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

September 2007



Home Economics Institute of Australia (Qld) Inc.

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President's Message



I have just returned from a wonderful three month holiday in Ireland, England and France. I would like to thank Julianna Kneebone most sincerely for acting as President during my absence. There were some major issues needing attention during my absence and Julianna did an excellent job—for example, co-ordinating HEIA(Q)'s response to the Senior Phase of Learning proposals, welcoming delegates to the *eduNation* conference, and presenting the *eduNation* awards at conference. I have had repeated reports of her professionalism as she represented HEIA(Q). Congratulations and thank you Julianna.

I would like also to thank Janet Reynolds and her conference team for organising the most successful *eduNation* conference. Over 350 delegates!! Feedback from teachers indicates that the conference was exciting, challenging and informative. I look forward to hearing success stories in schools as a result of the conference. Congratulations also to the conference team for obtaining a \$47,100.00 grant that enabled the cost of the conference to teachers to be reduced. Well-done team!!

Congratulations also to Janet Curran, Geoffrey Grantham representing Xyris Software (Australia) P/L, Joanne Jayne, Miriam McDonald and Janet Reynolds for being selected to receive *eduNation* awards at conference. Each one of these people has demonstrated over the years a passionate commitment to the philosophy of home economics and work hard to ensure that home economics remains alive and strong in schools.

I would like to conclude with a slight adaptation of an email sent to me recently—I thought you might appreciate it at this time of the year (please see page 23 for the message).

I wish you all a happy holiday.

Helen Johnston
President, HEIA(Q)



Above: Acting President HEIA(Q) Julianna Kneebone welcoming delegates at the *eduNation*—Nutrition education for a new generation conference.



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If you have information, news or comments,
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eduNation

Nutrition education for a new generation



eduNation Awards

Presented at the *eduNation* conference July 2007

Typically, the Queensland Division of HEIA invites applications from its members for the *Excellence in Teaching* awards, presented at the state conference. This year, the Committee of Management decided not to call for nominations for the *Excellence in Teaching* awards, but to make the awards to a range of people, both members and non-members who have contributed to home economics or to HEIA in Queensland. The awards were made to:

- Janet Curran, Townsville regional coordinator for HEIA(Q)
- Geoffrey Grantham representing Xyris Software (Australia) P/L
- Joanne Jayne, member and immediate Past-President, HEIA(Q)
- Miriam McDonald, HEIA(NT)
- Janet Reynolds, member HEIA(Q) and convenor of the *eduNation* conference

It is planned that the *Excellence in Teaching* awards resume in 2008.

Janet Curran

Janet is the HEIA(Q) regional coordinator in Townsville. She has been teaching Home Economics and Hospitality at Ryan Catholic College for 12 years, where she is the Home Economics coordinator and a leading teacher. In her school she is an advocate for her subjects, a mentor for new and beginning teachers, and much appreciated by her staff. In addition, she is a great ambassador for home economics in the North. She is generous in the sharing of her expertise and knowledge to both young and experienced teachers in her region, as well as always investigating ways to update and improve her own practices. She has introduced initiatives to encourage interaction between teachers with a common goal through social and network meetings. Janet has represented home economics professionals by participating in activities run by other educational professional associations—for example, she represented HEIA(Q) at the Strategic Questioning workshop run by Education Queensland. This is outside of her annual commitment to the professional development of the Townsville region's teachers. Hosting these workshop programs involves personal time spent in organisation to ensure they are well attended and run efficiently. In 2006 Janet was nominated for a national Excellence in Teaching award. Thank you Janet for all that you achieve in the name of home economics.

Geoffrey Grantham representing Xyris Software(Australia)P/L

Members may have heard comments from time to time about some of the corporate enterprises that do not make the life of the home economics professional easy, particularly with regard to influences on young people's eating behaviours. HEIA(Q) Committee of Management was delighted in 2007 to recognise a company that is a model of ethical, responsible and supportive behaviours, by awarding an *eduNation* award to Xyris Software (Australia) P/L. Whilst many may not recognise the name of the company, most members would recognise the name of one of the

resources that it has produced for home economics teachers—*Food Choices the IT Way*. Many years ago, representatives of HEIA met with the directors of Xyris to see how Xyris and HEIA might work together to our mutual benefit. Of course, the major result of that was *Food Choices the IT Way*. Over the many years, HEIA has had nothing but admiration for the ethical and supportive behaviour of Xyris. Xyris repeatedly supports HEIA at its conferences, they were a partner in our submission to the government for the grant to support the *eduNation* conference, and are currently looking at revising *Food Choices the IT Way* to reflect the current changes in Nutrient Reference Values etc. HEIA is constantly inspired by Xyris's values towards sustainable communities and sustainable environments. It is a privilege to be associated with Xyris Software (Australia) P/L.

Joanne Jayne

Bestowing this award on Joanne Jayne recognises the passion, commitment and contribution to the home economics profession by Joanne. Since the establishment of HEIA, Joanne has been a valuable member of the Institute. She has been an active participant in initiatives not limited to but including the development of *Food Choices the IT Way*, *Fashion for the Sun* and *Social Inquiry: An approach to teaching Home Economics*. It was always guaranteed that the feedback from Joanne on these projects would be thoughtful, thorough and have as its intent the improvement of home economics practice. In addition Joanne has represented HEIA(Q) on syllabus advisory panels, as the national representative on the Technology Federation of Australia, and most recently as the 2005–2006 President. Joanne has worked in government and independent schools as well as the tertiary sector and in positions at the Queensland School Curriculum Council and in the Teaching and Learning Branch (now Curriculum Branch) of Education Queensland. She has inspired her students, planted many seeds

eduNation Awards



Awards recipients forming a panel at the eduNation conference, July 2007 (L-R): Janet Curran, Joanne Jayne, Miriam McDonald, Geoffrey Grantham

and supported and believed in those who have desired to achieve. For the last five years Joanne has been the link between the past, present and future. The profession will reap what she has sown for many years to come.

Miriam McDonald

Miriam McDonald is the Northern Territory representative on the national Council of the Home Economics Institute of Australia, and the immediate Past President of the Northern Territory Division of HEIA. So why does Miriam receive an award from the Queensland Division? This award is mainly in recognition of the tremendous job that Miriam does as webmaster of the HEIA(Q) website. The Division likes to keep the website up to date so Miriam is constantly updating the site, adding news items, adding new information about position papers etc. And this year HEIA(Q) would especially like to recognise two major contributions that Miriam has made. Firstly she totally redesigned the HEIA(Q) website, with all of its different pages to give it a modern, clean look. We love it, Miriam. And secondly, she created the conference website and that is just fabulous. As if that was not enough, she also facilitated the online registration for the conference. Miriam, thank you so much for your contribution to the smooth running of our Division and our conference.

Janet Reynolds

If we are talking about contribution to home economics, no one deserves this award more. Without Jan's untiring effort and dedication, the *eduNation* conference would not have eventuated, let alone be so successful. She has devoted hundreds of hours of personal time from proof reading to make sure all the spaces and indents are correct, through sending endless emails, to campaigning to the Premier's office.

Without Jan to lead—
there would have been no grant,
there would not have been such inspiring presenters,
there would not have been such a huge attendance.

Jan sets an example for all of us. She is not a teacher, she has little to do with young people, yet still has a passion to improve the health of the new generation through the teaching of home economics. She leads us along the path to excellence. Some of us may fall along the way but there is always a goal to strive for. She is a true home economist.



Joanne Jayne (centre) with delegates at the conference



Miriam McDonald (Left) with conference delegates (L-R) Renae Stanton, Carolyn Galbraith and Julie Cope



Jan Reynolds

In a panel session at the *eduNation* conference, Geoffrey Grantham was asked to 'Choose a car (or other vehicle) that becomes part of a logo to promote healthy eating for young people and explain your choice.' This was Geoffrey's response:

The choice seems quite clear to me, the only car that fits the bill is the pedal car. To date the pedal car has been restricted to those aged between about 3 and 7 but I have a feeling that its time has come. Pedaling will burn up about 500 calories per hour. The pedal car will come equipped so that every member of the family can pedal.

There will be several indirect gains following the introduction of the compulsory pedal car: a reduction in CO² emissions with its benefit to global warming, a decrease in car use as pedal cars won't be as attractive a means of transport, an increase in walking with its exercise benefits, fewer motor vehicle accidents as pedal cars will slow car speeds quite dramatically, less dependence on Middle East oil, and the real introduction of bio-fuels to Australia with pedal cars powered by fruit and veges, etc., and perhaps vodka for sports versions.

John Howard, eat your heart out, HEIA has come up with a plan to put Australia centre stage in the climate change and obesity debates. Next year we'll solve the water shortage.

eduNation— Nutrition education for a new generation

20–21 July 2007, Hilton Brisbane

It's official – we did a good job. 'We' being everyone associated with the *eduNation* conference—speakers, organisers, delegates, just everyone. At a time when it is important for home economics educators to stand tall and proud, we did just that – all 361 of us (OK, a few were not home economics professionals by qualification).

