



HEIA-SAY

Home Economics Institute
Australia (SA) Inc

Volume 6 No 1 2009

Jan/Feb/March

The Journal of the Home Economics Institute of Australia (SA Division)



Marg Burgess in Papua New Guinea

**SA Division News
For Teachers
In Schools
Professional Development
Resource News**



CONTENTS

From the Editor	3
From the President	4
HEIA Diary Dates	5
For Teachers World Home Economics Day Brunch In Schools	8 9
South Australian Nutrition network	12
Resource Reviews	13
Hub Contacts	16
Royal Adelaide Show	18
Stage 2 Nutrition Course guides	19
Professional Development	20
SA Executive Committee Members	24
PD Registration Form	25

Published by the Home Economics Institute of Australia Inc South Australian Division
PO Box 180
Hindmarsh 5007

From the Editor

Hi everyone,

Welcome to this the first edition of Heia—Say for 2009

Firstly, I would like to express my sincere sympathy to those people who have lost family, friends, homes and livelihoods in the devastating fires in Victoria and floods in Queensland.

If you, like me are looking around your home and wondering what you would save if you were in that position, jewellery, books, photos? It is very hard. I keep asking myself what else can I do besides donating to the Red Cross? If you have any good ideas then please let us know and we will see if we can mount a combined effort. My Guide group put together personal toiletry kits for young girls, but I hear that they have enough for now.

This year promises to bring us new challenges as educators with FutureSACE, Educational Disadvantage Awareness, SCOOTLE, SACSA Framework R-10, BER (Building the Education Revolution) I bet this was a new one for you? How is your school going to spend it's share of the governments \$12 billion? Be Active Guidelines, Red, Orange, Green food awareness implementation (will this make life difficult for the Home Economics classes?) Or will we as usual rise to the occasion and lead the way?

This is a long term so you will need all of the energy that you can muster, good luck!

Regards

Christina Tassell

Could you please advise one of the executive of your intention to attend the Home Economics Conference in Darwin this year? We may be able to help those of you who are looking to share accommodation.

(If I had known how much I was going to love my grandchildren I would have had them first! This is Mya 4 years old)





SA Division News

From the President Narelle Bennett

2009 is here, holidays are over and it is week 4 already (half way through February for non schoolies!). We seem to have "hit the ground running".

Life in general seems to be very busy.....

Do we try to do too much?.....(they say..."give a busy person a job to make sure that the job gets done"!)

Schools are such complex places these days and too are the students.....

These "Y" generation students respond to learning in different ways. This makes them 'more' interesting to teach. They have different expectations and they challenge us as teachers all the time. Is this a good thing????

This is a sign of the time...these are the adults of tomorrow!

So back to being busy.....

Busy trying to keep up with all the new (to me) technology.....I am still trying to log onto my new laptop successfully...there is a glitch!

All this technology takes time and I find myself on the computer for hours at a time. Maybe we all need to get out and 'smell the roses'....oh yes they are not looking so good because of the drought!

We need to take stock of what is important and not worry so much about having the best of material things.....

Good role modeling is what our youth need. The future is in their hands...we need to guide them the best we can.

Don't forget to put Saturday 14th March in your diary...World Home Economics Day Breakfast at the Wine Centre (car pooling might be a good idea as the parking is limited).

The HEIA Biennial Conference "Daring to Dream" is in Darwin, 8th July to 11th July...

HAVE YOU BOOKED YET?????????

www.heia.com.au/heia_pages/DtoD_home.asp

See you there

Narelle Bennett



H.E.I.A. Diary Dates 2009

JANUARY

Term 1 28th Jan - 11 April
Term 2 28th April - 4 July
Term 3 21st July - 26th Sept
Term 4 13th Oct - 19th Dec.

FEBRUARY

Executive Meeting
Sat 7th Feb 9-30
Issue 1 HEIA-SAY

MARCH

Welcome to Uni students
World Home Economics Day
Brunch Sat 14th March
9-30 -12-30
O'Malley Presentation
.Easter 21st --24th

APRIL

Executive Meeting
Sat 4th 9-30
**O'Malley Scholarship Applica-
tion writing workshops**
Issue 2 HEIA-SAY

MAY

Review national Strategic Plan
Executive Meeting
EDC Sat 9th 9-30

JUNE

Sat 6th
*Victor Harbour Experience-
Executive Meeting*
EDC Sat 20th June 9-30

JULY

8th—11th National Conference
Darwin
AGM + Christmas in July dinner
Issue 3 HEIA-SAY

AUGUST

Executive Meeting
EDC Sat 15th Aug 9-30am

SEPTEMBER

Executive Meeting Sat 19th.

OCTOBER

World Teachers Day HEIA
Awards
Executive Meeting EDC
Sat 24th 9-30am
Issue 4 HEIA-SAY

NOVEMBER

Executive Meeting
EDC Sat 14th Nov 9-30am

DECEMBER

Christmas Breakup

Are you getting enough sunshine?

We all know we need to slip, slop and slap to protect our skin from the sun, but did you know a little sun is not only good for you, but essential to your health?

While awareness campaigns about the dangers of too much sunlight have helped reduce the risk of Australians developing skin cancers, along the way the message about the importance of getting some sunlight has been lost. As a result, many Australians now face a new problem—Vitamin D deficiency.

Vitamin D comes from UV-B radiation in sunlight and is essential to making sure our bodies absorb calcium. Calcium helps develop and maintain healthy bones, muscles and teeth.

Vitamin D also plays an important role in helping prevent a variety of diseases and has been linked to the effectiveness of the immune system.

While sunlight isn't the only source of vitamin D—it is found in foods such as egg yolks, margarine, liver, oily fish, (sardines, tuna, salmon, herring, mackerel) cod liver oil and vitamin D boosted milks, breads and cereals—yet sunlight is the simplest and most effective source. That's because foods contain the vitamin in such small amounts that it's impossible to get enough through diet.

How does vitamin D work?

