



HEIA-SAY

Home Economics Institute
Australia (SA) Inc

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July/Aug/Sept

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Richard Glacken enjoying his platter lunch at
Kaesler Restaurant
Barossa



The President Says.....

From the HEIA point of view it has been a fabulous and very busy three months. We were privileged to be involved with some remarkable people and experiences. Ian Smyth from CEASA (Council of Education Associations of South Australia) led us through the history, decision making and implications of the National Professional Standards for Advanced Teaching and School Leadership. Then along came Jan Reynolds who had worked through the whole document and made suggestions and recommendations for us to consider. She is a truly amazing lady who has raised the profile of Home Economics and helped to keep it a vital and viable subject.

Those of you who were able to attend Jan's workshop on A-E Reporting last month will appreciate how valuable it is to have a presenter who knows our subject and can relate examples of best practice to the theory of new policies. Your Hub Group will have a copy of her presentation and someone, who attended the workshop, will guide you through this material. Thanks to CEASA for providing funding for this very valuable development.

It is great to hear that some of you are going to the Queensland "eduNation" Conference in Brisbane on 20-21 July. It will be the most applicable Nutrition conference for teachers. Hopefully those attending will be able to report back, via HEIA SAY?

Next came the wonderful "girls" from Birdwood (Gayle and Jean) who researched and organised our day in the Barossa. Timing was precise, without being onerous, venues were appropriate and interesting and the company was great. Next year we hope to see more of you on a visit to the Riverland.

The other challenges we have relate to finding the best information and presenters for the FOOD EXPO on 13th July.

Finally I would like to say if performance-based pay is implemented in the future, Home Economics Teachers could earn more than Principals.

Chris Parry



H.E.I.A. Diary Dates 2007		
JANUARY	FEBRUARY	MARCH
Sydney Biennial Conference 10th-12th Jan	Executive Meetings EDC Sat 3rd Feb 9-30am EDC Sat 17th Feb	Executive Meeting EDC Sat 17th March 9-30am World Home Economics Day Brunch Seacliff Beach Hotel Sat 24th 9-00 -11-30am
APRIL	MAY	JUNE
Easter 6th-9th	Executive Meeting EDC Sat 19th May 9-30am	Executive Meeting EDC Sat 16th June 9-30am
JULY	AUGUST	SEPTEMBER
FOOD STUDIES EXPO DAY EDC FRIDAY 13th July 10-00am -1-00pm Executive Meeting EDC 1-30- 3-30pm	Watch this space for workshop date.	Executive Meeting EDC Sat 1st Sept 9-30am
OCTOBER	NOVEMBER	DECEMBER
Executive Meeting EDC Sat 20th 9-30am	AGM Moonta Sat 3rd Executive Meeting EDC Sat 10th Nov 9-30am	Christmas Breakup

Membership update

As of **30th May** we have **144 members** with **27** of them being students!!!
 If your membership is overdue you will be unfinancial as of this date and will not receive membership benefits.
 Overdue notices have been sent to all unfinancial members.



**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: rmtaylor@adam.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



Fleurieu Hub meetings

Listed below are the T&D opportunities for the Fleurieu Hub Group plus other diary dates.

Please note that Deb Halse is making these T&D experiences open to all, not just those in the Fleurieu Hub.

Friday **13th July**
Food Expo- See Flyer
EDC Hindmarsh

Term 3 **Week 5** **Thursday** **23rd August**
Cup Cakes - A SACE unit
Seaford High School

Term 4 **Week 5** **Thursday** **15th November**
Home Economics Christmas Dinner
City venue to be decided.

Deb Halse

Many thanks for all of these T&D experiences Deb!

Have you planned any T&D in your Hub group that you could share with others?

Please email me and I will share with all members. (Editor)





HOT CHILLI SAUCE

This sauce can vary from mild to scorching, depending on the strength of the chillies used. For the best results, make the sauce with fresh roasted green chillies. This sauce goes well with the simple flavours of eggs, potatoes or chicken and makes a great base for Green Chilli Curry.

