



HOME ECONOMICS INSTITUTE OF AUSTRALIA (SA) INC.

NEWSLETTER - Aug/Sept 1998

The President has her say!

Second term has been and gone and we have just had our terms break, didn't it come at a most welcome time. What with the dreaded mid-year moderation and having to grapple with the awful plastic bags. Then we had to cope with assessments and reporting, some of us to the Statements and Profiles which is a very definite challenge. Plus we had change of students for second semester!

These holidays saw me staying put in South Australia and I went whale watching down at magnificent Middleton. It never ceases to amaze me that we have so much wonderful scenery right here on our doorsteps. If you haven't been down to see the whales I hope the opportunity arises and you get to watch these truly magnificent beasts of the sea.

Remember in the last newsletter we included feedback forms? Did you send yours in? The response so far has been 10/89!!

The staff at Norwood-Morialta Home Economics centre are going through the experience of renovation and in talking to Bronwyn Colegate if you didn't laugh you would certainly cry at some of the goings on. Do you have a funny or otherwise story about your renovations and would like to share them, phone or send in your saga.

Since our last newsletter we have had both a Food and Nutrition and Appropriate Technology workshop. I

hope you managed to attend at least one of these.

Has your school embraced a VET in SACE model? Would you like to share your experiences with your colleagues? We would love to hear from you detailing the hows and whys of your courses. Please phone or send us information for publication.

I hope Term 3 is professionally and personally challenging.

Christina Tassell

May Conference - Linking Home! Work! Play!

Margaret Drake

The 1998 conference was held at Annesley College. This proved to be a venue which found favour with all participants - no-one suggested a different venue for 1999 on their evaluation form. Dr Katrine Baghurst, from CSIRO, opened the conference. We are lucky to have someone of her outstanding ability as our patron. She commented that nutrition education seemed to be easier in the 1970s but became increasingly difficult as more was understood about the role of food in chronic diseases. Initially research showed that we should reduce fat intake to reduce the risk of heart disease. As time went on studies showed that particular types of fat had links with disease. So we had to learn about mono

and polyunsaturated fats, omega 3 and 6 and trans fatty acids. And now there are indications that fat intake can be too low! This may lead to a stroke. The information about fibre is equally complex. There has now been a retreat from the study of nutrients to a food-based education approach. Katrine posed the question: 'Is the large amount of information we now have is valuable or not! After all, students have more on their plate than nutrition!'



Steve Keirl from University of SA, was funny, moving and challenging by turns. As key-note speaker he set the tone for the conference by raising many issues which refer to the quality of life as opposed to living standards. He spoke of the 'importance of what is delicate, invisible and intangible'. 'A house is built with doors and windows but it is the empty space that makes them useful'. He also drew our attention to the need to balance skills, knowledge and values so that they work together. Most people questioned their own lifestyle when he quoted John Ruskin's criteria for being happy in your work.

1. Fit for it.
2. Not do too much of it.
3. You must have a sense of success in it.

Are you happy in your work?

Brenton Evans, Secondary Curriculum Services, DETE, provided information and examples of the Middle School concept. Brenton sees this as a 'window of opportunity for Home Ec.' as teachers already have skills which fit into three of the eight learning areas. These are Health and Phys. Ed., Technology and Studies of Society and Environment. This gives them advantages as members of a middle school teaching team. Margaret Horgan gave practical advice from her own experience in teaching. Liz Kellett and Yvonne Schmerlaib from the Children's Health Foundation gave a presentation on the process of developing a national food selection guide. It was interesting to learn of the complexities that surrounded this exercise. Both presenters and participators were frustrated that the entire kit was not available at that time. The Australian guide to healthy eating has been a long time in development but is at last available for use. Copies can be obtained free of charge by making a toll free call to 1800-020-103 and asking for extension 8654.



Lyal Hampel demonstrated the ACHPER CD ROM 'Live Life'. Participants voted that this session was

very informative. Feedback on evaluation sheet:- 'It was a real luxury to be given time to sit and play on a computer in a non threatening environment' and 'I thought it was a great hands on workshop'.

As sessions were concurrent I was not able to attend Helen Crambrook's Food and Nutrition in Action Workshop. However, feedback from participants indicated that they found this to be particularly beneficial and gained a clear picture and understanding of the programme and its background. Julie Taylor's Food and Nutrition Follow-on was also a great success. One person commented on the value to a country teacher, another on the good group discussion and sharing of ideas. On the whole 'Inspirational and idea stimulating'.

Afternoon tea break gave the opportunity to present the HEIA(SA) prize to Barbara Christenson. She was top student in the Bachelor of Social Science (Human Services) Social Health degree during 1997. Erika Pfitzner presented her prize.

