



ANNUAL REPORT



heia
Home Economics Institute of Australia Inc.

FOREWARD

After another year affected by the global pandemic, face to face activity restarted gradually. Whilst many professional learning opportunities experienced low attendance initially, as the year progressed the numbers increased and many events were well attended. Well over 30 events were held across Australia by HEIA in 2022, ranging from webinars to in-person sessions to weekends away.

The hybrid model was utilised for the AGM in March, which enabled members across Australia to attend online and decisions could be made. HEIA persevered and was able to successfully hold its first face-to-face National Council meeting (since March 2020) in June to much relief and celebration by all involved. An open and honest meeting reignited the flame for all things HEIA, and led to a decision to hold the December National Council meeting in Adelaide,

Much of the focus for the year centred around planning for the 2024 National Conference, with bookings being made, planning committees starting to put in place all the speakers and details, and Expert Events, our Conference Organiser, making their plans. The December meeting in Adelaide gave the Council members the opportunity to tour the conference centre, meet with accommodation providers and the local host committee, and try out the attractions of downtown Adelaide. The Council members are all excited to see the plans coming together for January 8-10, 2024.

This report:

- provides evidence of HEIA's work throughout the year
- identifies initiatives designed to assist members
- demonstrates ways in which HEIA has been recognised as the peak professional body for Australian home economists.

The report has been prepared to serve two purposes. Firstly, by recording HEIA's major activities for the year, members are able to develop a picture of what has happened at national and divisional levels across Australia. Secondly, the Annual Report provides evidence of HEIA's structures and professionalism and is an important document used, for example, when advocating for the profession and when applying to funding authorities for grants to support our work. Being recognised as an efficient and effective organisation capable of achieving our goals, by both members of HEIA and others in the wider community, is critical to achieving our mission - to enhance the professionalism and political legitimisation of Australian home economists.

We welcome your constructive comments about this report and any suggestions you may have to further our work. I am sure you will enjoy reading the report and will appreciate the achievements of the home economics community.



CHERYL SONTER
PRESIDENT, HEIA INC.

HOME ECONOMICS INSTITUTE OF AUSTRALIA INC.

The mission of the home economics profession in Australia is to educate, inform and act as an advocate to government, industry and the community for families and households, so that individuals can make informed choices in order to enhance their everyday living.

As the peak professional body for home economics professionals in Australia, the Home Economics Institute of Australia Inc. represents the interests of home economists working in education, industry, community services, public health, consumer affairs, and family and household management. The mission of the Institute is to enhance the professionalism and political legitimisation of Australian home economists.

The Institute was established to:

- provide a national focus for home economics and home economists
- promote public recognition of the role of home economists
- set professional standards for the practice of home economics and promote the professional standing of home economists
- encourage and assist home economists with ongoing education and professional development
- encourage, initiate and coordinate research into areas related to home economics
- co-operate and affiliate, at a state, national and international level, with organisations concerned with education and advocacy for families and households in their everyday living.

The mission and focus of the profession are reflected in the Institute's logo. The concentric circles symbolise the family unit within the community and the world as a whole. Through the centre runs the flame of the lamp of learning.



COUNCIL AND THE DIVISIONAL PRESIDENTS

The year 2022 began with the following HEIA Council members:

President

Cheryl Sonter

Immediate Past President

Kay York

Treasurer and Council member, HEIA(V)

Robert Ford

**Executive Officer and Council member,
HEIA(Tas)**

Amanda Sutton

Secretary and Council member, HEIA(SA)

Susan Brandt

Council member, HEIA(NSW)

Emily Taylor

Council member, HEIA(WA)

Noelene Matthews

Council member, HEIA(ACT)

Janelle Maas

Council member, HEIA(Q)

Ngaire Mayo

The 2022 presidents/chairs of the divisions were as follows:

HEIA(ACT)

Janelle Maas

HEIA(NSW)

Emily Taylor

HEIA(NT)

Tina Sketchley

HEIA(Q)

Rosie Sciacca

HEIA(SA)

Susan Brandt

HEIA(Tas)

Amanda Sutton

HEIA(V)

Robert Ford

HEIA(WA)

Lyn Dymond

Executive

President
Cheryl Sonter
HEIA(V)

Past-President
Kay York
HEIA(Q)

Secretary
Susan Brandt
HEIA(SA)

Treasurer
Robert Ford
HEIA(V)

Executive Member
Amanda Sutton
HEIA(Tas)

Janelle Maas
HEIA(ACT)

Emily Taylor
HEIA(NSW)

Ngairé Mayo
HEIA(Q)

Susan Brandt
HEIA(SA)

Amanda
Sutton
HEIA(Tas)

Noelene
Matthews
HEIA(WA)

Professional
Development
Noelene
Matthews
Convenor

Membership
Emily Taylor
Convenor

Standing Committees

HIGHLIGHTS OF 2022

January - March

- World Home Economics Day, 21 March 2022 - "Building resilient homes and families"
- World Home Economics Day celebrations across the country, including presentation of the King and Amy O'Malley Trust scholars
- HEIA AGM held online to allow all members to participate in the decision making
- HEIA-McCormick 2022 Flavour Forecast Recipe Challenge was launched early to allow teachers to plan for their participation, followed by a webinar
- HEIA-McCormick Tertiary Flavour Challenge launched for its second year
- 2 webinars were held to kick off the 2022 series - '2021 Keynote Conference address: 7 habits of highly healthy people', and, 'The big wide world of Home Economics: our profession's contributions to global society'.

April - June

- 2024 HEIA National Conference contracts signed with the Adelaide Convention Centre and Expert Events (PCO)
- First face-to-face National Council meeting held in Sydney amid much relief and celebration
- 3 webinars were held - 'Development for a Better Nutrition Future', 'Food shopping and food values over the course of the pandemic', and, 'Leadership Through Research'.

July - September

- Journal of HEIA was published in digital form and members can now access the past 13 years of Journals via their online membership account
- Fellow Award presented to Kay York during the Queensland Conference in Brisbane in recognition of her tireless work on behalf of HEIA
- 3 webinars were held - 'Feasibility and Acceptability of 'VitaVillage': A Serious Game for Nutrition Education', 'Indigenous food sovereignty - how to decolonise food systems?', and, 'Co-designing a cooking and food skill education program for adults with intellectual disability'.

