



HEIA-SAY

Home Economics
Institute Australia (SA)
Inc

Volume 4 2007

Nov/Dec



Inside this issue:

<i>Presidents report</i>	2
<i>Le Cordon Bleu</i>	4
<i>Conferences</i>	6
<i>Kitchen Garden</i>	7
<i>HEIA Diary Dates</i>	9
<i>Apex teenage Fashion Awards</i>	10
<i>Hospitality resources</i>	11
<i>Executive member profile</i>	12
<i>Cakes</i>	13
<i>Woodcroft Skills</i>	14
<i>"CREATE" Healthy Eating</i>	14
<i>HEIA SA Executive</i>	15
<i>Registration page</i>	16



HEIA(SA) PRESIDENT'S REPORT

AGM 3RD NOV 2007.

I have just returned from the World Teachers Day Celebrations at EDC. Julie Taylor and Christina Tassell were acknowledged for their contribution to Home Economics over the last 10 years and Patricia Greaves was recognised for her excellence as secretary of HEIA (SA). I was extremely proud to have been able to witness such a memorable event.

I thought it ironic however that we teachers, who spend our lives encouraging and praising our student's efforts, rarely use our skills to lift the profile and moral of our colleagues.

Firstly I want to acknowledge and thank your committee. It was with regret that we accepted **Claire Drummond's** resignation early in the year. As an O'Malley recipient working in the field of school and canteen food, she was a valuable asset to the Executive. I am sure we will hear more from Claire in the future.

Patricia Greaves has done a sterling job keeping track of our meetings, which as you can imagine do digress frequently. She has also become our representative on SAC.

Bronwyn Wood has not only brought our financial statements up to the professional level required for auditing, she has taken on the role of National Delegate. Her assistance with our professional development and communications is greatly appreciated.

Narelle Bennett is your President Elect. It has been very reassuring for me knowing such a capable person is available. She has elected to represent Home Economics teachers on the DECS committee preparing recommendations for the Government relating to

Food in Schools.

Sue Koenders our Country Rep has been largely responsible for organising our AGM at Moonta. Sue is a vital member of the Executive and chair of the O'Malley Panel.

Patsy Stamp is the Public Health rep on the executive. She is responsible for Archiving and on the O'Malley Panel. I appreciate Patsy's willingness to assist with function organising and respect her opinion.

Christina Tassell has retired but you would never know it. She has continued with the production of the quarterly Newsletter "HEIA-SAY" and to liaise with the Universities. Tina is also on the O'Malley Panel.

Dick Glacken is like a breath of fresh air. His many talents have been called upon as student Rep this year. His experience in food prep, IT and programme writing leaves many of us feeling inadequate. He will be an asset to the school that has the good sense to employ him.

Annette Wilson came onto executive last year and has become the liaison person with the Royal Adelaide Show Society.

Julie Taylor National President, CEASA Rep, Organiser of Professional Development and creator and distributor of the Nutrition Study Guides for SA Teachers. This has also been one of our major fundraisers over the last 7 years. For these reasons the Executive have decided to present Julie with the HEIA Perpetual Trophy for 2007.

The HEIA Mission Statement is to **educate, inform** and to act as an **advocate** to government, industry and the community for families and households so that individuals can make informed choices in order to **enhance** their everyday living.



On a National level January in Sydney saw the "Horizons in Home Economic" conference and in July Brisbane hosted the "eduNation" nutrition conference. Both were excellent providing education and information relevant to our teaching.

From a professional point of view HEIA (SA) has provided the opportunity for teachers to gain information at two seminars in May on A-E Reporting with Dr Jan Reynolds. These events were sponsored by a CEASA Grant. It was disappointing that more teachers did not take up the offer of TRT vouchers to facilitate extension activity on A-E writing within their Hub Groups.

The Food Expo day, organised for July, was only attended by 50 people, leaving us wondering if this is good use of time and resources when we have 150 members.

A Coffee Academy Workshop and Futura Demonstration and Workshop were also only attended by 15 teachers. As these were topics and times requested by our members, what assumptions do we make?

On a more positive note the World Home Economics Day Celebration was very well attended. Professor Manny Noakes gave an excellent presentation on the development of the CSIRO Diet and we were all thrilled to congratulate our first Resek Scholarship recipient Jacqui Binnekamp and Janine McAlister, Kelly Bregantic and Claire Drummond our O'Malley Scholars.

The highlight of the year for me however was the Barossa Experience organised by Gayle Dorman and Jean Fulwood. Nine hours and nine venues for \$45-00 was excellent value and most of the venues were new to me.

