

inform

Newsletter of the Home Economics
Institute of Australia (Qld) Inc.
September 2016



The September issue of *InForm* highlights the achievements of some of our members as well as some of the fabulous professional learning that has occurred since the last newsletter and other professional learning still to come in 2016 and early 2017. Members' achievements reported on include the nine members who were awarded NESLI scholarships, Aileen Lockhart who was awarded the Dr Janet Reynolds Award for Service to HEIA(Q), Maria Learmonth and Jane Greffe who were awarded HEIA(Q) Teacher Excellence awards and Jan Reynolds who was awarded the Australian Professional Teachers' Association Dorothy Hoddinot medal.

President

Kay York

M 0414 825 317

E kayyork@optusnet.com.au (H)

Vice-President and Treasurer

Rosemarie Sciacca

T 07 3348 8490 (H)

M 0418 775 142

E r_sciacca@hotmail.com (H)

Secretary

Aileen Lockhart

T 07 3820 5888 (W)

07 3369 1130 (H)

F 07 3820 5800 (W)

E ablockhart01@optusnet.com.au (H)
heiaq@heia.com.au (HEIA(Q))

Professional

Development Coordinator

Janet Reynolds

M 0400 628 880

E janetrey@ozemail.com.au (H)

Newsletter Editor

Janet Reynolds

M 0400 628 880

E janetrey@ozemail.com.au (H)

National Delegate

Delia Stecher

M 0439 662 589

E stecherd@mbc.qld.edu.au (W)

Other members of the

Committee of Management

Kylie Akeroyd

M 0418 885 548

E kylie.akeroyd@gmail.com

Jo Andrews

M 0438 388 044

E jandr148@eq.edu.au (W)

Kaitlyn Follett

T 07 3893 5333 (W)

E kfol118@eq.edu.au (W)

Belinda Ingram

M 0427 188 139

E bingram@canterburyqld.edu.au

Tessa Lund

M 0466 252 423

E tessalund07@gmail.com

Kirsten McCahon

T 07 3351 4000

E kmcca15@eq.edu.au

Tiarni Twyford

M 0406 519 264

E ttwyf4@eq.edu.au

Home Economics Institute of Australia (Qld) Inc.

PO Box 629
KALLANGUR QLD 4503

T 1800 446 841

E heiaq@heia.com.au

W www.heiaq.com.au

Regional coordinators

Brisbane North

Julie Nash

Hillbrook Anglican School
T 07 3353 0096
E julien@hillbrook.qld.edu.au

Brisbane South

Sue Smith

Clairvaux MacKillop College
T 07 3347 9200 (W)
M 0411 541 264
F 07 3347 9211 (W)
E sues@cvxmck.edu.au

Brisbane West

Tanya McKenna

Ipswich State High School
T 07 3813 4431
E tmcke39@eq.edu.au

Bundaberg

Cassandra Smilas

Keppock State High School
T 07 4131 1888 Ext 899 (W)
F 07 4131 1800 (W)
E csmil4@eq.edu.au

Cairns

Kathryn Savina

St Andrew's Catholic College
T 07 4039 5200 (W)
E kathryn.savina@standrewscc.qld.edu.au

Darling Downs

Sandy Felman

Centenary Heights State High School
T 07 4636 7500
E sfeld1@eq.edu.au

Gold Coast

Melinda Pascoe

St Andrew's Catholic College
T 07 4039 5200 (W)
E mpascoe@asas.qld.edu.au

Mackay

Romana Wallace

Mackay North State High School
T 07 4963 1666 (W)
F 07 4963 1600 (W)
E rwall113@eq.edu.au

Rockhampton

Derryn Acutt

The Cathedral College
T 07 4999 1300 (W)
F 07 4927 8694 (W)
E Derryn.acutt@tccr.com.au

South West/Roma

Katie Nelson

St John's Catholic School
T 07 4622 1842 (W)
E katie.nelson@twb.catholic.edu.au

Sunshine Coast

June Robertson

St Teresa's Catholic College Noosaville
T 07 5474 0022 (W)
F 07 5474 0266 (W)
E jrobertson@bnc.catholic.edu.au

Townsville

Edna Luke

Thuringowa State High School
T 07 4577 7572
E eluke3@eq.edu.au

Wendy Owens

St Margaret Mary's College
T 07 4726 4900
E wowens@smmcc.catholic.edu.au

Contents

From the President	2
.....	
Graduands' participation in the HEIA (Q) conference	2
.....	
Retired home economics teachers' high tea	3
.....	
Nine HEIA(Q) members awarded NESLI Advanced Leadership Program scholarships at the HEIA(Q) 2016 state conference	4
.....	
HEIA member Jan Reynolds awarded the Australian Professional Teachers' Association (APTA) Dorothy Hoddinot medal for Outstanding Lifetime Leadership	6
.....	
Aileen Lockhart awarded the Dr Janet Reynolds Award for Service to HEIA(Q)	7
.....	
HEIA(Q) 2016 Teacher Excellence Awards Jane Greffe and Maria Learmonth	8
.....	
HEIA(Q) 2016 state conference an outstanding success	10
.....	
State Conference Reports from our roving reporters	12
.....	
Save the date: HEIA(Q) World Food Day celebrations at Sirromet Wines	16
.....	
Save the date: Practical Day Out	17
.....	
Making the change to slow clothing	18
.....	
HEIA(Q) Regional Professional Development Program	20
.....	
2017 HEIA National Conference Early-bird registration closes 1 November 2016	22
.....	
Diary Dates	Back cover
.....	

From the President



Over the last three months HEIA(Q) has, yet again, been very busy. The 2016 conference was a resounding success with over 300 delegates attending and the conference being fully subscribed by the end of early-bird registrations. The day itself proved to be excellent with delegates enjoying the professional dialogue and conference sessions. A big thank you to Dr Jan Reynolds and her team for putting together a program packed with professional learning. I am sure that everyone who attended took something away from the day.

The highlight of the conference was the presentation of annual awards and scholarships from the National Excellence in School Leadership Initiative (NESLI). We welcomed new graduands into the profession and acknowledged excellence in the practice of our colleagues. It was a great day.

In addition to the conference another five regional workshops were completed as part of the regional professional development program and again they were well received. The final workshop for this year will be held on 13 October at Clairvaux McKillop College for anyone who missed the Curriculum session.

The retirees again gathered in August to get together and have high tea with like-minded people. All the attendees enjoyed the fellowship that this provided. A big thanks to Denise McManus who again facilitated this event.

HEIA(Q)'s acknowledgement of World Food Day will be held on Saturday 15 October at Sirromet Wines. It should be a lovely day out so we hope that you can make it.

This year we are having an inaugural 'Practical Day Out' in November, so keep your eyes open for the registration for this event.

Please consider being involved in the Committee of Management that facilitates these functions. It is a great place to share with like-minded people who want to see our members grow and develop.

Kay York

President, HEIA(Q)

Graduands' participation HEIA (Q) con

There was a nervous but excited buzz around the graduating students' table at the front of the room at the HEIA(Q) conference in Brisbane. As they sat in alphabetical order awaiting the moment their participation was required, there were whispered comments about the speeches and duties ahead of them. When their moment arrived the eight graduating students moved towards the stage and as their names were called, one by one they made their way on stage, were each presented with a gift bag and congratulated on the efforts and dedication that had brought them to this moment. Nikki Boswell responded with gratitude on behalf of the students and with a sigh of relief that their collective moment in the spotlight was over. Throughout the day the graduating students were also involved in introducing and thanking the keynote and sessional speakers, which they did with confidence and professionalism. Once again the inclusion of the graduating students proved to be a tremendous success and has paved the way for upcoming students to become an integral part of the smooth running of the conference in future.

Kylie Akeroyd

Student member, HEIA(Q) Committee of Management



HEIA(Q) President Kay York (R) introducing the 2016 graduands

Although only eight graduating students were able to attend the HEIA(Q) state conference, there will be over twenty students graduating in 2016 in readiness to participate in the home economics teaching profession. HEIA(Q) congratulates all students and takes great delight in welcoming you to the profession.

in the
ference



Graduand Krystle Gardner introducing Dr Helena Popovic



Graduand Shanna Harm thanking Dr Joanna McMillan



Graduating students ready for a big day



Retired home economics teachers' high tea



On Tuesday 30 August I had the pleasure of attending this event at Keri Craig Emporium in the Brisbane Arcade. It was a delightful afternoon of great conversation, laughter and tasty culinary treats.

It was so enjoyable sharing experiences and memories with colleagues I had not seen for many years.

The choice of venue was perfect, being able to hunt down fashion items at the Keri Craig sale after the event. Admiring the beautiful fabrics and designs was also a bonus.

The delicious range of food items at the high tea included ribbon sandwiches, Devonshire scones, mini lemon curd tartlets and blueberry muffins, topped off with a flute of champagne.

I was one of the newest retirees at the function and was thrilled to see Ms Audrey Laurie there. She was part of the Inspector Panel that judged my suitability to be a Subject Master back in 1986! I was posted to Balmoral State High School in 1987, where I stayed until I retired in July of this year.

I would thoroughly recommend this event to any retiree and look forward to next year's catch-up.

Coral Early

To the Committee of Management of HEIA(Q)

Thank you for organising this annual event. This day together to remember our lives together is a great pleasure.

Kind regards
Jennifer Larsen

Nine HEIA(Q) members awarded Advanced Leadership Program at the HEIA(Q) 2016 state conference

HEIA(Q) was delighted to partner with the National Excellence in School Leadership Initiative (NESLI) to enable HEIA members registering for the 2016 HEIA(Q) state conference an opportunity to win a full scholarship to the Women's Advanced Leadership Program, valued at \$5995. Five partial scholarships were also to be awarded, each valued at \$4000. NESLI noted that the applications received from HEIA members were thoughtful, aspirational and, overall, outstanding. While the original intention was to award one full scholarship and five partial scholarships, NESLI was so impressed with the standard of the applications that they awarded one full scholarship valued at \$5995 and eight partial scholarships, each valued at \$4000. Hence, NESLI has awarded scholarships to the value of almost \$38 000 to HEIA(Q) members to undertake the Advanced Leadership Program.

The winners of both the full and partial scholarships were announced at the HEIA(Q) conference on 6 August 2016. Rosemarie Sciacca from John Paul College was awarded the full scholarship for the Advanced Leadership Program. Congratulations Rosie from NESLI and all your friends and colleagues at HEIA(Q).

In celebration of high-performing home economics teachers, NESLI and HEIA(Q) also proudly congratulate the following applicants for being awarded partial scholarships with a value of \$4000 each to support participation in NESLI's Advanced Leadership Program:

- Renee Adams, Isis District State High School
- Bronwyn Baddiley, Isis District State High School
- Jane Greffe, Marymount College
- Lyn McErlean, All Hallows' School
- Katie Nelson, St John's Catholic School, Roma.
- Delia Stecher, Moreton Bay College
- Catherine Stickland, Grace Lutheran College
- Meghann Wear, Goodwindi State High School

What is the Advanced Leadership Program?