Technically, vitamin D isn't really a vitamin, at least in its active form—it's a hormone, made from cholesterol and UV-B radiation. Vitamin D travels to the liver where it undergoes a chemical change, then moves through the bloodstream to the kidneys, where it changes to the active form, known as dihy-

droxy. It is this that helps the body absorb calcium, as well as phosphorous, and transport it to bone tissue.

Vitamin D deficiency—what does it do?

Vitamin D deficiency has been linked to illnesses such as:

- Osteoporosis
- Rickets
- Diabetes
- High blood pressure
- Heart disease
- Stroke
- Autism
- Depression
- Muscle weakness, aches and pains and wasting
- Gum disease
- Some forms of cancer, particularly bowel cancer

Getting your dose

Our bodies need about 100micrograms of vitamin D per day.

Getting this dose is usually as simple as getting some sunlight on your skin everyday, but as too much exposure to UV radiation can cause skin cancers, its important to get the balance between sun exposure and sun protection right.

When UV levels are below 3 is the best time of the day, before 10am and after 3pm.

Aim to get sun exposure on your face, hands, arms every day.

And while foods are not an adequate source of vitamin D, it's important to include them in your diet, combined with calcium-rich foods.

(Extract from 'Heart Beat' Police Health Fund)

Savoury Muffins

Ingredients

2 C (300g) Self Raising Flour 2 T Parsley (chopped)
 $\frac{1}{2}$ C (60g) Ham (finely chopped) $\frac{1}{2}$ C Cheddar Cheese
(coarsely grated)
 $\frac{1}{2}$ C Mushrooms (finely chopped) 1 small Red Capsicum
(finely chopped)
1 Large Carrot (coarsely grated) 125g Butter (melted)
1 C (250ml) Milk 1 Egg (beaten lightly)

Method

Grease three '12 hole' small (2 tablespoon/40ml capacity) muffin pans with non-stick spray.

Combine the flour, ham, cheese, mushrooms, capsicum, carrot and parsley in a large bowl. (a pinch of 'Vegeta - gourmet stock' can be added as well)

Stir in the butter, milk and egg - do not over mix

Divide the mixture among the muffin pan holes.

Bake in a moderately hot oven for 15 minutes, let cool for 10 minutes in the muffin pans and then turn out onto a wire rack to cool

Storage: Covered in refrigerator for up to 2 days. Suitable for freezing

Gas Mark	Fahrenheit	Celsius	Description
1/4	225	110	Very cool/very slow
1/2	250	130	---
1	275	140	cool
2	300	150	---
3	325	170	very moderate
4	350	180	moderate
5	375	190	---
6	400	200	moderately hot
7	425	220	hot
8	450	230	---
9	475	240	very hot

N.B. **Gluten Free Self Raising Flour can be substituted for the Self Raising Flour**

Gluten Free Almond Orange Cake

2 whole oranges
1 1/2 cup caster sugar
6 eggs
2 cups almond meal
Zest of orange (for syrup)

Preheat oven at 180 deg C (170 deg C fan forced)

Grease 22cm round cake tin.

Line base with baking paper.

Place oranges and water (enough to cover) in a saucepan over heat.

Bring oranges to boil, drain water, refill and repeat.

Allow to cool.

Blend, food process or finely chop oranges.

Add 1 cup of sugar, eggs, and almond meal.

Pour into prepared pan and bake for 55 to 60 minutes.

Remove from pan and cool.

To make syrup place $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup water and orange zest in saucepan

Heat gently until sugar dissolved. Bring to boil and simmer for 5 minutes.

Serve with cake





FOR TEACHERS

Join the SA Executive for a Platter Brunch to Celebrate

WORLD HOME ECONOMICS DAY

on

SATURDAY 14th MARCH 2009, 9:00 - 12:30

at

National Wine Centre of Australia

Cnr Botanic & Hackney Rd Adelaide

Presentation by Erin Henson from "ZERO WASTE"

What we can do and how we can make a difference

Sustainability at home and in our schools

(can we suggest that you car pool or take public transport as parking will be limited)

Presentation of the O'Malley & Resek Scholarships

COST OF BRUNCH

Members \$40-00, Non-Members \$50-00, Students \$35-00

Please see application form on back page

CONTEMPLATIVE JOURNEY - BILUMS, BABIES & BANANA BOATS 2008

As I pop my last Doxilin tablet I reflect on my 14 days in PNG and where do I begin?

People have asked what did I expect, I really did not know what to expect. The experience was Indescribable. I recall the hymn/song we sang at our opening service on the first day back semester 2, and Pastor Andrew's opening address was on walking on the wild side.

WOW The whole experience was WOW Factor - To begin our trip we were welcomed into PNG Airport, Port Moresby with beautiful singing by the Locals along with the warm climate. I was impressed having left loved ones at home. Our trip progressed as planned PNG style with warm beds and food for the first week. We visited many villages that had benefited from ALWS and were always welcomed with open arms.

I particularly enjoyed preparing meals with the women of Amron the Guest House we stayed in. The babies and young children nursing was a constant reminder of what these locals see as important. Visiting the Lutheran Maternity Hospital at Madang was truly amazing, comparing the Birthing Unit to the Neo-natal Unit I have visited with my students. The women we spoke with who had already birthed were so keen for us to admire their precious babies and the women awaiting the birth were all so friendly. The facilities were clean, however very basic nothing like the birthing suite we have in our hospitals.

On our return from Madang, we had a brief stopover - a flat tyre not planned and unfortunately we did not have a spare tyre. We thankfully ended up under a large shady tree beside a fast flowing stream. I took the opportunity to remove my shoes and socks and sit on a rock and place my feet in the stream. It was like a spa, the sand was black, gritty and it reminded me of a scrub, so I took the opportunity to pamper my feet and meditate whilst we waited for another vehicle with the same size wheel to loan/give us so that we could return to Lae. Whilst there local women and children were visible scrubbing pots and pans in the creek. They were using the grit as an abrasive to clean their pots. Children were assisting their mothers between having a swim. Families are very important and the contact of mothers and children was evident throughout our trip. These people who have very few possessions are so happy it is a constant reminder to us who have many materialistic possessions. We can learn so much from these people who have so little. Do we need so much?