They were well selected researched and informative. Thank You very much Gayle and Jean. Thank you also to the many others who organise Hub activities for our teachers.

Our Newsletter does inform you of current issues and resources but we would love to have articles from members. All of us need to be proud of our efforts and let others know of our achievements via "HEIA-SAY" If you have an activity or programme that worked well inform others so that they can improve their outcomes without the stress of having to re-invent.

Advocate. It is partly due to the advocacy of HEIA that the UniSA Home Economics course is reinstated. A recent conversation with Denise McGregor revealed that the number of first preference applicants for the 2008 intake has significantly increased, well above the 25 quota, hence she is now negotiating to increase the quota. The next step is to get schools to employ trained specialist teachers. To this end we sent letters to most Principals informing them that exit students, trained in Home Economics would be available for employment. Now more than ever, we must maintain the integrity of our subject.

Tina and I have visited the Universities and discussed many issues with the students. We invited all trainee Home Economics teachers to a Cocktail Party to help them orientate and we have paid their student membership for the first year to HEIA to encourage them to be involved.

With A-E Reporting, National Professional Standards and future SACE to deal with as well as the everyday challenges you face, my request is for you to **enhance** your teaching by sharing your skills, talents and expertise. **Don't just survive - blossom.**

Le Cordon Bleu offers \$1 million hospitality scholarship program throughout Australian schools

Internationally acclaimed hospitality management school Le Cordon Bleu is offering 50 scholarships worth \$1 million in total to Australian high school students to help uncover the next generation of hospitality high-flyers.

Le Cordon Bleu Australian marketing manager, Karen Dubois, said applications for the *Young Australian Entrepreneur Scholarship* close in November for the 2008 intake, however, final assessment does not occur until Year 12 results are available.

"Since establishing its Adelaide operations in 1998, Le Cordon Bleu has enjoyed tremendous growth and we now train over 2,000 students a year at our Adelaide and Sydney campuses," Ms DuBois said.

Le Cordon Bleu Australia is now the State's largest private provider of hospitality education and has a campus at Regency Park in Adelaide (hospitality management and gastronomy degrees) and in Sydney (culinary arts certificates).

"The *Young Australian Entrepreneur Scholarship* is a way for Le Cordon Bleu to give something back to the community. We want to encourage high school students with limited financial means to achieve a Le Cordon Bleu qualification," Ms DuBois said.

The annual \$20,000 scholarships are available for the Le Cordon Bleu Bachelor of Business degrees in International Hotel Management or International Restaurant Management.

Both degrees are taught in Adelaide

and have Federal Government higher education accreditation, giving them the same status as an Australian university degree.

"Adelaide is the only place in the world offering these entrepreneurial hospitality management degrees, through Le Cordon Bleu and our partnering institute, the University of South Australia," Ms DuBois said.

She said Le Cordon Bleu Australia recently employed a former Le Cordon Bleu student, 24-year-old Shelley West, to travel to high schools throughout Australia to promote the scholarship program.

"Despite her young age, Shelley has a decade of hospitality experience working in restaurants, hotels and cafes and we are confident she will be an excellent ambassador for Le Cordon Bleu in Australia," said Ms DuBois.

"We wanted someone with enthusiasm and a genuine passion for hospitality to spread the word among young Australians still considering their career options - and Shelley impressed us with her knowledge and commitment to the industry."

Shelley, who has worked in the hospitality industry in Adelaide and Cairns, said she was excited about her new role as marketing officer for Le Cordon Bleu Australia after years of frontline experience in hotels, restaurants and cafes.

"My message to other young people is that hospitality is a career with endless opportunities," Shelley said.

"I think many high school students regard hospitality as a way to earn some pocket money, doing casual waitressing or pub work, without realising it can be a very rewarding

"With the right training and attitude, a career in hospitality gives you the opportunity to travel the world, working with great people.

"Hospitality is such a broad and varied occupation. As well as food and beverage service, you can move into marketing, HR and sales roles and, ultimately, general management roles at larger hotels and resorts.

"There are just so many different areas in which you can work," Shelley said.

Ms DuBois said Le Cordon Bleu Australia provided an internationally recognised qualification and graduates from Adelaide are now working in hotels and resorts all over the world, from Europe to Asia and North America.

"We work very closely with industry to ensure our degree courses are up to date and relevant with the latest hospitality trends," Ms DuBois said.