We focussed on the job in hand—to ensure we engage in effective nutrition education—and collectively we made a huge contribution to the area of school-based nutrition education. As an association, as a profession, we were justly proud to have learnt together, to have moved the field ahead together—the listening, talking, discussing, challenging, learning together.

What a fabulous two days we had (yes, there were a few hiccups). Our fears about having a 2-day conference, with one day being a school day, were laid to rest when we made it to 361 delegates, with most attending on both days. It was a 'good' problem to solve when we realised that we would have to find more rooms for the workshops, extend the ballroom etc. so that we could fit everyone in. However, we do recognise that for some members it presented

Conference committee sorting out the final touches (L-R) Cheryl Conroy, Ian Tuddenham, Lyn Greenfield, Denise McManus & Julie Nash

an issue of large staffs not all being able to attend on both days. We thank you for the strategies you used to ensure your staff got as much as they could with the limitations imposed on them.

What we liked the most

In response to an open-ended question as to the strengths of the conference, the following were the "Top 8" from the 327 comments made:

- Quality and range of speakers and presenters in general (40) and quality of keynote speakers (32)
- Overall organisation of conference (30)
- Variety and diversity of topics/ speakers covered within central theme (29)
- Networking and opportunity to interact with other professionals (25)
- Location/venue (24)
- Theme/focus on one theme (21)
- Empowering and motivating nature of the conference (20)
- Holding the conference over 2 days (18)

The keynote speakers were clearly a hit and provided the 'Wow' factor, with huge average quantitative ratings in the evaluations—4.9 (Michael Carr-Gregg), 4.6 (Rosemary Stanton and Lisa Smith) and 4.3 (Jenny O'Dea and Jan Reynolds) out of 5.

Delegates getting off to a happy start

DELEGATE STATISTICS	
269	HEIA members
92	non-members
Interstate and overseas delegates:	
2	ACT
17	NSW
7	NT
8	SA
4	Tasmania
4	Victoria
7	WA
1	New Zealand



“
**Congratulations to everyone –
 the speakers, the organisers, the
 delegates, just everyone.** ”

About Rosemary Stanton

- Powerful messages! Always interesting and thought provoking.
- Thought and action-provoking.
- Gave us the thought of the day. Challenging thoughts and ideas and practices.
- Very interesting sustainability and waste issues.
- Really enjoy the ecological approach and think it is key to resonate with the next generation. Would like more take home written materials because the facts and figures are persuasive in the workplace.
- I love that Rosemary is not beholden to any commercial or political interests!

About Michael Carr-Gregg

- Brilliant
- Dynamic, excellent AV, humour.
- Very engaging.
- Absolutely fantastic. If I go away with nothing else, I go away with a new way to approach my classes to get the most out of students because I understand where they are coming from.
- Wow – definitely a motivational speaker. Came away with a lot of food for thought.
- Great presentation. Will definitely use the new keys to communication.
- A wonderful presenter. So interesting, so relevant, information amazing.
- Excellent, inspiring

About Lisa Smith

- Inspiring – I can make a difference.
- Stimulating and interesting – high energy,
- Energising and motivational.
- Great timing for such a high energy speaker. Can we have more?
- Very entertaining and thought-provoking.
- Just what we needed after lunch. Inspiring.

Lisa, please stand still for a sec, we can't focus you!



Denise McManus parcelling up books for extra conference orders



We are ready

About Jenny O'Dea

- Good, interesting, gave a different perspective on how to approach the topic of healthy eating in classes so students can take ownership.
- Enjoyed the positive approach. Will definitely do it in our school.
- Very interesting and important to teaching in class today.
- Very easy to listen to and a lot of useful information given.

About Jan Reynolds

- Really enjoyed this – motivating and empowering and presented with flair – gave good insight into where we need to go from here and practical processes.
- Wonderful as always. Succinct and punchy
- Always very inspirational.

And what didn't we like?

The positive comments far outweighed the negative comments, but as indicated there were some hiccups in that some sessions did not "do it" for some delegates. Of the 168 suggestions for improvement:

- 69 of them were related to the catering (but it must be noted that many people commented positively on the food)
- 25 related to the timing—long days, more time needed for workshopping etc.
- 13 requested more notes from some session
- 13 suggested more practical sessions
- 13 indicated issues with facilities (room sizes etc.)

What was different this year?

Apart from the obvious—2 days, with one day being a school day, other points of difference included ticketing the workshops, the well-stocked HEIA table, having a Professional Conference Organiser, the 'keypad' activity and the Dine-around.

Ticketing the workshops

We have all experienced going to a workshop only to find that there are insufficient seats or handouts, even though we might have registered early—this is typically because delegates change their minds about their workshops, especially after they have listened to an inspiring keynote speaker. So this year we had tickets for each workshop. It worked extremely well and we thank all the ticket collectors for doing a magnificent job, and all delegates for their cooperation. A few refinements next year, but a good initiative.

HEIA table

Staffed by HEIA members Helen Keith and Denise McManus, the table was a real hit with sales totalling over \$5000—a win-win scenario with delegates buying the goods at reduced prices, not paying postage, and HEIA(Q) making a profit to be used for other ventures. We quickly sold out of Everybody's Different, and had to order in another 40 copies which were sent out the week after the conference. Thank you to Helen and Denise for a job well done.

Professional Conference Organiser

Little to say here, except we really don't know what we would have done without them. As a group of volunteers we just would not have coped. They were absolutely excellent, and although they naturally incurred extra fees, they also saved us heaps of money with their know-how of doing things differently. We heard only positive reports.

Time for a break

Helen Keith (L) and Denise McManus busy with the book sales

We think they were learning about learning - or maybe someone had lost something?

eduNation—Nutrition education for a

Keypad activity

A bit of fun at the end as we engaged with some questions to finish the conference in a light-hearted way. It was all too easy so next time we will try to make better use of the technology. For those of you who did not attend, we used the keypads like they use in 'Who wants to be a millionaire' as we asked the audience for their responses to some fun questions about food and nutrition. Some interesting responses! Most people enjoyed the light-hearted nature of the activity although some did challenge its relevance.

Dine-around

A number of delegates opted to go on a dine-around where they could choose from 5 restaurants in the inner city, although eventually delegates voted with their registrations and all wanted to go to just three of the restaurants: Restaurant Two, Banyan Tree and Vil'aggio.

And to conclude

Some comments from delegates about the strengths of the conference:

- Positive vibe and praise for Home Ec teachers and the job we do.
- Message of making a difference.
- Giving us motivation to go forward.
- Sessions were energising.
- Feeling of being revitalised by experts in their fields.
- Empowering teachers. Uniting us as a group
- Developing pride in our profession.
- Being challenged in my practices and thoughts.
- Inspiring, innovative and thought provoking.
- Making us think.

Congratulations to everyone!

The Queensland Government provided \$47,100 to HEIA(Q)'s *eduNation* project to get more Queenslanders discovering the lifelong benefits of participating in physical activity and improving eating habits.

Workshop presenters, HEIA members Geraldine Sleba (L) and Libby Davies (R) with chairperson Cheryl Conroy (C)



Professional Conference Organisers Ian Tuddenham and Lyn Greenfield.



A champagne finish to a champagne conference

This is so good



new generation



SCHOOL PROFILE: Moranbah State High School

An interview with Jo Andrews

About Moranbah State High School

Moranbah SHS accommodates 550 students in years 8–12. Because of the nature of Moranbah being a thriving mining town, we have a very mixed socio-economic clientele with diverse needs.

Right: Hospitality students at an award ceremony at the Lord Mayor's office (for great service at the Lord Mayor's Ball)



Could you tell us about Moranbah and living in Moranbah?

Located 191 km west of Mackay, 208 km north-east of Emerald and 1117 km from Brisbane via Emerald, Moranbah is a thriving, single-purpose mining town with a population of nearly 8000 people. Moranbah is a rural coal-mining town. Over a period of time Moranbah has benefited from the very profitable coal industry, but more recent employment opportunities in the coal area have led to an influx of families to the community. This influx has caused a lack of housing which, in turn, has led to a soaring housing market, with rents commonly over \$550 a week. Approximately 10% of our student body resides at the local caravan park.

Living in Moranbah could be described as living in a small friendly country town, where children can play safely in parks, alarm systems aren't needed and a sense of community is everywhere. Markets run every month, free events like the recent May Day Fair often occur in the park and a familiar face is always around. Whilst we don't have a big shopping centre, huge stadiums or even a car dealership, we do have quiet streets, no traffic, a beautiful newly landscaped town square and plans to keep the town sustainably growing.

And the Home Economics department at Moranbah SHS?

The Home Economics department is partnered with the Art and Science departments. There is a 1.3 teaching load for Home Economics consisting of two Year 8 Home Economics classes, two Year 9 and Year 10 catering classes and a Year 11 and Year 12 Hospitality class.

The teachers are Jo Andrews (Subject Area Coordinator) and Robert Wonson. Both Jo and Robert are 1st year graduates. Jo studied Home Economics and Health Education at QUT, whilst Robert completed a double degree of HPE and Human Movements.

How is Home Economics perceived in your school?

