



HEIA-SAY

Home Economics Institute
Australia (SA) Inc

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

Wishing all of our members a very Happy Christmas, we are looking forward to seeing you at our conference in January 2011



SA Division News

For Teachers

In Schools



CONTENTS

From the President	3
Dreams to Reality	4
2011 SA Timetable	5
The great Melbourne Chocolate Tour	6
SANN	7
The Great SA BOXER RACE SEW OFF	8
Getting your kids to Eat veggies	9
Bachelor of Nutrition	10
Speed mentoring Tips	11
Hub Happenings	12
Hub Happenings	13
Resource Reviews	14
SA Executive Committee Members	15
PD Registration Form	16

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SA Division News

From the President

As we approach the end of the year it is a good time to reflect on the year we have had and celebrate our successes.

We began the year with our World Home Economics Day celebration at the Adelaide Zoo where we acknowledged and awarded some outstanding achievements. Rhonda Smedley was awarded the HEIA SA perpetual trophy for her contribution to home economics teaching in South Australia. Michelle Wilde and Caitlin Hinds were awarded the Resek Award and O'Malley Scholarship respectively.

On Friday October 29th I attended the World Teachers Day at EDC along with Jean Fulwood and Sandra Donlan. It is amazing to be part of such an inspiring evening whereby teachers from diverse teaching backgrounds are acknowledged by their professional organisations for the contributions they have made to teaching and learning.

This year the executive has been working tirelessly with Chris Parry, our convener, and Patsy Stamp, on organising our 'Dreams to Reality' professional development activity for January 2011. Following the wonderful 'Daring to Dream' conference in the Northern Territory, we have continued the theme through a practical hands on approach. We aim to provide a range of experiences that you will not only enjoy, but will be able to apply them in your learning programs.

We have also planned a range of other training and development activities to be held during 2011. These are listed on our calendar of events provided in this newsletter, mark them in your diary and stay tuned for more information throughout the year. Don't forget you can always find the information you need on our website www.heia.com.au.

I would like to take the opportunity to thank all members of our executive for their hard work throughout the year, and to acknowledge Samantha Zimmerman as a new member of our executive.

In closing I would like to wish you all an enjoyable holiday and to thank you all for your support as members of HEIA SA.

Patricia Greaves

"TURN DREAMS TO REALITY"

What are you doing from

JANUARY 19TH -21ST 2011?

We hope you will be joining us in turning "Dreams to Reality". The SA Home Economics Conference at Immanuel College,

IF YOU HAVE NOT REGISTERED IT IS NOT TOO LATE. - bring a friend

www.heiasa.com.au registration

What do you need to bring?

For Wednesday night a recycled or vintage outfit with a photo of the before and after for our teaching resource.

Walking shoes for the 7-00am stroll around the park before breakfast.

Light clothing and a hat for the bus trips / tours to McLaren Vale and Hahndorf. A jacket may be needed for the tram trip and promenading at Glenelg on Friday night for tea. Many of our functions have an outdoor option and all of the rooms we are using are air conditioned.

Recipes from school to use for FOODCHOICES, camera and its battery charger for recording your

attempts and achievements, USB for easy access to your work when you get home.

For workshops you may need, fibres for felting, plastic for purses, denim to destroy, pictures to create and units to muddle.

Bathers for a relaxing dip in the indoor pool. (only 100m from your bedroom.)

Industry approved clothing and footwear for your workshops

An open mind, a sense of adventure and all of your creativity for the workshops.

What can you look forward to?

Meals on campus have been designed to fit Dietary Guidelines and the philosophy of sustainable eating. All dietary requirements can be met.

If you have not been to a Home Economics Conference before you are in for a treat. Warm friendly and helpful professionals who love to talk, are inclusive and enjoy themselves.