October - December

- Service Award presented to Jenny Unwin, NT member, in Darwin
- Judging of the 2022 HEIA-McCormick Flavour Forecast Recipe Challenge and winners announced
- Judging of the 2022 HEIA-McCormick Tertiary Flavour Challenge facilitated by Tammie Jakstas, and tertiary winner announced
- National Council meeting held in Adelaide
- 3 webinars were held - 'Diet and the gut microbiome: a new research frontier', 'Farm to Fork Computer Game: Taking food systems education to the next level', and, 'Dietary Patterns: What are they and why are they a useful way of discussing nutrition issues?'.

EXECUTIVE REPORTS

Presidents' report

2022 started tentatively for many, as the country slowly started to re-emerge from the pandemic. With the Australian state borders gradually opening, many face-to-face Professional Learning started to take over from the online world of meetings. The National Council meetings and AGM had been held online since mid 2020, so part of the brave new world meant that in June 2022 the first face-to-face meeting was held in Sydney. It was wonderful to spend the time together and reconnect with the core of the HEIA vision.

The international theme for the 2022 World Home Economics Day was "Building resilient homes and families", which highlighted that homes are the most important haven and asset in peoples' lives. More and more, global developments such as climate change, pandemic and war affect the wellbeing of household members. This year's World Home Economics Day (WHED) focus was on our profession's contribution to make homes safer and more resilient and highlighted the need within Australia to consider those in the community who require the skills of the home economist.

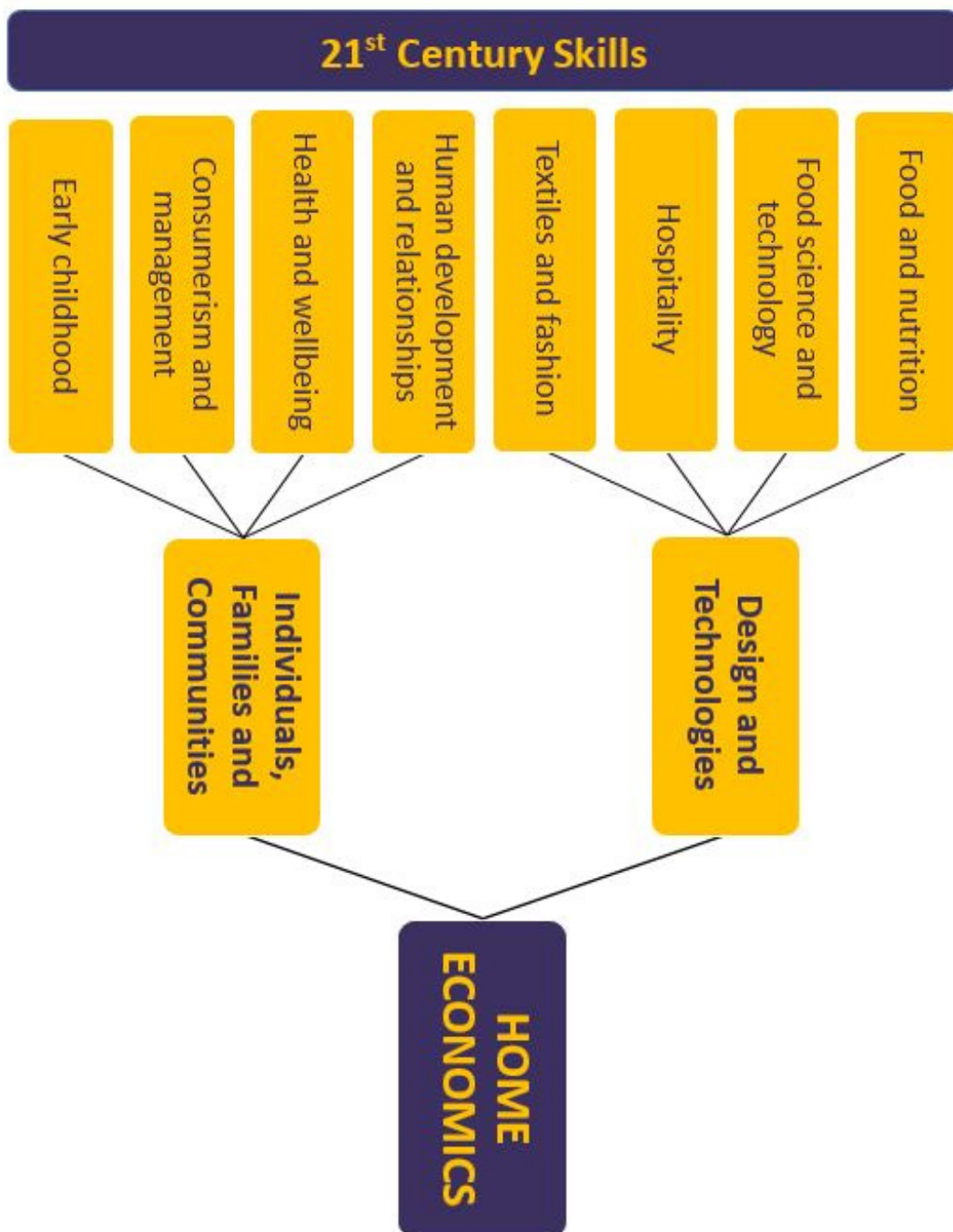
Much of the focus for 2022 centred around planning for the next the HEIA National Conference which is to be held in Adelaide, January 8-10, 2024. Various groups and committees pulled together to plan and facilitate the conference. The Academic Committee commenced organising the theme and mapping out the speakers for the program. The Steering committee were busy coordinating the various aspects of hosting such a large event, and the Host committee continued to work on ways to showcase beautiful Adelaide.

HEIA-McCormick Flavour Forecast Challenge was extended in 2021 to include universities who offer degrees within the Home Economics field. The Tertiary national winner was Jessica Csillag from the University of South Australia, and the NSW winners were Ricky Huynh and Kodi Barnes from The Australian Catholic University. The 2022 McCormick Flavour Forecast Challenge national school winner was OneSchool Global - Brisbane campus. Congratulations to the winners and all who participated!