Over recent years Home Economics has been transformed to a catering-based subject. This was due to a number of factors, including lack of teacher confidence in teaching textiles subjects, and having no fabric store in town. However, next year a big transition is planned for the department, with the reintroduction of Home Economics. The subject will be known as *Life Science and Design*, a new name for a new direction and future. The course will be organised as follows:

YEAR 9	Unit 1 – The basics: Food safety	YEAR 10	Unit 1 – Community health & nutrition
	Unit 2 – Nutrition: Eating for life		Unit 2 – Design brief 3: Design a cafe
	Unit 3 – Food by design: Food science		Unit 3 – Managing & running a cafe
	Unit 4 – Design brief 1: Regurgitated denim		Unit 4 – Design brief 4: Create a space
	Unit 5 – Design brief 2: The party planner		or The cookbook author
	Parallel unit: From paddock to the plate 1*		Parallel unit: From paddock to the plate 2*



Above: The Year 10 Cafe



Right: Year 10 students working in the kitchen

What do you do to promote Home Economics at your school and in the community?

The Home Economics department has begun an extensive promotion project to reinvigorate and build numbers for future years. The promotion of the subject primarily started with the redevelopment of new Home Economics units, as outlined above. These units seek to show students the world of food using the Home Economics practices of Social Inquiry, Empowerment and Technology Practice. Assessment has taken on an inquiry-based approach with students completing design briefs, research assignments and poster presentations.

Secondly, the Home Economics teachers have been taking advantage of the current room shortage, whereby the textiles room is shared by multiple subject areas. By placing assignments, photos and class work around the room, all students are able to see what has been happening in Home Economics and Catering.

Currently the Year 10 Catering students are running their cafe, Café 10. This facility is professionally equipped and has allowed students to design and implement a working cafe. The cafe is open every Thursday lunch time and clearly demonstrates to the school body the excellent work occurring in the Home Economics/ Catering classroom.

In the near future the promotion of the subject will occur at the subject selection evening, the school newsletter and the local paper. Keeping in the public eye as well as creating relevant and challenging units of work will all go towards showing the necessity of the subject to the school and its students.

Is the Home Economics department well supported in terms of professional development and what do you do to make sure your staff members go to appropriate PD?

PD is well supported and encouraged by Moranbah State High School but opportunities usually require travel, either to Mackay, Townsville or Brisbane. This makes it quite difficult to attend.

What is fabulous about Home Economics at your school?

The most fabulous thing about Home Economics at Moranbah SHS is its flexibility. Programs are evaluated and changed to meet the clientele rather than being reliant on old textbooks and units of work. For instance, the new parallel unit running across all year levels next year, *'From paddock to the plate'* has stemmed from local complaints of produce being highly expensive and not as fresh as it could be, as well as a growing ignorance about how food is actually produced. Students will each choose a vegetable to grow, research its needs, monitor and record its growth, and finally cook and consume the product. It is hoped that one out of five lessons will occur in the garden, giving yet another dimension to food and nutrition.

If you could change something at your school what would it be?

The one thing I would like to change at Moranbah State High School is the number of students partaking in the subject. Whilst there are two classes in every year level, this only allows for two teaching staff. With more teaching staff and more collaboration of ideas, greater growth and development could be achieved.



HEIA(Q) 2007 tour of Vietnam and Cambodia

Judith Leathley, Harristown State High School, Toowoomba

1.00 a.m. Saturday 23 June saw 23 people from places such as Mt Isa, Cairns, Rockhampton, Toowoomba and Brisbane board a Thai Airways flight to Hanoi via Bangkok to begin the HEIA(Q) tour of Vietnam and Cambodia. Even after a hectic term, some hardly slept during the journey, excited to be flying off to a country that promised such diversity. Vietnam, officially the Socialist Republic of Vietnam, is a sliver of country bordered by China, Cambodia, Thailand and the South China Sea with a population of 85 million. Over the centuries, China, France, Russia, Japan, Cambodia, Thailand and America have all exerted their influence on the people of Vietnam.

The French influence can be seen in the architecture of people's homes and shops. Families live in multi storied homes, one room wide, with the youngest family members on top and the older ones at ground level. Trudging up and down those stairs would keep anyone fit and slim. One afternoon we all trudged up the narrow stairs to the top of one of these buildings in Hanoi to visit the KOTO (know one, teach one) Hospitality School where we learnt about the valuable work being done to provide disadvantaged youth with a career and a bright future in hospitality. This was preceded by lunching in their training restaurant, where we enjoyed a beautiful three-course meal. We were all aware of the anxiety displayed by students as they put every effort into modeling their training. Some of the teachers were volunteers from around the world trying to make a difference to the lives of these street kids.

Walking through and crossing roads in cities such as Hanoi, Dalat and Ho Chi Minh City can be harrowing unless you follow the Vietnamese way. Find a break, look ahead and just walk steadily. The traffic just streams around you. Bicycles, motor bikes and scooters seem to be the preferred method of travel and I'm sure that all 85 million were riding past me.

In Hanoi and Hoi An, we participated in cookery schools, all done with knives, woks and gas single cookers. We ate porcupine, frogs' legs, spring rolls, rice, dragon fruit, lychees, shrimps, soups and morning glory. Meals seemed to be endless rounds of courses, mainly eaten with chop sticks, but all delicious.

The silk worms worked overtime to provide enough silk for the thread paintings, bags and clothing that most people bought. It was interesting to notice how bargaining skills improved as the trip went on. At night it was often 'show and tell', with people excited at their bargaining skills.

Temples and palaces were climbed over and photographed, but the weirdest visit would have to be to the Mausoleum where Ho Chi Minh, the father of Vietnam, was embalmed.

Dalat, which had been neutral during the last war, was very like Toowoomba in climate and gardens, so a break from the coastal heat was very welcome. This city had very French architecture, even an Eiffel Tower copy, but the joy here was the Crazy House with each room being a different theme.

As we went further south, the people got darker and the food had a more Indian influence with spices and curries. At Ho Chi Minh City, after visiting the War Memorial, the group split in two with eleven going on to Cambodia via river transport up the Mekong, and the rest returning to Australia with all of their shopping.

Cambodia was quite different to Vietnam, even though geographically it was close. Phnom Penh was one of my favourite cities, but the visit to Siem Reap was a highlight. The temples at Ankor Wat were amazing with a few members of the group caught at the top during a storm. We arrived back at our bus soaked, but happy. Food here was interestingly different, with the Indian influence of the Khmer people.

Saturday 6 July saw us head back to Brisbane, with much heavier bags, eventually arriving at 11.45 p.m. Sunday night. Five plucky Toowoomba people then travelled home and were finally tucked up in bed by 2.00 a.m., thus ending a fantastic trip of fun, food, textiles, temples, palaces and people.

Photos left to right: Cooking Class group at Highway 4 restaurant in Hanoi • Judith Byrne, Claire Cobine and Lyn Lyons with the results of their cooking class with Madam ha in Hue • The end products of the class • Kate Hayward from Mt Isa celebrating her birthday on the cruise of Halong Bay



HEIA(Q) 2007 tour of Vietnam and Cambodia



HEIA Tuscan Delights Tour 2008

Enjoy a culinary discovery tour of Italy
on your way to the
IFHE Centenary Congress, Lucerne 2008.

HEIA members are invited to be part of a wonderful food, wine, history and cultural experience from about 12-25 July 2008. For Qld teachers, the previous two weeks are semester break, so you could plan to see another part of Europe and then join this tour in Rome.

Spend a week relaxing in a rural villa in Chianti, Tuscany, with daily bus tours to places such as Sienna and San Gimignano. Partake in cooking schools, wine tasting, olive oil and balsamic vinegar workshops and dine at some of the best regional restaurants.

After Tuscany, spend two days in Florence; visit the Cinque Terre on the Italian Riviera, with its world heritage listed villages; visit Milan, the fashion capital of the world; and then drive through the Italian lakes to Lucerne to begin the Congress.

Fly into Rome to join the tour. All tour travel through to Lucerne is by bus.

Cost: Estimated cost, depending on numbers, is in the rough vicinity of \$5000 (minus airfares). This includes all accommodation, meals, cooking schools, workshops and transport.

To express your interest so that detailed planning can begin:
Contact Helen Keith, Manna Tours, by 31 October
khkeith@bigpond.net.au or PO Box 8315, SUNNYBANK Q 4109

Comment from a previous tour: HEIA(Q) 2005

Anyone who goes with Manna Tours can know that the tour will be well organised and that nothing is left to chance. Tuscany will tempt the senses, a lovely villa in Adine set amid the grapevines. Excellent walking tracks can be taken around the villa and through little villages. The food is delicious, the wine tempting and the small tarts in bakeries are scrumptious. The cooking schools and dining in Italian homes are wonderful. Travellers get the opportunity to shop in markets and see villages with different types of wares—wild boar meat, cheeses, jewellery, bags and shoes. Get on your walking shoes.