See you there, Chris Parry Convenor

HEIA (SA) Calendar: Terms 1 & 2 2011

February 12 th 10 - 12.30	Executive Meeting	EDC, Milner St, Hindmarsh	Patricia Greaves greavespatricia@gmail.com
March 8 th Time 5pm - 7pm	Meet & Greet Cocktail Party hosted by HEIA(SA) for Home Economics Stu- dent Teachers	Uni SA, Mawson Lakes	Christina Tassell 8251 2404 tinatrev@bigpond.net.au Michelle Wild thewildfive@bigpond.com website: http://heia.com.au/heiasa
March 12 th 10 - 12.30	Executive Meeting	EDC, Milner St, Hindmarsh	Patricia Greaves greavespatricia@gmail.com
March 26 th Time TBA Cost TBA	World Home Economics Day Celebration Breakfast - acknowledging the value of Home Economics in ad- dressing the fundamental needs and practical life skills of individuals and families to enhance their well-being.	Venue TBA	Chris Parry johnchrisp@activ8.net.au website: http://heia.com.au/heiasa
May 14 th 10 - 12.30	Executive Meeting	EDC, Milner St, Hindmarsh	Patricia Greaves greavespatricia@gmail.com
June 11 th 10 - 12.30	Executive Meeting	EDC, Milner St, Hindmarsh	Patricia Greaves greavespatricia@gmail.com
June 18 th Time TBA Cost TBA	Spice Kitchen - history of Indian cooking and spices, spice identification, tan- door oven demonstration, making samosas, Indian meal.	Venue TBA	Samantha Zimmermann samanthajzimmermann@gmail.com website: http://heia.com.au/heiasa

Chocolate Appreciation Tour of Melbourne in the October Holidays

The first stop is the furthest away from the city and conventional thoughts of chocolate flavour combinations, Xocalatl on Maling Rd Camberwell (can get there by train as it is a very short walk from Canterbury station). This chocolate truffle store and cafe have an amazing range of truffles and hot chocolate flavours (coffee of course too). You will find it very hard to decide which flavours to try. The peanut butter and cayenne pepper in milk chocolate was my favourite on my last visit, but goats cheese and peach jam dark truffle was great too.

After shopping the rest of the day on Mailing Road, it's now time for a hit of chocolate before dinner, catch the train and then tram to Cacao, 52 Fitzroy St, St Kilda. The chocolate of the Spring season 2010 was burnt orange and it was very delicious, but so were the designs of all the chocolates and the creative names. Of course dinner was at whichever restaurant caught our eye on Ackland St.

Next day for breakfast it was the Lindt Cafe 271 Collins St Melbourne city. A puddle of dark chocolate to dip my warm croissant was heavenly, as was the melted Lindt chocolate and steamed milk for my hot chocolate. Later in the day there are many other meals and desserts on offer too. The macarons are beautiful and come in prearranged carry containers if you can't decide on the flavours to take home. Lindor balls line the walls in specially designed dispensers and oversized hurricane vases, too tempting to leave behind.

While shopping our way through the various arcades and Bourke St mall we come to the next stop, which is Koko Black and head upstairs for a break in the themed surrounds and delight in the plethora of choices. The layout of this store is the highlight of the trip and quite relaxing. The affogato spoil plate is well thought out, a long ceramic plate with an affogato at one end and a small sample of chocolate cake, a chocolate biscuit and a chocolate truffle to spoil yourself

with the coffee.

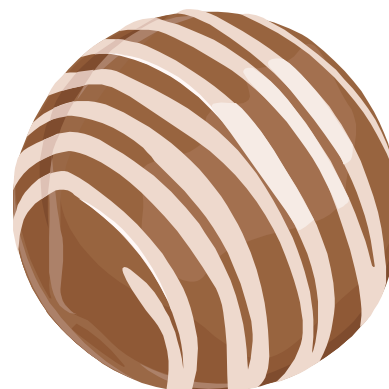
Next stop is Max Bruner in the QV complex off Swanston and Lonsdale St. Here we sample the artistically designed serving ware created to appreciate the chocolate to its fullest extent. Pralines are ordered from the glass cabinet, which are retrieved by black satin gloves and placed on a ceramic platter with a cheese knife for tasting.

San Churro is a Spanish inspired eatery nearby in which we sample their signature dish of churros (Spanish Doughnut) and a pot of melted chocolate to dip them in. The truffles are delightful and the lemon cheesecake and apple crumble flavour are loved by all.

Lygon St is not far away and we wander there telling ourselves that the walk will do us good. Dinner at a quaint little Italian restaurant is had, the handmade on the premises gnocchi is light and moreish, no wonder it has a reputation.

Then on to our last stop of the day which is Brunetti's. The sheer size of this cafe is mind boggling. Each turn reveals another display cabinet of delicious morsels to try. I purchase some truffles, for later of course, and an Italian hot chocolate, which is so thick and rich it coats my spoon after stirring.

The chocolate appreciation weekend ended too soon and we did not get to try Ganache Company and Chokolait, but there is always next time...