Ingredients

4 teaspoons roasted 'Hot n Spicy' oregano (dried herb rubbed between the fingers to crumble, but not too fine)

4 lb/2kg fresh green chillies (Mild green, red or green Jalapeno's or Serrano)

8 cloves garlic, roasted, peeled and finely chopped

1 teaspoon roasted ground cumin

2 teaspoons salt.

Method

Roast the chillies under the grill for about 5 minutes, until the skin is lightly blackened. Place in a plastic bag or closed container and allow to 'sweat' and cool. Remove the blacked skin without washing (to preserve oils).

Place the chilli and the rest of the ingredients in a food processor and chop at medium setting (do not puree). Warm before serving.

Tips you can add some pine nuts to this sauce before processing for added flavour and texture, or blend with olive oil to make a simple dressing.

ROYAL ADELAIDE SHOW COOKING AND SEWING COMPETITIONS FOR 2007

Hi all, this year the committee of H.E.I.A. (S.A.) decision to become involved with the Junior Cookery and Sewing competitions has been warmly received by the Sponsorship Team at the Royal Adelaide Show.

We thought it important to encourage further activity and awareness towards a sustainable future. Several of the sewing sections for 2007 have a "recycled materials" inclusion.

In the 2008 Cookery Sections, it is hoped that we will have a "Healthier Version" choice for most food products, accompanied by a small written justification to support each competitor's choice of ingredients and methodology. This proposal however, is still to be discussed with the event organizers.

Sections for students with Special Needs and Group-work options have been included this year.

Please encourage your school and its greater community to participate for 2007. There are some great monetary rewards. As one of our committee put it, "the thrill of entering is almost as good as the winning!"

You might like to explore the Royal Show's official web-site on www.adelaideshowground.com.au. This site has entry forms and details of every competitive option for Open, Junior and Secondary levels.

GOOD LUCK and above all, have lots of fun! Annette Wilson, Clare High School, Tel: 88422788.

**Woodcroft College Hospitality Skills Centre**

Home Economics Teachers Commercial Cookery, 2007

MEDITERRANEAN COELIAC COOKING**"Foods for a healthy lifestyle and future"**

Cost: \$40.00 Date: Wednesday 18 July, 2007 Time: 6.00 pm - 9.00 pm
All course materials, recipes and food is included in the course price.

JAPANESE CUISINE

Cost: \$40.00 Date: Wednesday 8th August Time: 6.00pm—9.00pm

PIZZA NIGHT

Cost: \$40.00 Date: Wednesday 5th September Time: 6.00pm—9.00pm

SPECIALITY GOURMET BREADS

Cost: \$40.00 Date: Wednesday 17 October, 2007 Time: 6.00 pm - 9.00 pm

QUICK AND EASY COOKING

Cost: \$40.00 Date: Wednesday 31st October Time: 6.00pm—9.00pm

Contact:- Petra Lorenz.**Bains Rd, Morphett Vale SA 5162****T: 8381 0407 M: 0428 477 002 F: 8322 6656****E: lorenz_p@woodcroft.sa.edu.au****OR****Karen Watson—Hospitality & Skills Centre Administrator****Telephone: 8381-0407****Fax: 8322-6656****Email: watson_k@woodcroft.sa.edu.au**



BAROSSA DELIGHTS

It was advertised as the "Barossa Experience" and it lived up to all promises.

Twenty three of us met at the Nuriootpa High School at 8-15 am on Saturday 9th June. Some made it to Nuri from Adelaide via two Wells (who was navigating Claire or Desanka) while others chose the luxury of wining, dining and spa at a motel and then walked to the bus. Who was it that brought their Entertainment Book, to experience other Barossa venues (at half price) on Friday and Saturday night also?

After the short bus trip to the Farmers Market, the buying frenzy started. Monica, familiar with the best buys at the market, headed straight for the egg and smoked bacon roll and coffee, for her breakfast. Our wonderful organisers even provided chilled eskies for our purchases, mine, Thai Duck sausages and Washington Washed rind cheese. In retrospect I should have bought some of the Carême pastry products here as they not only looked wonderful but, as I discovered later, tasted exceptional. Julie shared her salt and pepper chocolate, a very interesting assault on the taste buds. A chat with the Nuri students, selling their quiche and meringues, reinforced the notion that Home Economics is out there and doing a good job. Well done Lyn.