Our trip continued on Saturday of week 2. We were headed to Gona by boat from Lae. We set off in idyllic conditions in 2 small banana boats and I thought WOW I hope I won't get sea sick. The trip was to take 6 hours and our impending arrival time being 4pm. However Walking/sailing on the wild side began. Our trip took an unexpected overnight stay at a village and the next day Sunday we were told we still had 4 hours to travel. The seas became rough and after traveling for only 45 mins we had to take shelter once again at a village. We arrived in time to attend church, I was drenched from the sea but so glad to feel safe.

We participated in the service taking communion and being welcomed and after the service we shook hands and were greeted by everyone. Feeling much more at ease we once again took to the seas, however the seas became rough once again; we surfed along the waves feeling the bumps over and over again. The waves were 3 metres and having no life jackets we clung to each other soaking wet, I kept thinking 'glass half full', beautiful warm water as I got drenched with each wave, a welcoming church service and visiting another village. Strength I did not know I had and singing all my childhood hymns and finally friendships that got me through.

Finally arrived at Gona, safe to be on solid ground, realizing if I could do that I could do anything - I mean anything. We were taken to Vinca's family to recuperate and refresh. On arrival the women met us dressed traditionally and performed a welcome ceremony singing and dancing, showering us with fresh flower petals as we entered their family home. Tears welled up in my eyes What a Welcome. Thank you Lord for keeping me safe on the seas, although we did have the Pastor on board (thanks Geoff) the Welcome was so warm and once again the hospitality of these people is overwhelming. Would I do this at home for strangers? After a skinny dip in the local swimming creek, with many eyes watching I felt human again. Bed was welcome, although on the floor once again in a day house.

Kokoda awakened my senses as to whether I would be fit enough to undertake this 2/3 day trek. Others in the group told us what preparation they had done and I was questioning my own fitness. We set off enthusiastically with our backpacks at the crack of dawn. It was a beautiful early morning and easy going for about 2 hours then we began climbing up and up. It was green and lush; however we all spent a lot of time watching our feet as the track became rough and steep. We rested often and enjoyed the views while munching on sweets, no thoughts of diets. Water was accessed from fast flowing streams as we continued our climb.

Few locals were seen along the way, many carrying huge bilums laden with provisions and mostly bare footed. We met other groups, mostly whites on their return all of them had porters who were laden up with cooking utensils and equipment. My thoughts as I plodded along were of the cemetery we had visited in Lae and the young men who had lost their lives here on this track. Being the mother of three healthy sons the same age as many of the headstones I had read, I felt very thankful and sad at the same time. I was so thankful that my boys were not exposed to war and sad for the mothers who had lost their sons. We made our destination Isurava, after 9 hours of trekking. Dinner was welcome and an early night in anticipation of our return trip. Going down was a lot quicker, my backpack was much lighter and views were spectacular as the trees opened out. My knees got a hammering as we went down. Finally reaching Kokoda we rewarded ourselves with a hot shower at the local hospital for 10K=\$5. We spent the night at Kokoda and said farewells to Vinca's family who had given us invaluable assistance along the way.

I have written about a few of my challenges and experiences. This trip was truly amazing and I thank the Lord for giving me this opportunity to travel safely to PNG, make new friends and to face fears and take on a variety of challenges, whatever they may be.

Marg Burgess

Reclaim the Food Chain,
the sustainable food campaign of
Friends of the Earth, Adelaide

2009 will be a big year. With economic gloom abounding, farmers markets, and other local food and gardening initiatives are already providing real alternatives to the volatile global marketplace. There is evidence to suggest more people are turning to these with an intuitive awareness that eating local, seasonal food is more reliable, harmonious and healthy.

One idea is for a food summit, bringing together the numerous individuals and groups working towards a more sustainable food system and society to discuss the future of food in our particular place. This is happening in a number of communities around the world to organise their regional food systems to provide good, safe food:

<http://www.cjly.net/deconstructingdinner/fof.htm>

<http://www.sydneyfoodfairness.org.au/>

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

<http://www.ceres.org.au/farm/urbanorchard/index.html>

Don't forget the Friends of the Earth Adelaide Urban Orchard, inspired by CERES

First Sat of the month 10.30am - 12 noon

Clarence Park Community Centre

Corner East Ave & Canterbury Tce,

Black Forest

<http://www.communitygarden.org.au/news/sa.html>

Some of the things we have been up to the last couple of years:

<http://www.adelaide.foe.org.au/?cat=9>

Sticky Rice Cooking School Cooking Journeys for Food Lovers

I run the newly opened Cooking School in Stirling offering hands on cooking classes with talented local and visiting chefs in a custom designed kitchen and cooking school. The classes run for about 4hours and include the hands on tuition then lunch or dinner and wine. Everything is included in the cost for \$125pp.

Our target market includes public recreational classes and we have over 70 in our calendar at the moment.

This would be an ideal activity for home economic teachers to attend during school holidays and evenings.

I have attached our web page link which details all our classes and chefs profiles for easy reference.

We are often adding more public classes to this calendar and we also take private class bookings to suit the date and class requirements of the customer and I would be very pleased to tell you more about what we offer and what we could offer.

We could certainly target some weekday dates in the calendar that coincide with school holidays etc if we knew the demand in advance. At the moment we also have a special Balinese Class scheduled for Sunday 1st March which may interest those schools which teach and have Indonesian language and we could potentially offer a group discount if there was a number of interested people for this date.