Helen Johnston, President HEIA(Q)

eduNation goes to Thursday Island

As part of HEIA(Q)'s *eduNation* project for 2007, it had a commitment to reach as many communities as it could. With the support of Leanne Fox from Education Queensland's *Bound for Success* project for Cape and Torres Strait schools, HEIA(Q) looked at how it could support nutrition education in the Torres Strait. This was clearly going to go beyond working with home economics teachers as there is only one home economics teacher in the District, yet nutrition education is a major priority area for the community. With particular help from Karen Boer, a school Principal currently seconded to Queensland Health on Thursday Island, many negotiations took place to work out the best solution for a community for whom face-to-face professional development was extremely difficult—to travel from the many islands to one central location is extremely time consuming as flights do not go at regular intervals, and are extremely costly. In reality, it was not an option.

Eventually it was agreed that Jan Reynolds would travel to Thursday Island to meet with representatives from Queensland Health and Education Queensland, and then to run a two-day intensive program for key curriculum personnel for the Torres Strait schools. The overall plan was to build networks and relationships, and for two key curriculum writers to write units of work and assessment tasks that would be used by all schools at Tagai College—Tagai College is the newly formed college that includes all the schools across all the islands in Torres Strait. Given the huge turnover of staff at Tagai College, it was felt that there would be greater consistency and continuity if all schools had a set of well-written units and assessment tasks that they could all use.

What a fabulous few days for all concerned. It was a 'died and gone to heaven' feeling for Jan Reynolds as she took the ferry from Horn Island to Thursday Island. On Thursday Island she was met by Karen Boer and Cheryl Matysek, then off to meet Kay Ahmat, Principal from Badu Island campus who had also flown to Horn Island but had come over on a different ferry. Cheryl and Kay formed the writing team for the units of work.

The first day of curriculum writing started with a presentation from Marcia Pensio—many HEIA members would have met Marcia at the conference when her husband Poi co-presented the workshop *Nutrition education in Aboriginal and Torres Strait Islander communities*. Poi, an employee of Queensland Health, has totally turned around his own eating behaviours and shared his experiences at the conference. Marcia and her daughter gave the other side of the story, that of the wife and mother and

the implications and repercussions for the family. It was a total revelation to Jan as she learned about family life in the Torres Strait.

After some discussions with Steph Savage from Tagai College, and later joined by Judy Ketchell, the small writing team set to task. What fabulous conversations as they developed the Year 7 unit of work, whereby the students will examine their own diets for 3–4 nutrients critical for the health of adolescents (e.g. saturated fats, calcium, iron) and look at setting and working towards goals to ensure that the intake of these nutrients is appropriate. They will also look at the advertising in the Torres Strait and the extent to which the advertising supports or compromises young people trying to bring about such changes. An ambitious unit of work. Jan suggested that as the unit was for primary school students, maybe food groups could be used rather than nutrients, but the writers were confident that their students would go well in looking at nutrients. The writers did a fabulous job and at the end of the two days had their planning, assessment task and criteria and standards all mapped out. The original plans to do three units of work had long since gone out of the window to the beautiful turquoise sea, but it was decided, like student work, we were better to do fewer things and do them properly.

It is hoped that in a future edition of *InForm* we will be able to bring you the unit of work.

Congratulations, especially to Cheryl and Kay and a sincere thank you to all concerned, especially Karen, Marcia, Leanne, Cheryl, Kay, Steph and Judy.

Below: (L-R) Kay Ahmat, Cheryl Matysek, Judy Ketchell



Right: Marcia Pensio showing how it's done



The Queensland Government provided \$47,100 to HEIA(Q)'s *eduNation* project to get more Queenslanders discovering the lifelong benefits of participating in physical activity and improving eating habits.

From Karen Boer, 29/7/07:

Dear Jan,
Thank you so much for all of your help with the curriculum units. It has been a real privilege to work with you. Cheryl and Kay are committed and are going to do the (other) units. Cheryl was so excited. You gave her what she needed to do what she needs to. You were a dream come true. I do hope you got as much out of it as the children of the north will. **Karen**

IFHE Centenary Anniversary Quilt

In preparation for the 2004 IFHE Congress held in Japan, Carolyn Blount of the USA coordinated a quilt made of patchwork squares from many countries around the world. The quilt was raffled at the Congress. Australian home economists contributed squares that represented all the States and Territories. The Australian squares received the highest praise from Congress delegates in Kyoto in 2004.

Carolyn Blount is coordinating the construction of the IFHE centenary quilt. Thirteen squares have already arrived. Squares for the 2008 quilt have so far been contributed by the following U.S. States: Ohio, Oregon, Michigan, Minnesota, Washington and Wisconsin. Squares have also been received from or in honour of the following countries: Austria, Korea, Canada (Manitoba), China, Malaysia, Palestine and South Africa.

Australians now have the opportunity to contribute to another quilt, one that will be presented and raffled at the celebration of the centenary of the International Federation of Home Economics (IFHE) at the Congress to be held in Lucerne, Switzerland in July 2008. Funds earned will be contributed to the IFHE-US Development Fund. Earnings from this Development Fund provide the Development Grant that IFHE will offer again in 2008. The first such grant was awarded to St. Lucia in 2004 in Kyoto for Banana Artistry.

The HEIA brief for the patchwork squares is as follows:

- The square must have a finished dimension of 11x11 inch (28x28 cm).
- The square should be representative of a location in Australia—this might be as broad as a state or territory, or confined to a very distinctive but local environment such as a mining town, a cotton town, a geographical landmark etc. It is to be a representation and as such may be symbolic, abstract or more pictorial.

- A statement that describes the inspiration for the patchwork design should accompany the completed square.
- It may be pieced, patched, appliquéd, embroidered, or embellished using any technique. Cotton fabrics must be used. There is a wide range of Australian inspired patchwork fabrics that could be used. Alternatively, you may like to dye your own fabric and/or threads.
- Importantly, the design must be your own original work to ensure that it complies with intellectual property rights and copyright attached to patchwork, appliquéd and quilting patterns. Patchwork squares are regarded in the same way as any other art form with respect to intellectual property.
- Within the patchwork square, include the name of the designer/stitcher, the regional area it represents, the HEIA division and the date it was completed as part of the overall design.
- For historical purposes, a central register of the squares will be kept. Document the name of person/people who designed and stitched the square.

Please direct any queries to Julianna Kneebone, the nominated representative of the Queensland Division of HEIA for the quilt project:

Telephone: 0419649579

Email: jknee12@eq.edu.au or Julianna_kneebone@hotmail.com

Please send the completed squares and required documentation to:

Julianna Kneebone
HEIA(Q), PO Box 629
Kallangur QLD 4503.

Further queries can be made to the national coordinator, Gail Boddy, email gail.boddy@bigpond.com

Wet and wild weather postpones HEIA(Q) events

The much-awaited rain came to the south-east corner with great gusto, in fact a little too much gusto for some. Without taking anything away from the importance of the rain to fill our tanks (can hardly say it filled the dams), it was not a good week for those HEIA(Q) members who had put much effort into planning events for members.

The Graduate Function planned for Friday 24 August was postponed as the courtyard setting for the function became awash and the wild winds moved the furniture around. Commiserations to student Jo Spotswood who had put in so much effort to planning the evening, and the students who had planned to attend. Thank you Jo, hope we can reschedule the event.

Commiserations also to Denise McManus, her PD team and all the people who had planned to go on the *Workshop on Wheels*. The trip sounded fabulous, but the views and venues might not have been quite the same with all that rain and wind.

Stay tuned for rescheduling dates.



Consumer textiles and ethical issues: Outworkers

As home economics professionals continue to look at issues of social justice and sustainability, this issue of *InForm* brings some website snippets related to outworkers in the textiles industry. These snippets are extracted from the following websites:

Homeworkers Code of Practice: How the code works

<http://www.nosweatshoplabel.com/howcodeworks.asp>

Many fashion labels and manufacturers do not directly employ the workers who make their garments. It is common for companies to give their work out to contractors who then often sub-contract other companies who in turn use more sub-contractors and so on and so on. At the bottom of such production chains, homeworkers can often be found working in terrible conditions for next to no pay and without the various protections that most factory workers have.

The principle behind the Code is, if manufacturers can make their production chains transparent, then exploitation can be easily identified and addressed. The Code encourages manufacturers to take an ethical approach and be responsible for staying informed of all the steps involved in the production of their garments. Instead of simply washing their hands of any responsibility for work done outside of their premises, under the Code, manufacturers are required to respond where they are provided with evidence that their suppliers are not meeting minimum legal standards.

The Code helps manufacturers ensure that their suppliers operate within the agreed standards as it provides a system to monitor, record and report what is being made, where it is being made, who is making it, and what rates and conditions the workers receive. The accreditation process traces who is paying the award rate to the workers and who is not. If the correct payment is not paid, the process allows the non-complying party to be given an opportunity to comply.

Once an application to become accredited is approved by the HWCP Committee, the production chains of accredited manufacturers continue to be reviewed and documented by the

HWCP Project and Administration Officers and verified by the Textile Clothing and Footwear Union of Australia.

Manufacturers accredited to the HWCP are entitled to use the No Sweat Shop label on their garments produced in Australia. The No Sweat Shop label is usually sewn into the garment's seam alongside the washing instructions, but is sometimes also printed onto the actual garment. The decision whether to use the No Sweat Shop label is up to the accredited companies.

