



ANNUAL REPORT



heia

Home Economics Institute of Australia Inc.

FOREWARD

2023 has been a year of preparation for the National Conference held January 8-10, 2024 in Adelaide, South Australia. The Academic committees put in place all the speakers and program, the Host committee planned a welcome function and the places to visit during the site visit afternoon, the Steering committee pulled it all together, and Expert Events, our Conference Organisers, created a masterpiece from all these ideas and details. By the end of 2023 approximately 150 people had made plans to attend and contribute to an exciting and purposeful conference.

On a National level over 30 events were held across Australia by HEIA in 2023, ranging from webinars to in-person professional development sessions, to city walking tours and state conferences, from competitions to creating awards for Home Economics teachers around the country.

The AGM in March was held again in Sydney, the first face-to-face AGM since March 2020. An open and honest meeting reignited the flame for all things HEIA, and led to a decision to hold the September National Council meeting in person rather than December meeting, and to make the December meeting online. This spaced out the meeting schedule, alternating face-to-face with online meetings. It was also recognised that 2024 would be the 30th anniversary of HEIA, so planning was put in place to celebrate this anniversary in the coming year.

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 SONTOR
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 2023 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)

Vacant

Council member, HEIA(Q)

Ngaire Mayo

The 2023 presidents/chairs of the divisions were as follows:

HEIA(ACT)

Vacant

HEIA(NSW)

Emily Taylor

HEIA(NT)

Tina Sketchley

HEIA(Q)

Rosie Sciacca | Aileen Lockhart

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)

Vacant
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 2023

January - March

- World Home Economics Day, 21 March 2023 – "Waste Literacy"
- World Home Economics Day celebrations across the country, including presentation of the King and Amy O'Malley Trust scholars
- HEIA AGM took place in-person for the first time since the pandemic. We farewelled outgoing Treasurer - Robert Ford, and Executive Member - Amanda Sutton, and welcomed Rhonda McInnes and Ngaire Mayo
- 2 webinars: "Documenting the adoption of the digital food environment throughout COVID-19: A systematic review" with Sisi Jia, and, "Measuring and managing food waste in hospital food services" with Nathan Cook.

April - June

- National Council meeting held in Sydney
- 1 webinar: by Emma Chappel, inaugural NT King & Amy O'Malley Scholar, providing insights into her PhD research on "Food (in)security in remote NT communities."
- HEIA-McCormick 2023 Flavour Forecast Recipe Challenge launched for its 11th year
- HEIA-McCormick Tertiary Flavour Challenge launched for its third year
- Registrations open for the 2024 National Conference
- Divisional Professional Learning: 'HEIA(SA) Cooking up Excellence'; 'HEIA(NT) Meet & Greet'; HEIA(V) 100 Mile Foodie High Tea

July - September

- Divisional Professional Learning: 'HEIA(Q) Regional Workshops'; 'HEIA(Q) Annual Conference'; 'HEIA(SA) EnrichED Networking'; 'HEIA(SA) 'The World of Viennoiserie'
- Planning and promotion continues for the 2024 National Conference in January
- HEIA(NT) provides scholarships for members and supports speakers to attend the PTANT Professional Learning Conference: "Hope Filled Futures"

October - December

- Online workshop with Martin Probst from PROfound Leadership 'Enhancing interpersonal skills with DISC'
- A marketing initiative is launched by the National Council, with all schools in Australia being invited to nominate their Home Economics teacher for an excellence award
- Judging of the 2023 HEIA-McCormick Flavour Forecast Recipe Challenge, with winners announced
- Divisional Professional Learning: 'HEIA(SA) Curriculum Inspiration Day'; 'HEIA(V) 'Foodie Discovery Walking Tour'; 'HEIA(WA) 'Materials Design & Technology (Textiles) Conference', 'Children, Family & the Community Conference', 'Food Science & Technology Conference', 'Home Economics: 2024 and beyond. Assessment Tasks and Marking Keys'



EXECUTIVE REPORTS

President's report

2023 was a planning and creating year! With the National Conference to be held January 8-10, 2024 in Adelaide, South Australia the committees worked diligently all year. The Academic committees put in place all the speakers and program, the Host committee planned a welcome function and the places to visit during the site visit afternoon, the Steering committee budgeted and pulled it all together. Expert Events, our Conference Organisers, created a masterpiece from all these ideas and details, and by the end of 2023 approximately 150 people had made plans to attend and contribute to an exciting and purposeful conference. A huge thank you to all those involved! Without their personal sacrifice and countless hours of (unpaid) work, the HEIA National Conference would simply not exist.

The AGM had been held online for the previous two years, so part of the brave new world meant that in March 2023 the AGM was held face-to-face in Sydney. It was wonderful to spend the time together and celebrate the core of the HEIA vision. A new Treasurer was elected (Rhonda McInnes), and a new Executive member (Ngaire Mayo). Both members have subsequently contributed enormously to the work of the National Council.

Traditionally the National Council meetings have been face-to-face in March and December, with the remaining meetings online. However in 2023, in recognition of the pressures experienced by National Council members around the end of year, a decision was made to swap the second half of the year meetings, with the face-to-face meeting being held in September and the December meeting online. This proved to be very successful, less stressful, and allowed for a lot of discussion and planning for the awards and the 30th anniversary celebrations.