<https://www.stickyricecookingschool.com.au/booking.php?scheduleid=210>

Claire Fuller

www.stickyricecookingschool.com.au

Thai Vegetable Salad

1 ½ cups purple cabbage (sliced finely) 1 ½ cups white cabbage (sliced finely)
1 red onion (sliced finely)

1 cup Lebanese cucumber (sliced finely) 1 small red capsicum (sliced finely) 1
cup grated carrots 1 cup unsalted ground peanuts 2-3 small hot chillis chopped
finely 2 tbs lime juice

Sauce Ingredients

4 tbs white vinegar 4 tbs fish sauce ½ cup sugar 1/3 cup water

3 stalks coriander chopped into 2cm lengths

To make Sauce

Boil water in small pot, then add sugar, fish sauce, vinegar and allow to boil for 10 min on low heat, stir occasionally. Remove mixture from heat and set aside to cool.

To make Salad

Add all vegetables into a large salad bowl excluding ground nuts and coriander. Make sure the red onion is on the top layer and squeeze lime juice over the salad. The lime juice helps to take the 'sting' out of the raw onion.

When cool and ready to serve, add coriander and nuts to salad and pour sauce over. Mix through thoroughly and serve immediately. Watch as people dig in for seconds!

Food trends in 08, The 'new black'

Tonight I thought I would review the popular world food movements of 2008 beginning with:

Molecular gastronomy, also called 'new cookery' or combining the 'know how' of cooks with the 'know why' of scientists. It is about understanding culinary processes and recipes, introducing new products, new tools and new methods, inventing new dishes and supposedly aiding the image that science often has. The idea was to test cooking theory and myth in the laboratory environment to see how things actually work. Like the advice of putting lemon juice on to apples, avocados and the like to keep them from browning.

Chemically, does this actually work? Once you figure out why it works scientifically, you can possibly find a better way to do it. This is the basic idea of molecular gastronomy. Instead of highlighting the goodness and simplicity of a perfect, in-season squash, Ferran Adria, the god father of the movement strives to make ingredients do new, unrecognizable things.

In contrast yet sometimes parallel to chemical and scientific interventions is a group of people who are popularising the Chemical-free food movement, whereby food producers are beginning to feel pressure to remove the additives - preservatives, stabilisers, colouring and all those chemicals that you can't pronounce. "In 2008," more products have ingredient labels that read more like a home recipe rather than a chemist's shopping list."

Aiding this is the locavore movement. A concept of buying locally produced goods and services and supporting local economies. A locavore is someone who eats food grown or produced locally or within a certain radius.

Complementing the locavore is the Farmer's markets movement, a grassroots movement born from food producers' need to find alternative, more profitable and sustainable channels for their produce, primarily a food market without resellers, therefore, local produce often organic, sold locally. The number of local farmers' markets has more than doubled in the last decade. Chef's can seek perfect, in season regional produce.

In parallel with these two movements is the Ethical/Environmental eating movement, a trend which overlaps wellness, promoting organic and free range foods. Ethical eating goes beyond natural taste and health and into the realms of green politics and anti-globalization. It includes concepts of "fair-trade", "sustainability" and also "food miles", which brings together the related concepts of locality and seasonality. Good farming practices in terms of the treatment of livestock are also part of this trend. Organic or free-range food products will be on top of the food list for food franchises 2008-2012...

Then we see the Nutraceutical movement- 'A nutraceutical is any substance that is a food or a part of a food and provides medical or health benefits, including the prevention and treatment of disease. Such products may range from isolated nutrients, dietary supplements and specific diets to genetically engineered designer foods, herbal products, and processed foods.

Consumers are increasingly interested in the health benefits of foods and have begun to look beyond the basic nutritional benefits of food. This combined with a more widespread understanding of how diet affects disease, health-care costs and an aging population have created a market for functional foods and natural health products, which is also a movement as well as the wellness food movement.

Interests in New World Foods, which are new foods sourced from "new" or "exotic" places have created quite a stir. Superfruits like the purple acai berry from the rain forest, have already achieved a market place in health food shops, as has the goji berry from Peru. Some have suggested that Peruvian cuisine, a combination of Spanish, Italian, Indian, Japanese and native cookery, could be the next big ethnic food, along with the Retro eating movement which consists of consumers evoking sentiments of traditional food products and the ordinary food movement.

One movement which has featured predominantly in 2008 is the Constant Diet movement, with a selection of latest diets on offer.

Appeasing today's consumer is no small task. Food products need to address many health concerns along with a dash of the three E's- ethnicity, exoticism, and ethics- to top it all off and they need to be packaged in convenient, calorie-friendly portions!

Coming close to the end is the movement for the time poor, multi-tasker, the Road food movement, where the enjoyment of ritual foods associated with car travel takes place. This may be in the form of eating breakfast on the run or road trip food, or keeping the kids quite in the car.

Last but not least is a new phenomenon called - the DINING IN movement, eating at home, a very new concept, is the new DINING OUT. Wow, what will that mean for our jobs.

I would like to leave you with these thoughts of food movements and ask the question, what impact will all of these movements have on the food service industry in 2009?

Petra Lorenz made these observations as part of her presentation at the Woodcroft Skills Centre graduation ceremony

South Australian Nutrition Network

Expansion of Indigenous Child and Maternal Health Services (9/12/08) - The Rudd Government has announced \$43 million in grants to expand Indigenous child and maternal health services in 32 locations around Australia. Two locations in South Australia: Port Lincoln Aboriginal Health Service Inc (Eyre); Country Health SA (Whyalla, Flinders and Far North). Full media release <http://www.health.gov.au/internet/ministers/publishing.nsf/Content/mr-yr08-nr-nr176.htm>

RESOURCES

Go for 2&5®

Remember to order the 2&5 resources to support your community work. Order forms at <http://www.health.sa.gov.au/pehs/branches/health-promotion/hp-order-forms.htm>

Western Australian Food Cents website

The Cancer Council WA has a FOODcents website, launched in May 2008. It is a part of a reinvigoration of the FOODcents program. FOODcents is an evidence-based program, originally promoted by the Department of Health WA, and it focuses on healthy eating on a budget. <http://www.foodcentsprogram.com.au/>

SA has available some FoodCents materials and these are available from Health Promotion Branch can be ordered through the 2&5 order form on the Health Promotion Branch website

FOOD REGULATION

Front-of-Pack Food Labelling: Traffic light labelling gets the green light (Oct 2008)

Cancer Council NSW, in collaboration with other public health and consumer organisations, has conducted a survey of 790 consumers to determine the front-of-pack food labelling system that would be most appropriate for adoption into the Australian grocery market.