Esther Soong gave a presentation on Chinese culture. I can do no better than repeat feedback - 'Basic historical introduction, then taken from a personal perspective. Changes from 50's to current times provided a very interesting presentation. Personal anecdotes made the story come to life'. I agreed with the person who said that it was very informal and informative and a nice way to end the day.



In summary I will let participants speak of their experience:

'Thankyou for all the preparation - very stimulating and inspiring. Pleased to be able to share with other teachers and hear other input. Good to have some goodies, samples and info to take home - need a carry bag'. 'A wonderful day. Thank you.' NOTE: We are thinking about the need for a carry bag - anyone with ideas are welcome to join the conference planning group as we plan next year's conference.

PS Everyone gave the food an EXCELLENT rating (Annesley College did the catering). We don't always have scores like that on our evaluation forms - thank you Annesley staff.

Some Useful Resources Design and Make It! On the ABC

These programmes are for upper primary to middle secondary and are shown on Tuesdays from 11:15 for 15 minutes.

(Many librarians video them so check for backdated copies)

1. Food Technology May 26th
Looks at chocolate manufacturing, meat design and cooking and chilling foods.

2. Textile technology June 9th
Designing and producing dresses using CAD-CAM, designing and printing fabrics for furniture and designing and manufacturing theatrical costumes.

From the Social Health Group

The Social Health Group continues to meet every other month to share information. In fact we are often in touch by phone or fax and meet up at conferences and workshops. At our last meeting we finalised a letter which was sent to all HEIA members who attended the Community interest sessions at the biennial conference in Melbourne to ask them if they would like to be part of a national Social Health Group.

Three interesting events occurred in Adelaide recently and Patsy Stamp and I attended as representatives of the Social Health Group. The first was a networking session 'Inequities in Health Status: What strategies work?' This was an excellent session which gave food for thought. While it has long been accepted from population studies that geographical areas which include large numbers of people on low incomes will have more people with poor health than areas in which people have high incomes. Previously this was linked with poverty but recent studies of Whitehall Civil Servants showed the same health pattern between those on high and low salaries with those on high

salaries having less illness and living longer. However, no Civil Servant lives in poverty. Explanations are being sought as similar patterns are found between rich and poor countries. An interesting factor is that countries which are at the low income end of the scale but distribute resources more equitably have better health status than those with a similar income but have both very poor and very rich populations. In Australia the trend is towards increasing the number of very poor and very rich people. Perhaps we are moving in the wrong direction.

'Re-inventing Community' was a conference focussing on social capital. This was an inspiring occasion. Eva Cox was a keynote speaker and this was the first time that I had heard her in person. She touched a nerve for me when she said that she was concerned about the widespread use of the most limited definition of the word 'democracy'. This view acknowledged a majority vote as being democratic but left out all the other aspects of democracy such as wide and open debate, negotiation, participation and transparency in decision-making. Many people have said 'what is social capital?' After a day of discussion nobody came up with a neat definition. But perhaps that is just what makes it important. I see it as a quality which has been ignored by the economic rationalists who have neat definitions for everything. Eva describes it as a process and the kind of encounters that occur between people every day can build social capital or destroy it. The conference was an overwhelming success and gave me an opportunity to meet some of Adelaide's best known health professionals. I can

now put a face to names that are familiar through my text books.

SA Community Health Association arranged the third event, 'Innovation in Perspective'. This seminar showed current approaches to community health practice and provided a venue for sharing ideas, innovations and solutions to community health issues. Another outstanding success! There are some wonderful programs being run by community health workers in South Australia.

Book Review

Name: ACE Program: Actually Changing Eating
Author: Cynthia Spurr
Health Promotions Unit
Flinders Medical Centre
Available from: Health Promotions Unit
Flinders Medical Centre
Bedford Park SA 5042
Soft Cover
Spiral Bound
180 pages
Cost: \$20.00 + p&h
(Individuals & Groups)
\$35.00 + p&h
(Organisations)

Reviewed: Margaret I Henry PhD

This book was developed by Home Economist, Cynthia Spurr. It began as a nutrition education program for clients of the Parkes Community Health Service (Adelaide, South Australia) in the late 1980s where the author was employed as a Community Health Worker.

The aims of this program were: to increase knowledge of nutrition, to enjoy better health, and to stop dieting as a means of weight control.

One of the outcomes of this program was the development of the '12345+' Food and Nutrition Plan which has been well documented in the Home Economics literature.

The program has now been revised and further developed by a team of nutritionists and dietitians and is presented in this book in a form suitable to be used in a variety of nutrition education settings (including Home Economics and Nutrition Education classrooms).

Chapter headings include:

- Let's look at what we eat
- Fat, fibre, sugar and salt
- Proteins and other nutrients
- I know what to eat, why is it so hard to change?
- How can I overcome the barriers to change in my social environment?
- Does stress affect my eating behaviour?
- Can I survive the consumer jungle?