The international theme for the 2023 World Home Economics Day was "Waste Literacy". The world's enormous waste problem won't be "solved" by just dumping it. We need to come up with better ideas to minimise waste generation and preserve natural resources. Waste Literacy, the knowledge about waste reduction and sustainable consumption, is an essential building block to achieve a sustainable future. Waste Literacy transforms the way people think and act towards waste and creates new habits. It incorporates ways to prevent materials from ending up as waste, reusing products or purchasing more durable products. Home Economics knowledge is fundamental in achieving a sustainable future and plays an important role in changing our everyday behaviour. Because sustainability starts at home.

The McCormick Flavour Forecast Challenge had another exciting year in 2023. The tertiary challenge winner was Kaitlyn Kane - Undergraduate student in Technology at ACU. Congratulations!

The 2023 McCormick Flavour Forecast Challenge national school winner was shared between two schools: *Joint National Winner & NSW State Winner*, Hornsby Girls High School, and *Joint National Winner & QLD State Winner*, St John Fisher College.. The *SA/NT State Winner* was Sunrise Christian School,. and the *WA State Winner*, Geraldton Grammar School. A huge acknowledgement to those Home Economics teachers who entered their students and nurtured them enough to create winning entries.

In acknowledgement of the upcoming 30th anniversary celebrations in 2024, the National Council undertook to acknowledge those members who had contributed significantly to the organisation and profession over this timeframe. A call for nominations from all divisions led to a number of Fellow, Leadership and Service awards being received. These awards were presented at the Conference Dinner on January 9, 2024 in Adelaide. A huge acknowledgement and congratulations to these individuals awarded, as they represent the backbone of the organisation. Without their contribution over the years, HEIA would simply not be the organisation we currently enjoy and utilise.

A marketing initiative was trialled by the National Council, with all schools in Australia being invited to nominate their Home Economics teacher for an excellence award. 21 nominations in total were received from every state and territory, from which a state winner was selected and a finally national winner selected. The National winner, Hannah Smith from Victoria was announced and acknowledged at the Conference dinner - Congratulations Hannah! This initiative will be continued into future years to lift the profile of the profession within the education environment.

Throughout 2023, HEIA continued to support members with professional development, and I would like to thank all those volunteers who make this organisation relevant and functional to all those in the Home Economics field. Without our members reaching out to those around them, we would feel isolated and disconnected from our tribe of professional colleagues.

It has been a pleasure working with like minded individuals to progress the work of HEIA. Our national organisation would not be possible without the dedication of our member volunteers at the national and divisional level and I sincerely thank all members who actively contribute to HEIA.

Cheryl Sonter
President,
HEIA Inc.

Treasurer's report

The Treasurer's Report for the year 2023 is as follows, as required and stipulated under the Constitution and legal obligations under Australian Law. The Home Economics Institute of Australia Incorporated (HEIA) financial report for 2023 outlines the current financial standing of the association and the endeavours undertaken during the year.

Membership:-

Membership continues to be the major income stream and 2023 saw an increase in revenue despite a decrease in the number of financial members, compared to 2022. This is likely due to members renewing their membership early (ie. members paid for their 2024 renewal in 2023).

Membership has been in decline for over 3 years, including the COVID years, and this reduction needs to be urgently addressed.

State	2020 Individual	2023 Individual	2020 School	2023 School	Variance
ACT	5	4	4	1	Minus 3 schools
NSW	21	21	3	3	Same
NT	29	5	4	3	Minus 1 school
QLD	68	70	94	67	Minus 27 schools
SA	55	41	43	20	Minus 23 schools
TAS	15	14	10	1	Minus 9 schools
VIC	35	24	7	3	Minus 4 schools
WA	66	57	33	31	Minus 2 schools
Total:	278	236	198	129	

The table shows that in the last 3 years, HEIA Inc. has lost 69 school and 42 individual memberships across all Divisions (this excludes sponsored staff attached to School Memberships, which has also decreased by 262 members).

The loss of income from these schools plus individual memberships is shown in the membership revenue as per below;

- End of 2020 – \$103,198.00
- End of 2021 - \$83,279.00
- End of 2022 – \$63,768.00
- End of 2023 - \$68,271.00

This is an overall decrease of \$34,927.00 in revenue to the association from 2020-2023. This loss of income impacts many things in different states. The situation cannot continue its downward trajectory and must be addressed, for the wellbeing of the association.

All states are encouraged to build their networks to facilitate membership growth, both on an individual basis as well as school membership. Nationally, it was decided that invoices would be emailed or posted to schools where membership had lapsed, along with a letter encouraging schools to renew their membership. This will take place in early 2024, and the result will be evaluated and reported back to National Council.

Cash in bank:-

For a second year, HEIA Inc. has seen a reduction in the overall net worth, with total assets for the 2023 year being \$229,337. This is compared to \$293,038 in 2022 and \$350,000 in 2021. This has occurred mainly due to the increase in expenditure in certain areas. The largest being the 2024 National Conference expenditure. Note: The overall cost of the conference cannot be determined until all invoices and incomes are reconciled but an approximate deficit of \$30,000.00 is forecast. We recognise that running costs of conferences are getting higher and the ‘wished for’ cost of attending is continually being squeezed.

Unified divisional funds from the five divisions that are now managed by National are included in the total Member’s Funds in the balance sheet. However, as at the end of 2023, the divisional breakdown of funds is shown in the adjacent table.

Note: Western Australia, Queensland, and New South Wales manage their own divisional funds.

State	Funds in Assets (ex GST)
ACT	\$6,844
Northern Territory	\$14,223
Tasmania	\$23,146
Victoria	\$35,146
South Australia	\$48,527

Term Deposits - Investment accounts:-

This year again has seen very low returns on our investment accounts. Returns for the year have been variable from 1.45% to 3.95%

Isabelle Horne Fund: - the purpose of this Trust account is to provide financial support to projects that further to goals of the Institute.