<http://www.choice.com.au/viewPressRelease.aspx?id=106539&catId=100582&tid=100010&p=1>

<http://www.cancercouncil.com.au/nutrition/foodlabellingreport>

OTHER TIDBITS

Seminar: In the UK there is considerable interest in **religion and food policy**. See conference <http://www.faithandfood.org/>
Here to, many of the church groups are in a position of responding to hunger and food poverty

Article: Nature. 9 JANUARY 2009 VOL 323 SCIENCE www.sciencemag.org Historical Warnings of Future Food Insecurity with Unprecedented Seasonal Heat. David. S. Battisti¹ and Rosamond L. Naylor²

RECENT REPORTS

Australian Bureau of Statistics (ABS)

Overweight and Obesity - Aboriginal and Torres Strait Islander people: A snapshot, 2004-05. 4722.0.55.006 released 29/10/2008

<http://www.abs.gov.au/ausstats/abs@.nsf/mf/4722.0.55.006?OpenDocument>

Health Literacy, Australia, 2006, 4233.0 - released 25/06/2008

<http://www.abs.gov.au/ausstats/abs@.nsf/mf/4233.0?OpenDocument>

Arthritis and osteoporosis in Australia 2008

(released 17 Dec 2008)

Arthritis and osteoporosis are among the world's leading causes of pain and disability, and impose a substantial burden on the Australian community. These highly prevalent conditions are major reasons for the use of health and allied health services, community assistance programs, and formal and informal care. Under the National Health Priority Area of arthritis and musculoskeletal conditions, national action is focused on osteoarthritis, rheumatoid arthritis, juvenile arthritis and osteoporosis. This report brings together data and information from a wide variety of sources to provide a picture of arthritis and osteoporosis in Australia, and highlight some of the main issues relating to these conditions. The report should be useful to policy makers, the broader community, and anyone with an interest in arthritis and osteoporosis.

Press release: <http://www.aihw.gov.au/mediacentre/2008/mr20081217.cfm>

Report: <http://www.aihw.gov.au/publications/index.cfm/title/10384>

Australia's mothers and babies 2006

(released 9 December 2008)

Australia's mothers and babies 2006 is the sixteenth report providing information on births in Australia from perinatal data collections for each state and territory. The report presents demographic, pregnancy and childbirth factors of women who gave birth in 2006 and the characteristics and outcomes of their babies.

The report is produced by the AIHW National Perinatal Statistics Unit based at the University of New South Wales and can be used by researchers, academics, students, policy makers and health service planners, and those providing services in reproductive health.

Media release: <http://www.aihw.gov.au/mediacentre/2008/mr20081209.cfm>

Report: <http://www.aihw.gov.au/publications/index.cfm/title/10634>

Neural tube defects in Australia

(released 5 Nov 2008)

This report describes the prevalence and trends of neural tube defects (NTD) in Australia during the past decade. An estimated prevalence of NTD among pregnancies is presented based on the information from states that collect near complete data on NTD. Characteristics and outcomes of the births and pregnancy characteristics of the mothers are presented for the period 1998-2005. The purpose of compiling this national report is to provide baseline prevalence of NTD, prior to the implementation of mandatory folic acid fortification of bread flour in September 2009. This report is pro-

duced by the AIHW National Perinatal Statistics unit and will be of interest to staff of state and territory birth defect registers and perinatal data collections, health professionals, health and welfare planners, policy makers, researchers, students and consumers.

Media release: <http://www.aihw.gov.au/mediacentre/2008/mr20081105.cfm>

Report: <http://www.aihw.gov.au/publications/index.cfm/title/10576>

.....
Maggie Beer would like to make offers to schools of visits, Demonstrations etc contact person

Lynda Tucker 8562 4477

farmshp@maggiebeer.com.au
.....

Heart Week Health Professional Seminar

1 May 2009

The Heart Foundation is holding its traditional Heart Week Health Professional Seminar on Friday 1 May, with the theme "Women and Heart Disease"

This year Heart Week will launch a six week campaign ending with the Go Red For Women Day on Friday 12 June.

The free morning seminar will be held at Next Generation Memorial Drive, Torrens Room, War Memorial Drive, North Adelaide from 9am-12:30pm on Friday 1 May.

Please register your interest to attend.

For heart health information 1300 36 27 87
www.heartfoundation.org.au

Still the healthier choice - the Heart Foundation Tick celebrates 20 years in 2009. To find out more about healthier foods for you and your family visit www.heartfoundation.org.au/Tick.

SSABSA SCALING

Please refer to the SATAC website

www.satac.edu.au/satac/Scaling2006.pdf

ETHICAL FASHION—WHERE CLOTHES DON'T COST THE EARTH

Once upon a time, organic cotton was for hippies, customizing for kitchens and recycling for newspapers. Today these terms are used to describe catwalk trends and cutting-edge fashions.

Ethical fashion - an umbrella term for clothes made to be equally sustainable and desirable - has hit the big-time: in September, London Fashion Week featured Estethica, the much-acclaimed platform devoted to eco-fashion; clothes chains boast Fairtrade and organic collections; and the internet is full of it.

While there is a growing international demand for clothes to be sourced and produced in a more ethical and sustainable way, some trailblazers are putting ethics into gear.

Where fashion conscious meets fashion conscience

The Randles' story is inspiring. Once they were like many young couples, working hard and enjoying the high life. On holiday they indulged their love of the outdoors - hiking in remote destinations, experiencing different cultures and talking to local people. The insights they gained on their travels changed their lives.

