parents across Australia, not just in NSW.

<http://www.healthykids.nsw.gov.au/>





HEIA (SA) Executive

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