Each chapter contains nutrition information on the topic under discussion accompanied by appropriate graphics and tables to support the content of the chapter. At the end of each chapter are a number of personalised worksheets which assist participants to apply learnings to their own context. Language throughout the book is non-technical and very accessible to the reader.

The final chapter provides information to assist those readers who may wish to start their own 'ACE' Group. This is a very 'readable' and accessible book for both teachers and students of nutrition. It would be a most useful addition to the library of any Home Economics/ Nutrition Education teacher.

Reprinted from: In Form, Newsletter of the HEIA (Qld) October 1997

"Wow Ways with Beef Lamb & Vegetables" Competition

STOP PRESS

Judging for this is currently under way, and recipients of awards will be notified as soon as possible.

Thanks to all who submitted entries -

HEIA (SA) Member Survey

In our last Newsletter to members, we included a survey to reassess professional requirements. To encourage all members to return their survey, we provided a reply paid envelope.

At the time of printing this newsletter, only 10 people had returned their replies. The following points summarise the results.

It is not too late to return your survey!

The executive looks to this information to guide its decision making and planning. Please take the time to reply, so that we can better serve you.

format. Only two people preferred conferences.

- Topics requested included
 - VET Child Studies
 - Nutrition
 - Social Health, Healthy Workplaces
 - Net Links, Useful Websites, Preparing a Website and Home Page
 - Latest Technology
 - CD Roms & Resources
 - New products and Innovations
 - International Cuisine, New Foods, Bush Foods
 - Textiles
 - Environmental Health
 - Curriculum - What's being done in different schools
- The most preferred time for events appears to be early evening or nights for week nights (Thursday (3) and Friday (3) most popular). Saturdays also featured favourably (6).
- Almost everybody is satisfied with the Newsletter, with the main concern being its bias towards teaching and the need to be more broadly inclusive. Some specific suggestions included conference reports, updates from regional areas, information on how others in the Home Economics profession operate (not teachers), and ideas for the classroom.

Those members who included specific requests will be followed up as soon as possible.

The Executive would like to thank those people who have managed to return their survey - we really do want to hear

from you. So if you have anything to say - please say it! All executive members are easily contactable, and you may even like to contribute or share something in our newsletter. Keep in touch!

WEB WATCH

Centrelink Student and Youth Assistance

<http://www.centrelink.gov.au/assistance/yth/index.htm>

With the changes to Austudy and the new arrangements which may require young people to return to study, it will be important that we as teachers have a clear understanding of the changing trends. This is a very useful site which includes information on the new youth allowance.

Career Options

<http://www.jobsearch.deetya.gov.au>

<http://www.northnet.com.au/~achamber>

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

<http://www.jobstuff@ni.com.au>

If you come across similar interesting sites please let us know and we will print them in a regular feature.

Furniture Industries Pathways Program

Terry Adams, from Cardijn College, wishes to encourage teachers of textile studies to increase their students awareness of this career option.

According to Terry "the industry is literally screaming out for people to learn and move into the soft furnishing industry".

Tony Nicholls, who is the coordinator of the Furniture Industries Pathways Program, is putting together a soft furnishing course at Marlestone.

Tony can be contacted on

Ph: (08) 8384 7555

Fax: (08) 8382 6497

Mobile: 015054205

Thanks for sharing this with us Terry. There must be many students who would have the interest and skills to pursue this pathway.

Historic Ayers House

288 North Terrace, Adelaide

I recently enjoyed a wonderful tour of this fascinating piece of SA history, and would like to encourage teachers to be aware of its possibilities for students, and their own pleasure.

Of particular interest and relevance could be the upcoming exhibition, M'Lady's Fabulous Frocks. The exhibition runs through to February 1999 and features delightful gowns worn between 1845 and 1895, together with accessories.

The historic home is being fastidiously restored to its original grandeur and is a delight to your senses, a feast for your eyes".

Ayers House is open

Tues - Friday 10am - 4pm

Weekends and Public Holidays

1pm - 4pm

An admission fee is charged (Adults \$5.00) to support the management of the house by the National Trust.

Guided and Educational Tours are available bookings essential (School groups \$1.00 per child).

I would be happy to organise a weekday tour, followed by a meal in Henry's Brasserie during the next school holidays, if enough members are interested. Please let me know.

Otherwise you can phone (08) 8223 1234 or fax (08) 8232 2856 Leigh Summers for details of the dress display.

Hope to hear from some of you!!

Julie Taylor
Ph: (08) 8270 2550
Fax: (08) 8556 2243

Happenings

We are working with CEASA to put HEIA SA Inc onto the Internet. Watch this space for details.

NOW AVAILABLE

The Australian Guide to Healthy Eating

This new National Food Selection Guide is finally released ("Food Chain" Pg 9, No. 25, Winter 98).