Annabelle and her husband realised the world they loved was threatened. They listened to firsthand accounts of dramatic change within a single lifetime: the ice caps of Mt Kilimanjaro in Africa and the glaciers of the Cordillera Blanca in Peru melting; Australia's coral reefs bleached; animals and insects moving to higher altitudes in Costa Rica's rainforest while banana plantations pollute the seas and kill the coral. After much research, it became evident that lifestyles such as theirs were almost certainly instrumental in this destruction - from the CO2 emitted by air travel to the general way of life dictated by consumerism. They tried to buy products that had less impact on the planet than those produced conventionally. Finally in 2005, frustrated by the lack of ethical products available, the Randles founded By Nature, an online store they run from offices in SW17.

When I spoke to Annabelle (snatching an interview while her 12-week-old baby slept!), she said that attending trade shows in the early stages of their business taught them about the range of products available and about organic and Fairtrade certification. They also saw many similar small online businesses starting up so worked to create a niche by, for instance, sourcing products from Annabelle's native France. They stock an impressive array of items, including clothing, homewares, cut flowers and stationery.

One label they stock is the French-designed children's range The Cat's Tail, manufactured under Fairtrade principles in India from organic cotton using low impact dyes. The clothes are gorgeous, unusual, and reasonably priced; Annabelle wants to show that ethical does not mean expensive.

Reduce, re-use and recycle - saving garments by giving them the chop!

While Annabelle looks after our ethics at the buying end, at the other end of the consumer cycle are the clothes we discard. Children's clothes are often passed on to friends or family, but adult cast-offs are a different story. And we're not too good at happy endings.

In 2005 the UK bought approximately 1.9m tons of textiles, while another 1.2m tons went to landfill or were incinerated. Only 0.3m tons were resold through charities. What a waste! Additionally, decomposing textiles in landfill produce greenhouse gases, while many synthetic fibres don't decompose, but release chemicals into the soil ad infinitum.

So get your pre-loved gear to your local charity shop where cheap and funky fashions rule! Most charity shops have these main objectives: to protect the environment by diverting clothes and shoes from landfill; to reduce world poverty by raising funds for overseas development projects; and to educate the public on environmental and world poverty issues.

By Nature: www.bynature.co.uk; 020 84883 556.

www.spiritofnature.co.uk;

www.naturalchild.co.uk;

www.greenfibres.com;

www.freerangekids.co.uk;

www.sustainablecotton.org;

www.cleanclothes.org;

www.earthlets.co.uk

Article by Kate Gorringer-Smith

The Embroiderers Guild of South Australia Inc

The Guild offers a number of special interest groups as well as open days and evenings for general stitching. Here you can share your stitching passion or learn new skills, whether it's metal thread or ethnic embroidery, exploring new creative directions, or stitching on canvas, as well as making many new stitching friends!

Learn to Embroider	1st March	\$30	10am—3pm
Smocking	14th /15th March	\$120	10am—3pm each day
Candlewicking	1st April	\$60	10am—3pm
Hems and Finishes	24th/31st May	\$120	10am—3pm

All groups meet at the Guild premises at **16 Hughes Street, Mile End** which means no home hosting worries!

Contact Us

Embroiderers' House
16 Hughes Street
MILE END

South Australia 5031

Office Hours:

Monday to Friday 9.30am - 2.30pm

Phone: (08) 8234 1104

Fax: (08) 8234 1513

Email: contact@embguildsa.org.au

[Www.embguildsa.org.au](http://www.embguildsa.org.au)

UNISA NEEDS PLACEMENTS FOR 8 3RD YEAR STUDENT TEACHERS

UniSA is currently experiencing a shortfall in the number of placements we need in Secondary Schools for our post graduate students who are completing their 3rd year placements in 2009.

Offering Practicum Placements offers your school a unique opportunity to build relationships with UniSA students and provides a way of supporting effective teaching and learning in your school

If you feel your School is in a position to support a student teacher in their development this year, you can contact the Practicum Office for more details on 83025653 or email

EDS-PracticumOffice@unisa.edu.au

HEIA (SA) HUB CONTACTS

NAME	SCHOOL & ADDRESS	Area	EMAIL	FAX	PHONE
Julie Taylor	Aberfoyle Park High Taylor's Rd, Aberfoyle Park	Convenor	rmTaylor@adam.com.au jtaylor@aphs.sa.edu.au	83705819	82704455
Sue Melhuish	Glenunga	CASTT			
Deb Halse	Seaford 6-12	Fleurieu	debbie.halse@seafordhs.sa.edu.au		83272222
Zorka Ranger	Gawler High School	Gawler	zora@internode.on.net zorka.ranger@gawlerhs.sa.edu.au		
Annie Mott	Tyndale Christian College	ISB	AnnieM@tyndale.sa.edu.au		
		Mid North			
		Murray Lands			
Patricia Greaves	Enfield High	Northern Metro	Pat.Greaves@enfieldhs.sa.edu.au		82621486
		Riverland			
Denise Cotterill	Hamilton Secondary College	Southern Metro	denise.cotterill@hamcoll.sa.edu.au		82758300
Alicia Keatley	Keith Area School Tolmer Tce Keith	South East	akeatley@keithas.sa.edu.au	87 551618	87 551177
		Yorke Peninsula			



Hub Happenings

Feb 2009

Following a request last newsletter for people to volunteer to act as Hub Group Contacts for their region, we now provide details of people currently "on the list". Please use these contacts as a means of distributing information and following up on your needs and professional interests.

Deb Halse and Lyndal Evans from the Fleurieu Hub have been busily planning this year's June long weekend field trip which will take in the Victor Harbour / Port Elliott region. Mark the date in your diary. The day will begin at the Farmers Market in Victor, with a bus being organised to carry participants to the venues selected. More details to follow, and this promises to be another great day to learn about what our regions have to offer, plus network with fellow home eccies in a fun way.