The Advanced Leadership Program supports the development of exceptional female school leaders. Created to provide tailored development and support to Australia's growing pool of senior female school leaders, the Advanced Leadership Program enables the advancement of high-potential women across all school sectors. Delivered over an extended six-month period to ensure minimal disruption to participants' workloads, the program combines rich multimedia presentations with user-friendly toolkits delivered via a cutting-edge online learning platform.

During the program participants engage in deep exploration of their own strengths, weaknesses and opportunities as they relate to building and maintaining highly effective school teams. The Advanced Leadership Program equips leaders with the insights, skills and confidence to accelerate their own career progression as they simultaneously strengthen the performance of their colleagues and their schools.

Regularly engaging in highly interactive learning experiences, participants share their journeys with like-minded colleagues across the country. In addition to delivering high-impact professional development, the program sets out to create powerful, lifelong professional networks.

Rosie Sciacca (L) receiving her award for the full NESLI scholarship



and NESLI scholarships at ce

The program employs an integrated learning methodology based around self-analysis, peer knowledge sharing, experiential exercises, practical workplace application and reflection. Throughout the program, learnings are related back to the day-to-day realities and challenges of each participant. This process is enhanced through participant-generated discussions and adaptive leadership challenges to unlock existing skills and experience within the group.

Why have a leadership program exclusively for female school leaders?

Through broad consultation across many geographical and industrial boundaries, Women & Leadership Australia (WLA) has uncovered a significant need for a developmental program that enables high-potential female school leaders to engage in an intensive, peer-oriented leadership development experience.

In response to this need, WLA engaged a wide range of stakeholders from across a number of key industries to assist in the development of the Advanced Leadership Program. In addition to delivering exceptional professional development, the program sets out to create powerful role models for future female leaders.

In addition to enabling real outcomes for individual leaders, the Advanced Leadership Program is recognised internationally as a unique and innovative program that contributes in a meaningful way to the realisation of gender equity in relation to formal school leadership.

About NESLI

The National Excellence in School Leadership Initiative (NESLI) is a collaborative arrangement bringing together an unprecedented array of stakeholders with a common commitment around developing exceptional schools through exceptional school leaders. Through the provision of global best practice in leadership development, NESLI targets the immediate need to equip Australian teachers—across all divides—with the skills, knowledge and confidence to overcome the complex leadership challenges in today's school environment.

About WLA

Women & Leadership Australia (WLA) is a national initiative committed to supporting the increased representation of women in business and community leadership roles. WLA is based on the belief that women represent an enormously under-utilised national resource and that through supporting a greater percentage of talented women to progress into leadership positions, tremendous cultural and economic benefits will follow. The initiative comprises a range of professional development programs, advisory services and research endeavours. Since its inaugural forum in 2003, over 50 000 women have participated, making WLA Australia's peak leadership initiative for women.

nesli
NATIONAL EXCELLENCE IN
SCHOOL LEADERSHIP INITIATIVE

Recipients of NESLI partial scholarships



President Kay York (R) announcing the NESLI awards



Rosie Sciacca with her NESLI trophy

Program snapshot

Program duration:
6 months

Average weekly time
commitment: **2 hours**



HEIA member Jan Reynolds awarded the Australian Professional Teachers' Association (APTA) Dorothy Hoddinot medal for Outstanding Lifetime Leadership

Each year Australian Professional Teachers' Association (APTA) calls upon all professional associations to nominate a member for the Dorothy Hoddinot medal for Outstanding Lifetime Leadership. Dorothy Hoddinot was a strong believer in the value and work of professional associations and was the inaugural President of APTA. Her driving force was her commitment to the rights of children to learn.

HEIA(Q) nominated Dr Janet Reynolds as a very worthy recipient of the Dorothy Hoddinot Medal for her lifelong commitment to home economics teaching and improving outcomes for students. It was with great pleasure that APTA announced Jan as the 2016 recipient of the medal, with President Susan Gazis presenting the medal at the HEIA(Q) 2016 state conference.

Dr Janet Reynolds has been a driving force for the teaching of Home Economics in Australia and internationally. HEIA has benefitted greatly from Jan's academic excellence, extensive experience and her passion for sharing knowledge. She has been an outstanding advocate for her specialist area, which is evidenced by her taking on diverse roles in HEIA. She was the inaugural elected President of HEIA and has led or co-led initiatives such as the development of the hugely popular text *Nutrition-The inside story*, *The Wonderful World of Vegies*, *The Colourful World of Vegies*, *Home economics teacher supply and demand project*, *Fashion for the Sun*, *Simply Gorgeous* food posters, *Totally gorgeous* textiles posters and the position paper *Home economics and the Australian curriculum*. Jan was also national Treasurer for many years and has also convened and presented at many HEIA state and national conferences and presented workshops in all HEIA divisions. Jan keeps abreast of the latest developments in her specialist area and incorporates these into her work with professional associations. She has demonstrated sustained commitment to the teachers of Home Economics and their students.



Dr Janet Reynolds replying to receipt of her medal



L-R Janet Reynolds, Susan Gazis and Caroline Brooks

Aileen Lockhart awarded the Dr Janet Reynolds Award for Service to HEIA(Q)

The Dr Janet Reynolds Award is awarded for outstanding service to HEIA(Q) over a period of time. The inaugural awards were made in 2015 to members Denise McManus and Cheryl Conroy. The HEIA(Q) Committee of Management decides on the recipients of this award, which is presented at the HEIA(Q) annual state conference. This year the award was presented to Aileen Lockhart, who has given tirelessly to HEIA(Q) for over 20 years. She has taken on various roles over her time with HEIA(Q), including:

- 1995 Secretary
- 1997 Secretary
- 1998 Minutes secretary
- 1999 Minutes secretary
- 2001-2005 Treasurer
- 2006-2015 Queensland Delegate to HEIA National Council
- 2016 Secretary

Aileen has also been a valuable member of HEIA Council where she held the role of secretary for seven years.

Aileen attends many of the events that we hold at HEIA(Q) and has taken on various roles at these functions including MC, speaker and organiser. Aileen is a very worthy recipient of the Dr Janet Reynolds Service Award.

Kay York

President, HEIA(Q)



Aileen Lockhart making her acceptance speech

L-R: JCQTA President Caroline Brooks, APTA President Susan Gazis, Medal recipient Dr Janet Reynolds and HEIA(Q) President Kay York



Aileen Lockhart

Home Economics Institute of Australia Incorporated

**Dr Janet Reynolds
Award**

For
Service to HEIA (Q)

Presented to
Aileen Lockhart

To acknowledge continued support
Advocate for Home Economics with over 20 years membership
Secretary 1995, 1997 and 2016
Minutes secretary 1998 to 1999
Treasurer 2001 to 2005
Queensland delegate to National 2003 to 2015
Member of the committee of management
Contributor to Inform

Kay York
President HEIA(Q)

© Aileen 2019



HEIA(Q) 2016 Teacher Excellence Awards

Jane Greffe and Maria Learmonth

HEIA(Q) is pleased to announce Jane Greffe and Maria Learmonth as recipients of the HEIA(Q) 2016 Home Economics Teacher Excellence Awards. Each year HEIA(Q) endeavours to recognise and celebrate the inspirational work done by home economic teachers across Queensland. Members are encouraged to nominate colleagues who exemplify teaching excellence across several facets of home economics education, such as teaching practice, curriculum development, student success and professional activities. Such facets form the basis of the selection criteria.

The calibre of applications for this year's awards was remarkable. It is clear that not only is Home Economics strong across the state, but also that there are many proficient and passionate educators who inspire their colleagues and students daily and work hard to ensure the longevity of Home Economics.

This year's recipients epitomise excellence in Home Economics education and are extremely deserving of their awards.



Jane Greffe, Marymount College, Gold Coast

Three words that describe Jane Greffe as a teacher are innovative, creative and passionate. Jane creates flexible learning environments that encourage innovation and inquiry, help to create a sense of belonging, and give purpose that strengthens the learning culture. She uses creativity, innovation and inquiry to energise and inspire learners, creating an inclusive classroom that promotes equality and allows students to feel as though their voices are always heard and that they are valued members of their learning environment.

Jane has embraced changes to the Home Economics program in both Food and Nutrition and Textiles and Design, whilst continuing to promote the guiding principle of wellbeing that underpins the values of a traditional Home Economics program. She has taken a leading role in both independently and collaboratively writing new units of work with a heavily inquiry-based learning approach.

Jane is a leader in the Textile and Design and Food and Nutrition Technology courses at Marymount College as well as in the Gold Coast region. This has been a key component in her undertaking a mentor role on campus to new teachers to the subject, as well as seeking her own professional development and mentorship from leading professionals in the area. Her direct and close involvement with Brisbane Catholic Education Officer David Gall has also enhanced her understanding and confidence in developing, trialling and implementing aspects of the Australian curriculum.

Jane constantly looks for new ways to update her resources and learning opportunities. She recently saw an opportunity for a textile unit of work in conjunction with local charity Boomerang Bags. Jane has been working with the charity's director Tania Potts throughout the term to assist Tania's goal of providing workshops based around the design process for textiles students. Together they have created a range of programs and assessment tasks that will be on offer through Boomerang Bags. She

has sought advice from her Technology Education Officer learning and teaching management, to ensure the resources she was writing would offer students real problem-solving opportunities that would inspire creative and innovative solutions for a preferred future.

Jane also secured one of nine scholarships offered by Cotton Australia in 2016. This allows her to attend their national conference as well as providing opportunities for networking. The conference will provide a forum where supply-chain partners come together to hear speakers on topical textiles issues. In accordance with the terms of the scholarship, Jane has agreed to write a unit of work for Cotton Australia.

The lack of opportunities on offer at the time for Hospitality teachers to upskill and/or obtain certificate requirements challenged Jane to approach the Gold Coast TAFE to organise a Certificate II in Hospitality (Kitchen Operations) program specifically for teachers, to be run on a series of Saturdays. This is an example of Jane's willingness to partner with industry to further both her own and her peers' knowledge and skill development. Out of this course came the concept of a real need for a locally organised Gold Coast Home Economics and Hospitality Network group that could meet every term to share resources, invite guest speakers and offer professional development workshops. The key objective was to offer an inclusive and supportive networking opportunity for teachers that may feel isolated or want collegiality. Together with two other teachers, Jane founded this ongoing and successful group that is now in its third year. Initially, Jane sought mentorship from other senior members of the group but with her growing understanding of the Australian Curriculum, she is now acting in a mentor role herself.