Congratulations were also in order for Kay York - Immediate Past President, on receiving the HEIA Inc. Fellow Award in recognition of her enormous contribution to HEIA. Thank you Kay for your contribution to the organisation, and ongoing leadership in planning for the 2024 National Conference. Furthermore, a HEIA Inc. Service Award was presented to NT member - Jenny Unwin, in recognition of her 20 years of support and dedication to all things HEIA, Without members like Kay and Jenny who generously volunteer their time, knowledge and passion, we simply could not have achieved all that we have over these past years.

Throughout 2022, HEIA continued to support members with professional development. Professional development opportunities and our national organisation would not be possible without the dedication of our member volunteers at the national and divisional levels. I sincerely thank all members who actively contribute to HEIA and help to keep the organisation relevant and functional to all of those in the Home Economics field. It has been a pleasure working with like minded individuals to progress the work of HEIA.

Cheryl Sonter
President,
HEIA Inc.



Treasurers' report

The Home Economics Institute of Australia Incorporated (HEIA) financial report for 2022 outlines initiatives undertaken in what was again a challenging year for HEIA.

Membership: whilst membership continued to be the major income stream, we saw an overall reduction in new and/or renewing members again this year and therefore income, reducing from \$83,279 in 2021 to \$62,798 in 2022.

Nutrition - The inside Story (3rd edition): ongoing expenses this year included the cost of storage and distribution and sales continued to be strong amounting to \$20,130.

Investment accounts: Isabelle Horne & Beverly Dixon investment accounts again saw very low returns with reinvestments receiving little more than 1%. Returns for the year amounted to \$147.65 from the various investment accounts.

Unified Divisions funds for the five divisions that are now managed by National are shown as shareholders equity in the balance sheet.

Ongoing costs rose slightly and are associated with the secretarial and membership management services and additional functions as requested by the unified divisions, employment of an accountant and auditor to support the functions of the treasurer. These services are critical in supporting activities at a National and Division level and ensure we are responsive to all our legal obligations.

The allocation of funds to initiatives and managerial processes combined with a reduction in income from membership has seen a reduction in the overall net worth of HEIA with total assets for the 2022 year being \$255,185, down from \$350,000 in 2021.

The impact of the global pandemic could reasonably be seen as a contributor to the overall income reduction. As we move into the 'new normal' it will be important for ongoing flexible strategies to re-engage with members, find new members and diversify our income streams.

Details of the balance sheet and financial assets of the organisation can be found in the audit report tabled as a separate document. Conducted by: Colleen Hennequin & Associates, PO Box 773, Beaconsfield, Vitoria 3807.

Robert Ford
Treasurer,
HEIA Inc.

Profit & Loss statement

	2022	2021
Income		
Copyright Fees	6,278	5,017
Copyright Fees - NIS Second Edition	969	765
Copyright Fees - NIS Third Edition	20,131	41,201
National Events	586	183
Postage & Shipping	1,853	-
Membership Fees	62,869	83,279
Merchandise - Sales	1,633	1,331
Professional Fees - Services	682	2,129
Total Income	95,000	133,906
Gross Surplus		
	95,000	133,906
Other Income		
Interest Income	148	350
Other Income	13,080	9,963
Total Other Income	13,228	10,314
Expenditure		
Accountancy	2,970	4,706
Advertising & Promotion	122	-
Amortisation	1,516	2,526
Audit Fees	-	1,400
Bank Fees & Charges	275	230
Capitation	40,754	35,557
Computer Expenses	-	2,373
Conference/Seminar Costs	35,487	24,079
Fees & Charges	1,283	-
General Expenses	142	-
Gifts & Gratuities	586	2,349
Hire/Rent of Plant & Equipment	6,355	7,778
Insurance	1,217	1,252
Newsletters	1,539	1,150
Postage	2,693	1,292
Printing & Stationery	4,274	1,940
Professional Fees	522	24,026
Repairs & Maintenance	-	17
Subcontractors	57,788	57,243
Subscriptions	2,430	3,402
Telephone	492	300
Website Expenses	4,748	2,286
Total Expenditure	165,192	173,906
Current Year Surplus/ (Deficit) Before Income Tax Adjustments		
	(56,964)	(29,686)
Current Year Surplus/(Deficit) Before Income Tax		
	(56,964)	(29,686)
Net Current Year Surplus After Income Tax		
	(56,964)	(29,686)

Balance sheet

	2022	2021
Operating Activities		
Receipts from customers	65,184	86,739
Interest received	148	350
GST	(3,116)	2,599
Cash receipts from other operating activities	42,897	57,130
Cash payments from other operating activities	(163,676)	(173,906)
Net Cash Flows from Operating Activities	(58,565)	(27,087)
Investing Activities		
Payment for investments	(93)	(83,999)
Other cash items from investing activities	7,314	(11,417)
Net Cash Flows from Investing Activities	7,221	(95,416)
Financing Activities		
Other cash items from financing activities	(2,561)	394,155
Net Cash Flows from Financing Activities	(2,561)	394,155
Net Cash Flows	(53,905)	271,652
Cash and Cash Equivalents		
Cash and cash equivalents at beginning of period	271,652	-
Net change in cash for period	(53,905)	271,652
Cash and cash equivalents at end of period	217,747	271,652

Depreciation Schedule

Home Economics Institute of Australia Inc
For the year ended 31 December 2022

NAME	RATE	DEP START DATE	COST	OPENING VALUE	PURCHASES	DISPOSALS	DEPRECIATION	CLOSING VALUE
Other Intangibles								
Website Development	40.00%	2 Jun 2020	3,364	1,549	-	-	620	929
Website Hosting	40.00%	8 Oct 2020	4,116	2,240	-	-	896	1,344
Total Other Intangibles			7,480	3,789	-	-	1,516	2,273
Total			7,480	3,789	-	-	1,516	2,273

STANDING COMMITTEE REPORTS

Membership Standing Committee

In 2022, some of our membership categories underwent renaming - Associate and Overseas categories were combined, SMCP became School Group and SMNCP became Sponsored Staff. Although member numbers remained relatively stable year on year, we saw a large decrease in revenue which can be mostly attributed to the further reduction of School Group and Full memberships.