Resources include

- an A1 Poster
- an A4 Poster
- pamphlet
- consumer booklet
- manual for educators

Copies are available from early July, from:

Publications Officer (MDP129)
Public Health Division
Commonwealth Department of Health & Family Services
GPO Box 9848
Canberra ACT 2601

Phone: Direct (02) 6289 8654 for voice mail ordering, or toll free call 1800 020103 and ask for ext 8654.

Email: phd.publications@health.gov.au

Further information : Tracy Callaghan
Ph: (02) 6289781
Email: tracy.callaghan@health.gov.au
Have you Heard About

The New Undergraduate Bachelor of Nutrition & Dietetics at Flinders University?

More details next newsletter!!

BRISBANE CONFERENCE
7, 8, 9 January 1999

Conferences can be inspiring occasions. They provide the energy and ideas to keep us going when the daily grind almost overcomes us. REMEMBER THE BRISBANE CONFERENCE AND SAVE UP!!! It promises to be the best ever. If you have not received a registration brochure fax Carolyn Abel at (07) 3809 4145

Margaret Drake

SA DELEGATE TO HEIA COUNCIL

Margaret Drake resigned as SA delegate at the teleconference on August 7th after completing her two year term in this role. A new delegate will be elected at the AGM on 23rd October. This role offers an opportunity to contribute to the Home Economics profession at a national level while ensuring that the flow of information between the State and Council members is maintained. There are four Council meetings each year, two are by teleconference and two are held in Sydney. If you wish to know more about the role of delegate please fax or phone Margaret Drake on (08) 8327 2290 with your queries. Fax is preferred, if possible. The next Council meeting is at the end of November, in Sydney. Fares and accommodation are paid by HEIA

Date for your Diary

HEIA Annual General Meeting (AGM) will be held on Friday 23rd October at SIT Cafe, Adelaide, TAFE

"FOODchain" is the Newsletter of Deakin University's National Specialty Program in Public Health and Community Nutrition.

Contact Gill Read
(03) 9244 6999
email: gillr@deakin.edu.au

FOR SALE

The English Edition of Gourmet's Choice \$5.00

Please contact any member of the Executive and we will happily send you a copy post free!

Up Coming Events (as published in FOODchain)

12-18 October

National Nutrition Week
"Nutrition in Later Life"
contact ANF for details.

April 1999

Eating into the Future
Ph: Eat Well SA (SA Food & Nutrition Project) 08 8204 7764

1998 HEIA(SA) CALENDAR

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
<p>12-16th ACHPER 21st Biennial National Conference Adelaide University</p> <p>27th Term 1 starts</p>	<p>14th HEIA Newsletter submission date</p> <p>22-25th 10th National Health Promotion Conference Adelaide Convention Centre</p> <p>28th HEIA Executive Meeting CEASA Office</p>	<p><i>Celebrate World Home Economics Day</i></p> <p>21st HEIA Executive Meeting CEASA Office Meet the Executive & Celebrate Home Economics Day!</p> <p>27th One day workshop Appropriate Technology & Food & Nutrition in Action</p>	<p>9th Term 1 ends</p> <p>24-26th "Unpacking Sugar: Postcolonial perspectives on Asia, Africa and the Pacific" Contact Roger Knight Ph 8303 5611</p> <p>27th Term 2 starts</p>	<p>2nd HEIA Executive Meeting Resource Room organisation Underdale</p> <p>16th HEIA One day conference</p> <p>30th HEIA Executive Meeting CEASA Office</p> <p>31st King and Amy O'Malley Scholarship application closes</p>	<p>19th Twilight meeting/light refreshments Energy Watch, ETSA 5.30-7.30 pm Concordia College 45 Cheltenham Street Highgate</p> <p>27th HEIA Executive Meeting CEASA Office</p>
JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
<p>3rd Term 2 ends</p> <p>8-10th Research Centre for the History of Food & Drink 1st International Conf. University of Adelaide</p> <p>17th HEIA Newsletter submission deadline</p> <p>20th Term 3 starts</p> <p>25th</p>	<p>TBA One day workshop Appropriate Technology & Food & Nutrition in Action</p> <p>22nd HEIA Executive Meeting CEASA Office</p>	<p>25th Term 3 ends</p> <p>26th HEIA Executive Meeting CEASA Office</p> <p>TBA Technology Conference</p>	<p>12th Term 4 starts</p> <p>23rd Annual General Meeting</p> <p>24th HEIA Executive Meeting CEASA Office</p> <p>30th HEIA Newsletter submission deadline</p>	<p>TBA One day workshop Appropriate Technology & Food and Nutrition in Action</p> <p>28th HEIA Executive Meeting CEASA Office</p>	<p>18th Term 4 ends</p> <p style="text-align: center;"><i>Merry Christmas and Happy New Year to all!</i></p>

HEIA Executive Meeting CEASA Office					
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