Opening Balance at the start of 2023 was \$63,575.50. The HEIA Conference account that holds the seed funds for running conferences had declined due to losses incurred with the 2020 National Conference in Brisbane, thereby rendering insufficient funds available for the 2024 National Conference in Adelaide. To provide these necessary seed funds, the Isabelle Horne account was accessed (with Council approval) to keep the 2024 conference account sufficient for advance expenses. Therefore, \$45,000.00 was withdrawn on the 9th August 2023, to meet the projected loss.

Closing balance at end of December 2023 was \$19,954.96.

Interest received on this account for the year was \$990.37.

When all financial matters for the 2024 National Conference are balanced out, it is envisaged that there will be no excess funds to be returned to this account.

Beverley Dixon Trust Account: - this Trust is available to support international relationships with home economists.

\$10,153.84 – Interest earned in 2023 = \$4.37.

This low interest income is due to the abysmal rates available at rollover early in 2023. This account matures on the 28th March 2024 when a better interest rate will be sought.

Nutrition - The inside story third edition:-

This sales initiative has now returned all the development and distribution costs to HEIA. We had seen strong sales in previous periods but sales of this educational resource are now in decline.

As this secondary income stream slows, another alternative or similar income stream needs to be generated.

2024 National Conference:-

The Auditor's Report states that the income from the conference as at 31 December 2023 was \$121,130.04, with expenditures of \$182,820.17 This leaves a deficit of \$61,690.00.00. However, subsequent to year end, there was income in from the conference and the South Australian Government contributed approx. \$20,000 to the costs of the conference. Expert Events have advised that they estimate the end cost to HEIA will be approximately \$30,000 in deficit. As this is the second deficit of conferences held by HEIA, it is recommended that the way we hold and run conferences needs to be reviewed.

Rhonda McInnes
Treasurer,
HEIA Inc.

Profit & Loss statement

	2023	2022
Income		
Copyright Fees	2,416.59	6,277.70
Copyright Fees - NIS Second Edition	4,834.26	969.03
Copyright Fees - NIS Third Edition	9,470.00	20,130.86
National Events	16.13	585.83
Postage & Shipping	1,066.44	1,853.03
Membership Fees	68,271.19	62,869.37
Merchandise - Sales	260.91	1,632.68
Professional Fees - Services	300.00	681.82
PTANT Grant	8,300.00	-
HEIA Conference Income	121,130.40	-
Total Income	216,065.92	95,000.32
Gross Surplus	216,065.92	95,000.32
Other Income		
Interest Income	2,015.11	147.65
Conference Registrations	86.26	-
Other Income	1,004.98	13,080.06
Total Other Income	3,106.35	13,227.71
Expenditure		
Accountancy	1,402.50	2,970.00
Advertising & Promotion	268.18	122.25
Amortisation	909.36	1,515.60
Audit Fees	1,650.00	-
Bank Fees & Charges	261.46	274.91
Capitation	32,741.64	40,753.63
Conference/Seminar Costs	182,820.17	35,487.36
Fees & Charges	1,569.15	1,282.86
General Expenses	45.45	142.36
Gifts & Gratuities	-	585.60
Hire/Rent of Plant & Equipment	6,563.62	6,354.52
Insurance	1,355.66	1,216.95
Newsletters	1,858.63	1,538.62
Postage	1,308.52	2,692.57
Printing & Stationery	1,207.69	4,274.06
Professional Fees	193.80	521.98
Subcontractors	30,220.00	57,787.50
Subscriptions	3,117.89	2,430.47
Sundry Expenses	6,411.28	-
Telephone	354.54	492.45
Website Expenses	4,421.87	4,748.40
PTANT Grant Expenses	4,191.04	-
Total Expenditure	282,872.45	165,192.09
Current Year Surplus/ (Deficit) Before Income Tax Adjustments	(63,700.18)	(56,964.06)
Current Year Surplus/(Deficit) Before Income Tax	(63,700.18)	(56,964.06)
Net Current Year Surplus After Income Tax	(63,700.18)	(56,964.06)

Balance sheet

	2023	2022
Operating Activities		
Receipts from customers	68,832.10	65,183.87
Interest received	2,015.11	147.65
GST	517.00	(3,116.06)
Cash receipts from other operating activities	148,325.06	42,896.51
Cash payments from other operating activities	(281,963.09)	(163,676.49)
Net Cash Flows from Operating Activities	(62,273.82)	(58,564.52)
Investing Activities		
Proceeds from sale of investments	43,637.06	-
Payment for investments	(40.65)	(92.86)
Other cash items from investing activities	(27,821.34)	7,313.74
Net Cash Flows from Investing Activities	15,775.07	7,220.88
Financing Activities		
Other cash items from financing activities	(10,056.31)	(2,561.24)
Net Cash Flows from Financing Activities	(10,056.31)	(2,561.24)
Net Cash Flows	(56,555.06)	(53,904.88)
Cash and Cash Equivalents		
Cash and cash equivalents at beginning of period	217,747.36	271,652.24
Net change in cash for period	(56,555.06)	(53,904.88)
Cash and cash equivalents at end of period	161,192.30	217,747.36

Depreciation Schedule

Home Economics Institute of Australia Inc
For the year ended 31 December 2023

NAME	RATE	DEP START DATE	COST	OPENING VALUE	PURCHASES	DISPOSALS	DEPRECIATION	CLOSING VALUE
Other Intangibles								
Website Development	40.00%	2 Jun 2020	3,363.64	929.40	-	-	371.76	557.64
Website Hosting	40.00%	8 Oct 2020	4,116.11	1,344.00	-	-	537.60	806.40
Total Other Intangibles			7,479.75	2,273.40	-	-	909.36	1,364.04
Total			7,479.75	2,273.40	-	-	909.36	1,364.04

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, Victoria 3807.