Emily Taylor, Convenor

Table 1: Membership summary to December 2022

Membership Category	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	Total	Category %
Associate/Overseas	0	0	0	1	0	0	0	0	1	0.11%
Full	2	12	5	49	38	6	16	50	178	20.25%
NIPE	1	7	1	8	1	5	4	7	34	3.87%
School Group	2	5	3	70	24	1	5	28	138	15.70%
Sponsored Staff	9	15	13	231	102	6	22	100	498	56.66%
Student	0	6	1	10	7	0	0	6	30	3.41%
TOTAL	14	45	23	369	172	18	47	191	879	

Table 2: Membership summary to December 2021

Membership Category	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	Total	Category %
Associate	0	0	0	2	0	0	0	1	3	0.34%
Full	3	10	5	61	33	6	20	57	195	22.01%
NIPE	3	6	0	8	2	6	3	7	35	3.95%
Overseas	0	0	0	1	0	0	0	0	1	0.11%
SMCP (contact person)	3	3	3	79	29	3	5	25	150	16.93%
SMNCP (non-contact person)	12	8	12	212	103	6	17	97	467	52.71%
Student	0	1	2	6	3	0	10	13	35	3.95%
TOTAL	21	28	22	369	170	21	55	200	886	

Numbers were summarised for the corresponding two-year period as evident in Tables 1 and 2. From 2021 to 2022, there has been only a small decrease in overall member numbers.

Professional Development Standing Committee (PDSC)

During 2022, planning for the 2024 National Conference continued and included the formation of committees, appointment of the PCO and venue contracts were finalised.

The 2022 webinar series covered a wide range of topics and was designed with the intention of appealing to our national audience. HEIA acknowledges the time and work required to plan, prepare and present the webinars. We appreciated the presenters who were willing to share their work for the benefit of participants and in turn the students we teach and the wider community.

Much thanks are given to Kay York (immediate Past President) and Renee Wilson (Administration Manager) for having organised another successful series. The webinars were hosted by members of the HEIA Executive and Council.

2022 Webinar Series

March

- HEIA-McCormick- Flavour Forecast
- 2021 Keynote Conference address: 7 habits of highly healthy people.
- The big wide world of Home Economics: our profession's contributions of global society'

May

- The Crawford Fund's 'Development for a Better Future'
- Food shopping and food values over the course of the COVID-19 pandemic'

June

- Leadership through research

August

- Indigenous food sovereignty - How to decolonise food systems?

September

- Co-designing cooking education for adults with intellectual disability
- VitaVillage: A Serious Game for Nutrition Education

October

- Diet and the gut microbiome: a new research frontier'
- Farm to Fork Game: Taking food systems education to the next level

November

- Dietary Patterns and Nutrition

**Noelene Matthews,
Convenor**

DIVISIONAL REPORTS

Western Australia (WA)

In 2022, COVID continued to have an impact on the work of HEIA(WA). The year started well and in February, Corinda Peters was awarded the 2021 Marilyn Yates Prize for academic excellence at the Edith Cowan University (ECU) Prize giving ceremony. This prize, donated by HEIA(WA), recognises the student who completes the Bachelor of Education (Home Economics) qualification with the highest academic score across the four years of the course.

Corinda is an outstanding student who was presented with five other prizes, including the best student on the 3 month practicum and the highest honour, the ECU School of Education Medal for academic excellence. The medal is awarded to the student graduating with the highest marks across all education courses offered by ECU in the calendar year of the award. Corinda has been appointed to a full-time position at Iona Presentation College.



The COVID 'bubble' in which WA had lived for the past year finally burst in March and the WA Government introduced mask wearing in schools and in public. Strict limits on the number of people allowed to gather together were imposed and not lifted until early June. This caused the postponement of the AGM until late June, where we welcomed Jen McGillivray, Ellen Morrow, Jen Rule and Sylvia Granville (student representative) to the COM.

World Home Economics Day celebrations, which were held in conjunction with the presentation of certificates to the 2022 King & Amy O'Malley Scholarship recipients, followed in July. We were fortunate to have immediate past HEIA President Kay York join us for a High Tea at The George.

This year, eight students were awarded a scholarship, the most ever awarded to WA. The 2022 recipients are Hannah Baverstock, Sylvia Granville, Annabelle Hunter, Jennifer Lake, Ruth Strong, Beth Robertson, Ebonee van Burgel and Rebecca Wilson. Little did COM member Erin Imatdieva realise when she accepted the responsibility of planning WHED that she would in fact have to do it twice. Many thanks Erin for organising a very enjoyable celebration.

While in Perth Kay conducted a workshop on developing valid and reliable assessment tasks. Participants reviewed the principles of quality assessment and then deconstructed an assessment task that they had written to check for scope and scale, validity and that it aligned with curriculum documents. The workshop concluded with a sundowner where attendees had the opportunity to network while enjoying a glass of wine or soft drink.



In conjunction with World Teachers' Day, the WA Professional Teachers' Association hold a presentation event to recognise individuals who make an outstanding contribution to their associations. This year HEIA(WA) nominated Cheryl Lundy. Cheryl is a dedicated teacher who is renowned for her passion for Textiles in education. She has actively worked to raise the status of the subject area to ensure that students and teachers will continue to have the opportunity to study textiles in the future. Cheryl has been a member of the HEIA(WA) executive, represented the professional association on a range of WA Curriculum course committees for the last 17 years and sourced or organised appropriate professional learning for Textiles teachers for HEIA(WA).

It has become customary for HEIA(WA) to organise end of year conference days for each of the upper school ATAR courses taught in WA. The first of these was the Materials Design Technology Textiles Conference, which was held on 12th November 2022 at Penrhos College, Como. This was a full day of workshops and the opportunity to meet in person again was welcome. Workshops were held concurrently, making the choice difficult for some participants. Michelle Pike, a well-known fashion illustrator, artist and teacher kept her group busy as they worked their way through a structured, but creative fashion illustration session. Other workshops included Making the most of your overlocker, Felting, Getting creative with Cricut and learning about Sashiko and other hand-stitching techniques. Thanks are extended to Lyn Dymond, HEIA(WA) President and conference convenor and Jennifer Rule and Penrhos College who hosted the day.



