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## HETTANZ March 2014

### President's Report– Prue Rehu



Welcome to this month's edition of the HETTANZ News. Well into week 7 of this term I do hope all is going well at your place. Teachers have been really busy as courses get underway and student demands as well as administrative tasks add to an already busy and hectic teaching schedule. Take a breather, walk lots, do stuff you love, share laughs and remember time for yourself. If you are fortunate enough to have a mid-term break planned, relax and enjoy it. I am wondering about the support teachers will now need, especially with the new standards now implemented and NCEA planning days no longer available. Keep checking the HETTANZ Wednesday email for upcoming events, something of interest to you that will prompt you to remember. Yes, we all have to remember to remember!

I recently received news from Jenny Dee (NZIFST) with an update on our food technology students who have participated in CREST through the Royal Society of NZ, and are currently studying at University level in the food science / technology area. These include: Kate Morris, who did the Product Development Challenge in 2009 under teacher Carolyn Norquay at St Kentigern's and went on to do scholarship with the same mentor, and is now in her 4th year of a food tech degree at Massey. Emily Thornton-Pett did the challenge with Prue Rehu at Botany Downs Secondary College in 2011, and Emily is now in her 2nd year at Massey study a four year degree in Food Technology. Sarah Adams also did the CREST Challenge with Ritu Sehji at Diocesan (Auckland) in 2011, and won the Heinz Wattie's scholarship at Otago in 2013. She is now in her 2nd year of food science at Otago University. Frankie Moull studied with Gillian Mandley at Riccarton in 2011 and is now in her 3rd year of food science at Lincoln University. Morgan Christy-Jones also completed the challenge with Marietjie van Schalkwyk at Wellington High in 2010 and went on to do Gold CREST and is now in her 2nd year at Massey. It is interesting to note that all of the teachers named above have had teacher fellowships through the Royal Society of NZ! It is wonderful to acknowledge the work happening in schools and to know that we are making a difference.

### From the Executive table...

Executive met over the weekend of March 1st and 2nd to review the 2014 Strategic Plan and matters linked to this. It was productive and as usual included lots of discussion and ideas around what we could be doing better. Changes are currently underway to review and update the website to a more user-friendly, colourful and modern communication network for our teachers. We look forward to the year ahead and despite the busy nature of what we do, there are many opportunities for teachers and students who need to be supported. Best practice workshops, the Technology National Workshops in a variety of regions, cluster meetings and up-skilling workshops, CREST challenges and culinary and fashion competitions and awards. We need to hear from you about ways HETTANZ Executive, which includes your Regional Representatives, can support you. Become a HETTANZ member to ensure you stay in the loop.

The HETTANZ AGM and Seminar Day will be in Wellington May 17th, and I look forward to seeing you there.

**Please submit any articles/photos/regional happenings/book reviews/ favourite recipes to your executive representative to be included in our newsletter, we love to hear from you.**

## CORPORATE MEMBER CORNER.

Tailors Forms  
Schools Special 2014 \$299.00ea  
Normally: \$362.25ea  
\*Includes GST

Offer expires: 30 March 2014  
Our Calico covered Tailors Forms are made  
in New Zealand & built to last!

Our Tailors Forms come with a 12 Month warranty  
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We need two to three weeks to make your form so  
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schools name & your contact details.  
We will then email you back with your quote.

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Male:  
Chest = 99cm  
Waist = 83cm  
Hip = 98 cm



Female;  
Bust = 86cm  
Waist = 67cm  
Hip = 93cm



## NATIONAL SECONDARY SCHOOLS CULINARY CHALLENGE.

The Mainland (South Island ) will be included in this years National Secondary Schools Challenge with heats taking place at NMIT in Nelson, CPIT in Christchurch (Dates to be Confirmed) and in Timaru at Aoraki Polytechnic on the 10th May held in conjunction with the Southern Lights Regional Salon Culinaire. So those school in the Southern South Island region why not head to Timaru with your team of 2 students.

A team of two competitors will prepare, cook and present, individually plated four (4) portions of an entrée and four (4) portions of a main course within 90 minutes. The entrée portions must contain fresh New Zealand grown LEEK as the principal component of the dish. The main course portions must include at least three (3) fresh New Zealand grown vegetables, one of which must be a POTATO. The protein component is to be from a Chicken Breast, Skin on, and Bone in (One per portion) - cooked and to be compatible with the overall theme, More detail to follow.

### New Zealand Culinary Moves.

The New Zealand Culinary Fare (Culinary Competitions) operated by the Restaurant Association of New Zealand will be held from the 17 - 19 August. They are moving to a new venue. This year it will be staged at the Vodafone Events Centre Manukau City. Well known industry personality Pip Duncan is this year's Salon Director.