"At the same time, a unique feature of Le Cordon Bleu courses is the focus on industry placement with students moving beyond the classroom and spending a total of 12 months working with their chosen sector - such as restaurant, hotel or convention centre - to gain valuable practical knowledge."

Ms DuBois said students have the capacity to earn enough money during their paid industry placements to cover the balance of their tuition fees of the two-and-a-half year degree.

"Completing a Le Cordon Bleu course gives young Australians the exciting prospect of entering their chosen career with a prestigious internationally-recognised qualification, 12 months of practical experience under

their belt - and no education debt."

Le Cordon Bleu began in Paris in 1895 and over the past century has grown into a global network of 30 schools in 15 countries teaching over 20,000 students a year.

Further information:

Karen DuBois

Le Cordon Bleu Australian marketing manager

Telephone: 08 8348 3066 or 0437 652 177

Email: kdubois@cordonbleu.edu

Carême Pastry

Send out four seasonal newsletters each year via email. Their Newsletter is viewable online, for which you will need a password to access. To view simply use your email address in the username and password field.

www.caremepastry.com

You will also find a range of [recipes](#) and online [cooking classes](#) on their website. In addition to their newsletters they will send out emails notifying you of cooking classes that they are hosting throughout the year.

Happy baking!

Claire & William

Carême Pastry

7 Petras Street

Tanunda SA 5352

Po Box 184 Greenock SA 5360

Ph 08 8563 1490 Fax 08 8563 1470

Woodcroft College Short Course participant



Caroline Camens

....

Membership news

We have 154 members

29 of whom are students!

A warm welcome is extended to
Avril Dargie and Adrian Harvie

CONFERENCES

The Australian Health Promoting Schools Conference is being held in Adelaide on 2-4 April 2008 at the National Wine Centre.

The conference is open to all people interested in health promotion in schools and preschools including school and preschool staff, students and parents, health professionals and academics.

To submit an abstract, to register your interest in the conference or for more information, please visit www.sapmea.asn.au/ahpsa2008/.

Please forward the link to anyone you think would be interested in submitting a paper or attending the conference.

Please do not respond directly to this email. Correspondence should be forwarded to Renee Jolly at ahpsa2008@sapmea.asn.au.

.....

Answers To Test your brain power

1. Boxing
2. Niagara Falls
3. Rhubarb and Asparagus
4. Strawberry
5. When the pear is small a bottle is suspended over the bud and wired in place until the pear ripens, it is then snipped off
6. Dwarf, Dwindle, Dwell
7. Apostrophe, comma, colon, semicolon, brackets, parenthesis, exclamation point, question mark, full stop, dash, hyphen, braces, ellipses.
8. Lettuce
9. Shoes, skates, skis, slippers, socks, stockings, sandals, sneakers, snowshoes, stilts!



Kitchen Garden Education

...Sowing the seeds for developing good food habits in children.

During the July school holidays I visited Collingwood College in Melbourne. It is recognised in Victoria as a highly innovative and proactive inner city P-12 state school. Collingwood College interested me because it offers primary school children in years 3 to 6, as part of its school curriculum, an opportunity to learn about nutrition by growing, harvesting, cooking and sharing fresh healthy food with their peers, in a fun, hands on supportive environment.

Renowned chef and food writer, Stephanie Alexander first initiated this edible garden/cooking program in 2001 by establishing a Kitchen Garden at the College, in order to teach children about the joys and benefits of freshly grown food. She believes that, "there is no such thing as special food for children: if food is good then everyone will enjoy it regardless of age".

I was fortunate enough to spend a whole day observing the program in action thanks to the Assistant Principal of Collingwood College, Stanley Pamieta who made it possible at short notice. I supported students in the kitchen for 2 sessions and observed children in the garden for 1 session.

The Kitchen Garden program operates twice weekly on Wednesdays and Thursdays during the school year. The children spend 2 lessons in the kitchen and 1 lesson in the garden every week. The success of the program is largely due to the enthusiasm, dedication and commitment of the volunteers who work alongside the part-time chef and gardener, in order to support the children with their learning by making it a fun and enjoyable experience.

The kitchen is a bright, colourful and stimulating environment. The walls are decorated with attractive posters, menus and pictures of children proudly displaying what they have cooked. The aroma of fresh herbs, fruits and vegetables, as well as dried ingredients, fill the air and creates a warm and inviting atmosphere. The kitchen is fitted with 6 work stations, storage cupboards, fridge, a white board, demonstration bench and mirror, compost bins, chairs and round tables. The kitchen layout has a domestic look and feel, however, all of the cooking equipment, serving dishes and utensils are stored in sight and are grouped together using commercial kitchen principles. Adjacent to the kitchen is a laundry equipped with a washing machine, dryer, and freezer.