From 2011-2013 Jane mentored teams of students in the Junior, Senior and International Secondary Culinary Challenge. She sought mentors from industry with local chefs and the Executive Chef from the Gold Coast Convention Centre. One of the teams won three consecutive regional competitions, represented Queensland and Australia in the International Competition in Canberra and was awarded gold medals in Japan. Jane worked closely with industry broker Kay Turley-Gross to provide feedback towards modifying the competition to be more transparent and equitable for all schools. As a result of this competition experience, Jane was able to establish networks in industry that enabled her students to pursue apprenticeships and traineeships in commercial cookery.



Maria Learmonth, Emmaus College, Rockhampton

Maria Learmonth has been the Head of Faculty, Home Economics/Hospitality at Emmaus College since 2005. She has taught Senior and Junior Home Economics and Senior Hospitality for many years as well as Food and Textiles electives in Years 9 and 10. Maria is a State Panellist for Home Economics and has worked as an educational consultant for CQUniversity and Cambridge Education Publishing Company.

Maria commenced her home economics teaching career in 1983 at Blackwater State High School. From 1984 to 2001, Maria was employed at Rockhampton Girls' Grammar School. She has been a full-time employee at Emmaus College since 2002, leading the Home Economics Faculty up until December 2014. Maria has demonstrated outstanding commitment to the collaborative planning and implementation of programs, matched to the curriculum syllabus documents. She has extensive experience as a QCAA Panel committee member, with over 13 years of service to her credit. She always willingly shared with colleagues this invaluable knowledge of curriculum to enhance the professional development of all. Unfailingly, Maria will critically assess and comment on units of work, assessment tasks, or resources so that collectively her colleagues can present their students with the highest quality of teaching and learning in our classrooms.

Maria demonstrates and models a student-centred approach to teaching, with inclusivity a focus of her pedagogy. She has had extensive training in Dimensions of Learning and when planning utilises a range of pedagogy reflective of these dimensions so that students are challenged in their thinking and learning in the classroom setting. Maria has been instrumental in the development of units of work that match the new Australian Curriculum and has demonstrated leadership in the development

of new units meeting the requirements of the new curriculum that are engaging and relevant. She has excellent relationships with all students, as she is ever mindful of how important relationships are in fostering student learning. Maria communicates with parents in a variety of ways, both formally and informally, so that the optimum outcomes for all students can be achieved.

Maria demonstrates her commitment to her own professionalism by attending all available HEIA(Q) regional and state professional learning opportunities. She places great value on the professional development of all colleagues through encouraging all to participate in ongoing learning. Maria contributes to the professional development of all her colleagues in the Home Economics Faculty. She keeps abreast with curriculum issues pertinent to Home Economics and always shares new knowledge with others in a timely and concise manner. Within her college, she has excellent relationships with all her colleagues, sharing her knowledge of curriculum, her panel expertise, classroom practice, resources and most importantly, advice, on a constant basis. Maria is always willing to stay behind after school to work collegially on any task at hand. Her commitment to the development of less experienced staff members is admirable and all those colleagues who have had the pleasure to work with her have benefited from her experience.

Maria has shown her commitment to the sharing of good practice on a regional scale by contributing articles on innovative, current practice in the Home Economics classroom to the HEIA(Q) newsletter. Maria also works with pre-service Home Economics students in an online tutoring capacity through her position at CQUniversity, at which she is responsible for the course titled 'Individuals, Families and Communities'. This is now a full semester course that is run annually. In 2014, Maria also co-authored the development of another course titled 'Senior Years Curriculum Studies' in which she also tutors. She has acted in a consultant capacity for the Cambridge University Press publication *Recipes for Food Technology*. Her selection as a consultant for this project demonstrates the degree to which her opinion and experience are held in high esteem by colleagues and industry specialists alike.

HEIA(Q) is delighted to offer its congratulations to both Jane and Maria on receiving this award and would like to acknowledge the work these passionate educators do to improving home economics education for students and teachers across the state. We encourage all members to consider other worthy recipients for 2017. Home economics teachers are fantastic; it is imperative that we celebrate the amazing ways our peers contribute to the profession.

Rosie Sciacca

Vice-President, HEIA(Q)

Home Economics



A Defining Time?



State Conference an outstanding success

The HEIA(Q) 2016 State Conference on Saturday 6 August was attended by 299 delegates at the Brisbane Convention & Exhibition Centre. From early in the day, the vibe was positive and it continued this way throughout due to the quality of speakers, food and bonhomie, with so many committed colleagues taking the time to develop their professional expertise on a Saturday. The conference theme *Home Economics 2016: A defining time?* was supported by a diverse range of exciting and knowledgeable keynote speakers and workshops, providing opportunity for home economics professionals to consider current events such as the implementation of the endorsed Australian curriculum, the redevelopment of Senior syllabuses, the introduction of external assessment and the shift of Home Economics teacher education solely to CQUniversity. MC Rosie Sciacca invited Kay York, President of HEIA, to open the conference and welcome all those attending. Ten interstate delegates represented five states and territories.

President Kay York presented the Dr Janet Reynolds Service Award to Aileen Lockhart for her many years of service to HEIA(Q). Teacher excellence awards were presented to Jane Greffe from Marymount College and Maria Learmonth from Emmaus College. Eight partial scholarships offered by NESLI were awarded to Jane Greffe, Katie Nelson, Lyn McErlane, Delia Stecher, Catherine Strickland, Megan Wear, Bronwyn Badilly and Renee Adams. A full scholarship was awarded to Rosie Sciacca.

The highlight of the day was the awarding of the Dorothy Hoddinott Medal for Outstanding Lifetime Leadership to Dr Janet Reynolds. Janet has been an outstanding advocate for Home Economics over many years, has taken on diverse roles in HEIA and contributed to state, national and international conferences. It was fantastic to have a Queensland representative for Home Economics take out

this prestigious award. Dr Janet Reynolds was presented with this award by Susan Gazis AM (President of the APTA) and Caroline Brooks (President of the Joint Council of Queensland Teachers Association).

Graduands were congratulated on the completion of their courses, with Dr Bill Blayney providing an overview of the nationally accredited Bachelor of Education (Home economics). These students introduced the keynote speakers and were MCs for the closing session, allowing delegates to welcome them to the profession. Thirty-two students are enrolled in 2016. Graduate certificate and Masters courses are being developed and will be offered in 2017.

The keynote address 'Boost your brain' was delivered by the energetic and charismatic Dr Helena Popovic, whose mantra 'Education is more effective than medication' touched a chord for all in the room. Helena outlined twenty fundamental brain-boosting principles that could not only be applied to individual health but also to students in the classroom. Helena emphasised the power of language and the link between words and brain function.

After Helena's keynote address, morning tea with a range of foods to suit all tastes was served, with delegates making the most of the opportunity to interact with current and long-lost colleagues. There was also time to look at the trade displays and catch up on what is available currently. Displays were provided by Buckleys, Cambridge University Press, CQUniversity, Genesis Creations, Diabetes Queensland, Didasko Learning Resources, Flexibooks, Flavour Forecast Recipe Challenge, Mabina Alaka, MacMillan Education, Nelson Cengage Learning, Primary Industries Education Foundation Australia, Nutrition Australia, Teachers Union Health, Your Local Fruit Shop and Wool4School. The displays were diverse and interactive, providing excellent resources for all delegates.

Concurrent sessions 1 and 2 stimulated our brains and whetted our appetites for the lunch served. Again this offered a variety of food for all and we thank the conference committee for the effort invested in ensuring all dietary needs and tastes were catered for. Dessert was served alongside the trade displays, allowing time to make purchases as well as to further connect with colleagues. After lunch there was another concurrent session, followed by the keynote address 'Dietary Dilemmas' delivered by Dr Joanna McMillan. This was at the end of a long and stimulating day, but Joanna was able to maintain audience interest with her take on the confusion over what constitutes a healthy diet. Joanna provided the science without the media spin for an evidence-based approach to optimal eating.

The conference closed at 4.30 pm with informal drinks and chat. As usual, the conference provided a wonderful opportunity for networking with colleagues and we thank the committee for providing the range of speakers in an enjoyable environment. This annual conference is the professional highlight every year for home economics teachers and this year's sessions were particularly well received and appreciated. This is testament to the committee members who voluntarily work so diligently to provide this opportunity each year.

The program sponsor this year was Your Local Fruit Shop, a brand that consumers can associate with independent fruit shops owned by family businesspeople who are working together, not just to compete with the supermarkets, but to provide quality, freshness, service and locality for consumers. Silver sponsors this year were FoodChoices and Wool4School, and the Teacher Education Sponsor was CQUniversity. We thank all of them for their support.

Leanne Warner

Browns Plains State High School



HEIA(Q) 2016 Conference Committee (L-R)
Cheryl Conroy, Susan Smith, Ngaire Mayo,
Janet Reynolds (missing, Lyn McErlean)



Organisation and management on the day

The day generally ran very well. Registration went smoothly, lunch went well with plenty of food, everyone fitted into the plenary room, there were no AV problems and there were plenty of trade displays. Thank you to everyone who made it work well, your very gracious support in doing tasks on the day was very much appreciated.

Both registration and communications about the conference were rated very highly on the online survey—an average rating of 4.7 and 4.8 respectively out of 5. 95% found registration easy or very easy (78% found it very easy) and no-one found it difficult or very difficult.

Conference evaluation

SurveyMonkey® was used to evaluate the conference. The survey was sent out on Saturday 6 August, just after the conference, and closed on Saturday 27 August. There were 215 responses, a response rate of approximately 72%.

The two keynote speakers were standout hits:

	1	2	3	4	5	Total	Weighted
Dr Helena Popovic	0.00%	0.47%	3.27%	10.75%	85.51%	214	4.81
Boost your brain	0	1	7	23	183		

	1	2	3	4	5	Total	Weighted
Dr Joanne McMillan	0.00%	2.40%	7.69%	13.94%	75.96%	208	4.63
Dietary dilemmas!	0	5	16	29	158		

The keynote speakers were rated as a strength of the conference by 89% of delegates. This was the highest rating strength.