### HETTANZ NATIONAL AGM.

Wellington Branch will host this years AGM in and around the Wellington Region. Vice-President Sarah Wirth and Central Region Executive member Julie Clements are organising an exciting and up lifting day. So if it is not in your diaries lock it in now. Saturday 17th May.



### Movie Review - Spinning Plates Director Joseph Levy.

# Regional Round Up

## **Central Region - Julie Clement**

If it is good enough for Hollywood then only the best will do for our members.....  
HETTANZ goes to the Wairarapa!  
Wellington HETTANZ AGM 2014  
Saturday 22nd March 2014  
Wairarapa College  
(83 Pownall St Masterton)  
9.30am Meet for coffee and cake,  
AGM, Speakers, lunch and tours  
rounded off with wine and cheese.  
(Kate Winslet shop tour available  
and viewing of Lake Ponui if James  
Cameron lets us ;-)

Wellington branch will be hosting  
the 2014 HETTANZ National AGM  
on Saturday 17 May.

More details to follow.

## **Mid Central Report- Elizabeth Ross**

Maree Letford is Head of Department of Home Economics at Te Awamutu College has completed her Endeavour Fellowship with the Royal Society of New Zealand. She completed six months, hosted at Open Country Dairy Ltd in Waiharoa. Maree was fortunate working in all areas of the factory and found the microbes spanned from paddock to plate.

HETTANZ Waikato Meeting Workshop 22nd March, Fraser High School, Hamilton

## **Northern North - Belinda Matthews**

The year has just begun and Auckland Branch have been busy planning the years events. Coming up is the AGM on 5th March at Lynfield College. In Term 2, there is a Junior Textiles Event planned with some workshops running on the 18th June. The close association with MIT means a chance to visit the Baking School scheduled for Term 3. There is a great deal happening, so make use of the chance to network and learn new skills.

### **Coffee Education Network**

The Perfect Espresso Series Espresso Perfetto The 'One-Stop Shop' for Espresso Coffee Training Resources Meticulously researched, planned and written by a hospitality trainer, in consultation with industry experts. HETTANZ has secured the rights to sell the range. Check out the HETTANZ website.

## **Northern South Island - Robin Rees**

The TESAC conference was attended by a number of our members. The range of workshops, speakers and discussion forums offered a wide variety of interesting options for everyone. Our region took the opportunity to catch up over a breakfast meeting at one of the wonderful cafes on Cuba St. On a Saturday morning at the end of term 4, Hagley Community College hosted a "Hospitality Boot Camp". Chef tutor Marc Alexander demonstrated a chicken dish stuffed with mushroom, pork and pistachio nuts. His entertaining and informative approach ensured the eight members watching were able to successfully recreate the dish, and then enjoy eating it together. Dessert was a tantalising chocolate crepe souffle' with pastry cream and although there was not enough time for the group to reproduce their own they certainly enjoyed sampling the demonstration dish.

On the same day the Hagley Community College Textile Design students were displaying their garments in the Atrium for a "Sell Off Day". Staff, pupils and the public were able to look through the garments and buy them if they wished. For those attending the Hospitality Boot Camp, there was a chance for some retail therapy prior to the start of the class.

Our Christmas Dinner at Dux Dine was really enjoyed by around 25 members. Great food and even better company! It was also an opportunity to acknowledge Adrienne Reeves and Maryon Beer for their contribution and commitment to HETTANZ.

The local branch would particularly like to thank Rachael Dixon for her informative presentations, providing teachers with much needed guidance and resources. She is running a workshop on the 3rd April at 4pm at Hagley Community College on the Action Competence Learning Process.



## **Southern South Island Report-Scott Richardson**

The year is off to a great start with a new food event staged on the 22nd February in our recently reopened Stadium Southland what an amazing venue. For those oyster lovers the season opened on the 1st March and my sources have indicated that this years oysters are some of the biggest and best they have seen in a long time so make sure you sample them at there best. Southland Boys High School will celebrate World Home Economics Day on the 21st March by hosting 60 year 6 students from Waihopai School where we will look at one of the themes of 'intergenerational families' we will look at a recipe that was made by my grandmother and how these cooking skills were passed down to the next generation. Southland Boys will again be hosting the ILT Southland Secondary Schools Cooking Competitions on the 6th April and this year we hope to get more schools from the Otago region competing. This will help the student prepare for this years Southern Light Salon Culinaire being hosted for the first time by Aoraki Polytechnic in Timaru. Southland will hold its AGM on the 11th April (TBC) and have the following events planned (TBC) Visit to Invercargill Brewery and a Workshop on Cook Island Patchwork. Dates for your dairies. Southern Light Regional Salon Culinaire will be hosted in Timaru on Saturday 10th May at Aoraki Polytechnic. ILT School Competitions at SBHS on Sunday 6th April.