The weekly menu is based on different themes. This week's menu consisted of 5 delicious gourmet recipes and focussed on the theme of Brassica Vegetables. For example:

Steamed Brassica Salad tossed in Herbs & Lemon

Garden Lettuces & Garlic Croutons

Potato Gnocchi with Fennel tops, Sage & Parmesan

Chinese Stir-fried Chicken, Bok-choi, Spinach & Garlic Chives

Orange Cup Cakes with Kumquat Marmalade

The children freshly pick many of the ingredients used in the recipes on the day; others are either donated or purchased. A budget of \$1.50 per child per week is allocated for any additional produce required.

At the beginning of the cooking practical, the chef introduces the children to the theme for the week and then a child reads the menu in front of the class.

This is followed by a general discussion about the theme, ingredients and equipment required. I was impressed with the children's food knowledge as they were able to easily articulate the meaning and give specific examples of Brassica Vegetables. They were also familiar with different types of kitchen equipment and their use. The children work with a volunteer in small groups to make the recipe. The ratio is typically 4:1. They have approximately 50 minutes to complete their recipe. The children are responsible for collecting the fresh ingredients, organising the equipment, cooking the recipe, setting the tables, plating up and cleaning up. The kitchen environment is a buzz with enthusiasm, cooperation, teamwork, communication and high levels of productivity. I was delighted by the children's confidence in their own cooking abilities, such as, measuring, cutting, stir-frying, steaming, mixing, making gnocchi, and baking. The look of pride on the children's faces after successfully making and plating up their recipe was priceless.

The best part of the session was sitting down with the children and volunteers to a beautifully set table laid with plates, cutlery, glasses, candles, flowers and samples of food from each group to tempt the senses. The shared table experience is considered to be an important part of the program as it encourages social interaction, thinking, and communication. It also creates a relaxed setting in which the children can experience the pleasure that comes from sharing and eating food which tastes good. The children are encouraged to taste a little of each dish on the menu and to my amazement they ate everything on their plate, including the Brussels Sprouts! This program reinforces the notion that children are more likely to eat healthy food if they are actively involved in the process of preparing and cooking food.

This experience has inspired me to make changes in my own classroom. I am currently experimenting with preparing 5 different recipes in my yr 9 Home Economics class and incorporating a shared table dining experience.



It has been a challenging but rewarding venture. The students have embraced the opportunity to cook different recipes and they have enjoyed sitting down together sharing each other's food. The conversation around the table has so far been very positive.

The garden is well maintained and at the time it was bursting with winter produce. It has several garden beds, a green house, storage shed and compost areas for recycling both garden and kitchen waste. The garden also acts as an outdoor Art Gallery as it proudly displays many of the children's works of art, such as, paintings, mosaics, decorated poles and colourful signs. Divided into small groups supported by a volunteer per group, all of the children eagerly participated in a range of different and fun learning activities, for example, garden bingo, sowing seeds, planting Asian greens, harvesting fresh ingredients to be used in the kitchen, decorating pots for the spring fair, wheelbarrow races and license training. The gentle rain didn't dampen their spirits or enthusiasm.

The hands on, concrete learning that takes place in the garden goes beyond teaching children about where food comes from. It introduces them to various plants and insect species, seasonal and cultural foods; caring for the environment, water conservation, recycling waste, composting, landscaping, agriculture, sustainable gardening and organic methods of pest control. The garden program is, therefore, strongly linked to the whole school curriculum and extends classroom learning.

This pilot program has been so successful that in 2006 the Victorian Government recognised its value and provided funding for the expansion of the Kitchen Garden Program into a further 40 Victorian Primary Schools across the State over a 4 year period. Stephanie Alexander's vision through her Kitchen Garden Foundation is, "to develop life-long healthier and happier eating habits in a new generation of Australians by engaging them in growing, harvesting, preparing and sharing delicious and healthy food at primary school".

The Federal Labour Party has pledged to spend 12.8 million dollars over 4 years to expand this pilot program in primary schools across Australia if it wins the November election. Irrespective of the election outcome, I believe this program needs to be incorporated into South Australian Primary Schools for the following reasons:

1. Cooking is a life skill and it needs to be taught at an early age.
2. It introduces children to nutritious foods and promotes life-long good food eating habits.

3. It develops children's food knowledge, literacy, thinking, numeric, cooking, creative, communication, teamwork, time management, and interpersonal skills.