Concurrent sessions

	2016 (26 sessions offered)	2015 (26 sessions offered)
Sessions rated on average 4.5 or above	<ul style="list-style-type: none"> What's cooking (A. Taafe) Aboriginal science, food and medicine (D. Chapman) The reasoning process (R. Sciacca) 	<ul style="list-style-type: none"> Tasting tables x 2 (D. Chapman) Paleo Monday to Friday (A. Taafe) The upcycled way (J. Milburn) Inquiry-based learning (J. Nayler) Evidence of learning (M. Duncan)
Sessions rated 4.0-4.4	Fourteen sessions so 17 in total at an average of 4 or above i.e. 55.6%	Eight sessions so 14 in total at an average of 4 or above i.e. 53.8%
Sessions rated 3.5-3.9	Eight sessions	Seven sessions
Sessions rated <3.5	One session (rated 2.4)	Five sessions
Sessions that had no ratings of '1' or '2'	Nine sessions, with seven of them having an average rating of over 4	
Session 1	Five of the nine sessions rated, on average, above 4.0 (4.2, 4.2, 4.3, 4.3, 4.6) and nothing lower than 3.6	
Session 2	Five of the eight sessions rated above 4.0 (4.1, 4.3, 4.4, 4.5, 4.6) but one session rated 2.4	
Session 3	Seven of the nine sessions rated over 4 (4.0, 4.1, 4.1, 4.2, 4.3, 4.3, 4.4), no session lower than 3.7	

Session times

Overwhelmingly, delegates said they preferred three shorter concurrent sessions than two longer ones (81%, with another 8% not minding which).

Registrations

The conference was fully booked by the weekend when the early bird registration closed. Although some on the waiting list of 25 were accommodated, unfortunately not all were able to attend. There were 318 registrations including 19 exhibitor registrations. Several speakers registered and paid for the full day.

Early Bird	2014	2015	2016
HEIA members	226	224	217
HEIA student/ retired	9	24	9
HEIA member, graduating students	0	0	8
Non-members	32	40	54
Non-member student/retired	1	3	1
Total Early Bird	268	291	289
Standard	2014	2015	2016
HEIA members	15	12	9
HEIA student/ retired	3	0	0
Non-members	10	3	1
Non-member student/retired	2	1	0
Total Standard	30	16	10
TOTAL	298	307	299

As can be seen, in 2016 there was again a high ratio of early-bird compared to standard registrations.

Home Economics



A Defining Time?

State Conference



Reports from our roving reporters

The following reports are from delegates on some of the concurrent sessions.

The new Smart Choices: Addressing food supply in Queensland schools

Amelia Webster, Nutrition Australia

Amelia, a practising dietitian and nutritionist, is Nutrition Australia's representative on the 'Smart Choices' implementation reference group.

Smart Choices has been mandatory in government schools since 2007 but also operates in many independent schools. Amelia's presentation at the conference focused on the changes to some items in the Green, Amber and Red categories of Smart Choices.

The changes have been made in an effort to address the statistics that only 6% of 5-17 year olds receive the recommended vegetable intake and that 70% of teenage boys consume soft drink daily. This highlights the very important role schools play in the provision of healthy food and drinks.

Changes will commence in 2017, some of which are listed below:

- Iced tea, chips, crisps and foods with confectionary icing are now RED foods.
- Ice blocks are unchanged, but ice-creams need to be below 600 kJ/serve with milk listed as the first ingredient.
- There will be emphasis on preparing foods on site.
- Coffee milk in secondary schools is now AMBER and RED in primary schools.

Amelia explained that for some schools the availability of volunteers as well as a lack of knowledge and skills amongst staff and volunteers who prepare and produce foods is a barrier to creating a range of suitable, healthy products. Change needs to be gradual and requires community support and communication amongst stakeholders as well as there being adequate resources and equipment to create healthy food items.

Smart Choices is a valuable tool to assist those who are making decisions about tuckshop foods and other events within the school community. We cannot underestimate the importance of providing healthy food and drinks in schools to ensure good health and wellbeing for young people.

Maria Learmonth

Emmaus College, Rockhampton

The physics of foams and How science is changing the way we cook *Dr Joel Gilmore, The University of Queensland*

Dr Joel Gilmore presented two sessions at the conference—'The physics of foams' and 'How science is changing the way we cook'. Joel describes himself as a science communicator and he has a particular interest in food science. He is a scientist who likes to cook like a scientist.

In his session 'The physics of foams', participants were introduced to various types of foams and how to make them better and more stable. It seems that lecithin powder can be added to any liquid to create a foam. Joel inspired his audience to be adventurous and experiment with flavours and textures. Students would embrace the chance to be 'way out' like Heston! Joel's soy sauce foam would be sensational plated with complementary foods.

To end this session Joel prepared a decadent chocolate mousse in minutes using a cream foamer. It seems we need to start thinking outside the square.

In his session 'How science is changing how we cook', Joel used sous vide cooking to demonstrate how to cook the perfect boiled egg and a perfect steak. This meant little mess and allowed the food to maintain its perfection until it is served. With sous vide the food takes



Jo Butterworth, QCAA



Jacqueline Wilton, QCAA

longer to cook but it is possible to control the temperature accurately. To many of us this was an unfamiliar method of cooking, but we could see that there would be distinct advantages once one became experienced in it.

When preparing the perfect steak it is temperature that matters. Exact temperatures have been determined for rare, medium and well done steaks. Using the sous vide method the steak could be prepared exactly to the desired temperature. However, if we were cooking steak in our kitchens we would probably use a grill to brown it rather than an industrial blowtorch like Joel did! Joel's sessions were both informative and entertaining.

There is no doubt, FOOD PREPARATION AND COOKING IS SCIENCE!

Denise McManus

Retiree

Senior syllabus redevelopment

Jo Butterworth, Shauna Boule, Paula Starr, Queensland Curriculum and Assessment Authority

This session hosted by Jo Butterworth, Shauna Boule and Paula Starr attracted a full house. Delegates showed a thirst for knowledge and an overwhelmingly hopeful outlook for our new suite of subjects. Understanding the potential of these subjects is key to influencing the decisions being made in our schools. Whilst this session was not subject specific, delegates were able to have most of their burning questions answered. Some of the answers are outlined below. Anticipation grows as we wait for the writing teams to deliver the sought-after draft syllabus!

Directive for decisions

Decisions about our subject suite have revolved around the directive to ensure there is no content overlap between subjects. In addition,

aligning outcomes with both the Australian Curriculum and with tertiary pathways is essential. Our suite of subjects in particular will be drawing on skills needed for the 21st century. It is worth noting that QCAA has sought input from QUT Creative Industries with reference to the Design syllabus.

Writing teams—Design and Food and Nutrition

QCAA was able to confirm that we have had suitable representation on both the Design and Food and Nutrition writing teams. Intense weekend writing blocks will be held to ensure the draft syllabuses are released on time. A critical friends network has also been established (which is based on professionals that applied for the writing teams); this network may, at times, be requested to provide feedback and support to the group.

Syllabus details

Details included:

- 55 hrs per subject across 4 units (semesters)
- Units 1 and 2 will be foundational.
- Only Semester 3 and 4 will be used to calculate the ATAR.

Assessment

Authentication of student work will drive decisions made by QCAA and the writing teams in regards to assessment and equity. This is a key concern of QCAA. External assessment in Unit 4 will be set and marked by QCAA. This assessment must be given at the same time and under the same supervised conditions for all students.

Assessment plans and structure including percentages can be set by writing teams. However, it is possible/likely that our subject suite will end with a 25% external exam. The other 75% will be school based. The remaining assessment pieces that a school will set for students will require endorsement from QCAA.

QCAA plans to make an assessment bank available. However, there is the possibility that this assessment bank would not have been available until some schools had already written assessment items and gained endorsement. Support for writing assessment items is likely to come from professional development.

Subject area syllabuses (SAS)

SAS subjects will remain in some form and will continue to be skills based. These courses will be reviewed and it is believed that they will contribute to an ATAR, as will a Certificate 3. However, there will be inter-subject scaling to calculate the ATAR. QTAC will be responsible for this scaling. These subjects will not have external assessment.

Advice from presenter, Jo Butterworth

Jo Butterworth stressed that we should spend time reading and becoming familiar with the Health Syllabus. This is firmly where our core value of wellbeing sits. This will also contribute to understanding the format of the 'high-definition' syllabus, which Queensland teachers are not yet familiar working with. As the second draft for Health has been released, this can give an insight into the format to expect as well as the assessment guide.

Composite classes

QCAA has set up a task force to tackle this topic. They will be producing a handbook of strategies for schools to use.

Professional development

Jo Butterworth advised that Term 2, 2017 will see the commencement of a range of professional development in our subject suite. It would be advisable to plan for this in your budgets.

Renee Bradbury

Mt St Michael's College



A time for slow clothing *Jane Milburn, Textile Beat*

The last session of the state conference was indeed a defining time for me. In her introduction, presenter Jane Milburn challenged the room by asking how many of us were wearing clothing that day that we had made ourselves? Jane started her career in agricultural science. She is an activist and through Textile Beat is trying to raise awareness about how we utilise textiles and clothing. Jane's Textile Beat has developed a Slow Clothing Manifesto to inspire change and thought about the way we engage clothing for the good of ourselves, society and our planet—much like the mantra and manifesto of all home economists, the 'wellbeing of the individual, family and community'. The Slow Clothing Manifesto is based on ten ideas: think, natural, quality, local, care, few, make, adapt, revive and salvage.

Jane's philosophy can be likened to the food revolution and slow foods, and challenging ourselves to think consciously about what we eat, where our food comes from and how long it takes in the process from paddock to plate. There are parallels here to the slow clothing approach. She outlined how in the beginning we gathered skins and fibres from nature (visit the Art of the Skins exhibition currently at the State Library) and now, like food, clothing is instant with online shopping. Virtually anyone can buy what they see on the runway or red carpet online.

Jane's session challenged us all to think about more sustainable approaches to our own clothing needs and what we can do to revive existing garments in our wardrobe. Jane personified this approach with the outfit she was wearing—it had been sourced and tea dyed to create her own indie look in merino wool!

Jane caught my attention in that I am guilty of owning nearly three wardrobes full of clothing—but my problem, Jane, is I don't like to get rid of things, hence so many items bulging out of my cupboards!

Jane introduced us to the concept of indie style as being an independent dresser and being yourself rather than going with the fashion trends of brand names and mainstream stores. And, of course, making your own clothing is eco-friendly and so is shopping at thrift shops and, yes, so is letting your hair do its own thing—instead of spending hours in the bathroom correcting it!

The global average annual consumption of individuals has risen. It is interesting to see the research related to the shift of clothing made from natural fibre composition to synthetic fibres derived from petroleum, which research shows shed microplastic particles into wastewater. Look up the ABC's Catalyst program from 15 March this year—'Micro-plastics'.

Jane noted that 95% of discarded clothing can be recycled or upcycled. Check out Hugh Fearnley-Whittingstalls' YouTube clips for your classes!

Your classes may also be interested and moved by modern-day slavery and ethical dilemmas of clothing, for example, the 2013 Rana Plaza collapse in Bangladesh; The True Cost documentary; and Fashion Revolution Day. Choice states that 92% of Australia's clothing is produced overseas—do you know your own clothing miles and the story behind what you are currently wearing?