STANDING COMMITTEE REPORTS

Membership Standing Committee

Since the start of the pandemic in 2020, membership has continued to decline and now needs to be urgently addressed. Over the course of the last 3 years, membership revenue has decreased by almost \$35,000, and member numbers by 373 (including School Group sponsored staff). This will now be a major focus moving forward for National Council. To arrest this downfall, all states are encouraged to build their networks to encourage membership growth, both on an individual basis as well as school memberships.

Table 1: Membership numbers December 2019 - 2023

Membership Numbers	2019	2020	2021	2022	2023	Number Variance 2019-2023
Associate	8	4	3	1	2	-6
Full	245	208	195	178	171	-74
NIPE	48	39	35	34	32	-16
School Group	203	198	150	138	129	-74
Student	56	27	35	30	31	-25
Total financial members at end-of-year	560	476	418	381	365	-195
Sponsored Staff (no financial contribution)	731	692	467	498	430	-301

Table 2: Membership revenue December 2019 - 2023

Membership Revenue	2019	2020	2021	2022	2023
Revenue as at end-of-year	\$98,967	\$103,198	\$83,279	\$63,768	\$68,271

Professional Development Standing Committee (PDSC)

A major focus for the PDSC in 2023 was the planning and organisation of the HEIA National Conference scheduled to be held from the 8th to the 10th of January 2024, at the Adelaide Convention Centre.

The Conference Committees and the HEIA Executive and Council, all played a pivotal role in ensuring that all aspects of the conference were meticulously attended to. The established conference management model continued to be very effective, and the roles of the conference committees have been very briefly described below.

Steering Committee:

Responsible for shaping and developing the conference, providing guidance, and overseeing its progress. Key members Kay York, Convenor, HEIA(Q); Susan Brandt, HEIA(SA) & HEIA Secretary; Noelene Matthews, HEIA(WA) Convenor PDSC, Rhonda McInnes, HEIA(V) & HEIA Treasurer; Cheryl Sonter, HEIA(V) & HEIA President & Amanda Sutton, HEIA(Tas).

Academic Committee:

Tasked with developing the conference program, including selecting keynote speakers and sessions. The program, themed "Provenance, presence and prospects: Home economics storytelling," aimed to explore the past, present, and future of home economics. The home economics curriculum has always responded to the issues facing the individual, family and community and the program maintains this focus, while extending to a global perspective. Members of this committee included Peta Craig (Convenor), HEIA(ACT), Dr Leanne Crompton, HEIA(V), Dr Jay Deagon, HEIA(Q), Tammie Jakstas, HEIA(NSW), Prof Donna Pendergast, HEIA(Q), Cheryl Sonter, HEIA(V) & HEIA President, Kay York, HEIA(Q).

Host Committee:

Leveraged local knowledge and contacts to recommend suitable venues for social events, liaised with local businesses and organisations for site visits, and organised the welcome function. This group provided suggestions for keynote speakers and workshops that could be delivered by local presenters. Members of the HEIA(SA) Host Committee included Natasha Slee (Convenor), Susan Brandt, Renee Hutton, Carole Holroyd, Katie Moore, Kaitlin Noel, Rachael Schubert, and Jess Sweeney.

Professional conference organiser, Expert Events, has had a long association with HEIA(Q) and HEIA and was again contracted to manage the conference. The HEIA conference style is quite unique and Expert Events has an excellent understanding of our requirements and has continued to meet them.



By the conclusion of 2023, the HEIA National conference was only days away and it is acknowledged that it would not have been possible to plan an event of this size and complexity without the generosity of the many volunteers who have used their time, energy and skills for the benefit of the home economics profession.

In addition to the national conference, webinars on various topics were presented throughout the year. The sessions presented were:

- **February:** Sisi Jia, Research Associate and PhD Candidate, on "Documenting the adoption of the digital food environment throughout COVID-19: A systematic review."
- **March:** Nathan Cook "Measuring and managing food waste in hospital food services."
- **May:** Emma Chappel, Inaugural NT King & Amy O'Malley Scholar, providing insights into her PhD research on "Food (in)security in remote NT communities."
- **October:** Martin Probst, PROfound Leadership 'Enhancing interpersonal skills with DISC'

Noelene Matthews
PDSC Convenor



DIVISIONAL REPORTS

Western Australia (WA)

The year started well and in February, Alison Gleadhill was awarded the 2022 Marilyn Yates Prize for academic excellence at the Edith Cowan University (ECU) Prize giving ceremony. Alison and the student representative on the HEIA(WA) COM, Hannah Baverstock, were presented with the Executive Dean's Award. This prestigious award is given to just the top 1% of students graduating with an undergraduate teaching degree.

This year, the presentation ceremony for the West Australian 2023 King and Amy O'Malley scholarships was held in conjunction with a belated celebration of World Home Economics Day. The event was held at Old Young's Kitchen in the Swan Valley with the menu inspired by Head Chef Rohan Park's love for native foods. The scholarship recipients for WA for 2023 are Caitlin Ellingson, Sylvia Granville, Jessica Harrison, Ashleigh Montgomery and Sandy Smith. This social occasion provided an excellent opportunity for all who attended to connect with Home Economics educators, colleagues, researchers, and professionals, share ideas and celebrate the profession.