Well done also to Zorka Ranger and fellow teachers in the Gawler Hub for holding a very successful meeting last term. It is very encouraging to hear of group activities and to this end we invite hub contacts to send snippets for inclusion in the newsletter to the editor.

Julie Taylor

The Teasdale-Smith Leadership Award

Have you been thinking about applying but not too confident? Full details are available on the HEIA SA website, but just to recap on a few points ...

The Award is open to **any** HEIA member who is a practicing teacher at **any** level in SA.

The actual *leadership* in the PD is an important aspect of this scholarship. The intent is to support a Home Economics teacher to develop leadership skills which they can then report on at a meeting of Home Economics people and through the newsletter.

A range of activities are suitable for this award, including further study in a Masters Qualification, or other course. A quick google search can reveal myriads of possibilities!!

Julie Taylor

Royal Adelaide Show 2009

Sponsored Categories

HEIA (SA) is sponsoring the first prizes in the following categories in Junior Art, Craft and Cookery for 2009.

We ask of you as teachers, to offer your motivation and wisdom to support your students to participate and enter this self-esteem building activity, whilst having some fun as well! The total cost of entries per school will be subsidised by 50% as a further investment from HEIA to encourage this inclusion in your curriculum.

Entry forms are usually available from the Royal Show's website:

www.theshow.com.au

March thru to April, 2009.

CATEGORY: JUNIOR COOKERY

Unbaked slice, Healthy

Go for 2+5 Healthy Lunch Box

Muffins 3, Healthy, not savoury

Quiche, any variety

Scones, Healthy, any variety

Baked slice, Healthy, not savoury, two varieties

Muffins, Healthy, savoury

THE MOST SUCCESSFUL SCHOOL IN JUNIOR COOKERY

JUNIOR, ART, CRAFT AND SCHOOL CLASSES

CATEGORY: Textile article and Garment construction.

Household or Personal Article made by machine, 11 to 13yrs

Any Garment suitable for casual wear, Lingerie or Sleepwear, 14to15yrs

Household or Personal Article made by machine incorporating the use of recycled materials, 11 to13yrs

Garment or, costume or fancy dress or clothing which has been restyled or recycled from other garments and/or materials, 14 to 15yrs

Garment, costume, fancy dress or any article which has been restyled or redesigned from recycled materials.

WE LOOK FORWARD TO HANDING OUT THE PRIZES TO YOU!

Annette Wilson HEIA Contact Royal Show

STAGE 2 NUTRITION COURSE GUIDES

Two different versions of the Course Guide will be available to students and teachers of Stage 2 Nutrition during 2009.

Version A

This version is designed to give students and new teachers basic curriculum information and advice. It includes a selection of past exam questions from previous exams, and further adapted questions to fit the curriculum statement. The questions are divided up into approximate course sections, and are followed by suggested answers developed by teachers who attend the post mortem held at the end of each year. The suggested answers are not official SACE Board answers and are intended as a guide only.

Cost.....\$18.00 per copy (plus P&P where used)

Version B

This version contains only exam style questions and suggested answers, which makes it more suitable for those who just wish to use the guide for revision

Cost.....\$16.00 per copy (plus P&P where used)

HEIA SA gratefully acknowledges the assistance provided by Jenny Richards and Lynette King in the production of the 2009 guide.

For school orders - send a **school purchase order** made out to **HEIA (SA) Inc,**

******Please note NOT HEIA Inc **** fax 83705819 for school orders**

Monthly orders will be printed off so please allow 4 weeks delivery.

An invoice which includes the postage will be sent with the guides to schools.

Please note that HEIA (SA) does not charge GST

For personal orders - fill in the details below. Personal orders must be accompanied by a money order or cheque made out to **HEIA(SA) Inc**

Address the order to:

**Att Julie Taylor c/- Aberfoyle Park High School
36A Taylor's Rd Aberfoyle Park 5159,**

.....
To : HEIA(SA) Inc A.B.N. 86 993 863 921

Upon payment this becomes your tax invoice

Stage 2 Nutrition Course Guide Personal Order

Please send me.....copies of Version A @ \$18.00 per copy + p&p (\$3.00)

And/Orcopies of Version B@ \$16.00 per copy + p&p (\$3.00)

I enclose a Cheque / money order forcopies Total cost \$.....

Name:.....

Delivery Address:.....

.....
.....

Woodcroft College

The Woodcroft College Hospitality & Skills Centre is offering a Certificate I in Hospitality Kitchen Operations class in 2009 in the state of the art hospitality centre.

This class will be offered at the new time of 1.30pm - 7.30pm with a meal break around 4.30pm for half an hour and will start in week 3 (Thursday 12 Feb) of term 1 for the whole year.

This will suit students from Year 10, 11 and 12 a little better as it won't disrupt their normal classes. This will allow students to either nominate the course as a stand alone or as part of their Vocational Studies. This will also fit in nicely with the New SACE options and leave the option of a TER score open to students wishing to continue to higher level university courses.

Certificate I in Hospitality Kitchen Operations articulates into jobs as a kitchen hand, sandwich artist or short order cook in the hospitality industry. It also launches the options for further study in Certificate II in Hospitality Kitchen Operations (also offered at the college) or higher level vocational education in Hotel Management or Tourism. This Certificate opens many avenues for a career in Tourism, Hospitality and Events in South Australia and Internationally.

Students would require their own transport from the Hospitality Centre on this evening with meals predominantly prepared and cooked by the students themselves for dinner.

If this option suits your career choices please call the hospitality centre for an enrolment pack on 83810407 or email lorenz_p@woodcroft.sa.edu.au and return the course and uniform agreement as soon as possible.