Jane suggested that we and our students look at Tara Moss's blog LAMOUR. Like this celebrity

author, many others are finally learning to sew. Why is this? Did you know two generations of women have missed out on learning the basic life skill of sewing due to myriad reasons—feminism, busyness and industrial clothing, for example.

I came away really interested and optimistic that while we can still teach textiles in Home Economics we can also get our students thinking about a more ethical and sustainable approach to fashion.

Kerry Deery

Wavell State High School

Food health and culture *Barbara Radcliffe and Simone Johnston, Queensland Health*

We were very lucky at this year's conference to have a session by Barbara Radcliffe and Simone Johnston from Queensland Health. This interesting session was about the diversity of Australia's population and the skills we need in a classroom to deal with this.

Barbara and Simone were really informative about the level of diversity we deal with and discussed the need for us to dig in deep to form a working understanding of culture rather than just what they termed a 'tourist approach'. This rang bells as quite often we will have a multicultural event where we cook food from around the world without any real depth of understanding of the life and culture that goes behind that.

In the session we looked at the Equitable and Accessible Care Framework used at Metro South and how it could be used in the classroom. During this time delegates were able to discuss how we



could apply this framework to building better multicultural classrooms. The delegates came up with some fabulous strategies to be able to implement what we learnt in a practical way. One of the issues raised is that students who come from a non-Australian background are often dealing with an identity crisis. To put this into some perspective, think of a time you have travelled and all you felt like was a slice of vegemite toast. That desire for the familiar, especially for food, is quite often experienced by our students, and whilst multicultural foods are accessible to some of our students, they are not affordable.

The flipside is the expectation that the students in our classroom have assimilated to Australian 'culture' when as Australians we haven't really defined just what our culture is. From this session I have tried to think about and develop an understanding of what my culture is, what is in my classroom and how I can understand the meaning and daily significance of what culture truly is. Strategies from this session helped me to think about what culture is. We also worked in groups to challenge our thinking and come up with new ways to understand cultural differences and to be more inclusive.

Metro South provides culturally appropriate dietary advice, helps people understand how to demonstrate and prepare unfamiliar foods, and has been working with the Samoan community to build community connections around healthy eating and nutrition. There are a number of resources on their website (listed below) which include cultural profiles, information on how to keep food safe (and refrigerated) in a number of languages, with recipes and so much more.

I was really inspired in this session on a personal level, but also very much on a classroom level. I will be much more thoughtful and holistic when someone suggests a multicultural event and will endeavour develop cultural sensitivity and empathy.

To access the multicultural nutrition resources discussed in the workshop, please visit www.metrosouth.health.qld.gov.au/multicultural-nutrition-resources. There are also C2C units in the HPE curriculum about cultural diversity.

Lyn McErlean
All Hallows' School

P-10 Australian Curriculum and Senior assessment updates *Jacqueline Wilton and Kathryn Holzheimer, Queensland Curriculum and Assessment Authority*

There are exciting times ahead for teachers of Home Economics in all year levels across the curriculum! As home economics teachers would be aware, Design and Technologies is a core component of the Australian Curriculum up to Year 8. In the latest version (v8.2), content descriptions and achievement standards remain unchanged (meaning you can keep any planning you've done to prepare for the introduction). For teachers of Home Economics and Hospitality, it is important to note that all students in the junior years are to study *at least three out of the four Design and Technologies contexts* by the end of Year 8. The contexts are: Food Specialisations, Engineering Principles and Systems, Materials and Technologies specialisations, and Food and Fibre production. Design and Technologies remains optional in Years 9 and 10. If students elect to study the course they can specialise by selecting only one of the contexts, depending on the school offerings.

Meanwhile, drastic change is on the horizon for our senior phase. Students starting Year 11 in 2018 will start study towards their Australian Tertiary Admission Rank (ATAR). A range of new subjects available will allow schools to offer food and design specialisations. QCAA will release draft curricula in October, and I encourage all of you to jump on to their website to provide feedback on the future of our subject in the state. The heart of it is this:

- Four units of study, with assessment in units 3 and 4 contributing to the ATAR.
- One piece of assessment in this time will be external.
- Other tasks will be designed by schools and approved by QCAA before being delivered.
- No moderation or verification! Assessors will undergo 'calibration' instead, meaning they will complete tasks online to check their judgments against standardised responses.

Ngairé Mayo
Innisfail Sate High School



Fabulous fashion: The story from the eyes of a fashion designer

Julie Tengdahl, Tengdahl

The forty-seven delegates who attended Julie Tengdahl's workshop had the opportunity to experience the reality of the life of a local fashion designer, one of the rare few from Brisbane who design, manufacture and retail.

Julie told us about her fascinating journey during the past three decades from her beginning working in bridal, on to a partnership under the Principles label and through to her current Tengdahl business. Julie also presented a brief outline of special events and awards she had received as well as the challenges she has faced to ensure the longevity of her successful and unique brand.

Many beautiful garments, fabrics and embellishments from Julie's recent past and current collections were available for workshop participants to see, feel and admire. In Julie's friendly and inclusive manner she enthusiastically answered lots of questions about:

- the processes/inspirations involved in developing her collections
- the use of pattern blocks, techniques and other tools of the trade
- the collaborations with artists to produce her unique fabrics
- the involvement of her workshop, promotional and retail teams
- the artisans she represents in her retail spaces.

It was a fabulous session. The engaged and enthusiastic audience experienced a fashion collection with lots of ideas of how to include current beautiful pieces into well-established wardrobes.

Cheryl Conroy

Retiree

Keynote speaker,

Dr Helena Popovic

Helena Popovic, the fit and feisty guest speaker at the 2016 HEIA(Q) conference had all 300 delegates out of their chairs running on the spot for 60 seconds—and you know, it felt good! For the next couple of days I kept up this 60-second interval jog; however, like many good ideas you take from a conference, they slip away as the busyness of life takes over. What I won't forget is her recipe for good health. Don't smoke, limit alcohol to 1½ units a day, eat five pieces of fruit and vegetables each day and move for 30 minutes every day. How many of us actually practise those points, day in day out?

In her book *NeuroSlimming*, Popovic (2015) articulates how the brain 'is more powerfully wired to seek pleasure than to avoid pain' (p. 99). Finally I have an explanation for why I continue to eat chocolate even though it will bring on a headache. On a more serious note, Popovic was introducing conference goers to the science of neuroplasticity, a term for how the brain can change its 'own structure and functioning in response to activity and mental experience' (Doidge, 2015: ii). This knowledge that brain cells are not a finite resource and that new cells, pathways and connections can be generated, forms the basis for Popovic's book *In Search of My Father*. Through the narrative of her journey with her father as dementia took hold, Popovic put into practice many strategies to boost his brain function.

While hilarious but sometimes sad, the message was strong that actively making changes through movement, social interaction, lifelong learning and practicing new skills will make life a more exciting journey. Does that mean Pokémon Go is the new Alzheimer's medication!

Popovic H. (2015). *NeuroSlimming*. Choose Health, Sydney.

Sharyn Laidlaw

Agnew School

OCT
16

save the date

HEIA(Q) World Food Day celebrations at Sirromet Wines

The focus for World Food Day 2016 is *Climate is changing. Food and agriculture must too*. This focus on food security looks at the global issues our farmers and food producers are facing, including overpopulation and weather-related disasters. It highlights our need to grow in a sustainable way and to support rural development and our local food producers.

To celebrate World Food Day 2016 the Queensland Division of the Home Economics Institute of Australia would like you to join in a morning of learning about wine and a shared lunch at Sirromet Wines, Mount Cotton. The morning will begin with a 90-minute tour of the winery where you will go behind the scenes and gain an insight in to the winemaking process. The tour will conclude with a tasting of six Sirromet wines followed by a shared lunch at the restaurant (beverages can be purchased at the bar throughout the lunch).

When:	Saturday 15 October 2016
Time:	10 am until approximately 12.30 pm
Venue:	850-938 Mount Cotton Rd, Mount Cotton QLD 4165
Maximum number:	24
Cost:	HEIA member \$55 Non-member \$65





**WORLD
FOOD
DAY-OCT 16**

Please advise of any dietary requirements at the time of booking. With notice vegetarian and gluten-free options can easily be provided.

Points to note:

- Closed-in shoes must be worn at all times. If you do not wear closed-in shoes you will not be permitted on the tour.
- The tour includes walking up and down steep inclines, stairs and obstacles, as to be expected within a working winery. Please ensure that you are physically able to do the tour before proceeding with payment.
- Due to workplace health and safety requirements, wheelchairs, prams and walkers are not permitted on the tour.

An email will be sent to all members closer to the time advising of booking procedures.

For further information, please contact Tessa Lund at tessalund07@gmail.com



save the date

Practical Day Out

In addition to the HEIA(Q) regional workshops this year, plans are well under way for our first HEIA(Q) Practical Day Out. This full day of hands-on workshops is designed for teachers, teacher aids, or those interested in participating in textile and culinary workshops to acquire new skills or simply refine existing ones, have the opportunity to network with others and find new ways of implementing engaging workshops into Home Economics classrooms.

Workshop 1: Indigo dyeing with textile artist Bec Anderson

In this workshop participants will learn about one of the most fascinating of natural dyes, indigo. This stunning blue dye is derived from the leaves of the *Indigofera tinctoria* plant. Participants will prepare a silk scarf using some shibori techniques, (tying, sewing and folding the cloth) to create a resist. When the scarf is dipped into the large vat, watch the dye change colour from green to blue as it oxidises in the air.



Workshop 2: Cooking the modern way with Chef Reg Morgan

2016 is the 'Year of the Pulses'. In this workshop, Chef Reg Morgan will take participants on a culinary journey of how to prepare and serve some of our most versatile pulses with a modern twist in new and innovative ways.

When:	Monday 28 November 2016
Times:	Workshop 1 9am - 12.00pm; Workshop 2 1pm - 3.30pm
Venue:	Moreton Bay College
Cost for workshops:	Members: \$125; Non-members: \$135 Cost includes a silk scarf for the textile workshop and all food for the cooking workshop.

Save the date in your diary.

For further information contact Belinda Ingram at b.ingram@canterbury.qld.edu.au or Tiarni Twyford at ttwyf4@eq.edu.au

To book, please go to Trybooking <https://www.trybooking.com/MGXN>

Making the change to slow

There is emerging recognition of the value of traditional life skills like sewing, cooking and gardening in helping us to survive and thrive in an increasingly sophisticated high-tech and fast-paced world.

As a society we have embraced globalisation, specialisation and outsourcing of everyday requirements for food and clothing, yet we are beginning to see it has come at the price of exploitation, burgeoning waste, poorer health, and a loss of autonomy and self-sufficiency.

Global supply chains bring us fast and processed food that is easy to prepare, cheap and often of dubious nutritional value—and international fast fashion businesses yield easy, cheap clothing. We're time poor, we want quick and easy, yet is it healthy?