In conjunction with World Teachers' Day, the WA Professional Teachers' Association of WA hold a presentation event to recognise individuals who make an outstanding contribution to their associations. This year HEIA(WA) nominated Ellen Morrow. Ellen has conducted many specialised textiles workshops for HEIA(WA) and her innovative ideas and passion for the sustainable use of textiles, is now being shared with the pre-service teachers she teaches at Edith Cowan University.

Teachers continue to look forward to the end of year conferences conducted by HEIA(WA) and in 2023, record numbers attended. The first was for teachers of Materials Design & Technology, Textiles context, which was again held at Penrhos College.

The day started with a Keynote address from the CEO of Loop Upcycling. Loop works with big corporations, such as Virgin Airlines, to re-purpose uniforms and other corporate wear to avoid good-quality materials going to landfill. This was followed by a series of concurrent workshops. Thanks are extended to Jennifer Rule and Penrhos College who hosted the day.

November saw 65 teachers of the Children, Family and the Community courses attend the second of the three all-day Professional Development conference sessions.

The Keynote Speaker, Ms Kim Brooklyn, the CEO for Parkerville Children and Youth Care, opened the proceedings by speaking about the services offered by Parkerville. The rise in domestic violence continues to impact our community and this difficult area was addressed sensitively by the next speaker, who works with victims of DV, including children. After such a sobering topic, Tracy Hart, a school psychologist, shared with attendees examples of the types of issues she encounters in her work. She now works with parents, rather than students, to teach parents successful strategies when dealing with often challenging behaviours at home. Her descriptions of some parents were often amusing and resonated with many of the audience. In a presentation by Denise Ansingh, delegates enjoyed the opportunity to engage in some hands-on play activities while exploring the development of language in children.

The third HEIA(WA) conference day for 2023 was for teachers of Food Science & Technology, which was attended by 130 teachers, from both city and country schools.

The Keynote address by Kat Dunn and Hollie Waters from Food Frontier investigated Alternative Proteins, their impact on the global food supply and what is currently happening in the food production and retail space in Australia and overseas.

Other topics covered at the conference included The Influence of Diet Culture on Eating Patterns and Body Image, Bushtucker Foods and the introduction of the FEAST program for Year 7 students, which has been launched by Oz Harvest. Kelly Drake, the final speaker for the conference, looked at the possibilities and pitfalls of using Artificial Intelligence (AI) in education to significantly simplify the planning process for teachers.

Overall, as HEIA(WA) President and Conference Convenor for the end of year conferences, I was extremely pleased with the numbers, feedback has been mostly positive and my thanks go by all members of the HEIA(WA) COM for their contribution to the conferences this year, especially Jen McGillivray, Jen Rule, Noelene Matthews and Fiona Lang.

To encourage teachers to attend the 2024 National Conference in Adelaide, HEIA(WA) provided \$600.00 scholarships to ten members. As the year ends, 19 delegates from WA are only weeks away from attending what is set to be a fantastic event in South Australia.



In anticipation, we would like to extend congratulations to Lyn Dymond and Noelene Matthews who are nominated to receive a HEIA Award for Leadership. Congratulations and thanks also to Denise Cullen and Ellen Morrow who are being acknowledged with a HEIA Award for Service.

And finally a favourite quote from Guy Kawasaki: *If you have to put someone on a pedestal, put teachers. They are society's heroes.*

Lyn Dymond
President, HEIA(WA)

New South Wales (NSW)

This year HEIA(NSW) has been working to advocate and support our members. As you would be aware, NSW is currently in the process of going through a curriculum reform. This year has seen the release for consultation of the 7-10 Technology Syllabus. HEIA(NSW) has played a role in providing feedback to NESA on behalf of our members. This has happened through Associations focus groups and One-on-one meetings with the syllabus development team, as well as having members involved directly with the syllabus development. We would like to thank members that have provided their feedback for us to pass on to NESA.

We continued to strengthen our relationship with Australian Catholic University where we had the opportunity to support their 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.

I would like to thank our Committee of Management for all their work and support this year. Thank to our Treasurer Kelly Russell, our Secretary and President-Elect Lissa Carter, and our committee members Tammie Jakstas and Allison Pace. Thank you to Lissa Carter for taking on the role of President-Elect this year and I wish her all the best as she takes on the role of President. I have confidence that she will be amazing in this role and look forward to supporting her in this.

Emily Taylor
President, HEIA(NSW)



South Australia (SA)

This year, the Home Economics Institute of Australia's South Australia division experienced a remarkable period of growth and success. Our dynamic committee, bolstered by two student members, brought new ideas and energy, enhancing our effectiveness and outreach. A significant achievement was the notable enhancement of our social media presence, largely due to the skilled efforts of a dedicated committee member. The committee also had the pleasure of attending the annual Educators Ball hosted by Educators SA, a wonderful event celebrating the volunteer efforts of the committee.

Key Highlights:

- **Junior Home Economics Competition:** Successfully hosted for students in years 7-10, with exciting prizes awarded to the winners.
- **Royal Adelaide Show Sponsorship:** Our sponsorship of the textiles section included a \$200 prize, recognising the most successful candidate.
- **Grant for Curriculum Inspiration Day:** Utilising a \$750 grant from Credit Union SA, we funded a day filled with educational and inspiring activities.
- **National HEIA Conference 2024 Planning:** A special committee was formed to ensure the careful organisation of this significant upcoming event.