November saw nearly 60 Children, Family and the Community teachers attend the second of the three HEIAWA run full day Professional Development Seminars.

The Keynote Speaker, The Commissioner for Children and Young People in WA, MS Jacqueline McGowan-Jones opened the proceedings by speaking about her role as Commissioner before sharing the results of the most current Speaking Out Survey, which was conducted in WA in 2021.

Trevor Quick from Meningitis WA was informative and thought provoking as was the presentation by Shane Mauger from Outcare. Shane discussed the Justice System and the impact of generational disadvantage. Attendees also enjoyed the opportunity to engage in some hands-on play activities while exploring the development of language in children in a presentation by Denise Ansingh.

The day's program finished with a 'What's happening in my Classroom' session where leading teachers of CFC shared tasks they have developed, discussed resources they find useful, and talked through activities their students enjoy. Thank you to Lyn Dymond, HEIA(WA) President, for the coordinating such an informative and inspirational program and to Jen Rule whose organisation helped ensure this day was so successful.

The final professional development event for HEIA(WA) for 2022 was for teachers of Food Science & Technology, which was attended by ninety one teachers, from both city and country schools.

Louise Haustead from Foodbank, which is Australia's largest food relief organisation, was the first speaker and she discussed the major findings of the Foodbank Hunger Report 2022.

Aisling Pawlowski from Nutrition Australia followed her. Aisling provided an overview of Nutrition Australia, the work they do, the resources they produce and what they plan to achieve with the WA Whole of School Healthy Eating Program.

Melissa Worthington and her team from Buy West, Eat Best, concluded the morning presentations. The Buy West Eat Best program is a voluntary labelling and marketing initiative developed by the WA State Government to assist local food and drink producers to promote their products to Western Australian consumers.

After lunch, several leading teachers of FST shared tasks they have developed for their students. This session provided stimulation for re-imagining tasks for 2023. The afternoon session conclude with Judy Ialacci from Willetton SHS leading an interactive session on Differentiation in the Classroom.

Thanks are once again extended to HEIA(WA) President and Conference Convenor, Lyn Dymond, HEIAWA secretary and Techno Whizz, Fiona Lang, for her help with the AV equipment, and to those teachers who shared their expertise and ideas.

Thanks to the many hours of voluntary service by the members of the HEIA(WA) COM, under often trying conditions this year, membership numbers continue to remain relatively good and we look forward to being able to plan events in 2023 without the threat of interruption from COVID. My thanks to every member of the COM for their contribution this year.

Lyn Dymond
President, HEIA(WA)

South Australia (SA)

Ten new young and vibrant members joined the South Australia committee in 2022. We frequently met in person and kept in contact via a messenger group and Zoom meetings to share ideas and plan. Communication to our members via our Facebook page proved to be very popular and new initiatives were tried, for example giving small tasters each week in the lead up to an event. A success was the Google site created for the curriculum inspiration day where all the resources and presentations were available to attendees after the day. The committee celebrated a successful year over a dinner to applaud the year and plan for 2023.



Various professional experience opportunities were offered throughout the year:

- A South Australian Certificate of Education online night focused on the requirements for year 12 curriculum.
- WHED celebrations fostered the 2022 theme of 'building resilient homes and families' with reflection on the importance of self-care, and participants brainstormed ways that the WHED theme could be integrated into the curriculum. There were some very impressive attempts at rolling farfalle, fagiolini, and orecchiette play dough pasta as part of a wellbeing activity. We recognised the hard work of several undergraduate and postgraduate students contributing to the world of home economics, as well as years of service that past HEIA(SA) President, Sarah Hockey, has given to both our association and to home economics. Past presidents Julie Taylor and Christina Tassel shared some of the history of HEIA(SA), Ellen and Marietta Resek, and the King & Amy O'Malley Trust.

- In collaboration with TAFE SA, we offered various workshops that were very popular like Modern Desserts, If the Choux Fits, Mexi-Can and Spanish Heat.
- Nature Play SA presented an engaging professional development session focused on child studies curriculum.
- Post Dining, an up-and-coming young business enterprise, ran a future food workshop where attendees observed, cooked and tasted food like banana skin curry, cricket tostadas, and wattleseed muffins.
- At the Curriculum Inspiration Day, 80 teachers attended from across regional and metropolitan South Australia. Sessions included mindfulness, wellbeing, healthy canteen food from a PhD candidate, textiles ideas, a barista coffee making workshop, a panel discussion for food and hospitality investigations and a 'gem' session where attendees shared and learnt from each other.

Congratulations to the HEIA(SA) members who received awards in 2022:

- Award for Excellence: Sarah Hockey
- Resek Award: Jacoliene Roux
- King & Amy O'Malley scholarships: Tori Voumard, Natasha Slee, Alex Manson
- Outstanding Contribution to Home Economics profession: Kate Meakins

Susan Brandt
Chairperson, HEIA(SA)



Victoria (V)

With the continued impact of Covid in 2022 the Victorian Committee of Management had planned several events to re-engage with our members, but we were dashed every time with the ongoing rolling lockdowns in Victoria.

To support our members, we undertook the following initiatives:

- Maintaining the repository of resources that members had developed and share,
- Purchased equipment to be able to stream workshops,
- Hosted the presentation of Victorian King and Amy O'Malley scholarships awarded for 2021 and 2022, and
- A series of professional development sessions to support the revised Food Studies Study Design 2023-2027.

In March we hosted a celebration of World Home Economics Day and welcomed our King and Amy O'Malley scholarship recipients for the year - Corinne Davis, Kelsey Beckford, Michelle Grover, Racheal Caligiure and Rheannon Theologous-Owen, as well as previous recipients who had not been able to attend a presentation due to Covid restrictions.

With the upcoming introduction of a new Study Design, a series of hands-on workshops were developed and presented for our members, both in person and available able to be accessed online.