In the past decade we have become more aware of our food—where it comes from, how it is grown and whether it is good for us. We are returning to the kitchen, for health and pleasure. We recognise the value in teaching children to grow and cook local fresh food. Interest within schools is on the rise.

We are becoming aware of our clothing—thinking about where it comes from, how it is made and of what it is made. However, sewing has been waning for decades—it is not a priority, doesn't rate academically and is not even available at all schools. If you asked a bunch of students who can sew on a button, how many would raise their hands?

For two generations, most women and men have not learned the basics of sewing—this has come



about for many reasons, including feminism, busyness and availability of affordable commercial options. Yet the clothing wheel is turning full circle, as opinion leaders such as author Tara Moss discover and embrace the autonomy that sewing brings. In a recent blog 'Why I'm (finally) learning how to sew', Moss said that over the years it became clear she needed to learn to mend and make her own clothing.

'I downplayed the importance of these skills in my younger years in part because sewing, mending and dressmaking have been considered 'feminised skills' in the 90s ... my younger self would have been embarrassed to be seen with a sewing needle,' Moss wrote.

She has since realised that to be fully functional, humans need a broad range of skills that may have once been regarded as being the exclusive domain of one gender or another, writing that, 'It is ironic, in a way, that a feminist woman would avoid things precisely because they are considered feminine, and in doing so, become less self-sufficient'.

Slow clothing is the opposite of fast fashion. It is about thoughtful, ethical, creative and sustainable ways to enjoy the garments we wear every day while minimising our material footprint on the world. Slow clothing manifests itself through ten simple approaches—think, natural, quality, local, care, few, make, adapt, revive and salvage.

The Slow Clothing Project is Textile Beat's 2016 campaign to spark conversation about clothing use and reuse by telling the stories of people who believe in making their own. We have posted more than 30 maker stories on www.textilebeat.com, which include insights into sustainable living and clothing philosophy. Some of the garments were on display at the 2016 HEIA(Q) conference (see photo).

One of the makers is Cath Jarvis, a busy sonographer and mother of three who with partner Kevin runs a sheep property at Tottenham in central New South Wales. When growing up in the country a few decades ago, Cath's mum encouraged her and two sisters to step away from learning 'domestic' tasks and get more into professional and less traditional work. This meant Cath only learned to sew later in life when she realised these skills were useful for sustainable living.

'We all rode motorbikes and horses, and generally mucked around on the farm; we might

have been a bit wild. Then when we went off to high school we were sent to an agricultural high school and these subjects weren't offered. I didn't ever think it was a great loss until my late 30s when I realised being able to sew could be very handy. I did a couple of sewing classes and got the basics, but it was pretty clear that while my enthusiasm was high, my skill level was low,' Cath said. She has since got herself up to speed by learning from local quilters and experimenting with upcycling old into new—such as the denim jeans she turned into a pinny for The Slow Clothing Project.

Another maker is mathematics teacher Xin Wang from Adelaide in South Australia—the more she sews the more she realises how much effort goes into making one simple garment. Since learning to sew as an adult, she cherishes garments more, whether they are made by her or other people, because of the effort and time put into them. 'I love making my own clothes because I enjoy making things with my hands. I like clothes that are different—the worst thing to me in terms of clothes is wearing the same clothes as somebody else and that applies to my two kids' clothes as well. Finally, it's cheaper to make my own to achieve the uniqueness rather than buying designer clothes,' Xin said. She goes so far as to say that fast fashion is a selfish and lazy way of living. 'It's irresponsible to the Earth. The culture of consumerism is the result of a lack of spiritual pursuit in a big portion of our society.' Her slow clothing project was a shift dress made for her daughter.

Genevieve Manhal, who lives in the Bass Coast area of south Gippsland in Victoria, has a resolution to buy nothing new in 2016 and she's noticing even more the media stream of fast fashion that is in her face all the time, on television, in magazines and on social media. 'No wonder there are so many people struggling with body image issues and the notion of not 'fitting in' when this consumerist image is constantly being shown and targeted at every age group,' she wrote. 'Being a textiles teacher, I want to teach students to know how and where their clothing and textile products are made, along with how long it should take someone to make them properly and how to fix and alter them. Understanding fabric types and how we discard clothing is an important element of the fast fashion industry that is often overlooked. I think the more young people become aware of what fast fashion is doing to our world the better off we will be and the more thought they will put into purchasing decisions. Let's encourage upcycling, repurposing and alterations in every wardrobe!'

clothing



Genevieve believes that skills learned from making clothing, carpentry, artwork or any kind of creative handmade process teach us not only how to go through the design process, think analytically and logically due to the step-by-step nature—they also teach us critical-thinking skills and how to problem solve. This benefit can transfer to all other aspects of life. They also help us to appreciate the time it takes to make things, which allows us to value products and, therefore, understand quality and price points.

Brisbane-based editor and maker Kylie Challenor believes the magic of sewing is imagining what you want to create and a few hours later, there it is! She discovered that magic after teaching herself to sew as an adult and now is reaping the rewards—freedom of choice, flexibility of style, enjoyment and self-worth—in the process. Kylie had read a lot about sweatshops over the years and become increasingly uncomfortable with the conditions in which people were working. 'When I started this journey, I wanted to end up having the ability to change a pattern to suit my tastes (rather than just following the instructions). It's taken a long time, but now I'm there! I recently made an absolutely gorgeous Japanese pattern in grey and black. I didn't like the puffy sleeves in the pattern, so I made a sleeveless version instead. Just like that, I can imagine what I want—and a few hours later, there it is!' She believes that at the very least, having handmade skills contributes to a sense of self-worth. 'I feel proud when I make something I love, and I've been stopped in the street many times and asked where I got my dress. I also love the fact that I'm not impacting on anyone else's life negatively by having them work in dangerous conditions to make me nice things to wear.'

In Perth, Mariana Kirova is a professional upcycler, an eco-fashion educator and an agent for change who transforms rescued clothing into unique timeless pieces through her Perth-based business Eco Fashion Sewing, which she established after studying fashion design in Western Australia. She wrote, 'Although time-consuming and challenging, the process of making your own clothes is invaluable. It gives pleasure and feel of self-satisfaction and achievement, which boost your self-confidence and self-belief—and makes a good swap for psychotherapy. Remember that no shopping therapy can give you even a tiny bit of this feeling!' What Mariana likes about 'The Slow Clothing Project is the fact that in established economical monetising society, human nature

is not lost. Individuals willingly spend time and effort to create unique clothing while making positive change. I admire The Slow Clothing Project because it gathers sewing lovers who are rejecting irresponsible fashion mass production and overconsumption. We need more projects that endorse handmade and DIY, natural and eco-conscious,' she wrote.

South-east Queensland researcher Dr Jenny Ostini enjoys many things about making her own clothes, including being in serious work environments wearing op-shop clothing or jewellery that she has made. It's her little statement about consumption and success being what you make of it. Jenny also sews for satisfaction and creativity, to be frugal and save resources, and make friends. 'I love being environmentally conscious; being frugal; loving clothes but not being willing to spend a lot on them; the chance to be unique; the pleasure of creating; the challenge of making clothes for work that are not synthetic and uncomfortable and also the joy of making clothes that are tailored for myself. I'm tall and not skinny so it's hard to find well-fitting clothes in my size... I love having conversations with people that are sparked by handmade skills. Everywhere I go, one of the first things I find is a community of like-minded people who sew and share stories. Sometimes the easiest conversations to start are asking how things are made or asking people the story of their clothes or jewellery.'

Global traveller Sarah Lundgren currently lives in Tasmania and believes creativity is essential for wellbeing and good health—and is stimulated by the work of the hands and mind. 'Slow clothing is important because it considers the environmental impact the textile industry has on our planet. I want to leave a smaller ecological footprint and by doing so I am a keen on the idea of slow clothing. In addition to this, the process of making something and wear it yourself is very rewarding!'

Follow The Slow Clothing Project at www.textilebeat.com/slow-clothing/ to read more about how makers value living sustainably, balancing style with substance, mending and upcycling, having fewer items of better quality, and understanding the environmental and social impact of clothing choices.

Jane Milburn
Textiles Beat



2016 Professional Development Program—what



During July and August 2016, HEIA(Q) ran workshops in five regions:

- Brisbane South Workshop 2: *Improved engagement and learning through inquiry-based learning: Getting practical* on Thursday 21 July at Clairvaux Mackillop College
- Gold Coast Workshop 3: *Working with the revised and endorsed Australian Curriculum (HPE and Design & Technologies)* on Monday 1 August at All Saints Anglican School
- Brisbane West Workshop 3: *Working with the revised and endorsed Australian Curriculum (HPE and Design & Technologies)* on Wednesday 3 August at Ipswich State High School
- Rockhampton Workshop 3: *Working with the revised and endorsed Australian Curriculum (HPE and Design & Technologies)* and Workshop 1: *Refashioning* both on Friday 12 August at The Cathedral College
- Sunshine Coast Workshop 3: *Working with the revised and endorsed Australian Curriculum (HPE and Design & Technologies)* on Friday 19 August at Siena Catholic College.



happened in July and August



Rockhampton workshop

On Friday 12 August, approximately 22 home economics teachers were welcomed at The Cathedral College, Rockhampton to participate in Workshop 3: 'Working with the revised and endorsed Australian Curriculum (HPE and Design & Technologies)'. Dr Jan Reynolds delivered this workshop. The session was a good follow-up to the 2015 workshop. The content was very clearly explained and there was time given to ask questions and discuss issues. Jan provided us with an excellent range of resources to assist us with planning units of work.

After lunch we participated in Workshop 1: 'Refashioning'. This was a truly inspirational session led by Jane Milburn. You could feel Jane's passion and dedication to the concept of upcycling. Many participants brought along items of clothing that they wanted to refashion. Jane also displayed a wide range of items, which gave us lots of ideas to use in our classrooms.

It was a great day that also gave teachers a chance to do some networking and catching up. Thank you to HEIA(Q) for organising the workshops.

Derryn Acutt

The Cathedral College

Still to come

There is now only one workshop remaining for Term 4, which will be held at Clairvaux McKillop College at Upper Mt Gravatt

Workshop 3

Working with the revised and endorsed Australian Curriculum (HPE and Design & Technologies)

Presenter Kay York
Time 2.5 hours
Hours of professional development 2.5 hours

Brisbane South

Thursday 13 October, 3.45-6.15 pm
Clairvaux Mackillop College
Klumpp Road, Upper Mt Gravatt

Costs

2.5-hour afternoon program, including afternoon tea:

- Members: **\$55**
- Non-members: **\$75**



Academic program

By now you have probably worked out which academic sessions you plan to attend at the HEIA national conference in order to complement the fabulous keynote speaker sessions. But not to worry if you have not yet chosen, there is still time. HOWEVER, don't get caught out as some sessions are filling fast. And don't let too much time slide by or you might find yourself missing the early-bird deadline of 1 November 2016. Details of the sessions can be found in the conference brochure, which is on the HEIA website at www.heia.com.au/events-conference.