Next the visit to Luhr's Cottage where Ruth was reminded of her early days of marriage, in a 4 roomed cottage with no hot water, plunger washing machine and no electricity in the laundry. I compared life then, when every garment was lovingly mended, patched and passed down, to today, where most garments are thrown away. Some of us were old enough to recall experiences with ink wells, nibs and copy plate.

On to the purpose built Murray Street Vineyard near Greenock. Great venue and superb service where we sampled various local cheeses and wines (was it 10 or 12 Monica, steps can be a bit tricky). Janice rated the toilet at 4½ stars adding that it made the venue well worth the visit.

Richard, by this stage, had appointed himself as Deb Halse's social secretary, to vet all of her mobile phone calls. He suggested we change seats at every stop. This proved popular as discussions became very informative and beneficial.

In need of coffee and exercise we wandered along Murray Street Angaston. Impending grandchild presents for Colleen and lots of bling for Denise and Claire, we all enjoyed the opportunity to browse and shop. Angas Park proved to be a tasty option also.

The platter lunch, at Kaesler Restaurant, was an interesting combination of local produce. Lucky Jean and Gayle had the pleasure of Richard's company at the top table but he had to share the platter!

We arrived at Maggie Beer's Farm Shop at 2-00, in time to see the Verjus cooking demonstration. Annette sampled the herbal ice cream and declared it fingerlickin. Samples of fruit pastes, olives and dips in the familiar "Cook and Chef" venue, proved popular.

Gayle and Yvonne summed up our next visit. The enthusiasm of William and Claire was infectious and motivating. An exciting venture, specialising in making top quality pastry for the industry. "Carême" products will be high on all of our shopping lists. We don't ever have to make our own pastry again. Details of stockists and recipes will be available at the Food Expo Day. EDC 13th July.

The visit to the Quilt and Craft Cottage and demonstration of various rulers demystified and inspired many. Oh to have the time? Where to start with all those fabulous fabrics.

Looking at the community Barossa Bushgarden has given me confidence to include more colourful species, as well as the grasses and saltbush, in my new garden.

Jean Fulwood and Gayle Dorman are to be congratulated on the effort they put into organising such an informative day. Their research, local knowledge and the extra effort eg raffle prizes and corsages made this a great PD. As Nancy said "The taste buds were treated to such a variety of regional foods and wine. Just brilliant" The tradition continues:- We are now looking forward to the 2008 visit to the Riverland. Thanks Carole.

Diary Date TERM 4 Hub Home Ec Dinner Thursday 15th Nov.
6-00pm
City Restaurant to be Advised.



Nancy Harrington and Deb Halse



On the bus





Australia and New Zealand Food Regulation Ministerial Council

JOINT COMMUNIQUE 22 June 2007**FOOD MINISTERS PROTECT PUBLIC HEALTH**

An extraordinary meeting of the Australia and New Zealand Food Regulation Ministerial Council was held in Canberra today, chaired by Brett Mason, Parliamentary Secretary to the Australian Government Minister for Health and Ageing.

The Ministerial Council comprises Ministers responsible for food issues in Australia and New Zealand. At the meeting today, the Ministerial Council considered Food Standards Australia New Zealand's (FSANZ) first review report on the draft Standard for the mandatory fortification of food with folic acid.

Mandatory Fortification with Folic Acid

At their meeting on 4 May 2007, Ministers agreed to meet during June 2007 to consider FSANZ's findings from the first review of the mandatory fortification of food with folic acid standard required by the Ministerial Council and make a decision on the matter.

Food Ministers today affirmed the draft standard on the mandatory fortification of food with folic acid for inclusion in the *Australia New Zealand Food Standards Code* (the Code).

The draft standard requires the mandatory addition of folic acid to wheat flour for bread-making within the prescribed range of 200-300 micrograms per 100 grams of flour. This level of fortification is expected to prevent between 14 and 49 neural tube defects in the 300-350 affected pregnancies in Australia each year when combined with existing voluntary fortification permissions and current levels of supplement usage. In New Zealand, this level of fortification is expected to prevent between 4-14 neural tube defects each year. There is a transition period of two years for the new standard.