Robert Ford
Chairperson, HEIA(V)



Northern Territory (NT)

2022 was a challenging year for the Northern Territory (NT) Division. Teacher shortages and teacher absences due to COVID-19 isolation restrictions meant that members reported they were working beyond capacity and feeling overwhelmed. This impacted the frequency of both the Committee of Management (COM) meetings and scheduled events, since the COM worked within the guidelines of the NT Department of Education.

I would like to acknowledge and thank all HEIA(NT) COM members for their time and dedication in what was a very exhausting year. COM members were Tina Sketchley (Chairperson and Council Member), Alice Hooper, Bonnie Spry, Jenny Unwin and Jakob Zarb. A special mention goes to the newest COM member, Jakob, who was always willing to step into new situations and be of assistance. In June, Jakob observed the first face-to-face Council Meeting since the pandemic commenced. This assisted to foster familiarity and learn about HEIA beyond the NT.

Membership increased slightly, mainly due to more sponsored staff members being added to school memberships. Membership included individual and school members, with the vast majority being school-based sponsored teachers in Darwin. Two members were based in a remote setting – Katherine and Nhulunbuy.

We were fortunate to receive a Professional Learning (PL) grant from the Professional Teachers' Association of the Northern Territory (PTANT). This grant heavily subsidised members to attend PL events this year. It also provided the opportunity for members to apply for scholarships to attend events hosted by other divisions, including the HEIA(Q) Annual Conference. Nevertheless, only one member accessed this.

The first PL event was held on Saturday 2 April and was organised in conjunction with the NT Farmers Association. Three members, along with seven non-members from either early learning, primary, middle, and secondary school settings, enjoyed a field walk of the agricultural and aquaculture areas of the Taminmin College's Farm and listened to presentations from local agricultural farmers. Representatives from Paddock to Plate and Primary Industries Education Foundation Australia (PIEFA) explained how their resources could bring food and fibre to the classroom. It was also an opportunity to celebrate a belated World Home Economics Day. A Community of Practice highlighted the 2022 theme: Building resilient homes & families; with each attendee sharing how they incorporated personal and environmental health issues into their teaching.



On Saturday 3 September, Jenny Unwin presented a PL workshop on 'The Basics of Sewing Machines' to cater for teachers new to teaching textiles or Child Studies. Four members learnt how to use a sewing machine whilst creating a beautiful tote bag. Jenny also shared her wisdom on how to manage a busy textiles classroom.

Our end-of-year celebration on Saturday 12 November was a combined PL event and networking opportunity, bringing long-term members together with our newest members. Eleven members and three non-members enjoyed learning how a Thermomix could be included in a home economics classroom. Laura Kohli, from Mixie and Me NT, demonstrated the unique features of the latest Thermomix (TM6) as she whipped up a Blueberry Mojito Mocktail for all to enjoy. Laura then put attendees through their paces to get fourteen dishes prepared in under an hour for a shared lunch.



At the conclusion of lunch, the significant achievements of key members were celebrated. Emma Chappell was formally acknowledged as the NT's inaugural recipient of a 2022 King & Amy O'Malley Trust Scholarship. Emma spent much of the year visiting many remote communities, researching food security for her PhD, so this event provided the first opportunity for her to meet other HEIA(NT) members.



Jenny Unwin was presented with a HEIA Inc. Service Award. She has been a HEIA member for 20 years, with many of these as a COM member. Jenny's knowledge of the history of HEIA(NT) was always appreciated as the new Single-Entity COM adapted procedures. Her passion for textiles is evident as Jenny has willingly presented several textiles workshops for HEIA(NT). This has assisted in upskilling teachers new to teaching Textiles or Child Studies. Jenny was farewelled from the COM with congratulations and best wishes for her next adventure.

Alice and Bonnie were also farewelled from the COM. Alice plans to teach in a small rural community in Queensland. Bonnie will be undertaking a huge renovation of her residence.

On a final note, the administration required to manage PTANT's grants and subsequent scholarships for members is huge. HEIA(NT) was fortunate to benefit from the streamlining processes undertaken by the HEIA Inc. Administration Manager, Renee Wilson. Much gratitude from the NT COM for Renee's commitment to HEIA.

Tina Sketchley
Chairperson, HEIA(NT)

Queensland (Q)

2022 saw HEIA(Q) continue with an online Annual General Meeting format. At the AGM, we farewelled Secretary Nicole Stanway after numerous years on the committee and welcomed Phoebe Hanau to the role. Returning to their positions were Rosie Sciacca to the role of President, Aileen Lockhart to the role of Vice-President, Madeline Fagan to the role of Treasurer and members of the committee Kay York, Candice Bec, Bronte Wills, Ngaire Mayo who continued in her role as Council Representative, and Janet Reynolds, who continued in her role as Professional Development coordinator and Newsletter Editor. Across the year, HEIA(Q) continued to conduct their meetings online through the Zoom platform. The change to the online meeting structure as facilitated not only more efficient time management and meeting times for members, but also supports the participation of members across Queensland as location constraints have been alleviated. However, despite the ease of connection, the committee feels that semi-regular face-to-face meetings may improve the effectiveness of strategic meetings, thus this will be trialled in 2023.

The year commenced with a COVID outbreak and a flood, therefore World Home Economics Day was celebrated online, with a chat about the future direction of Home Economics. It was this tenuous climate which meant that we started off with online professional development opportunities. Whilst a number of opportunities were provided, they were not as well patronised as expected; this has prompted the committee to reconsider our professional development strategies for 2023. As Queensland's regulations regarding the strategic management of COVID outbreaks eased, HEIA(Q) commenced providing more opportunities for face-to-face professional development and networking. Across the year, HEIA(Q) organised events at Southbank TAFE to explore fashion portfolios, a night out at Eat Street to tour back-of-house operations and explore food trends, and a morning at the Queensland State Library to visit the Queensland to a T exhibition of tea towels that showcase Queensland's culture and history across the past decades. It was wonderful to see members engage with these sessions and it is hoped that we will expand these professional networking opportunities in 2023.