The No Sweat Shop label is a user-friendly initiative that provides consumers with an identifiable mark to distinguish exploitation-free garments. When consumers see the No Sweat Shop label, they can be confident that the garment was produced in Australia and everyone involved in its production received at least the minimum legal standards.



Fairwear website: <http://www.fairwear.org.au>

Nosweatshoplabel website: www.nosweatshoplabel.com

About the FairWear campaign

<http://www.fairwear.org.au/engine.php?SID=1000029>

The FairWear campaign is a coalition of churches, community organizations and unions. The FairWear Campaign addresses the gross exploitation of workers who make clothing at home in our Australian community. It is an effective way for consumers to respond to this injustice in our own country. FairWear was launched in Melbourne in December 1996. Already, thousands of letters have been written to retailers and politicians, and consumer awareness and protest actions have been held.

Most outworkers do not receive Superannuation or holiday pay

Most outworkers receive wages of between \$2-\$5 per hour.

47% of outworkers work more than 12 hours a day.

The Code is a way to assist manufacturers to meet their legal obligations, such as provide Award rates and entitlements and provide homeworkers with a set minimum amount of hours per week. The code requires extended reporting responsibilities, but Manufacturers don't have to change their business structure to become Accredited. Put simply, the Code is essentially a way to ensure companies are not breaking the law.

Does all this mean that consumers will have to pay more for clothes?

<http://www.nosweatshoplabel.com/faq.asp>

Consumers need not pay more for clothing. Some companies have been getting their garments made for very low prices in Australia and elsewhere, yet making high profits. Higher wages for workers can be absorbed by both retailers and contracted suppliers. Clothes made by workers at home for a few dollars can retail for anywhere between \$300 - \$500 or sometimes even more! Many successful factory-based manufacturers already pay Award wages and maintain affordable prices for consumers. Also, if workers are not pushed to work 16 to 20 hours a day, in order to survive, there may be more jobs available.

Resources available:

The Fair Wear Designer Kit <http://www.fairwear.org.au/media/client/1-06-05DK.pdf>

Contents: Consumer Fact Sheet; Fair Wear Workplace Survey; Write to your Favorite Designer; Designer/ Label addresses and contacts; Homeworker Fact Sheet; Taking it further

Hometruths kit <http://www.fairwear.org.au/engine.php?SID=1000019&AID=1000019> curriculum resource for schools that covers the key learning areas of: English, Design and Technology, Visual Arts, Legal Studies and more.

Speakers Kit <http://www.fairwear.org.au/engine.php?SID=1000020>

The Fair Wear Speakers Kit is an all round resource for presenting the issues raised by Fair Wear to your local community group. Whether it be your local P&C, local council or just family and friends, this kit gives you all the data to get going. Combine this with action kit for great tips, sample letters and action ideas!

'Twenty Pieces' Video <http://www.fairwear.org.au/engine.php?SID=1000051>

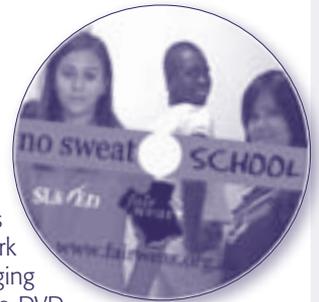
'Twenty Pieces' tells the inside story of fashion from the workers' perspective. This is the story of the homebased outworkers who make our clothes in their lounge rooms and garages. From India to Australia, the pattern is the same: low wages, long hours, and child labour shape the garment industry. This film explores the human cost of fashion by looking at the labour behind the label. 'Twenty Pieces' is 26 minutes long, and was produced for FairWear by Jocelyn Pederick and Ben Pederick. To order a copy, send a cheque or money order for \$25 (individuals) or \$60 (institutions), plus \$4 for postage (if you are in Australia) to FairWear in Melbourne.

Ethical SHOPPING GUIDE <http://www.fairwear.org.au/engine.php?SID=1000079>

List of companies accredited to Homeworkers Code of Practice

'No Sweat School' DVD <http://www.fairwear.org.au/engine.php?SID=1000056>

FairWear has recently developed a DVD resource 'No Sweat School', filmed at Marian College Sunshine, Melbourne in 2004 and featuring students in an ethical fashion parade and talking about homeworkers. The DVD is 7 minutes long and provides a useful tool to be used in a range of teaching curricula. FairWear also has a FairWear Action School Kit. The DVD and kit are also ideal to encourage school communities to develop creative strategies to support and engage with the FairWear campaign around local and international campaigns on social justice work related issues—think global act local. Some ideas include a fashion parade—such as featured on the DVD—encouraging students to source ethical suppliers, for example Qualitops, for Year 12 or Year 10 end-of-year school shirts. The DVD can be purchased from FairWear for \$25 each, including a fact sheet. Please download the order form. All proceeds go towards continuing the FairWear campaign against the exploitation of homeworkers in the garment industry.



Homeworkers and the industry

<http://www.nosweatshoplabel.com/homeworkers.asp>

In Australia and in other countries, some people in the fashion and textile industry work in modern factories for legal pay. More often however, they work in a cramped sweatshop or in a room or garage at home for substandard wages. People who work at home, away from the employer's premises, are known as outworkers or homeworkers.

Because home-based labour is a 'hidden' or 'invisible' workforce, it is impossible to say exactly how many outworkers there are in Australia. Research conducted by the Textile, Clothing and Footwear Union of Australia approximates that there is a pool of around 300,000 outworkers in Australia with around 75% of companies in the clothing sector having production performed in private homes. Various research projects and Senate inquiries agree that outwork is now so prevalent in the fashion clothing sector that it is not just a characteristic of the industry—the entire industry is actually structured around it.

Being isolated and with very little bargaining power, homeworkers are in an extremely vulnerable position. The vast majority of homeworkers are women from non-English speaking backgrounds. The low piece rates that homeworkers are usually paid, translate to very low hourly wage rates, which fall well below legal industry standards.

In addition to experiencing poor working conditions and unreasonable or improper terms from employers, homeworkers very rarely receive industrial entitlements such as paid annual leave, superannuation, or sick leave.

Due to the high number of parties usually involved in the production of garments, manufacturers find it easy to pass responsibility on to another person or company in the production chain. The growing influence of retailers further up the supply

chain has the capacity to increase pressure on price and response time. The price of garments is usually set at the top of the chain and then successively eroded, often by non-production parties, as the work moves further down the chain.

Due to poor working conditions and inferior machinery, homeworkers are three times as likely to have work related injuries, both acute and chronic, than their counterparts who work in factories. However, numerous studies show that homeworkers simply do not make workers' compensation claims. There is a widespread reluctance from homeworkers to speak up about their maltreatment, due to fear of jeopardising their work supply. Such concerns are exacerbated by the extremely low incomes that most homeworkers live on.

Homeworkers face irregular work and an insecure income. Homeworkers are often given unrealistic deadlines to meet and children and other family members have to help finish the work. Receiving no payment or less than what was originally agreed on, is also a common problem.

Homeworkers in Australia typically work 12 hour days, six or seven days a week, for about one third of the award rate of pay. It is not uncommon to find outworkers receiving \$3 an hour and sometimes less.

Although disturbing levels of exploitation have plagued the fashion and textile industry for many years, we can all contribute to the efforts to end the injustices experienced by homeworkers. The HWCP asks manufacturers to take responsibility for the entire production process of their garments and not to 'pass the buck'. Consumers can support the HWCP by purchasing garments that display the No Sweat Shop Label, by asking retailers if they are signatories to the Code and by encouraging labels and manufacturers to become accredited to the Code.

Consumer textiles and ethical issues: Outworkers cont.

Designer & Corporate Wear

Fashion Designers Start To Get the Message...

<http://www.fairwear.org.au/engine.php?SID=1000057>

In September 2004 Fair Wear received a grant from the Federal Office for the Status of Women to pursue a **Designer and Corporate Wear Strategy** to address the ongoing low wages and poor working conditions of outworkers in Australia who produce clothing for this sector. For over twelve months Fair Wear has been in discussion with the biggest names in Australian fashion including: **Collette Dinnigan, Lisa Ho, Akira Isogawa, Leona Edmiston, Sass & Bide, Zimmermann** and **Alex Perry**. This has involved multiple face-to-face meetings, phone conversations and correspondence, distribution of resources such as the *NSW Guide to Employment in the Clothing Industry*, and other Code related information.

FairWear congratulates **Collette Dinnigan** for her successful accreditation to the code! **Akira Isogawa** and **Alex Perry** are engaged in a dialogue with the Textile Clothing and Footwear Union about conditions in their respective supply chains.

These are huge advances in changing the culture in the industry, as these labels are amongst the most recognized and celebrated by the industry and the public. We have evidence that some of these labels have been made by outworkers, so these outworkers will receive improved wages and conditions as a result of the designers' accreditation. Through this project Fair Wear has also spoken to women's organisations, trade unions and fashion design schools to alert people to the situation faced by outworkers and provide them with resources to act.