Petra Lorenz | Hospitality & Skills Centre Manager

Woodcroft College

Bains Road (PO Box 48), Morphett Vale South Australia 5162

T: +61 8 8381 0407 | F: +61 8 8322 6656

www.woodcroft.sa.edu.au

MONEY MATTERS

Dates : Saturday 21 March 2009
or Saturday 4 April 2009
or Saturday 9 May 2009

Venue : Education Development Centre
Milner Street HINDMARSH

Time : 9:00 am - 4:30 pm

Cost : \$15.00 inc. gst (morning tea & lunch provided)

It's never been more important to understand how money can work for us, to have good money skills to manage our money and to create opportunities for our children and students to develop their financial literacy. These Saturday seminars are presented by the Council of Education Associations of south Australia (CEASA) in collaboration with member professional associations, to raise awareness of financial literacy and its benefits for all Australians. Seminars are designed to support R-10 teachers, integrate the National Consumer and Financial Literacy framework initiated by the Ministerial Council on Education, Employment, Training and Youth Affairs (MCEETYA) into the curriculum.

Choose the date that suits you and come for a day that is sure to add interest to your knowledge account

Consumer and Financial Literacy

TAX INVOICE ABN 81 767 653 594

Complete this section and send to:

CEASA, Level 1, Education Development Centre, Milner St. HINDMARSH, 5007 or DECS
courier North Ph: 08 8463 5875 Fax: 8463 5855

Please note: no refunds given

Date : **Pref 1:** _____ **Pref 2:** _____ **Pref 3:** _____

Name: _____ **Workplace:** _____

Phone: _____ **Fax:** _____ **Email:** _____

Year level: R-7 8-10 (please circle one) **Payment details:** Cheque / Visa / MasterCard
(Please circle one) Cheques payable to CEASA

If credit card, card no. ____ / ____ / ____ / ____ Expiry date: ____/____

Amount: \$_____ **Signature:** _____

Certificate of Attendance provided.

HEIA.SA EXECUTIVE RESPONSIBILITIES 2009

Responsibility	Person	Notes
Advertising / PR	Chris Parry	
Archives	Patsy Stamp	
Awards Coordinator	Chris Parry	
CEASA Rep	Annette Wilson	
Council Delegate	Patricia Greaves	
Country Teachers Rep	Sue Koenders	
Education	Jean Fulwood	
Hub Groups	Julie Taylor	
IFHE Rep	Narelle Bennett	
ISB Rep	?	
Membership	Julie Taylor	
Minutes	Patricia Greaves	
Newsletter	Christina Tassell	
O'Malley	Sue Koenders	
PD Committee	Narelle, Christina, Julie, Patsy, Annette	
Past President	Chris Parry	
President	Narelle Bennett	
Royal Adelaide Show	Annette Wilson	
SANN Contact	Patsy Stamp	
Student Contact	Sandra Donlan	
Study Guide Jan / Feb / Mar 2009	Julie Taylor	
Treasurer	Julie Taylor	



HOME ECONOMICS INSTITUTE OF AUSTRALIA Inc

NATIONAL CONFERENCE REPORT

As the South Australian Delegate I attended the HEIA National Conference in Sydney on 29th and 30th November 2008. I have put together a summary of the meeting and issues of interest to keep you abreast of what is happening at a national level.

There are two face to face meetings a year usually held in Sydney and attended by each state or territory delegate. Action or Information papers are presented and acted on in accordance with HEIA National policies and procedures. Any papers that need to be presented at National Council have to be through the delegate.

Janet Reynolds of the Education Standing Committee, Publications Standing Committee and Journal Sub-Committee was acknowledged for the work she had done for Home Economics in Australia.

The National Conference to be held in Darwin in July was discussed in great detail. The Conference Task Group headed by Miriam McDonald were congratulated for all their efforts into the planning and organising of what looks like to be a very exciting program.

I encourage you to look at the HEIA website, if you have not already done so.

Book your place and head to Darwin in July.

I would also like to draw your attention to the following website:

www.financialliteracy.edu.au. As Home Economists we are very aware of the need to skill our students in making informed and wise decisions about financial matters. Put that together with the current economic climate and it is a timely reminder for us to be up to date with financial matters and teach our students how best to manage money. CEASA is offering seminars at EDC on the following dates:

- Saturday 21st March
- Saturday 4th April

Saturday 9th May.

(see separate article page 21)

The next Council Meeting is scheduled for March 28th and 29th

The AGM will also be held on this weekend.

For details please refer to the notice included in the last National newsletter.

Patricia Greaves

HEIA (SA) Executive

President:	Narelle Bennett Aberfoyle Park High School Email: Narelle@internode.on.net	82704455 (W)
Secretary/National Council	Patricia Greaves - Enfield High School Email: patgreaves@enfieldhs.sa.edu.au	8262 1468 (W)
O'Malley Chairperson/Yorke Peninsula Rep	Sue Koenders- Maitland Area School Email: koenders@aapt.net.au	8832 2613(W)
Treasurer	Julie Taylor - Aberfoyle Park HS Email: rmtaylor@adam.com.au	8270 4455 (W)
Newsletter Editor	Christina Tassell Email: tinatrev@bigpond.net.au	8251 2404 (H)
CEASA Rep.	Julie Taylor Email: rmtaylor@adam.com.au	
Public Health	Patsy Stamp - Domiciliary Care SA Email: Patsy.Stamp@dfc.sa.gov.au.	8440 6796 (W)
Web master	Dick Glacken The Heights School Email: gladik69@bigpond.net.au	
Executive Members:	Annette Wilson Email: reddragon@chariot.net.au	
	Jean Fullwood Birdwood High - chokablok@ozemail.com.au	85685100 (W)
	Chris Parry Email: johnchrisp@activ8.net.au	0407183832
Student Contact:	Sandra Donlan Email: sandradonlan@gmail.com	



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

Dietary Requests _____

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 \$
World Home Economics Day Brunch	
	TOTAL COST \$

Return form, with payment, to HEIA(SA) Julie Taylor,

Cheques made payable to HEIA(SA)

There is no guarantee of a place if payment is not received with registration.

If you have any queries please contact: Julie Taylor, Aberfoyle Park High School 8270 4455 (W)

Email: rmtaylor@adam.com.au

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.

Receipts and Certificates will be distributed on the day.