Neural tube defects are severe birth defects that are associated with considerable morbidity and mortality as well as hardship for carers and families. Fortifying food with folic acid has been adopted in a number of countries to reduce the prevalence of these birth defects.

In adopting the new standard the Ministerial Council has exempted wheat flour for bread-making represented as organic.

The Ministerial Council recognises the importance of public health and safety in adopting the new standard. An extensive monitoring system is being finalised to determine the effects of mandatory folic acid fortification.

It was also agreed that a comprehensive and independent review of mandatory fortification with folic acid will be initiated two years after implementation of the standard. The review will consider health impacts and the effectiveness of the initiative, the actual cost impacts on the food industry and the adequacy of the monitoring framework.

**Media contact: Carolyn Martin, Media advisor to Senator Brett Mason, 0417 966 328
Kay McNiece, Media Liaison to Ministerial Council, 0412 132 585**

**BEWARE OF THESE TOXIC CHEMICALS...**

SODIUM LAUREL SULPHATE and similarly, **SODIUM LAURETH SULPHATE (SLS)** are common detergents that are used in most shampoos, bubble baths, shower gels and other cleansers. SLS is also used to clean garage floors and to degrease engines. Dr K. Green has researched into the use of SLS, and found alarming results: the eyes readily absorb SLS, destroying delicate tissues there. This uptake is also greater in younger children. In short, it permanently impairs the normal functioning of eyes.

In addition to these findings, the American Journal of Toxicology has found that SLS
* irritates skin tissue, * corrodes hair follicles, * and impairs the ability to grow hair.

It also enters and maintains residual levels in the heart, liver, lungs and brain.

Many sufferers of scalp complaints have eased their conditions simply by using a SLS-free shampoo.

Another such chemical is **PROPYLENE GLYCOL**. Its industrial use is as anti-freeze, but it is also included in hair conditioners, deodorants, cosmetics, body lotions, skin creams and toothpaste.

Increasingly, it is being added to human and pet foods because it acts as a humectant, helping to retain moisture.

When used in skin creams it glides on smoothly, drawing moisture to the outer layers of the skin, giving the appearance of moisturising the skin.

Material safety data sheets, which give handling instructions for hazardous chemicals, state that propylene glycol is implicated in *contact dermatitis * kidney damage and liver abnormalities

* it also causes eye irritation, skin irritation, nausea and headaches.

These two ingredients are in the majority of personal care products. They are even used in 'hypoallergenic' products and baby products that are considered to be safe and gentle, yet still contain these harsh toxins.

Often so-called natural products contain SLS and propylene glycol. Adding essential oils and natural herbs to these harmful chemicals destroys any therapeutic properties from the natural ingredients.

Possibly the most dangerous chemicals to be included in personal care products are the ammonia derivatives, which are known to have hormone disrupting effects.

This includes:

DIETHANOLAMINE (DEA) **TRIETHANOLAMINE (TEA)** and **MONOETHANOLAMINE (MEA)**.

These chemicals are used to thicken and cleanse and are added to soaps, bubble baths and facial cleansers. They are not carcinogenic in themselves; however, when combined with products containing nitrates, a common preservative, a dangerous chemical reaction takes place leading to the formation of nitrosamines.

Most nitrosamines are carcinogenic. The Food and Drug Administration (FDA) in the US recognized this threat; in the 1970s it urged the industry to remove these products from its cosmetics, however a FDA report in the late 1980s found that 37 per cent of products tested still contained nitrosamines.

INDUSTRIAL ALCOHOL -Industrial alcohol is a major ingredient in mouthwash. The National Cancer Institute of America has found that mouthwashes with an alcohol content of 25% or higher have been implicated in mouth, tongue and throat cancers.

The alcohol acts as a solvent in the mouth, making the skin tissues more vulnerable to carcinogens. Also, men had a 60% higher risk and women a 90% higher risk of these cancers compared to those not using mouthwash.

ALUMINIUM - Aluminium is a metal that is widely used in antiperspirants, processed foods, soft drink cans, foil and cookware.

Dr Daniel Perl, Director of Neuropathology at Mount Sinai Medical Centre in New York recommends we avoid the use of aerosol antiperspirants. He has found that aluminium in aerosol form may be more readily absorbed into the brain through the nasal passages.