Fair Wear Campaign <http://www.fairwear.org.au/media/client/1-06-05CK.pdf>

Fact Sheet: 'An Outworker's Perspective'

95% of workers sewing garments in the Australian Fashion Industry work from home for piece rates sometimes as low as \$3-\$4 an hour. Most are first generation Asian migrant women with difficulty speaking English who work in an isolated environment without knowledge of their legal rights under the Australian Award system.

Huang Ying is 52. She has been an outworker for 18 years. Her health has deteriorated as a result of her work, she suffers from low blood pressure, chronic lower back pain, shoulder and neck pain. She has repetitive strain injury in both wrists and other joints. Her eyes are now deteriorating from long hours and overwork. For all this she receives approximately \$390 per week, working 7 days 9am - 9:30pm. Ironically Huang hasn't had a new set of clothes for ten years. **"My friend, she gave me my one formal dress. It was second hand, but she said then I would have something to wear to church..."**

Gigi is 37 years old. She has been sewing clothes for 5 years. Gigi sews skirts for \$5 a piece. Each skirt is complex and takes about 1 hour to complete. She also sews belts. For each belt she is given 70c—but one day she saw them selling in stores in the city for \$25 each. In 1 hour Gigi can make 8 belts, which means she makes \$5.60 per hour. For one job Gigi had to get her husband

to help finish the order in time. Together they finished 400 skirts in 3 weeks to meet the deadline set by the boss. Together they received \$4.50 per skirt, \$1800 for 3 weeks work. Gigi picks up the work from her boss' factory, she pays for the petrol herself and also for the electricity to run the sewing machine. When Gigi suggested that her boss read the NSW Government regulations on employment the boss said she didn't know about the booklet or the laws and said "not to worry about it". Gigi does not want to lose her income because she is supporting a family, so she is still working for this boss.

Michael is a year 8 student at a public school in western Sydney. After school he goes home and helps his mum with her work. A lot of the time, he just cuts threads and fixes labels onto the garments his mother has sewn. One time, the boss called his mother and told her that he needed the garments finished quicker than he had originally said. His mother had to agree because the boss told her he would fine her for every hour they were late. They worked all night to finish the job. When Michael went to school the next day, he feel asleep during class. His teacher woke him up, angry, saying **"What, were you up watching videos all night?"** His teacher didn't know he was helping his mum at night.

Ethical manufacturers

http://www.nosweatshoplabel.com/ethical_manufacturers.asp

All of the companies listed below are Accredited to the Homeworkers Code of Practice. This means the company verifies that all of the garments they produce in Australia are manufactured ethically and all workers involved in the production received at least Award wage rates and conditions. The companies have made their production lines transparent and are helping to end exploitation in the fashion and textile industry.

The Clothing Company (Resort Report & Maggie T)

www.maggie-t.com.au

Collette Dinnigan

www.collettedinnigan.com

Puma Sportswear

www.puma.com

Yakka Workwear

www.yakka.com.au

NB. There are many more manufacturers listed on the website.

"One disturbing fact about outwork in Australia is the incidence of children working long hours beside their parents. The use of child labor in outwork appears to be directly related to the high pressure of tight deadlines and low prices imposed by contractors. Many families have no choice but to involve their children in the production process to get the work done."

"There are approximately 300,000 outworkers in Australia, with around 50-60,000 in Queensland."

– Karrina Nolan, FairWear.

Action ideas

<http://www.awatw.org.au/fairwear/action/ideas.html>

Small groups of people can change the world. Never forget that you can make a difference!

INDIVIDUAL

- Be on the FairWear newsletter or e-mail list or keep checking this website for updates on ways to support the campaign.
- Always try to find out the most up to date information and the do's and don'ts of lobbying and actions. Contact your nearest FairWear Campaign office.
- Remember the Homeworkers Code of Practice ('the Code') only applies to Australian Made clothing, so support Australian Made.
- Workers are not only exploited in Australia—look at the website list for international campaigns. Think Globally Act Locally.
- When you buy clothes in a shop which has signed the Code let the sales person know why you are shopping there. Say it in a big voice—you never know who might be listening!
- Get on the internet and spread the FairWear message.
- Make and wear badges: 'I wear FairWear', 'Ask me about FairWear', 'Support FairWear', 'Australian Made Australian Paid'
- Write to parliamentarians about the issues (letters, petitions etc.)
- Write regularly to the companies who haven't signed the Code—continue to tell them why you support companies who have signed the Code. Make sure you contact FairWear for sample letters and guidelines. (there are a couple of important points to be aware of so that FairWear doesn't get into legal trouble.)
- Approach the FairWear Campaign or organisations like Asian Women at Work who work with outworkers—volunteer to help out e.g. mail-outs, baby sitting.

FAMILY

- Regularly distribute up-to-date 'wallet cards' (available from FairWear) listing the companies who have signed the Code to your family and friends.
- Encourage your family (parents, siblings, grandparents, aunts and uncles etc.) to buy FairWear, when they are buying new clothing.
- Encourage your family to give gift vouchers from shops who have signed the Homeworkers Code of Practice and support the 'no sweatshop' label.

SCHOOL

- Recommend that your Student Representative Council endorse the FairWear Campaign and organise or support some of the ideas below.
- Find out which companies make your own school uniform and ask them to sign the Homeworkers Code of Practice and seek accreditation to use the 'No sweatshop' label. It

is relevant for all companies in the clothing industry in Australia to sign the Code, even if outworkers don't make their garments at the moment. It shows their commitment to eliminating exploitation of outworkers (and also reduces unfair competition for companies who pay workers the award wage). If your school uniform is being changed, make the new contract conditional on signing the Code and having the 'no sweatshop' label. The Code is available from the Textile, Clothing and Footwear Union.

- Make some posters publicising retailers and manufacturers who have signed the Code and have the 'no sweatshop' label. Display them at school.
- Use the case studies in the 'Home Truths' education kit to design some leaflets about outworkers and their experiences. (Remember to acknowledge your source of information). Ask the school to print copies for you to give out to other students or at your local shops or ask for permission to include information in the school newsletter.
- Organise a FairWear Fashion Parade.
- Dress up a mannequin in 'FairWear' and display it in a prominent place at school.
- Set up a FairWear information stall at your school, local community or church event. Distribute FairWear postcards for sending to retailers with the message that they want to buy clothes displaying the 'no sweatshop' label as a consumer's guarantee that the company is serious about stopping the exploitation of outworkers in the Australian clothing industry.
- Request a FairWear action kit to share with friends—it contains heaps more ideas.

COMMUNITY

- Put the Case study leaflets you made at school into the local library and community information centres.
- With some friends, give out the wallet-sized FairWear lists of stores in your local shopping centre who have signed the Code, to the shoppers and passers-by. Remember to be non-confrontational and stay together in a group.
- Write to the Editor of your local paper about outworkers and what people can do to support fair wages and conditions for them. Name some local stores who have signed the Code and sell garments with the 'no sweatshop' label.
- Stage a mime or drama in your shopping centre or railway centre; promote FairWear dramatically.
- With a group of friends, visit stores who have signed the Code and congratulate them for being committed to fair wages for workers. Give them a thank you card or letter explaining why it's important to you. Be aware, their staff may not know about the Homeworkers Code of Practice—you can explain it to them. Encourage them to support the 'no sweatshop' label.
- Invite the local paper to write a story about the issue, the 'no sweatshop' label and to photograph you thanking the store manager.

Fairwear 130 Kittle Collins Street, Melbourne 3000 Tel: 03 9251 5270 Email: fairwear@fairwear.org.au www.fairwear.org.au

No Sweat Shop label C/- 359 Exhibition St, Melbourne VIC 3000 Tel: 03 9639 2955 Fax: 03 9639 2944 E: info@nosweatshoplabel.com

NEWS FROM OTHER ORGANISATIONS



NANOTECHNOLOGY—What it is and what we should know about it

Elaine Attwood

CFA Representative on Standards Australia's Nanotechnology Committee

HEIA(Q) is a member of the Consumers' Federation of Australia.

The following is an extract from CFA's **Newsletter Issue No. 27, August 2007**

Although relatively new to the consumer, nanotechnology is not a new concept. It first emerged in 1959 when the theoretical possibilities of the nanometre, and its exploitation, were expounded by the American Nobel prize-winning physicist, Richard Feynman. He advocated the manipulation of matter which would end up producing unique, and eventually useful, physical and chemical properties (Quantum Physics). It took a further 26 years before the first practical examples caught up with the theory. This was in 1995 when Kroto, Curl, Smalley and colleagues discovered the third physical form of carbon consisting of 60 atoms and termed C60 fullerene(s) or 'buckyballs' since they resembled the hexagonal shapes on a soccer ball.

There are many definitions of nanotechnology and efforts are being made to come up with terminology and nomenclature that will be accepted at the international level, but basically it means manufactured materials, structures and systems that can exist and operate at the scale of 100nm or less.

A nanometre (nm) is one billionth of a metre and is hard to imagine, but for comparison a virus is usually between 10–10nm; a DNA molecule 2–12nm; a human hair 80,000nm and a blood cell 5000nm. It is the world of the small.