4. It engages children and stimulates their imagination. It also builds on their natural curiosity to explore the environment in which they live and it teaches them how to care for it.

5. It develops children's self esteem, confidence and pride in their achievements.

6. It enriches and reinforces student learning across several areas of the school curriculum, such as English, Maths, Science, Art, Society and Environment, Design & Technology and physical education. Furthermore, the learning is real, relevant and fun.

7. It incorporates the SACSA Framework and many of the key competencies.

8. Its inclusive, multi sensory, inter disciplinary and holistic approach improves learning outcomes for all children.

9. It empowers children by providing them with the knowledge and skills they need to make healthier food choices, to establish their own garden and prepare nutritious meals at home.

10. It has a community focus. It involves children, families, members of the school and wider community working together.

11. Children would enter Secondary School Home Economics highly skilled and knowledgeable, thereby lifting overall standards of achievement and,

It introduces children to the beginnings of Career and Vocational Education.

Additional Information about Stephanie's Kitchen Garden Program and Foundation refer to:

www.kitchengardenfoundation.org.au

Beatrice Casbarra

Home Economics Teacher

Windsor Gardens Vocational College, ph: 82612733

Website Review: Food for kids

Food for Kids is produced by Choice, Australia's leading consumer organisation. CHOICE Food for Kids will:

- Provide information about food products that will help you to make informed choices about food for your kids.

<http://www.choicefoodforkids.com.au/>



H.E.I.A. Diary Dates 2008		
JANUARY	FEBRUARY	MARCH
<p>Term 1 24 Jan - 11 April</p> <p>Term 2 28th April - 4 July</p> <p>Term 3 21st July - 26th Sept</p> <p>Term 4 13th Oct - 19th Dec</p>	<p><i>Executive Meeting</i> EDC Sat 9th Feb 9-30</p> <p>Sat 16th Feb EDC Incorporating A - E Workshop</p> <p>Bring your laptop</p>	<p>Welcome to Uni students</p> <p>World Home Economics Day Brunch</p> <p>Sat 15th March 9-30 -12-30</p> <p>O'Malley Breakfast</p> <p><i>Easter 21st --24th</i></p>
APRIL	MAY	JUNE
<p>WOODCROFT 4 DAY</p> <p>UPDATE OF COOKING SKILLS</p>	<p><i>Executive Meeting EDC</i></p> <p>Sat 3rd May 9-30</p> <p>COFFEE ACADEMY WORKSHOP</p>	<p>UNIVERSITY STUDENTS</p> <p>COCKTAIL PARTY</p> <p><i>Executive Meeting</i> EDC Sat 14th June 9-30 am</p>
JULY	AUGUST	SEPTEMBER
<p>Resource Sharing Day</p> <p>EDC Bring your programmes, laptop and flash drive</p> <p>18th July 10-00 12-30 AGM LUNCH TBA <i>Executive Meeting 1-30 3-00</i></p>	<p><i>Executive Meeting</i></p> <p>EDC Sat 16th Aug 9-30am</p>	<p><i>Executive Meeting Sat 6th.</i></p> <p>PORT ADELAIDE ELECTIVE</p> <p>Sat 20th Sept</p>
OCTOBER	NOVEMBER	DECEMBER
<p><i>World Teachers Day HEIA Awards</i></p> <p><i>Executive Meeting EDC</i></p> <p>Sat 18th 9-30am</p>	<p><i>Executive Meeting</i></p> <p>EDC</p> <p>Sat 15th Nov 9-30am</p>	<p>Christmas Dinner TBA</p>

OHS&W Workshops can be presented to any HUB Meeting by members of Executive on request.

APEX Australia Teenage Fashion Awards

1st & 2nd Dionysia Skaltsas from Adelaide High

The inaugural South Australian event held in October at Scotch College Barr Smith Theatre, was a great success. With over 40 entrants in the first year, Apex is very pleased and proud of the entrant's outstanding abilities and creativity. The 3 winning students from each category (Casual Day; Fantasy; Evening/Formal) will now all be travelling over to Geelong in Victoria next month to participate in the National Finals. We will let you know how they go!