Yvonne
Ashton

SOUTH AUSTRALIAN NUTRITION NET- WORK

Making Sustainable Food Choices Easier- Consumer Friendly Labelling

With sustainability and green food choices making an impact in the New SACE Food and Hospitality courses, it is timely to review a recent publication by the WHICH? Organisation in the UK called 'Making sustainable food choices easier'. This publication obviously has a UK flavour and bias, but is worth the read about how the UK government is adapting labelling regulations to develop a clearer approach to sustainability labelling on foods so that consumers can make an informed choice.

The publication includes great statistics and consumer perceptions; different environmental and ethical schemes are analysed and defined; and the current 'green' schemes are critically analysed. This all adds up to a great downloadable resource for an Investigation topic or content for tasks based on the green theme and sustainability specifically. One interesting statistic included was that when shopping for food one of the important factors consumers consider is protecting the environment. This rated higher than animal welfare and a lot higher than buying organic.

This publication, from Which? (formerly the UK Consumers' Association), can be downloaded from: <http://www.which.co.uk/documents/pdf/making-sustainable-food-choices-easier-231317.pdf>

Health Assembly Resolution- Marketing of Foods and Non-alcoholic Beverages to Children

A set of recommendations on the Marketing of Foods and Non-alcoholic Beverages to Children was adopted by the World Health Assembly in May this year. Consultations with major food companies and health organisations had been undertaken in previous years to develop these recommendations. A summary of the report document can be found on page 9 (the annex) at http://apps.who.int/gb/ebwha/pdf_files/WHA63/A63_12-en.pdf.

It is quite an interesting scientific report on the development of the recommendations and the evidence upon which the recommendations are based. The information could be well used in an Investigation topic or content for tasks based on marketing of food or the impact of marketing on children in Child Studies.

The report is also discussed on the World Health Organisation website link below: <http://www.who.int/dietphysicalactivity/marketing-food-to-children-updates/en/index.html>

Community Foodies- Local people supporting local communities to make healthy food choices!

This program was developed in 2001 where locals wanted to learn more about healthy eating and share this with their community. It was then supported by SA Health in 2003 and has continued to be supported and has spread throughout SA.

The aim is *"to promote and support healthy eating in the community by building the capacity of communities to make healthy food choices. This is done by building the capacity of community members to promote and support healthy eating in their own community through training that develops their skills and knowledge in group work, leadership, and key nutrition messages."*

Community Foodies run activities and programs such as cooking classes and demonstrations, supermarket tours, label reading and edible gardens. How encouraging to know that there are others out there supporting and advocating the values and message of Home Economics. The organisation has a quite informative website and newsletter at <http://www.communityfoodies.com>

THE GREAT SA BOXER RACE SEW OFF

To be held in conjunction with the Home Economics

"Dreams to Reality" Conference on Thursday
20th January 2011 from 11-00 am—1-00 pm

At IMMANUEL COLLEGE

32 Morphett Rd. Novar Gardens.



**Entries to Pat Golding - stives1@bigpond.com no later than
30th November 2010. Numbers are limited.**

All information is available on the www.heia/sa.com.au website.

Students will be supplied with pre-cut fabric & notions to complete shorts with no pocket,
fly or side seams.

A casing and elastic are to be used at the waist and hems can be machine stitched. All
seams are to be neatened. Each student will have the use of a BERNINA machine.

It is advisable that students supply their own scissors, pins, and marking equipment.

Overlockers will not be used.

Completed boxer shorts will be donated to charity.

The winning STUDENT and SCHOOL will each be presented with a \$100
Voucher. Donated by OTTO & PENNY'S SEWING CENTRE , this entitles the
winners to exchange these for goods or courses.

.....
Name of Student.....

Contact details.....

.....
Email.....Phone.....

Nominating School.....

Teacher's Name.....

January contact Details.....

Entry fee of \$5-00 is payable on the day.

Presentation of prizes will take place at the Conference lunch,

1-30 pm Thursday 20th Jan. 2011

GETTING YOUR KIDS TO EAT THEIR VEGGIES!!

We all know the health benefits of eating fruit and vegetables. Yet in Australia only 61 per cent of four to eight year olds eat the recommended daily intake of fruit and less than 25 per cent eat their necessary vegetables. Every parent knows that getting children to eat their vegetables can be a difficult, and dispiriting, task.

For all those struggling parents a new study has used a program that has had great success in promoting kid's veggie consumption.