Nanotechnology provides the potential for advances in micro-electronics, engineering, food production, medical diagnostics, drug delivery, fertilizers, cosmetics, environmental applications, communications and packaging. Many of these areas can be merged under what is known as 'convergence' through the use of nanotechnology e.g. bio-nanotechnology; micro-electronic-nanotechnology.

Nanotechnology can be used in chemistry, biochemistry, physics, biology, medicine, nutrition, engineering, information technology and packaging materials. It will be useful in applications where extraordinary strength and lightness is required, where layers of thin film or surface coatings are required, and in military applications.

So why are nano-particles/materials different? Because materials behave differently physically once they are reduced to particles below 100 nm. It is at this level that what is known as quantum physics take over. Nano-materials have novel properties which are not exhibited by their bulk counterpart. These differences show up in size, shape and properties, i.e. what they can do. They include optical, mechanical, magnetic or

electrical properties, increased relative surface area, increased chemical reactivity and greater strength and lightness.

While there may be many benefits to come from nanotechnology, like all new technologies, there are also problems that need to be researched and addressed. As yet we have incomplete knowledge, and research is fragmented across many different disciplines and countries so knowledge is slow to be dispersed to the wider communities. With incomplete knowledge of nano-materials, it is difficult to assess as yet how they will behave upon full commercialization.

Presently we have the following gaps in our understanding of nanotechnology:

Understanding the capabilities of the technology

How do we test for this? More research is required.

Understanding the occupational health and safety risks associated with nanotechnology

Workers and researchers face the greatest hazards and are most directly threatened by nano particle toxicity. Exposure to nano materials can be either through the respiratory system, through the skin or through ingestion. Consumers will be exposed to nano-materials via cosmetics, drugs, foods and packaging.

The ingestion of nano-materials is one use of the technology that the medical profession sees as beneficial as it can be used for the delivery of drugs that can more accurately target a problem area. The unknown is that it is not yet clear what happens to nano-materials in the body. We do know that nano-materials are small enough to be capable of crossing the Blood Brain Barrier.

Lack of international agreement for nomenclature and characterisation of nano-materials

The good news is that this is currently being addressed. The International Standards Organization (ISO) has set up a committee (TC229) which is working towards obtaining agreement amongst countries as to the terminology that will be used and the sorts of tests that will be needed to enable nano-materials to be characterised. Once this is done, then risk analysis, including hazard analysis, will also be able to be carried out. Mirroring the ISO, Standards Australia has set up its own committee, together with the same three working groups—one dealing with nomenclature, another with characterisation

NEWS FROM OTHER ORGANISATIONS

of nano-materials and the third looking at occupational/ environmental health and safety.

Lack of knowledge about the environmental issues that nanotechnology raises

The issue of the environmental and human risks involved in disposal or recycling of products containing nano-particles is one of the greatest areas of uncertainty. The environmental impacts of nano-materials will depend on the assessment of the particular nano-material's chemical properties, the behaviour of the material, the resident time the nano particle is in the environment and its environmental fate, toxicity [both acute and long-term], persistence in organisms and the bio-accumulation potential. At the moment these are areas where very little data are available, particularly on engineered nano-particles in soils and ground water. A nano-material could have a different degree of risk depending on its production technology and also its application.

There is no regulatory oversight

The nanotechnology industry is growing at a rapid rate. Products that incorporate nanotechnology were worth \$32 billion in 2005, a figure that is forecast to grow to US \$1 trillion by 2011–2015. As this industry expands, so too will public, workplace and environmental exposure to nano-materials increase. To date there is no regulation in place to protect workers, the public or the environment from nanotechnologies risks. There is presently no requirement for manufacturers of products that contain nano-materials to conduct safety testing of nano scale ingredients before products are released onto the market, or

to make the results of any testing public. Likewise, no products are labeled as being produced through this technology.

Despite this lack of oversight, there are already more than 720 products containing nano-materials commercially available including sunscreens, cosmetics, baby products, food; fertilizers, clothing, industrial catalysts, fuel cells, household paints and furniture vanishes, sports equipment, computer and television screens, wound dressings, medical equipment and more. Needless to say there has been no public debate or any input from the public concerning the use of these materials.

There will be economic effects too as nanotechnology is likely to transform all sectors of the economy and this could lead to disruptive and profound changes within and between industrial sectors and labour markets. The question is not whether this is a good or bad thing per se, but that such technology-driven economic and social disruptions are likely to exacerbate existing inequalities rather than redress them, particularly in Third World countries.

In the budget the government announced the setting up of the Office of Nanotechnology, which will implement Australia's nanotechnology strategy. Some \$21 million has been set aside for nanotechnology.

As this technology will affect everyone in just about all facets of their life, it behoves us all to be aware of both its potential benefits and as yet, unresolved potential problems. It is essential for industry and consumers alike that the technology is not permitted to get ahead of the regulation—both need regulation to benefit and protect.

Food Standards Australia New Zealand web seminars

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The FSANZ web seminar on intense sweeteners is now available on the FSANZ website at <http://www.foodstandards.gov.au/newsroom/webseminars.cfm>

This is the 2nd in the series. Others will be held in the next 12 months including:

- Food labelling for small businesses
- Food safety for consumers
- An overview of the Food Standards Code
- Chapter 2 of the Food Standards Code: commodity standards
- Chapter 3 of the Food Standards Code: food safety standards
- Chapter 4 of the Food Standards Code: Primary Production and Processing Standards
- Food additives and processing aids for small businesses

If you would like advance notice to attend the web seminar live please email info@foodstandards.gov.au.

NEWS FROM OTHER ORGANISATIONS



CONSUMERS' FEDERATION OF AUSTRALIA

HEIA(Q) is a member of the Consumers' Federation of Australia.

The following are extracts from CFA's **Newsletter Issue No. 27, August 2007**

Unit pricing

A couple of weeks ago the front page headlines were all about the cost of goods in our supermarkets. A *Choice* survey, for example, identified some goods that cost 40 per cent more than four years ago. No consumer is going to be happy about that.

CFA and *Choice* have long been campaigning for mandatory unit pricing in supermarkets (where the cost of goods is also shown as price per kg or litre etc.). Mandatory unit pricing would save time and money for consumers. For example, which packet of cornflakes represents the best value per kilogram – 825g for \$5.38, 525g for \$3.30, or 310g for \$2.69? Most of us would need a calculator to work this out accurately (the answer in this case is the 525g pack). Sometimes smaller sized packages are cheaper than larger packages but only unit pricing information makes such a comparison easy to do.

Unit pricing also encourages competition between manufacturers and between retailers, which keeps prices down. It can also deliver health and environmental benefits.

Ian Jarratt recently completed a Churchill Fellowship to look at unit pricing in supermarkets in the European Union and the USA. Ian found that unit pricing is mandatory in the European Union and parts of the USA; elsewhere in the USA it is provided voluntarily by many supermarkets. Ian will produce a final report on his work soon. But he has already concluded that to secure the numerous benefits obtainable from unit pricing, Australia needs a well designed mandatory system with set standards and backed by effective monitoring and enforcement of compliance, plus a consumer education campaign. We already have a compulsory unit price system for packages of fresh meat etc.

The ALP announced that it would hold an Inquiry into the cost of grocery prices. To take advantage of this window of opportunity, we had an article published in the Brisbane *Courier Mail* and Ian did a couple of radio interviews. We want both political parties to introduce unit pricing, but so far have been unsuccessful in convincing them.

Overseas experience shows that consumer campaigns for compulsory unit pricing can be long and hard but can be won. So watch this space. Eventually unit pricing will come to a supermarket shelf near you.

Fiona Guthrie and Ian Jarratt
Queensland Consumers' Association

ACCC UPDATE

ACCC secures \$270,000 boost to the organic food industry

A boost to current moves to develop a national Australian standard for organic and biodynamic produce will follow from an ACCC action. A total of \$270,000 has been provided by GO Drew Pty Ltd after it admitted to the ACCC that it had substituted free range eggs to its free range organic products over an extended period. The products concerned were sold as being certified organic by the National Association for Sustainable Agriculture, Australia Ltd. The Organic Federation of Australia, the peak organic industry body, will receive \$216,000 to be used to assist in the development of a national standard for organic and biodynamic produce through Standards Australia. NASAA will receive \$54,000 to enhance its ability to certify and monitor organic produce.

<http://www.accc.gov.au/content/index.phtml/itemId/790453/fromItemId/2332> Issued 22 June 2007

Bevco corrects misleading country of origin fruit juice labels

Fruit juice producer Bevco Pty Ltd will change its labelling of its products following an ACCC investigation. Bevco had labelled a number of its fruit juice beverage products as '100% Australian Made & Owned' although the products predominantly consisted of imported juice. 'Bevco used the term on its Bevco and Macquarie Valley branded fruit juice products,' ACCC Chairman, Mr Graeme Samuel said. 'But some of these products contained 99.9 per cent imported reconstituted juice.'

<http://www.accc.gov.au/content/index.phtml/itemId/789362/fromItemId/2332> Issued 8 June 2007

NEWS FROM OTHER ORGANISATIONS

Tuckshop of the Year Awards

Has your tuckshop made a difference this year?