A highlight of the year was the long-awaited resumption of our annual HEIA(Q) State Conference after a hiatus since 2019. Held on Saturday 13 August 2022, our conference, Towards Global Competence: Thriving, not Surviving presented a valuable opportunity for delegates to network, learn and reflect. With keynote addresses from Andrew May and Rosemary Stanton and eighteen concurrent sessions, there was a breadth of topics for delegates to engage with. Sincere thanks must go to the Conference Committee, comprising Ngaire Mayo, Lyn McErlean, Dr Janet Reynolds and Susan Smith, and the team at Expert Events for their expertise and organisation to ensure a successful conference for all stakeholders. HEIA(Q) also extends its thanks to all who contributed to the success of the conference; whether you were presenting, collecting tickets, chairing a session, contributing to the in-person and online discussion, or one of the many other jobs, collectively you were the foundation of the conference.

At the Opening Ceremony, it was HEIA(Q)'s delight to be able to announce the recipients of the Dr Janet Reynolds Award for Service to HEIA(Q) and the HEIA(Q) Teacher Excellence Awards. In 2022, the Dr Janet Reynolds Service Award was awarded to Lyn McErlean in recognition for her advocacy for Home Economics and its teachers, including, but not limited to, her contribution to the Conference Committee, the delivery of professional learning opportunities, contributing to the development of resources and her work to establish and maintain online professional networks for teachers to collaborate and support each other. Congratulations must also go to Debbie Mawson, the recipient of the 2022 HEIA(Q) Teacher Excellence Awards. Debbie epitomises the term 'collegiality' and is a passionate member of the Home Economics profession. Beyond our state-level awards, it was also HEIA(Q)'s pleasure to acknowledge the HEIA National Fellowship awarded to Kay York, presented by HEIA national Treasurer Robert Ford. Kay's impact on HEIA and its members is far-reaching, this is a fitting recognition of her valued contributions. A final presentation was made to Dr William Blayney, presented with a HEIA(Q) Certificate of Excellence in recognition of his valued contribution to Home Economics, from his exemplary practice as one of Queensland's first male Home Economics teachers, through to his integral role in ensuring the continuation of Home Economics Teacher Education in Queensland through CQUniversity.

To round off our celebrations, congratulations to One School Global who were not only once again the Queensland winners of the 2022 McCormick Flavour Forecast Recipe Challenge, but also the National winner. It is a fantastic feat to be successful in this competition, and even more amazing that One School Global have been successful across consecutive years. Thank you to all teachers who supported their students with this challenge and afforded them the opportunity to engage in real-life food design contexts. We look forward to the innovative dishes that 2023 will bring!

Congratulations were also given to our King and Amy O'Malley Trust postgraduate scholars Lara Tupper, Leila Fathi, Nathan Cook and Sarah McManus. It is fantastic to see so many recipients at a Queensland level from diverse Home Economics contexts.

The HEIA(Q) Committee of Management have worked strategically to engineer opportunities for its members and the diversity of subject disciplines 'Home Economics' encompasses. The success of HEIA(Q) and our member opportunities is attributed to the valued contributions of our members and our Committee of Management. Thank you to all who have supported HEIA(Q) and its members in 2022.

Rosie Sciacca
President, HEIA(Q)

New South Wales (NSW)

This year HEIA(NSW) has been working to advocate and support our members. NSW is about to experience great change and we have been working to provide feedback to NESA on the NSW Curriculum reform. Members of our committee including Tammie Jakstas, Emily Taylor and Allison Pace had excellent opportunity to be a member of focus groups where we were able to pass on member feedback regarding the 7-10 Syllabus. We also had the opportunity to provide written feedback as a part of the “Have your Say” consultation period. We thank members who provided their thoughts for this feedback.

We continued to strengthen our relationship with Australian Catholic University where we had the opportunity to welcome to the profession their Technology Students at their Annual Exhibition. Each of the students who exhibited work has shown a passion for their area and it is exciting to see the future of home economics education in such capable hands. At this exhibition we were able to present an award to Tara Brame for her excellent work in Food Technology.

We enjoyed getting the chance to reconnect with members at our King and Amy O’Malley awards brunch. We enjoyed a wonderful lunch at Saddles at Mount White where we got the opportunity to hear from the NSW Scholars and see what they had been working on. We also got the chance to hear from our NSW Cookery Teachers Scholarship recipient and hear how she is progressing in her studies to become a Food Technology Teacher.

I would like to thank our NSW Committee of Management for all their work this year. Thank you to our treasurer Kelly Russell, our Committee Members Tammie Jakstas, Lissa Carter and Allison Pace. I would especially like to thank our outgoing Secretary Susannah Upham. Susannah has served on numerous roles in HEIA NSW over the years, She has been a Committee member, Treasurer, President, and Secretary as well as serving on National Council. I wish her the best of luck as she steps away from our committee of Management and thank her for her tireless work and her passion for Home Economics.

Emily Taylor
President, HEIA(NSW)



Tasmania (TAS)

Recovery and Reconnection have been the catch cry of HEIA(TAS) for 2022.

The Committee intended to spend the year working on regional re-engagement however, the post-Covid restrictions limited what we could do with members across the state. Instead, the focus was on identifying new opportunities to support teachers in 2023.

In Tasmania, a lack of training was identified as a current issue for Food Technology Teachers and many secondary school teachers were being asked to teach Food Technology with little or no understanding of the demands. In 2022, HEIA(TAS) began a conversation with the Department of Education to identify training programs for existing teachers who need to upskill to teach Food Technology. HEIA(TAS) also begun a conversation with the Tasmanian Hospitality Association to identify workshops and training for students in schools who would like to pursue a career in Hospitality and Tourism.

A visit to the Sustainability Learning Centre in Mt Nelson by HEIA(TAS) showcased the science and sustainability programs designed to inspire and enthuse students, encouraging some of them to pursue careers in science or science related fields. Programs that inform students about climate change, biodiversity, ecology, renewable energy, water, economic and environmental sustainability, conservation and future careers are on offer either through face to face visits or online resources.