For the research a group of four to five year olds was gathered. The children were put on a program that involved them planting vegetable seeds, having fruit and vegetable tasting parties, cooking vegetable soup, and finally, watching Pop-eye cartoons (presumably as an example of spinach eating rather than an example in elocution). Parents were also sent tips on how to encourage vegetable eating and teachers sat with the children at lunch and snack times to be role models of healthy eating.

As a result of all of these interventions the total amount of vegetables eaten by the children doubled and the types of vegetables eaten increased from two to four on average. Parents reported that their children were proud when they ate their vegetables and talked more about eating them.

The two key things to take away from this study have also been supported by other research. First, sitting next to children and eating the same things as they are makes them feel special and helps them identify with the foods they eat. Secondly, getting involved in the growing and preparation of foods helps children connect to their food.

The exact power of the Popeye factor in this study remains to be established but one hopes that a subliminal urge to dance the horn-pipe and smoke a corn-cob pipe does not manifest in later years.

Wellbeing article August 2010

Why educate on the health benefits of vegetables?

Market research conducted amongst a nationally representative sample of Main Grocery Buyers across 5 States reveals that:

95% agree that eating vegetables regularly can help reduce the risks of cancer, heart disease and obesity - this indicates that the chronic disease prevention/control aspects of vegetables are almost universally known

40% however, don't worry specifically about preventing chronic disease at this time in their lives, particularly consumers who are under 30 years of age - the 'unconcerned'

82% of these 'unconcerned' consumers are still interested in knowing which vegetables to eat for different health benefits, but are more likely to be concerned about more 'everyday' health issues such as:

Low mood Healthy eye-sight

Lack of energy Concentration/ mental performance

Susceptibility to colds & flu

60% of all consumers, when asked, said that they would find the idea of a visual aid that they could display in their kitchen to help them easily see which vegetables they should eat for different health benefits would be useful

82%+ of consumers currently eating 2 or fewer serves of vegetables a day stated that the health benefit information, when presented in this highly visual way:

Made them think more positively about vegetables

Taught them something new about vegetables

Gave them a good reason to eat a range of vegetables

And that they would refer to this information regularly if it were available to them



Karma Pearce, Program Director of the Bachelor of Nutrition and Food Sciences at UniSA, tells us a little about the three year degree, who should study it and what she finds so rewarding about being the Program Director.

With two unique streams embedded within the program, one in Nutrition and the other in the area of Food Science, Karma explains this flexibility 'allows students to really hone in on their area of interest'. As she explains the Nutrition stream 'develops skills in health promotion and the development of health and nutrition projects, while the Food Science stream focuses on studies in food microbiology, food chemistry and food biotechnology.'. With a common first 1.5 years, students learn foundation knowledge in biology, chemistry and quantitative methods, before branching off into their chosen stream where they examine their respective areas in depth.

Upon asking who employs graduates from the Nutrition and Food Sciences program, Karma's list was long and diverse. 'Many SA and National companies look for students with this kind of qualification, including Lion Nathan Australia Pty Ltd Brewing Company and Cooper's Breweries, wineries, National Foods, Dairy Farmers, Safcol, Balfours, Spring Gully, CopperPot, SA Water, Jurlique International, Mayne Pharma, CSIRO, Food Science Australia...' the list goes on.

So, what kind of student does it take to be successful

in this program? Karma responds 'it's all about students with a passion for food, who want to understand the role of food in maintaining health, and definitely someone with a keen interest in chemistry and biology'.

And the most rewarding part of being Program Director? 'I love it when students return after graduating with a successful job and let me know that the things I have taught them, and persisted until they understood, are important in their current roles. It reaffirms to me that I am on the right track and helping to make a difference in the student's lives'.

If you think your students have an interest in this exciting and relevant degree, visit unisa.edu.au/health/programs/ug.asp to view videos and find out more information

Stage 2 Nutrition Post Mortem and Professional Development

Another very successful Exam Post mortem was held on Tuesday 9th November at Marryatville High school, with many new teachers to the course joining in to discuss and develop suggested answers to this year's exam. It is wonderful to see so many more schools offering the course, despite numerous schools having to drop their class for 2011 due to the impact of the NewSACE.

The fourteen teachers who attended, all agreed that collegiate networking is very important to provide support and for this reason we are very grateful to Anna Palombaro for hosting the workshop and Jenny Richards for typing up the answers generated by the group.

Professional development activities have also been organised by Cathy Swain at Walford and Karen Magee at Marden Senior College, to assist teachers in planning for the implementation of NewSACE next year. Additional opportunities for professional development early in 2011 are being negotiated with Karma Pearce, the Program Director, Nutrition and Food Sciences, University of South Australia, City East Campus. A revised Nutrition Study Guide will be jointly produced by the Science Teachers Association and HEIA for 2011.