Studies show that regular use of these products can increase the risk of Alzheimer's by as much as 3 times.

LOOK OUT FOR THESE WARNINGS!

CAUTION Slightly toxic (many green products carry this label)

IRRITANT Causes soreness, redness, or inflammation of the skin, eyes, mucous membranes or breathing system

WARNING Moderately toxic

CORROSIVE Can destroy material or living tissue

DANGER OR POISON Highly toxic



Assessing A - E Workshops

Two very productive workshops were held on Thursday 31st May, 4.00 - 6.00 and 6.30 - 8.30 pm, with presenter Dr. Janet Reynolds flying in from Queensland for the occasion. Both workshops were well attended. The fact that many participants in the second group had just attended a SSABSA Hospitality conference was testament to the need for and relevance of the workshop. Comments on the workshop included:

"You made such logical sense and your examples made it all sound so easy."

"A very impressive and knowledgeable speaker. She kept me on track for two hours on a Thursday evening after teaching and a SSABSA 2 hour conference!"

"Congratulations to HEIA for organising such a great speaker last night. It was wonderful to have a presenter from Home Economics instead of a general project officer. I decided to go because I felt I had to, but now wish there was more time to work on A- E criteria based assessment with others"

Jan made the whole process of assigning levels, as will be required nationally, so much more logical, that most of the participants left feeling a lot more positive and capable of describing the actual achievements for levels A - E on assessment criteria sheets in real terms. Jan emphasized the need to use these as a starting point in discussions to establish common understandings, so that we are consistent within schools, states and nationally. She shared examples of criteria that had been developed by Education Queensland, then modified to fit Home Ec needs by HEIA Q.

Verbal and written comments on the workshop indicated that many people will head back to their schools with renewed vigor, with plans to work in faculties and Hub Groups to share ideas and review task assessment criteria sheets.

Any one who missed the workshop is invited to contact a member of the SA Exec, Christina Tassell, or Bronwyn Wood for a copy of the PowerPoint presentation on CD and written notes that were shared at the workshop. This will be provided free to members, \$10.00 to non-members.

Likewise, if you would like to attend or host a follow-up workshop in your area to make further progress on this aspect of your professional practice, please contact one of the SA executive members. We hope to run several writing workshops in different locations.

Julie Taylor



Indigenous Foods, Bush Tucker, Wild Foods,

What are they? How can I introduce them to students to get them motivated? Are they worth including in my program?

I guess we have all pondered these questions over the years and have come up with a variety of answers, both positive and negative.

Recently I took a group of Year 11 Hospitality students to Tumbeela Foods as an introduction to an assignment which requires them to create a meal showcasing Australian foods, for visiting Japanese students. I went there rather dubiously with these students as I had previously been there myself.

Warren Jones met us at the bus and chatted informally with the students until they assembled for the introductions. From there he took us to a lovely building and invited us to sit on a veranda overlooking a slope of lovely trees all richly tipped with autumn coloured young leaves. He then offered us all a hot drink and biscuit; these were well received as the morning was quite crisp.

Warren then talked to us about how he began growing the trees which produced the herbs and spices that he included in the biscuits and tea. He also offered tastings of other herbs and spices he grows and harvests.

A After this we went for a wander around his slopes tasting and smelling from each different tree and hearing about the uses and getting progressively hungrier as our senses feasted on the flavours and aromas. Back at the hut we were treated to two different flavours of ice-cream, a coffee flavour and a lemon flavour.

Many students took the opportunity to buy some of the herbs, spices and biscuits that Warren had on sale in the shop; in fact the students bought all of his biscuits.

I was amazed and pleased at the response of my students to the visit. They followed Warren as if he was the Pied Piper and have since shown that they remembered what he told them. I am having no difficulty encouraging them to use Australian herbs and spices in our planning and cooking.

Warren is a retired educator and showed me that he has not lost any of his skills with students since he retired. I can thoroughly recommend a visit to Tumbeela.

Pat Golding

Details to contact Warren are below.

Warren and Ewa Jones
Tumbeela Native Bushfoods
PO Box 80 Verdun
SA 5245
Tel 08 83887360 Fax 08 83881065

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