If you have not quite decided, let us help you with your choices. All delegates are guaranteed places at the Welcome Reception and the keynote sessions. However, for the concurrent sessions, site visits and optional social activities, there are choices to be made and for each choice, there is usually a maximum number of delegates who can attend. Be sure not to miss out. There are some great options—how lucky are we to have so many 'experts' in the same place at the same time! Here is a summary of the concurrent sessions on offer. Ponder away and plan your program from the table below. You get to choose one from each session block (details of the keynote sessions, site visits and social activities can be found in the conference brochure).

Wednesday 11 January

Concurrent session 1

- 1.1 **Engaging and shaping 21st-century minds**
Rosemarie Sciacca,
John Paul College, Queensland
- 1.2 **Asian insights**
Chef Ha Nguyen,
OTAO Cooking School, Melbourne
- 1.3 **But I can't draw!**
Kim Young and Joh Barnett,
Holmesglen Institute of TAFE,
Melbourne
- 1.4 **Design and Technologies—Unpack,
implement and assess**
Kay York, Queensland Department of
Education and Training
- 1.5 **DigiPubs—Case studies of using digital
technologies in the home economics
classroom**
Leanne Compton and Nerida Matthews,
Victorian Curriculum and Assessment
Authority

Concurrent session 2

- 2.1 **Is a vegetarian diet adequate?
Concepts and controversies in plant-
based nutrition**
Angela Saunders, Sanitarium Health and
Wellbeing Australia
- 2.2 **A matter of taste**
Dr Gie Liem,
Deakin University, Melbourne
- 2.3 **Thoughtful design**
Julie Wright and Ryan Euinton,
Holmesglen Institute of TAFE,
Melbourne
- 2.4 **A new life in Australia**
A speaker from the Asylum Seeker
Resource Centre, Melbourne
- 2.5 **HPE—Unpack, implement and assess**
Kay York, Queensland Department of
Education and Training

Thursday 12 January

Concurrent session 3

- 3.1 **Expanding horizons: Home economics
from garden to table**
Ange Barry, Chief Executive Officer,
Kitchen Garden Foundation, Melbourne
- 3.2 **Participatory Action Research: A strategic
and ethical approach for HE studies
without borders**
Dr Aurorita T. Roldan,
University of the Philippines
- 3.3 **Mashed bananas—who benefits from
global food developments?**
Frances Murrell, MADGE Australia Inc.
- 3.4 **What is the status of food literacy
education in Australian high schools?
Perceptions of home economics teachers**
Rimante Ronto (PhD student),
Griffith University, Queensland
- 3.5 **Thermomix in schools**
Jenny Hanna, Consultant for Thermomix
in Australia, Western Australia
- 3.6 **Emerging technologies in tertiary fashion
design courses**
Frances Murphy,
Rockhampton State High School,
Queensland and CQUniversity, Queensland

Concurrent session 4

- 4.1 **Charcoal Lane**
Greg Hampton, Executive Chef,
Charcoal Lane, Melbourne
- 4.2 **Creatively crossing and redrawing
borders**
Alice Nelson,
Lavalla Catholic College, Victoria and
CQUniversity, Queensland
- 4.3 **Practical nutrition advice for healthy bones**
Glenn Cardwell,
Australian Mushroom Growers
Association Inc.
- 4.4 **It's here! Unpacking VCE Food Studies and
its resources**
Leanne Compton,
Victorian Curriculum and Assessment
Authority
- 4.5 **Fashion for the Sun**
Dr Janet Reynolds,
HEIA(Q)

Friday 13 January

Concurrent session 5

- 5.1 **Effective pedagogy in nutrition education**
Samantha Baker (PhD student),
Edith Cowan University,
Western Australia
- 5.2 **'Food literacy' versus 'food skills'... what
exactly is the sameness?**
Dr Sandra Fordyce-Voorham,
Food Skills Australia
- 5.3 **Home economics in contemporary
society: Where next?**
Professor Tony Worsley,
Deakin University, Melbourne
- 5.4 **Evidence for air-borne teaching**
Dr Jennifer McArthur,
HEIA(NSW)
- 5.5 **Home Economics education in a primary
school setting**
Rachel Clarke,
Bertram Primary School,
Western Australia

Concurrent session 6

- 6.1 **A life's work in food**
Scott Pickett,
Estelle by Scott Pickett, Melbourne

Early-bird registration closes 1 November 2016



If you have not yet booked for the HEIA national conference, now is the time to do so if you wish to take advantage of the early-bird registration fees. Early bird closes on 1 November 2016.

6.2 Be bolder in practical classes—Digital tools for students

Kim Weston,
Methodist Ladies' College, Victoria
and
Leanne Compton,
Victorian Curriculum and
Assessment Authority

6.3 Home economics curriculum without borders in the context of the Australian Curriculum

Dr Janet Reynolds, HEIA(Q)

6.4 ICT capability and textiles: Beyond the sewing machine

Rosemarie Sciacca,
John Paul College, Queensland

6.5 Creating a café culture in a high school

Amanda Sutton,
Clarence High School, Tasmania

AND

Innovative curriculum in hospitality

Jason McCormick,
Morayfield State High School,
Queensland



Site visits

The site visits will be held on the afternoon of Thursday 12 January. There are nine from which to choose:

- **Duck demonstration cooking class**—Let Luv-a-duck's trained chefs show you how easy it is to cook a whole duck, duck breasts and duck legs along with a host of easy duck dishes including the secrets to the perfect roast duck and duck-fat-roasted potatoes.
- **A change of clothes**—Stay engaged in the making process and transform existing clothing by joining the conversation about a different style of making with a show-and-tell by upcycler Jane Milburn. Bring along a garment you are keeping yet not wearing or several scarves or a t-shirt you aren't wearing and transform them into something else.
- **Simplot**—Come along and tour the state-of-the-art culinary centre at Simplot, home of Australia's favourite iconic food brands. Learn how products are conceptualised, developed, tested and produced, and observe and experience sensory evaluation, recipe development, cooking demonstration and food styling.
- **In the garden with Mark Dymiotis**—Join passionate promoter of the traditional Greek diet, Mark Dymiotis, explore his well-known garden and see how organic produce is grown. Mark will explain, for example, making traditional bread in his outdoor oven and making wine with natural fermentation. You will also make and taste a traditional Greek salad.
- **Portable Iron Houses**—Take the unique opportunity to explore three original kit homes. The three Portable Iron Houses in South Melbourne are among the few prefabricated iron buildings remaining in the world. During the gold rush thousands of portable buildings were imported from Britain—shops, houses, churches, and even a hospital and an iron theatre.
- **National Gallery of Victoria (NGV) International**—View Australian and international works of art from the NGV International Collection in the Gallery's Fashion and Textiles study room. These are specialised and focused sessions where up to ten works of art may be selected for viewing.
- **Fabric designing without limits: Simple, safe, and sustainable**—Create simply stunning fabrics in this comprehensive hands-on workshop that will explore a wide range of techniques to prepare one-colour and multicolour samples to inspire individuality—heliography (sun dyeing), air exclusion, resists, marbles and poles, to name a few.
- **Makerspaces**—Want to find out more about 'hard fun' and the makerspace phenomenon? Have a go at creating some wearable technology, using circuit scribe pens or augmenting garments and other textiles with LEDs. Learn ways to use makerspaces and the range of resources available—this site visit will definitely be 'hard fun'.
- **Prahran Market Hidden Gems Tour**—Love good food? Want to know what the latest or greatest is? Then take this tour to find out the latest and greatest new food products and how to prepare them. Especially designed for conference delegates, the tour will address issues such as sustainability, what is trending in food and what to do with some of those 'difficult' foods!

Registration

Registration fees are based on the date of receipt of payment (not on registration date). All prices quoted are in Australian dollars and are inclusive of GST.

Registration type	Earlybird (up to Tuesday 1 November 2016)	Standard (after Tuesday 1 November 2016)
HEIA member registration	\$670	\$780
HEIA full-time student/retired member registration	\$555	\$670
Non-HEIA member registration	\$780	\$895
Non-member full-time student registration	\$670	\$780
HEIA member day delegate	\$270	\$365
Non-HEIA member day delegate	\$365	\$420

All bookings are online at the Registration page of the conference website at www.heia.com.au/events-conference (although payment may be made either online using a credit card or by cheque or EFT). The HEIA member early-bird rate for the three-day conference includes the Welcome Reception and choice of site visit.

Social program

However you have designed your academic program for the conference, no doubt you will relish the opportunity to kick back, relax and enjoy some great company when sessions finish. There is so much on offer in Melbourne, the conference committee asked itself whether we really needed to organise social functions. But the response was a resounding 'Yes', knowing how much better it is to do social things with like-minded people and those who have shared some same experiences. Below is an outline of what is on offer, some complimentary for conference delegates and others incurring an extra cost. All are open to partners, family and friends of conference delegates.

Tuesday 10 January 2017

Melbourne Textiles & Craft Walking Tour

Leanne O'Sullivan, Kimono House

Time: 1.00 pm–3.00 pm

Cost: \$15 per person

Departure Rydges Melbourne Hotel point:

Join Leanne O'Sullivan of Kimono House Japanese Textiles & Crafts as she takes HEIA delegates, friends and family members on this insider's guided walking tour of Melbourne's textiles and craft scene, including seeing artisans behind the scenes in their own studios and visiting some of the more difficult-to-find boutiques specialising in locally handmade and bespoke treasures.

Fine dining skills demonstration workshop

Walter Trupp, Trupp Cooking School

Time: 1.00 pm–4.00 pm

Cost: \$100 per person

Venue: 1/53 Barry Street, South Yarra

Come along to a cooking demonstration exclusively for conference delegates and their friends and partners at the prestigious Trupp Cooking School, where you will learn the essential skills that will allow you to create a seven-course menu deserving of its own Michelin stars. And of course, you get to taste the wonderful creations.

Welcome reception

Time: 5.00 pm–6.30 pm

Venue: Bishopscourt, 120 Clarendon Street, East Melbourne (about a 20-minute walk or tram ride from Rydges Melbourne; street parking available)

Cost: Included for all registered conference participants

Additional \$20 per person guests:

Dress: Casual

Enjoy a relaxed evening of drinks and cocktail food with fellow delegates at the beautiful Bishopscourt, a large colonial mansion located on Clarendon Street in East Melbourne.