If you have any ideas to suggest for workshop themes, or would like more information or just to be kept informed of events, please contact Julie Taylor

jtaylor@aphs.sa.edu.au)

Q&A from Speed mentoring session

What do you do to manage split cooking lessons.

- students use a prior lesson just to assemble their ingredients into one package to grab & go
- Use a "cryovac" (available from Harvey Norman) to package & store food over a longer time frame, eg marinade meats.

Any advice on handling large, mixed ability classes?

- Refer to TADS (Technical Aids for the Disabled)
- have a firm structure to the lesson so students quickly become familiar with the sequence and their roles
- Pair students carefully ie less able + able or two NEPs together with a support teacher
- allocate "bonus" marks for student helpers
- give more complex tasks to more able students

What can you do to pace yourself over a full teaching day plus yard duty?

Use Red Bull!!!

- It's essential to take a break and go outside of the centre - enjoy the time outside

Be prepared - have ingredients, equipment, p/ copying etc organised the day before if possible.

Give yourself some "down time" during each lesson - tell students it is time for them to be independent

learners and no questions to be asked.

- Have an egg timer to control the amount of time spent with each individual student.
- Make jokes and laugh - enjoy humour with the students and try to just "enjoy the moment"
- in your weekly planning try to plan around such days - don't plan to do the impossible!

What strategies do you employ to promote sustainability?

Green Crew - form a student group that collects recyclables to cash in and buy things for the school.

Recycle fabrics from scraps, garments to make new garments.

Scraps kept for samples or give to primary school that can use them.

Start a school garden to grow seasonal foods and herbs etc for use in lessons.

Use seasonal foods to make sauces, jams, chutney, dried herbs for use out of season.

Produce Gourmet Hampers / baskets with students - based on seasonal foods & linked to research on the popularity of home made products

"TURN DREAMS TO REALITY"

What are you doing from

JANUARY 19TH -21ST 2011?

We hope you will be joining us in turning "Dreams to Reality". The SA Home Economics Conference at Immanuel College,

IF YOU HAVE NOT REGISTERED IT IS NOT TOO LATE. - bring a friend

www.heia.com.au/heiasa/

registration

"Big Day out" Conference

17th Sep Annie's Lane, Watervale

This conference was hailed a huge success from all 39 participants. They travelled mostly from around the lower, mid and upper North, but there were also representatives from the Eyre Peninsula, the Riverland and Adelaide. All career stages were in attendance, including undergraduates, beginning teachers, people in retraining programmes from other curriculum areas, to long serving Home Eccies and even a Canadian exchange teacher.

The programme began with a short presentation from Rick Pearce, "The Sharpening Man" about knife selection and care and some participants availed themselves of his mobile sharpening service and had equipment sharpened during the day.

Then it was over to Prof Andy Barr, Grains and Plant Breeding Consultant, who gave a factual and thought provoking presentation about understanding Genetically Modified foods and future global food security. His entertaining presentation left us all with much to ponder.

Education managers from Regency TAFE, Heidi van Gerwin and Tony Adey, spoke about the range of pathways into a variety of food and hospitality trades which will be useful in assisting students who are showing interest in these areas. Widely acclaimed and published CSIRO researcher, Dr Manny Noakes was next to speak about her work in human dietetics and strategies to prevent obesity and improve wellbeing. Her practical advice is backed by research and experience over many years.

Ragini Dey from Dhaba @ The Spice Kitchen, spoke of her Indian origins kindling her passion for spices and demonstrated 3 ways of preparing them correctly for full flavour development. She prepared some food for tasting which was appreciated by all.

Ian Howlett from Future SACE, offered some very practical advice on using performance standards and demystified marking and recording options for Stage 2 teachers. He made it quite clear that advisory services are readily available

to assist with the implementation of the next stage of the New SACE.

Bruce Guerin, President of the Adelaide and Barossa Slow food group, spoke of his passion for promoting the appreciation of food through the "Slow Food" Movement and its mantra of "Good, Clean, Fair".

Damien Murray, of Allmake Sewing Centre, finished the formal part of the day with a lot of practical advice on understanding and maintenance of sewing machines, which many found most helpful.

