

Happy Holidays ...

Another year draws to a close and despite the busyness and rush of 2008 it has been great to get to spend time with so many of the dedicated Home Economics Teachers in our State. I have thoroughly enjoyed the opportunity to spend time and get to know others who are under similar pressures.

I would also like to thank those who have assisted me this year as I tackle the responsibility of this role and am extremely grateful to Amanda Johnson for all her support and ideas—you're the best!! It is also necessary to thank those staff from Tyndale

who have put up with my crazy ideas and given me well needed perspective when necessary.



So, as the year draws to a close I wish you a Merry Christmas and a wonderful New Year. I hope that you have a well earned break over the holidays and get to do the things that we often have to put aside in the busyness of teaching.

All the best,
Annie Mott

Recipe File ...

Mocha Christmas Fruit Cake
 1kg Mixed Dried Fruit
 150g Fruit and Nut Chocolate
 4 teaspoons Instant Coffee
 2 Cups Boiling Water
 2 Cups SR Flour

- Method:
1. Preheat oven to 180°C.
 2. Dissolve coffee in boiling water.
 3. Place dried fruit and chocolate in a bowl.
 4. Pour coffee mixture over and stir until chocolate melts.
 5. Add sifted flour.
 6. Place in a 20 cm square cake tray.
 7. Bake for 60 minutes or until cooked.

"Tomatoes and oregano make it Italian;
 wine and tarragon make it French.
 Sour cream makes it Russian;
 lemon and cinnamon make it Greek.
 Soy sauce makes it Chinese;
 garlic makes it good."
 Alice May Brock

Great Resources for 2009 ...

"Atlas of Food: Who Eats What, Where, and Why"
by MILLSTONE/LANG

ISBN Number: 9780520254091
Category: Non Fiction
Format: Paperback
Publication Date: 01-10-2008
Publisher: University of California Press

What we eat, where we eat, and how we eat: these questions are explored in this remarkable book, first published in 2002.

Now in its second edition, "The Atlas of Food" provides an up-to-date and visually appealing way of understanding the important issues relating to global food and agriculture. In mapping out broad areas of investigation---contamination of food and water, over nutrition, micronutrient deficiency, processing, farming, and trade---it offers a concise overview of today's food and farming concerns.

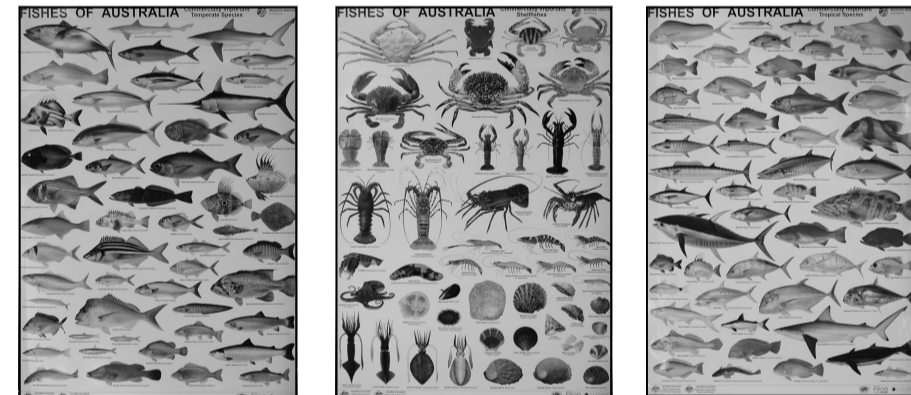
Buttressed by engaging prose and vivid graphics, Erik Millstone and Tim Lang convincingly argue that human progress depends on resolving global inequality and creating a more sustainable food production system.

Available by order through Angus & Robertson Books for \$45.99

Seafood Posters ...

Available from Seafood Services (<http://www.seafoodservices.com.au/shop/>) this set of 3 Posters (\$55.00) shows the fishes of Australia in a set of 3 stunning, full-colour wall posters:

- Commercially important tropical species
- Commercially important temperate species
- Commercially important crustaceans & shellfish



Homecky Hub Calendar ...

December/January	CASTT Discover Vietnam Tour
3rd March	Mercato Demonstration/Tasting
21st March	World Home Economic Teachers Day
26th May	Annesley Dinner
18th August	Tap Inn Dinner—Tapas Style
24th November	Annual IHETG Conference

Teacher Profile:

Name:
Virginia Dolphin

School:
Southern Vales Christian College

Previous Schools:
N/A

Time Teaching:
15 years

Time Teaching
Home Economics/VET:
5 years

Number of staff in
Faculty:
2 at Aldinga
4 at Southern Vales

Favourite Cooking
Practical:
Function Trials, chicken
dishes and desserts

Most memorable Mo-
ment:
The success of students
catering for World Vision
Super and World Vision
Breakfast. Students met
Tim Costello and he spent
time with them in the
kitchen. A real honour.