Our congratulations are extended to the inaugural winners who were :-

CASUAL DAY WEAR

1st Helene Herbert from St Aloysius College; 2nd Gemma LeCornu from Westminster School; 3rd Renae Williams from Westminster School

FANTASY

1st Bianca Vo from Loreto College (you may have seen the photo and story on Bianca's fabulous design in The Advertiser on 10th Sept)

2nd Lorinda Jones from Port Augusta Secondary School; 3rd Grace Marryat from University Senior College

EVENING/FORMAL

1st & 2nd Dionysia Skaltsas from Adelaide High;

3rd Alissa Melhuish from St Ignatius College

AATFA will be an ongoing annual event here in South Australia thanks to the very generous support from so many within the fashion industry here in South Australia. Next year's event promises to be even bigger and better and we hope you will encourage your students to enter and participate. There will be more info on next year's event coming soon - watch this space !

Leanne Songer

AATFA CO-ORDINATOR – SOUTH AUSTRALIA

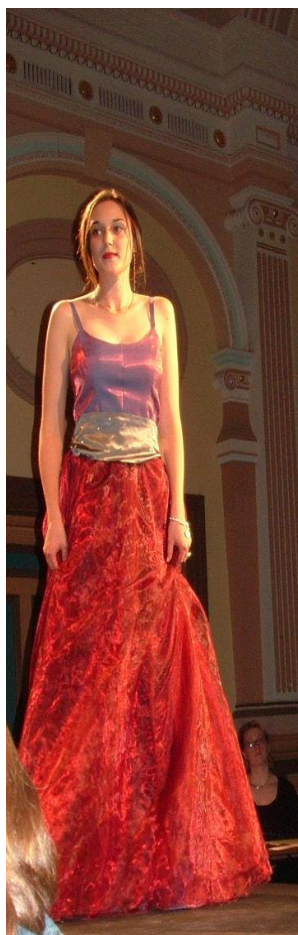
www.aatfa.org.au

I attended this event and was blown away with the talent that our students showed. Lets see 100% increase next year and really blow away the other States!

Christina Tassell



Fantasy



2nd Lorinda Jones from Port Augusta Secondary School





Hospitality Resources-

Didasko subsidises the cost of their Quality resources for Secondary Schools.

What the resources are about

Didasko learning resources are designed specifically for learners. They directly address **national competency standards** while providing a stimulating and fun learning resource with proven improved learning outcomes.

Didasko learning resources are based on the relevant **National Training Package**. They enhance learning by the use of comprehensive text content and engaging multimedia including graphics, animation, sound and video to impart theory.

Didasko learning resources include a Training Delivery Guide that supports the teacher and the School. The resources **enable quality, consistent and compliant training delivery** and outcomes.

Learning methodology

Didasko learning resources provide a rich learning environment based on **problem and action based learning principles**. Learners are encouraged to experiment with the content, to **see-try-apply** as they follow a basic linear pathway through the materials.

The rich educational environment has a strong link with **facilitated training and learning**. Cues are provided throughout the content pointing to opportunities for competency demonstration in the workplace. Learners are continually provided with context during their acquisition of underpinning knowledge.

The major benefits for the Learner include:

- Learners gain knowledge and are motivated by the engaging multimedia format.
- The resources mirror the national competency standards.
- Underpinning knowledge for all assessment criteria from each unit of competency is addressed.
- Worksheets provide evidence of underpinning knowledge for each unit.
- The resources do not assume existing knowledge of the content.
- Clear, understandable language is used, along with rollover glossaries.
- Learners can learn theory at their own pace allowing structured training sessions to focus on practical aspects of the course.

For the teacher and School the resources offer **consistent and compliant tools** that address the **national competency standards**.

The Didasko learning resources are also backed up with a Training Delivery Guide that supports **quality, flexible, consistent and compliant** training delivery and outcomes.

The Training Delivery Guide includes the CD-Rom, general information, practical timetables, learner contact log, results sheets, theoretical worksheets, questions and answers and assessment tools.

The multimedia material offers the teacher a complete package of delivery tools that includes text, graphics, animation, sound and video. Handouts are no longer necessary as each learner has their own copy of all the information.

Teachers often comment that the level of face to face contact is greatly enhanced by informing the learner in advance of the material to be covered. This gives the learner the opportunity to gain basic underpinning knowledge prior to a lesson or practical application.

Teachers are also enthusiastic about the ability of learners to participate with confidence **using the language of the industry** as demonstrated in the resource.

For further information go to the Didasko web site www.didasko.com or contact Graham Brown at graham.brown@didasko.com or on 03 9573 3900 for a full list of the current available resources.

EXECUTIVE MEMBER PROFILE: ANNETTE WILSON**Years as a Home Economist:**

Initially trained as a Primary teacher at Wattle Park Teachers College 1963 but transferred to a Home Economics "pressure cooker" course at Western Teachers College 1964 because of teacher shortage, with first appointment to Balaklava High 1965.