To finish the day, conferees had opportunity to view the impressively diverse exhibition of Textile artist, Maria Salomansen and watch her demonstrate the technique of felting with natural fibre. Others chose to have a look at the latest amazing Bernina machines demonstrated by Debbie Ianson (from Bernina, Melbourne) and Wendy Murray from Allmake. Many wandered away with starry eyed dreams of a new machine for their schools (or themselves!)

During the day, there was opportunity to collect free resources, to purchase a book and engage in valuable informal chatter as old friends reconnect and new people meet. Thanks to Lea Hooper for her advice and encouragement during the planning stage, Robyn Thomas and Lea for helping set up and Jess Kuerschner for providing the sumptuous morning tea and assisting with background logistics.

Gaye Kuerschner 19-9-10



Pizza T&D Wed 17th November at Urrbrae Agricultural High School

Great weather, great company, great food - we had an absolutely lovely evening at Urrbrae on Wed 17th November for our Wood Oven Pizza T&D, thanks to Wendy Reeves.

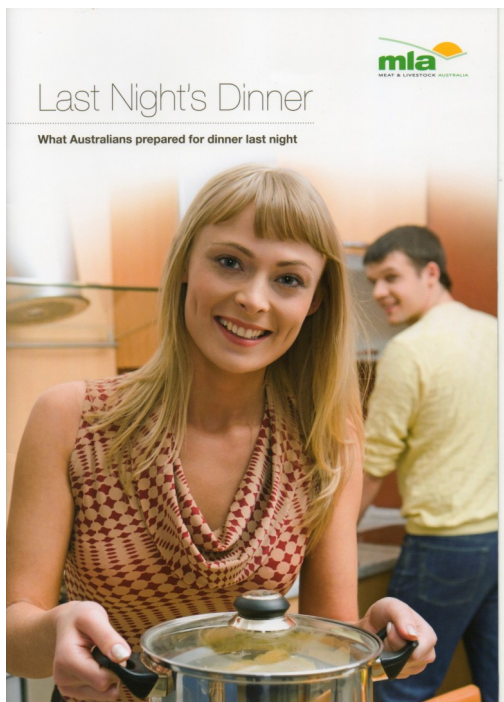
Eighteen of us networked and practised our skills with the "spade" to make a diverse range of savoury and sweet pizzas in the outdoor pizza oven which has been constructed at the school and utilised across curriculum areas for student learning activities. Wendy gave an interesting introduction with a DVD which had been made by the students before we ventured outside and donned aprons / gloves to begin .

It was a wonderful opportunity to catch up with fellow colleagues. Particularly pleasing was the attendance by colleagues from all over Adelaide. A great way to welcome the end of the year! Thank you Wendy for all of the preparation and support while we created our masterpieces. You were inspirational.

Julie Taylor



Resource Review



"Last Night's Dinner"

Have you come across this resource yet? It is a glossy 18 page A4 booklet which reports on the findings of a survey into Australian eating habits, conducted during May 2009.

The content is surprisingly predictable. However the value lies in its usefulness to stimulate discussion, as a reference to extract information on food trends, analyse and interpret graphs and statistical data, model report writing, including the use of nominalization, referencing and of course to develop critical literacy.... it was commissioned and produced by the Meat & Livestock Corporation.

I was able to get 30 free copies delivered to school by just sending an email to info@mla.com.au

Julie Taylor

Book Review

Childhood Obesity Prevention

International Research, Controversies and Interventions

Edited by Jennifer A. O'Dea

Childhood obesity is an international public health concern, with a high profile in both the media and government policy. Controversial issues in the prevention of childhood obesity need to be considered early in the development of school, clinical or community prevention programs, as these issues are often the ones that promote the success or failure of attempts to ameliorate the problem at hand.

This book combines health education theory, research, and practice to guide researchers, students, educators, community health workers and practitioners in the prevention of childhood obesity and the promotion of child and adolescent health and well-being. It examines controversy in childhood obesity, including the link with poverty and the difficulty of addressing obesity whilst also tackling the issue of eating disorders. The prevalence of childhood obesity is covered, with international chapters examining the importance of factors such as social class and ethnic differences, and global and local trends are identified.

Approaches to prevention are presented, and the book concludes with the successful outcome of various interventions, demonstrating how the whole school community can collaborate to promote health among young people.

WORLD TEACHERS DAY



Jean Fullwood, Rhonda Smedley, Patricia Greaves, Sandra Donlan

Rhonda Smedley was awarded the HEIA SA perpetual trophy for her contribution to Home Economics teaching in South Australia.

Well done Ronda!

HEIA (SA) Executive

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