Wednesday 11 January 2017

Brewery Tour and Tasting (Partners' and family tour)

Time: 11.00 am–12.30 pm (tour) + lunch

Cost: \$29 per person + lunch at own expense

Venue: Carlton Brewhouse, corner Nelson Street and Thompson Street, Abbotsford

Experience the sheer scale of this iconic facility on the banks of the Yarra. Here you can go on a beer expedition, returning to the Brewhouse to sample your favourite brewery fresh beers and savour some lunch.

Dine around

Tables have been booked at a selection of well-known and recommended Melbourne restaurants. Come along by yourself or with others and join your colleagues at a table reserved for HEIA conference delegates and guests.

Venue: Choose from one of the restaurants listed below

Cost: There is a set cost for some restaurants and for others the cost depends on the venue. A \$25 deposit is required for all bookings.

Dress: Smart casual (typically)

Collins Quarter

Menu: Modern European, à la carte

Time: 7.30 pm

Venue: 86A Collins Street, Melbourne

www.collinsquarter.com

Boasting an inspired blend of 19th- and 21st-century design, Collins Quarter occupies a Victorian terrace built in 1872 as consulting rooms and a residence.

Gazi

Menu: Greek, sharing set menu

Time: 8.15 pm

Venue: 2 Exhibition Street, Melbourne

Cost: 7 courses, \$49 per person

www.gazirestaurant.com.au

Run by celebrity chef and restaurateur George Calombaris, Gazi provides Melbourne CBD's premier Greek dining experience, offering Greek food, cocktails and ouzo in a contemporary, buzzy spot.



Gingerboy

Menu: South-east Asian, à la carte

Time: 7.30 pm

Venue: 27–29 Crossley Street, Melbourne

www.gingerboy.com.au/

Gingerboy is a modern Australian adaptation of Asian hawker-style street market food. The environment is reminiscent of buzzing Asian marketplaces and infused with an Asian sense of colour and fun.

Mamasita

Menu: Mexican, set menu

Time: 8.30 pm

Venue: 1/11 Collins Street, Melbourne

Cost: \$55 per person

www.mamasita.com.au/

Mamasita is the forward-thinking answer to the emerging popularity and awareness of authentic, modern Mexican cuisine.

Red Spice Road

Menu: Asian fusion, à la carte

Time: 7.30 pm

Venue: 27 McKillop Street, Melbourne

www.redspiceroad.com/

Red Spice Road offers an award-winning south-east-Asian-style dining experience in the heart of Melbourne. It won *The Age Good Food Guide* People's Choice Award in 2016.

Terra Rossa

Menu: Italian, à la carte

Time: 7.30 pm

Venue: 87 Flinders Lane, Melbourne

www.terrarossarb.com.au/#!/page2/cjg

Housed in the historic Swiss House building, Terra Rossa offers fine Italian food, specialising in pasta, pizza and mozzarella.

The Colonial Tramcar Restaurant

Menu: Three-course meal

Time: 5.45 pm–7.15 pm

Venue: The restaurant tramcar departs from and returns to Tram Stop # 125 Normanby Road, near the corner of Clarendon Street, South Melbourne.

Cost: \$82 per person

A famous fleet of historical trams has become The Colonial Tramcar Restaurant. As they cruise the city streets of Melbourne, diners can enjoy a seasonal menu with high-quality Australian wines or make a selection from the fully stocked bar at an all-inclusive price.

Thursday 12 January 2017



Melbourne Cricket Ground (MCG) and National Sports Museum Tour (Partners' and family tour)

Time: 10.00 am–2.00 pm

Cost: \$31.50 per person

Explore the inner sanctum of the MCG, walk on the hallowed arena and experience where the legends play by taking a guided tour. At the end of the tour, you will have opportunity to visit the National Sports Museum, which is located at the MCG and celebrates Australia's rich sporting history.

Conference dinner at the Melbourne Cricket Ground's Premiership Club Dining Room

Time: 7.00 pm–11.00 pm

Venue: Melbourne Cricket Ground

Cost: \$115 per person, including two drinks per person

Dress: Cocktail

The conference dinner will be held in the elegant Premiership Club Dining Room at the iconic Melbourne Cricket Ground. Even non-sporty members were impressed when we went on a site visit!



If you have any queries about registration, please email Expert Events or phone 07 3848 2100.

We hope to see you there for a great meeting of minds with a common interest—Home Economics and the wellbeing of individuals and families.

HEIA 2017 conference committee

Friday 13 January 2017



Golf (for partners and family members)

Time: 9.00 am at Woodlands Golf Club, departing the CBD at approximately 8.00 am

Venue: Woodlands Golf Club, White Street, Mordialloc

Cost: \$70 per person

Note: Clubs and carts can be hired at the club.

Courtesy of the husband of one of our HEIA members, HEIA offers the opportunity for a morning (or more) of golf at Woodlands Golf Club, a prestigious Sandbelt course. Lunch and refreshments will be available at the conclusion of the golf (at golfers' cost), after which partners can make a leisurely journey back to the city to join the conference delegates for closing drinks. Transfers to and from city can be arranged.

Closing drinks

Time: 4.15 pm–5.15 pm

Venue: Rydges Melbourne

Cost: Complimentary for delegates; \$20 for additional guests

After three full days of stimulating and inspiring presentations, take the time to relax with new and established acquaintances at the conference farewell function.



Saturday 14 January 2017

Japanese Sashiko Stitching at Kimono House Japanese Textiles & Crafts

Leanne O'Sullivan, Kimono House

Time: 10.00 am–12.00 pm

Cost: \$49 per person

Venue: Kimono House, Level 2 Nicholas Building, 37 Swanston Street, Melbourne

Leanne O'Sullivan will guide you in this relaxing and enjoyable introduction to sashiko, a traditional Japanese needlework dating back to the Edo period (1615–1868). This will be an informative class of stitching and fun over cups of Japanese green tea in Melbourne's iconic Nicholas Building. No previous experience is required and all materials will be provided.

South Melbourne Market tour

Time: 10.00 am–11.30 am

Cost: \$15 per person

Venue: South Melbourne Markets, corner of Cecil and Coventry Streets, South Melbourne

On this in-depth tour of the market you will sample the delights, meet specialist traders and discover the fabulous local seasonal produce for which the market is famous. You will also learn about how the market is engaging in sustainable environmental and recycling practices and the issues facing fresh food businesses.

Victoria Street market tour and Asian cooking class

Time: 10.00 am–1.00 pm

Cost: \$135 per person

Venue: OTAO Kitchen

Start your morning with a trip to Richmond's famous Victoria Street market, home to an abundance of no-frills Asian restaurants as well as Vietnamese bakeries, Asian supermarkets, grocery stores, fishmongers, butchers and gift stores. After collecting your ingredients, you will cook up an Asian feast at the OTAO Kitchen's cooking school. This three-hour cultural adventure will finish around the table with new friends and tons of goodies to enjoy.

Mornington Peninsula—Wine & Chocolate Indulgence Tour

Full-day coach tour

Time: Tour departs at 9.00 am from the National Gallery of Victoria, St Kilda Road, Melbourne and returns by 6.00 pm

Cost: \$185 per person

Note: Please book this tour directly with the tour operator. For availability and bookings please call 1800 774 424 and advise that you are with the HEIA conference.

For more detailed information please visit www.wineandfoodloverstours.com.au/mornington-wine-chocolate-indulgence-2/.





Diary Dates

13 OCTOBER 2016

**HEIA(Q) REGIONAL WORKSHOP
BRISBANE SOUTH
WORKSHOP 2**

3.45 pm - 6.15 pm
Clairvaux Mackillop College
Klump Road, Upper Mt Gravatt

15 OCTOBER 2016

HEIA(Q) WORLD FOOD DAY EVENT

Sirromet Wines
Contact Tessa Lund <tessalund07@gmail.com>

16 OCTOBER 2016

WORLD FOOD DAY

www.fao.org/world-food-day/home/en/

28 NOVEMBER 2016

HEIA(Q) PRACTICAL DAY OUT

Moreton Bay College, Manly West

10 JANUARY 2017

**HEIA NATIONAL CONFERENCE WELCOME
RECEPTION**

5.00 pm-6.30 pm
Bishopscourt, 120 Clarendon Street, East Melbourne
Cost: Included for all registered conference
participants
Additional guests: \$20 per person
www.heia.com.au/events-conference

10 JANUARY 2017

**HEIA NATIONAL CONFERENCE
PRE-CONFERENCE TOUR**

Melbourne Textiles & Craft Walking Tour
1.00 pm-3.00 pm
\$15 per person
Departure point: Rydges Melbourne Hotel
www.heia.com.au/events-conference

10 JANUARY 2017

**HEIA NATIONAL CONFERENCE
PRE-CONFERENCE WORKSHOP**

Fine dining skills demonstration workshop
Walter Trupp, Trupp Cooking School
1.00 pm-4.00 pm
\$100 per person
Venue: 1/53 Barry Street, South Yarra
www.heia.com.au/events-conference

11 JANUARY 2017

HEIA NATIONAL CONFERENCE

Rydges Melbourne
www.heia.com.au/events-conference

14 JANUARY 2017

**HEIA NATIONAL CONFERENCE
POST-CONFERENCE WORKSHOP**

Japanese Sashiko Stitching at Kimono House Japanese
Textiles & Crafts
Leanne O'Sullivan, Kimono House
10.00 am-12.00 pm
\$49 per person
Venue: Kimono House, Level 2 Nicholas Building,
37 Swanston Street, Melbourne
www.heia.com.au/events-conference

14 JANUARY 2017

**HEIA NATIONAL CONFERENCE
POST-CONFERENCE TOUR**

South Melbourne Market Tour
10.00 am-11.30 am
\$15 per person
Venue: South Melbourne Markets, Corner of Cecil and
Coventry Streets, South Melbourne
www.heia.com.au/events-conference

14 JANUARY 2017

**HEIA NATIONAL CONFERENCE
POST-CONFERENCE WORKSHOP**

Victoria Street market tour and Asian cooking class
10.00 am-1.00 pm
\$135 per person
Venue: O'TAO Kitchen
www.heia.com.au/events-conference

14 JANUARY 2017

**HEIA NATIONAL CONFERENCE
POST-CONFERENCE TOUR**

Mornington Peninsula-
Wine & Chocolate Indulgence Tour
Full-day coach tour
Tour departs at 9.00 am from the National Gallery
of Victoria, St Kilda Road, Melbourne and returns by
6.00 pm
\$185 per person

Note: Please book this tour directly with the tour
operator. For availability and bookings please call
1800 774 424 and advise that you are with the HEIA
conference.
www.heia.com.au/events-conference

2016 Professional Development Program Workshops

WORKSHOP 1:

*Improved engagement and learning through
inquiry-based learning: Getting practical*

WORKSHOP 2:

*Working with the revised and endorsed Australian
Curriculum (HPE and Design & Technologies)*

WORKSHOP 3:

Refashioning