Membership:

Became a member after attending the A.G.M. in 2006 at the Lyndoch Lavender Farm. (Julie Taylor gave a very good sales pitch!)

Working at:

Currently not working, but for the past 20yrs have engaged exclusively in contracts for S.A. D.E.C.S. Have used this type of employment to my advantage so that I could, in 'respite', explore a variety of personal development courses which have enriched my teaching.

What do I enjoy most about my job?

The excitement and challenge of fitting into a new school's program and faculty expectations whilst supporting students and the teacher on leave. Each day is different and certainly never dull or boring!

Studied at: Wattle Park Teachers College 1963, then Western Teachers College 1964, O.A.R.S. Jobskill 1994 and R.E.I.S.A. (Certificate 1V in Real Estate Sales) 2000.

Work History:

Apart from teaching Home Economics for 30+yrs I have been involved in a plethora of activity which has given me a broad experience of life and skill development. I have been employed as a Team Leader for

O.S.H.C. in Morphett Vale, Kitchen Hand / Dishwasher at the Salopian Inn, MacLaren Vale, Grape Picking and Packing, Robinvale, S.A.U.G.A. Project Officer for Healthy Lifestyle Promotion for the Unemployed, Primary Schools Project Officer for the Royal Life Saving Society, Craft Presenter, Aldinga Community Centre, Daws Road Skills Centre Teacher, Copper Triangle Skills Trainer, The Results Project convenor, a privately funded project that further established the links between nutrition to support learning difficulties and challenging behaviours. PHEW!!

Personal Belief:

That Home Economic programs provide an excellent opportunity for students to become masters of self and their environments through an understanding that you create and are responsible for, your own choices of action and experiences in this worldly and outer world creation.

Future goals: To continue to attract experiences that are joyful and full of laughter. Further engagement with students to assist with the reduction and dependency of prescribed drugs for behaviour management.

Thought For The Day

To laugh often and much,
to win the respect of intelligent people
and affection of children,
to earn the appreciation of honest critics
and endure the betrayal of false friends;
to appreciate beauty,
to find the best in others,
to leave the world a bit better,
whether by a healthy child,
a garden patch,
or a redeemed social condition;
to know that even one life has breathed easier
because you have lived,
this is to have
succeeded.



Cakes that I found popular, easy to make and economical while I was cooking on the station.

Chris Parry

Please Try

**LEMON / ORANGE
COCONUT CAKE**

300g melted **butter**

4 **eggs**

2c **sugar**

Place in a large bowl and whisk well

Juice and rind of 2 large **lemons** or

2 small **oranges**

Place in a measuring jug and add **milk** to make up to 2 cups

3½ c **SR flour**

Fold liquid and flour alternately into the bowl

Bake in lined roasting tin for 60min at 180°C

Top with lemon or orange **icing** and coconut.

DUMP CAKE

(named for the method of "construction")

800g can of **Pie Apple**

2 **eggs**, beaten

250g **butter**, melted

1 tsp **vanilla**

1 tsp **bicarb soda**

1½ c **sugar**

2 tsp **cinnamon**

½ tsp **nutmeg**

½ tsp **mixed spice**

½ tsp **salt**

1 c **plain flour**

1¼c **SR flour**

Place all ingredients into a large bowl, mix well. Spread mixture into a lined roasting tin, top with **cinnamon sugar** Bake for 60 min at 180°C

Serve hot as a dessert or cold as a cake.

BOSTON BUN

1c **mashed potato**

1c **sugar**

1c **milk**

1c **sultanas**

1 tsp **cinnamon**

2c **SR flour**

Mix all together.

Top with **cinnamon sugar**.

Bake in 2 lined loaf tins at 190°C

For 30 min

Serve buttered

BOILED CHOCOLATE CAKE

2c **water**

2c **sugar**

250g **butter**

1 tsp **bicarb soda**

4 Tbsp **cocoa**

Heat in a large saucepan, stir occasionally, boil for 5 mins.

COOL

4 **eggs**, beaten

3c **SR flour**

Add to the saucepan and combine.

Bake in a lined roasting tin at 180°C for 60 mins.

GANACHE (optional)

200g **cooking chocolate**, melted

1c **cream**

Beat together until smooth. Spread on cake when cold.

Hospitality Resources on show at Woodcroft Skills Centre

Thank you to Petra Lorenz, manager of the Woodcroft College Hospitality & Skills Centre, for organising an afternoon tea and presentation of hospitality multimedia resources on Tuesday 2nd October.