The Queensland Association of School Tuckshops recently called for nominations from schools to enter their canteen in the Tuckshop of the Year Awards. This is an annual event and is a great way to acknowledge the hard work of the canteen staff and volunteers. There are also some great prizes for winning schools including state of the art commercial cooking equipment. HEIA(Q) members are encouraged to nominate their tuckshop for an award. Details are outlined below and the full nomination form is available online at http://www.qast.org.au/Portals/0/pdfs/QAST_TOTYNomForm07_low%20res_web.pdf. Alternatively contact Trent Ballard, Client Services Manager by telephoning 07 3324 1511 or emailing trent@qast.org.au



Note that the closing date is stated as 14 September. However, in collaboration with HEIA(Q), as we could not bring this notice to you any earlier, QAST will accept late applications—contact Trent Ballard as above.

Dawn Adcock retires from teaching

Dawn Adcock has retired from teaching after many years in the profession, with most of them being spent at Taroom State School, approximately 460km west of Brisbane. With a student population of approximately 150 across years P-10, Taroom State School has only one Home Economics teacher—and since 1978 that has been Dawn, although she was first transferred there as a Home Economics teacher in 1971.

On behalf of HEIA, on Saturday 1 September 2007, the principal of Taroom State School, Jeff Cappel, presented Dawn with a gift of appreciation from the Institute. The function was attended by past and present staff members, principals, students and community members. Dawn's contribution to the community was evidenced by the 250 people that attended, with over 25 well wishes sent.

Dawn's leadership in the Roma District has been exemplary and on behalf of the profession, HEIA thanks Dawn for providing that leadership and inspiration to her colleagues. For many years, the role that she took on as regional coordinator for HEIA(Q) was pivotal in ensuring appropriate professional development was offered and in maintaining networks in the region. Although many of those teachers have moved to other Districts, they no doubt join with HEIA in expressing their appreciation.

As Dawn enters another phase in her life, she should be very proud as she looks back on her professional life. Congratulations on all that you have achieved. I guess your school will miss you very much. The profession certainly will. On behalf of the Queensland Division of the Home Economics Institute of Australia, and in particular all those members who have worked with you over the years in the Roma and Chinchilla Districts, HEIA would like to thank you for your contribution to the profession and wish you well in retirement.



Principal, Jeff Cappel (R) making a presentation to Dawn (L).



Diane Michelle Stafford (nee Best)

1966–2007

Home economics educator

Diane was a passionate teacher and proud home economics professional. She had a genuine love of her students that shone through every classroom she taught in. Diane was a loyal and reliable colleague and friend. She was a perfectionist and found the pursuits of home economics a challenging outlet for her skills and abilities.

Diane began her teaching career in 1987 at Atherton State High School. Later that year, she was transferred to Kowanyama. For most of us 'city' folk, a stint in a remote area would be too much, but Diane loved the experience. She spoke fondly of the people from this community and had many tales about teaching about bush tucker and working with the children and indigenous teaching assistants. She enjoyed this adventure.

In 1990, Diane was transferred to Wavell State High School. The transition from a remote school to a large metropolitan high school was one of contrasts, but Diane brought with her a sense of connectedness and community. She became an integral part of the social fabric of Wavell High.

Through her skills in home economics and her craft of teaching she touched the lives of many fine young Australians. She employed her love of textiles in organising fashion parades, designing and creating costumes for musicals, drama performances and dancers. Her love of fine food and cookery was nowhere more evident than in her hospitality classrooms. Her ability to rally team spirit and cooperative effort was exemplified through the skills of her students and their outstanding achievements in culinary competitions. The fact that many of her students now pursue careers in the hospitality industry attests to this.

Diane actively participated in many HEIA professional development activities including conferences, workshops, breakfast meetings and forums. She enjoyed the opportunity to contribute and interact with home economics educators. She attended the live-in conferences held at the Pan Pacific Hotel on the Gold Coast and also at the Stamford Plaza, and used these experiences to enrich her classroom.

Diane loved to tell and be told stories. She used this to capture the minds and hearts of her students. Diane helped students to realise their full potential by setting high standards and then providing the support and encouragement they needed. She always listened and inspired others to have the courage to follow their dreams.

It was Diane's deepest desire to have a family of her own to love. She was so fulfilled to be able to use her skills and talents to cherish and nurture her husband Charlie and beloved child, Lily. Nowhere was she happier than in her own home. Diane embodied the essence of home economics. Relationships were key to her daily life. She lived her life dedicated to 'the wellbeing of self and others', and has inspired many students and teachers alike. We will miss her contribution to the teaching profession, particularly in the field of home economics education.

Her friend and colleague

Tina Smeed

Wavell State High School

TEACHERS

Author unknown but acknowledged (submitted by Helen Johnston)

The dinner guests were sitting around the table discussing life. One man, a Chief Executive Officer, decided to explain the problem with education. He argued, 'What's a kid going to learn from someone who decided his best option in life was to become a teacher?' He reminded the other dinner guests of the old adage about teachers: 'Those who can, do. Those who can't, teach.' He continued: 'You're a teacher, Jane. Be honest. What do you make?'

Jane thought how she made kids work harder than they ever thought they could and how she had made a C+ student feel like the winner of an Olympic Gold Medal because he or she has tried his or her best. She replied:

'You want to know what I make?

I make kids wonder.

I make kids question.

I make them criticise.

I make them challenge social policy.

I encourage them to make informed choices about their daily living.

I make them apologise and mean it.

I make them write.

I make them read, read, read.

I make them show all their work in maths and perfect their final drafts in English.

I make them understand that if you have brains and follow your heart and, if someone ever tries to judge you by what you make, you must pay no attention because that person just didn't learn.'

Jane paused and then continued, '**You want to know what I make? I make a difference.'**

Further Professional Development workshop opportunities in Term 4

If you attended the *eduNation* conference, you would have learned many aspects of nutrition education, but have you been able to implement these strategies into your program? Need some guidance? Then this is your opportunity to spend a day working collaboratively with colleagues, planning and developing units of work that will engage and motivate students to make changes to their behaviour. You will leave with a unit of work that suits your situation and that includes assessment items with criteria and standards for making judgments in accordance with the requirements of reporting A–E.

Not able to attend the conference? Then this workshop will bring you up to speed.

For more detailed information about the workshop see your *eduNation* Professional Development brochure or access on the website www.heia.com.au/heiaq

Registration is through Conference Services and the form is on the back of the brochure.

Due to demand, two more workshops have been planned for Term 4:

BRISBANE

Saturday 27 October
Virginia Palms International Hotel
Sandgate Road Boondall

GOLD COAST

Saturday 24 November
Trinity Lutheran College
641 Ashmore Road, Ashmore

Some comments from previous attendees:

- Addressed practical aspect of writing programmes and assessment and criteria sheets. Great that we worked on our own programme.
- Very relevant information with lots of examples and handouts for us to refer to later.
- Thought provoking
- This makes my role stronger and has empowered me to transform the education of Home Economics in our school.
- Helpful information to overhaul and update unit planning and assessment criteria—helped to straighten thinking
- Very professional. Well explained new concepts as well as making me think about what I am teaching and my outcomes for learning with students An excellent opportunity to be brought up to date with the latest standards and expectations of assessment and actions!
- Very motivating and thought provoking. I wish I could have at least a 2-day workshop on program writing and criteria guidelines.
- Friendly, productive and inspiring day to enhance and build on knowledge and skills.



Getting the job done at the Townsville workshop



Delegates from Ayr SHS getting set up for the day at the Townsville workshop



Professional Development sub-committee (L-R): Yvonne Rutch, Carol Turnbull, Kaylene Gleeson, Julie Nash

2007 Diary Dates

OCTOBER 2007

13 October

Luncheon: Past and present members of HEIA(Q)

Committee of Management

Contact Helen Keith:

Telephone 07 3345 5223

Email: khkeith@bigpond.net.au

14–20 October

Nutrition week (Theme: Falling in love with food)

Contact Nutrition Australia:

Telephone: 07 3257 4393

Email: qld@nutritionaustralia.org

14–20 October

Anti-Poverty Week

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

20 October

World Osteoporosis Day

OCTOBER 2007

27 October

HEIA(Q) eduNation one-day workshop

Virginia Palms International Hotel, Boondall, Brisbane

Contact Denise McManus:

Telephone 07 3865 1401

Email: zzdmcman@westnet.com.au

NOVEMBER 2007

24 November

HEIA(Q) eduNation one-day workshop

Trinity Lutheran College, Gold Coast

Contact Denise McManus:

Telephone 07 3865 1401

Email: zzdmcman@westnet.com.au



National Nutrition Week

Theme: *Falling in love with food*

14–20 October 2007

Nutrition Week is a national campaign conducted annually by Nutrition Australia. The aim of National Nutrition Week is to raise the awareness of the importance of healthy eating for optimal health in the community. Nutrition Australia has adopted the 5-year theme of 'Falling in Love with Food'. Nutrition Week enjoys the support of a multitude of government organisations and non-government organisations.

For further information contact:

Nutrition Australia:

Telephone: 07 3257 4393

Email: qld@nutritionaustralia.org

Website: www.NutritionAustralia.org



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