Food Security in the current economic climate is an ongoing concern for Tasmania. HEIA(TAS) was represented on the board of the School Lunch program trial in 2022. School Food Matters was adopted in 2021 to better encapsulate working within the whole school environment and not just with the school canteen. They now support school communities to promote and provide a school food service that is nutritious, affordable, safe and where possible, locally sourced and prepared by the school. The number of schools trialling school lunches has grown to 30 schools, both primary and secondary, with Loaves and Fishes setting up two distribution centres which train volunteers to pre-prepare lunches for some schools and to set up deliveries for schools that are cooking their own lunches. This innovative program has sparked interest nationally.

As we look ahead, the catch-cry for HEIA(TAS) will shift to 'How can we reconnect and grow together!' for future growth and sustainability.

Amanda Sutton
Chairperson
HEIA(TAS)

COMPETITIONS

HEIA-McCormick 2022 Flavour Forecast Recipe Challenge

The Flavour Forecast Recipe Challenge is designed by McCormick Foods Australia and the Home Economics Institute of Australia Inc. Now in its 10th year, the curriculum-based challenge presents Years 9 and Year 10 home economics students with opportunities to explore the trends and flavours from the real-life Flavour Forecast report released annually and develop original recipes that reflect the themes.

The four trends for 2022 were:

- Empowered eating and drinking
- Global finds
- Spicy (r)evolution
- Sweet and seasonal satisfaction



*Images below are a collection of winning recipes from different schools.



This year's design brief asked students to create a unique dish related to three of the four themes. There were many creative and exceptional entries from the various states and territories that made the shortlisting quite challenging for the judges. The judging occurred over the last week in October, with Dr Sandra Fordyce-Voorham, HEIA(V) hosting the process. The first stage of judging ensured that each recipe met all the criteria of the design brief. Unfortunately, many dishes were eliminated at stage 1 due to including more than one discretionary dish due to common issues such as using butter or coconut oil instead of healthier plant-based oils, including foods high in sugar such as honey, maple syrup and agave syrup and using cooking techniques such as deep frying.

The second stage of judging related to how the entries reflected creativity and responded to the reflection and justification requirements. The justifications and reflections were particularly well-written, genuine and really insightful, which the judges enjoyed reading in conjunction with reviewing the recipes submitted by the student teams. After a long and intensive day of deliberations, the selection of the final entries from each state and territory were made. The third and final stage of judging saw the recipes of the selected school teams from the states and territories prepared and cooked by the McCormick Test Kitchen team and then tasted by the judges. The recipes were followed according to the instructions submitted by the student teams and plated to match the photos submitted by students.



Judging at the McCormick Test Kitchen

Congratulations to OneSchool Global, Brisbane, the national winner of the Home Economics Institute of Australia Inc (HEIA) and McCormick Foods Australia Flavour Forecast recipe challenge for 2022. This national winning entry designed the following dishes to meet three of these trends:

- Vietnamese caramelised pork bowls (Empowered eating and drinking)
- Dukka coated chicken with beetroot and garlic hummus and flatbread (Global finds)
- Plant-based burger with chilli salsa (Spicy [r]evolution)

Their entry not only addressed the design brief but demonstrated mastery of skill, flair, flavour and uniqueness along with the documenting of progress and time management throughout the process.

Also, congratulations to the state and territory winners in 2022:

- NSW/ACT: Hornsby Girls High School
- SA/NT: Saint Martin's Lutheran College
- Vic/Tas: Mildura Christian College
- WA: Great Southern Grammar

Special thanks need to be given to McCormick Foods Australia team, who supported schools throughout the year with resources, hints and tips as well as all the home economics students and teachers across Australia who participated in the recipe challenge this year. These students and teachers should be applauded for the amount of work put into submitting entries as the judges were impressed with the imagination and inspiration demonstrated in the entries. All students should be proud of the learning they demonstrated throughout their entries.

**Leanne Compton and
Sandra Fordyce-Voorham
HEIA(V)**



*Vietnamese caramelised
pork bowls*

HEIA-McCormick 2022 Tertiary Recipe Challenge

Now in its second year, we were excited to see the growing interest in the Tertiary Flavour Challenge and the growing student involvement across the states who participated.

Our 2022 South Australian state winner from the University of South Australia, and this year's national winner was Jessica Csillag, with her dish Oat milk porridge with berry compote, smoked spices and roasted nuts. (image on the left).

NSW state winners from The Australian Catholic University, were Ricky Huynh and Kodi Barnes with their dish Herbed-Dukkah crusted lamb with potato flatbread and beetroot salad, with yoghurt sauce. (image on the right).

On Friday the 25th of November the team from McCormick Australia hosted the Industry Spotlight Session, providing the national winner Jessica Csillag with a chance to review McCormick's research and development process of new foods. A big thank you to the McCormick team for their continued support of the Tertiary Flavour Challenge and acknowledge the rich learning opportunity this industry spotlight session provides our national winners.

A huge thanks also to the 2022 judges Dr Leanne Compton and Dr Sandra Fordyce Voorham, for their ongoing support and help in selecting the chosen dishes.

Tammie Jakstas
HEIA(NSW)



NATIONAL AWARDS & SCHOLARSHIPS

National HEIA Awards

Fellowship Award

Kay York (Queensland Division)

Leadership Award No Leadership Awards were presented in 2022

Service Award

Jenny Unwin (Northern Territory Division)

King and Amy O'Malley Trust Scholarships

In 2022, the King and Amy O'Malley Trust provided scholarships for 24 students undertaking undergraduate or postgraduate studies in home economics, with many of them HEIA members. The recipients were:



Victoria

- Corinne Davis
- Kelsey Beckford
- Michelle Grover
- Racheal Caligiuri
- Rheannon Theologous-Owen

Queensland

- Lara Tupper
- Leila Fathi
- Nathan Cook
- Sarah McManus

South Australia

- Alexandra Manson
- Natasha Slee
- Tori Voumard

New South Wales

- Emma Denton
- Katrina Morris
- Sisi Jia
- Tammie Jakstas

Western Australia

- Annabelle Hunter
- Beth Robertson
- Ebonee Van Burgel
- Hannah Baverstock
- Rebecca Wilson
- Ruth Strong
- Sylvia Granville

Northern Territory

- Emma Chappell