Significant Events:

- **World Home Economics Day Soirée:** Held at Plant 3 Bowden in Adelaide, this event centered on 'Waste Literacy' and honored King and Amy O'Malley Trust scholarship recipients Natasha Slee, Eva Makros, Tori Voumard, Alexandra Manson, and Diana Ly. Tash Farrier was the recipient of the Award for Excellence in child studies education.



- **Professional Development at Henley High School:** The "Cooking up Excellence" event, led by Assistant Principal of Technologies, Kate Meakins, showcased Tash Farrier's expertise in Child Studies as well as other insightful workshops.
- **Viennoiserie Workshop at TafeSA:** Focused on advanced pastry techniques, this workshop enhanced the skills of educators in the art of Viennoiserie.
- **EnrichED Event:** Hosted at Light Adelaide, this networking event fostered professional growth and connections, featuring curated culinary delights.
- **World Teachers Day Recognition:** Sophie Princi received accolades for her outstanding contributions to Home Economics teaching during a special ceremony at the National Wine Centre in Adelaide.
- **Curriculum Inspiration Day 2023:** Hosted at the Educational Development Centre, this event offered workshops like "Resourceful Minds in Child Studies," "The Thrifty Kitchen Challenge," and "Fabric Fantasia," equipping 40 educators with innovative teaching strategies. It was a celebration of the diverse and dynamic field of home economics education.

In conclusion, the achievements of HEIA SA this year demonstrate our unwavering commitment to advancing home economics education, supporting educators, and recognising excellence in our field. We eagerly anticipate continued growth and innovation in the coming year.

Susan Brandt
Chairperson, HEIA(SA)



Victoria (V)

In an effort to boost membership numbers, both in our state and nationally, the Victorian Committee of Management decided to provide “Leadership Courses” to all members as a test case to see if the provision of such a course would provide benefits not only to our current members and their leadership aspirations but to also boost the profile of HEIA and thereby flow into membership.

This leadership training was provided online by Martin Probst, a leadership expert and international bestselling author, who also runs training courses through his company. The training provided was linked to the teaching standards in Victoria. Whilst promotion was undertaken of this event, the number of participants who enrolled was low, not making this a viable option to pursue in the future. Other avenues will be evaluated in due course.

A huge amount of work in 2023 was dedicated to the upcoming 30th Anniversary National Conference in Adelaide in January, 2024. Members were encouraged to nominate those who have worked long and hard for HEIA in Victoria.

2024 National Conference Workshop:- Members, Marion Brown and Janice Bulbul supported our National Treasurer in sorting, building and putting together the multitude of speaker gifts along with the conference awards and the logistics of getting all this to Adelaide. Their support and effort were gratefully appreciated and went towards a very successful Adelaide Conference.

High Tea at Somerville:- in June, members enjoyed a High Tea at a very inspirational business, called 100 Mile Foodie. This is a café that supports NDIS participants and encourages the development of independent living skills through teaching participants about nutritious food choices, food preparation, meal planning and preparation and storage. HEIA members and guests heard from the owner Marleen Hoff learning about the training methods employed and one of her students told us of the challenges and how this training had changed her life. Very inspirational. 100 Mile Foodie students made and served HEIA members and guests a high tea, with some delectable foods. They had made so much; we all got the joy of taking a doggy bag home. An excellent learning experience.



Foodie Tour of Melbourne:- many schools take students into the city during the year for a city experience, so members decided to take a professional tour at a Christmas function, to learn how they operate. Many notes were taken as we explored the tastes available in Melbourne CBD. A great day was had by all and in future a map and worksheet will be provided to members, so it can be used for their students undertaking City Experience.

Rhonda McInnes
Chairperson, HEIA(V)

Northern Territory (NT)

2023 was a quiet year for the NT, primarily due to a small Committee of Management (COM) and long periods of illness on my behalf. I wish to thank the one other COM Member, Jakob Zarb, for representing me at Council Meetings when I was unable to attend. His flexibility is to be commended.

Membership decreased this year, mainly due to members leaving the NT or retiring from the profession. Membership included individual and school members, with more than half being school-based sponsored teachers in Darwin. One member was based in a remote setting – Katherine.

We were fortunate to receive a Professional Learning (PL) grant from the Professional Teachers' Association of the Northern Territory (PTANT). This grant provided members the following opportunities:

- payment to host presenters at PTANT's Professional Learning Conference on 26 August
- scholarships for remote members to attend PTANT's Professional Learning Conference, which one ex-member rejoined to access
- scholarships to attend events hosted by other HEIA divisions, however, no one accessed this

Emma Chappell received a 2023 King & Amy O'Malley Trust Scholarship. Unfortunately my prolonged illness prevented an event to formally acknowledge Emma's success.

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)

Following the re-scheduled HEIA(Q) 2023 Annual General Meeting on Thursday 13 July, Aileen Lockhart assumed the role of HEIA(Q) President, Rosie Sciacca became Vice-President, Candice Bek was appointed Treasurer and members of the committee included Kay York, Bronte Wills and Ngaire Mayo, who also continued in her role as Council Representative.

Janet Reynolds, who has been the backbone of HEIA(Q) since its inception, officially retired from her role as Professional Development Coordinator, Newsletter Editor and member of the COM. HEIA(Q) will be eternally grateful for the tremendous contribution that Jan had made to HEIA, HEIA(Q) and the fight to keep Home Economics education in our secondary school curriculum. We were reminded of just how much Jan had influenced the lives of many when loyal colleagues and dear friends joined us for an afternoon tea on Sunday 23 July at the Matriarch at Newstead to mark Jan's' official retirement and farewell. The anecdotes flowed, the laughter was buoyant and the expressions of appreciation and fondness for Jan were genuine and heartfelt.