Approximately 30 teachers from local schools enjoyed the sumptuous food and were introduced to the resource materials by Graham Brown, representing the Didasko Group.

These resources are the latest available and have been prepared to give students an interactive resource to build their confidence, and one that they can take anywhere with them in the future.

In addition, these materials make life easier for teachers by removing the need to create handouts, overheads or power-point presentations.

The response by the teachers present was very enthusiastic, and they even seem quite affordable.

More info in the accompanying promo from Didasko.

Julie Taylor

(See page 11 for more information)

The 'CREATE healthy eating in schools'

Program was effective in increasing healthy food choices in participating schools using a whole school approach. The program emphasized the following key requirements for sustainable change:

- Adequate time is invested in raising awareness about healthy eating and planning healthy eating activities,
- Processes to monitor and review activities are established,
- Representatives from the whole school community are involved in planning, implementing and reviewing healthy eating activities,
- Appropriate resources and tools are provided to support participant learning and the process of change within schools,
- Links are created across both the school community and with outside agencies, and
- Nutritionist support is available.

The 'CREATE healthy eating in schools' program will continue to be offered to schools, especially as healthy weight has become a population health focus for children and adolescents across government departments as well as the general community.

For further information contact:

Rita Alvaro or Leanne Kennett

Nutritionists

Centre for Health Promotion

Children, Youth and Women's Health Service

8th floor Samuel Way Building

Women's and Children's Hospital

72 King William Road

North Adelaide SA 5006

Tel: (08) 8161 7777

Email: rita.alvaro@cywhs.sa.gov.au

www.wch.sa.gov.au/chp.html>www.wch.sa.gov.au

Just click on 'Enjoy healthy eating', then 'Create healthy eating'.



HEIA (SA) Executive

President: Chris Parry 0407183832
 Email: jp@twpo.com.au

President Elect: Narelle Bennett Aberfoyle Park High School 82704455 (W)
 Email: Narelle@internode.on.net

National President Julie Taylor - Aberfoyle Park HS 8270 4455 (W)
 Email: rmtaylor@adam.com.au

Secretary Patricia Greaves - Enfield High School 8262 1468 (W)
 Email: patricia.greaves@enfieldhs.sa.edu.au

O'Malley Chairperson/Yorke Peninsula Rep

Sue Koenders- Maitland Area School 8832 2613(W)
 Email: koenders@aapt.net.au

Treasurer/National Council

Bronwyn Wood Fremont Elizabeth High School 8255 7566. (W)
 Email: fossel1@gmail.com

Newsletter Editor Christina Tassell 8251 2404 (H)
 Email: tinatrev@bigpond.net.au

CEASA Rep. Julie Taylor
 Email: rmtaylor@adam.com.au

Public Health Patsy Stamp - Metropolitan Domiciliary care 8440 6775 (W)
 Email: Patsy.Stamp@state.sa.gov.au.

Executive Members: Dick Glacken Email: gladik69@bigpond.net.au

Annette Wilson Email: reddragon@chariot.net.au

Jean Fullwood

Student Contact: VACANT

**HEIA (SA)****PROFESSIONAL DEVELOPMENT REGISTRATION FORM**

ABN 86-993-863-921

Not GST Registered

Upon receipt of payment this form becomes an invoice

Name: _____

School/Organisation (if applicable): _____

Address/PO Box: _____

Suburb: _____ Postcode: _____

Telephone: (W) _____ (H) _____

Email: _____

HEIA Full/School Member Non-member Student Member

Non member but will join at event

In the table below please indicate the event for which you wish to register.

Title of event	Cost \$
	TOTAL COST \$

Return form, with payment, to HEIA(SA) Bronwyn Wood, 51 Nilpena Court, Craigmore, 5114

Cheques made payable to HEIA(SA)

Confirmation of registration will be sent on receipt of payment. There is no guarantee of a place if payment is not received with registration.

If you have any queries please contact: Bronwyn Wood, Fremont Elizabeth High School 8287 2582 (W)

Email: fossil1@gmail.com**NB** Functions may be cancelled or postponed if there is insufficient interest. Respondents will be notified of any changes to the schedule only if clear contact details are provided (preferably by email)**Refunds and cancellations:** A refund will be made only if HEIA(SA) receives notification of cancellations 5 working days prior to commencement of event. An administrative fee will be deducted from all cancellations. People who register without payment and fail to attend the activity will be invoiced for full payment.