HEIA(Q) continued to conduct their meetings online through the Zoom platform and while semi-regular face-to-face meetings had been muted for 2023 as a possible mode to improve the effectiveness of strategic meetings, they proved to be difficult to action. In the very busy space of education in which all members of COM work, the online meeting structure was the preference as it saved travel time and supported the participation of members across Queensland as location constraints are alleviated. Despite the ease of connection, the COM still feels that some face-to-face meetings may improve the effectiveness of strategic meetings.



The first official event of the HEIA(Q) 2023 calendar was the celebration of World Home Economics Day and the recognition of our 2023 King and Amy O'Malley scholars held at Moreton Bay College on March 25. Participants were invited to take part in a practical workshop to explore e-textiles, tinker with LEDs and conductive threads and, produce an LED adornment. On the social side it was a wonderful opportunity to reunite with friends while enjoying a delicious grazing board prepared by a young Moreton Bay College 'foodie' entrepreneur.

HEIA(Q) embraced the challenge of reigniting our face-to-face professional development for members following the impact of COVID. Our suite of regional professional development workshops – *Innovating through Design and Technologies – Empowering Students to Succeed* - was delivered by presenters Rosie Sciacca (Head of Department – Technology at Moreton Bay College) and Ngaire Mayo (Head of Department – Applied Technology at Woodcrest State College). The workshops challenged participants to embrace the unique opportunity the Australian Curriculum – Version 9 – Technologies offers to transform their current curriculum and develop innovative units that invigorate student learning and success.

Our loyal regional coordinators worked with the PD committee to identify the preferred delivery mode for the members in their own regions – Brisbane North, Brisbane South, Brisbane West, Wide Bay, Mackay, Rockhampton, and Townsville. While participation rates were lower than pre-COVID, the workshops were greatly welcomed, and positive and valuable feedback was garnered that will be used to inform the 2024 program. The HEIA(Q) Committee of Management greatly appreciates the expertise, dedication, and generosity of spirit of Rosie and Ngaire in making the regional professional development program the success it was.

The HEIA(Q) state conference – *Innovators and Change Makers* – held on Saturday 26 August 2023 at the Brisbane Convention and Exhibition Centre was once again the highlight of our professional development calendar.

The day started with celebration as HEIA(Q) acknowledged Dr Janet Reynolds for all that she has done for Home Economics locally, nationally and abroad, and for the legacy she has left for HEIA(Q) state conferences in the future. We also congratulated Sue Smith (Clairvaux MacKillop College) as the recipient of the Teacher Excellence Award, and Ngaire Mayo (Woodcrest State College) as the recipient of the Dr Janet Reynolds Award for Service to HEIA(Q).

The Conference saw 265 attendees, 2 keynote speakers, 22 concurrent speakers, 12 exhibitors and 3 sponsors gather to celebrate Home Economics practitioners as *Innovators and change makers*. The Conference explored how Home Economists can use innovation to drive change in the 21st Century, to devise fresh solutions to everyday experiences, in a way that promotes equity and has learners thriving.

Keynote speaker, Dr Leyla Acaroglu - an internationally known sustainability provocateur, sociologist, and award-winning designer, focused on systems thinking, sustainability sciences and creative change-making - challenged conference participants to 'shake up the status quo' through disruptive design methods and embedding sustainable, circular design thinking in our classrooms. Keynote speaker, Professor Felice Jacka OAM - an Alfred Deakin Professor of Nutritional Psychiatry, Co-Director of the Food & Mood Centre at Deakin University, and founder and president of the International Society for Nutritional Psychiatry Research – shared some of the fascinating research conducted by the Food & Mood Centre at Deakin University and the impact that this research could have on the future health of Australians.

Once again, our most sincere thanks must go to the Conference Committee, comprising Sue Smith, Ngaire Mayo, Dee Bek and Catherine Stickland, and the team at Expert Events for their expertise and organisation to ensure yet another successful conference for all participants and presenters. To all our volunteers - whether you were presenting, chairing a session, contributing to the in-person and online discussion, or one of the many other jobs – you are a wonderful team, and your collective efforts were greatly appreciated. To our conference sponsors, Blueprint Career Development, ClassCart and King and Amy O'Malley Trust, we thank you!

The inaugural Professor William Blayney Home Economics Award which honours former hospitality workers who trade their commercial kitchens for the 'kitchen classroom' and awarded to graduate teachers from CQUniversity – recognised two inspiring Home Economics teachers in 2023. The award was shared by Rose Gray - a Brisbane teacher, HEIA member and inclusivity advocate - and Paul Miller - a Townsville teacher and BBQ entrepreneur. Both studying as mature-age students, and both former chefs, completed their Bachelor of Education (Secondary) in 2022, and began new roles as Home Economics teachers. HEIAQ will be forever indebted to our friend and colleague, *Bill Blayney*, for his support of HEIAQ and his passion for and commitment to Home Economics education when other tertiary institutions disbanded their degrees.



It was a pleasure for HEIA(Q) to congratulate Rhiannon Hughes and her Year 10 Design Technology – Food Studies students at St John Fisher College for another year supporting the McCormick Flavour Challenge. It was especially exciting for the school when Sienna Van Rijn was not only announced as the Queensland winner of the 2023 Flavour Forecast Recipe Challenge but also joint national winner. Rhiannon was also recognised by McCormick as a Champion of the Challenge as she personally mentored her students into the Challenge for six years. We also want to acknowledge all the teachers who supported their students to enter this Challenge and afford their students the opportunity to engage in real-life food design contexts.

Each year presents its own challenges to which the HEIA(Q) COM and our supporting committees always seem to rise. Thank you to an experienced, enthusiastic and energetic team! The challenges for 2024 include securing the sustainability of the HEIAQ COM and increasing divisional membership through continued delivery of quality professional development... and I believe we have the team to achieve success in these areas.

Aileen Lockhart
President, HEIA(Q)



Joint National Winner
Hornsby Girls High School, NSW, Team 3



Joint National
St John Fisher College, QLD
Sienna's Sensations



COMPETITIONS

HEIA-McCormick 2023 Flavour Forecast Recipe Challenge

The Flavour Forecast Recipe Challenge is designed by McCormick Foods Australia and the Home Economics Institute of Australia Inc. Dr. Sandra Fordyce-Voorham and Dr. Leanne Compton were actively involved throughout the year in contributing to the recipe challenge again in 2023. They wrote the design briefs to reflect the 2023 flavour trends and updated the support materials for the recipe challenge. They also both developed on-demand videos to support teachers with the delivery of the challenge and worked collaboratively with McCormick Foods representatives to judge the student entries. In addition, Sandra and Leanne provided advice to the tertiary challenge to ensure that both challenges were aligned and complemented one another.

In a first for the competition, this year's Challenge saw two joint national winners! Congratulations to Hornsby Girls' High School, NSW, and St John Fisher College, QLD. The national winning entries designed the following dishes to meet the trends:

Hornsby Girls' High School, NSW (Team 3)

- Full Flavoured Fats: Fruit & Spice Butter Board
- Everyday French: Ratatouille Shakshuka with Flatbread
- Beyond Heat: Tropical Summer Sunset Pizza

St John Fisher College, QLD (Sienna's Sensations)

- Full Flavoured Fats: Zesty Sweet Butter and date loaf Minty Fresh Butter Mediterranean Cultured Butter Ancient Chickpea Crackers Dateloaf
- Everyday French: Gazed Miso Eggplant
- Beyond Heat: Spiced Pumpkin Ravioli

Also, congratulations to the state and territory winners in 2023:

- SA/NT: Sunrise Christian School (The Chicken Inc.)
- WA: Geraldton Grammar School (The Fab Four)

Special thanks need to be given to Sandra, Leanne, and the McCormick Foods Australia team who supported schools throughout the year with resources, hints and tips. We also thank all the home economics students and teachers across Australia who participated in the recipe challenge this year.



HEIA-McCormick 2023 Tertiary Recipe Challenge

This year's winner was Kaitlyn Kane, using the Beyond Heat flavour trend.

The brief challenged students to create a vegetarian pizza or pasta that incorporated the "Viet-Cajun Spice Blend". This flavour blend infused smoky Cajun spices with subtle Vietnamese flavours. The brief further challenged students to incorporate the culinary techniques of pickling and charring to create their final recipe.

Kaitlyn's winning recipe of a "Mexican-Cajun Pizza with Charred Corn and Pickled Jalapenos" brilliantly combined each of these flavours and techniques.

When asked what she most enjoyed about the experience Kaitlyn said: "I really enjoyed experimenting with this challenge, the brief was challenging but it resulted in a recipe that I never would have thought of making beforehand. It really made me think outside the box. Overall, I'm really happy with the flavours of the pizza, they all work so well together, especially with the Viet-Cajun spice blend."

This is the third year we have run the challenge and it is really exciting to see the creativity of our tertiary students.

We now have future plans to expand the Tertiary Flavour Challenge in 2024 to include tertiary students from all subject areas and career paths, instead of just focusing on home economic related subjects of education, food science and nutrition.

This new direction aims to encourage the benefits of culinary nutrition for everyone, no matter their background or skillset. The challenge inspires individual tertiary students to consider ingredients and flavours that go beyond their traditional weekly recipes to experiment and create something new

Tammie Jakstas
HEIA(NSW)

NATIONAL AWARDS & SCHOLARSHIPS

National HEIA Awards

Fellowship Award No Fellowship Awards were presented in 2023

Leadership Award No Leadership Awards were presented in 2023

Service Award No Service Awards were presented in 2023

King and Amy O'Malley Trust Scholarships

In 2023, the King and Amy O'Malley Trust provided scholarships for 31 students undertaking undergraduate or postgraduate studies in home economics, with many of them HEIA members.



The recipients were:

Victoria

- Olga Fomina
- Jarred Wills
- Ruth Luthi
- Corinne Davis
- Kelsey Beckford

Queensland

- Erica Siddans
- Lauren Stanley
- Katherine Dunn
- Lara Tupper
- Leila Fathi
- Nathan Cook
- Sarah McManus

South Australia

- Natasha Slee
- Eva Makris
- Tori Voumard
- Diana Ly
- Alexandra Manson

New South Wales

- Naomi Lam
- Victoria Zambetti
- Andriana Korai
- Sisi Jia
- Tammie Jakstas
- Roberta Asher

Western Australia

- Caitlin Ellingson
- Sylvia Granville
- Jessica Harrison
- Ashleigh Montgomery
- Sandra Smith

Northern Territory

- Emma Chappell

Tasmania

- Lauren Spencer
- Sandra Murray