*' to enhance the quality of life for individuals and families' ' to enhance the quality of life for individuals and families '*

## Community Engagement.

For those of us teaching in the foods area we have many opportunities to become involved with community events. They often take additional time in planning, preparation and the service of food at these events but I believe that the benefits gained far outweigh the additional time and effort.

Our students are given excellent opportunities to interact with the public and their wider school community and most often show their school in a positive light which often goes against the public's perception of young people today.

At Southland Boys High School we regularly engage in these types of activities and see the young men grow and mature by being involved. In our community it also dispels those misconceptions of what a Southern Man is by showing them in a different light.

On Saturday 22nd February we were involved in the first Southern Wild Food Festival where we had a stall selling Smoked Eel and Pickled Swede Sliders.



**FOOD DESIGN ON THE EDGE  
(CONFERENCE AND STUDIO)**  
2-4 JULY 2014

Otago Polytechnic

The engagement with design is pushing the edges of the known world of food. Conferences, research articles, design books, print and digital magazines, social media and television programmes across the globe discuss and showcase the output of these design processes to the point where a new phenomena has emerged – food porn. [www.fooddesign.org.nz](http://www.fooddesign.org.nz)

## RECIPE CORNER

Do you need a recipe for a simply, simply easy gluten free chocolate cake? Here it is: by Prue Rehu

### **Almond & Chocolate GF Cake**

23cm cake tin (deep) Serves 10-12

6 small eggs  
250g sugar  
1 teaspoon vanilla  
250g butter  
250g dark chocolate  
250g almond meal

Separate 4 eggs. Beat egg white until stiff.  
With the 4 egg yolks, add other 2 eggs and whisk with sugar and vanilla until thick  
Melt Butter (cut into chunks) and chocolate. Cool  
Add almond meal to chocolate butter mix  
Add to egg and sugar mix  
Gently fold in egg white  
Pour into prepared cake tin lined with baking paper  
Bake for 50 minutes at 180 C or until cake comes away from the sides of the cake tin. Allow to cool until removing from the tin.  
Decorate with your favourite GF frosting and pour over cooled ganache and allow to drip down sides of cake. Can be chilled and frozen. Also yum with raspberries.

## *From chef to beginning teacher....*

### *Sara Blackburns Story from Manurewa High School*

*This year is my first time putting down my knives and picking up a whiteboard marker.*

*In 2009 I decided that after many years in the hospitality industry I wanted to teach people my passion. People in the industry were either older and been in the industry for a long time, or were there to fill in time and earn a bit of money, not really wanting to be in the industry.*

*Growing up Taupō, I had a great food technology teacher at Intermediate that had been a chef, she was always heaps of fun with tones of energy and I wanted to be this person.*

*After making the call after seeing the ad on TV, I worked out what I needed to do. The first thing was to become qualified at what I enjoyed most, cooking. I moved to Auckland, attended Manukau Institute of Technology, here I was inspired even more. The lecturers there are amazing. My knowledge was extended, and I saw how they were also teaching their passion. While attending MIT I competed in a variation of competitions. There were two chefs that put a lot of their own time into training a small handful of us. Once again this made me want to be like them, teaching their passion and knowledge. Then I attended Waikato University. I completed one practicum in Hamilton, Here there was tones of support given by the teacher. I then went back to my old high school in Taupō and completed my second practicum, was nice to work alongside my old teacher from when I was a student.*

*I am extremely lucky and have ended up with a great position teaching hospitality at Manurewa High School in an amazing department with a lot of support and knowledge. Here we have a kitchen like MIT and other training institutes, just on a smaller scale. There are many students wanting to go into the industry, I want them to succeed and become great chefs, I hope also when they are out in the industry they can look back at High School and remember some of the inspiring things I have taught them.*

*Best move I ever made, teaching my passion to others.*



## Important updates

### 2014 version of the standards

All the achievement standards at levels 1, 2, and 3 have been updated and most are now version 2 (except for some level one standards which are now version 3). This change was made to reflect the change from Techlink to Technology Online which is referred to in explanatory note 1 in all the standards. Ensure you are using the correct version of the standard. All standards are available on the NZQA subject resources page.

### 2014 matrix

The latest version of the matrix of achievement standards has January 2014 in the footer. Available on the NCEA on TKI page at <http://ncea.tki.org.nz/Resources-for-Internally-Assessed-Achievement-Standards/Technology>

### NZQA's Best Practice Workshops

This year there are two types of 'Best Practice' workshops. One is the subject-specific model called Making Judgments that has been delivered over the last five years. The other is a new type of generic workshop called Connecting with Contexts. For further information and details of dates, venues, costs, and the process for registration see the NZQA website: <http://www.nzqa.govt.nz/about-us/events/best-practice-workshops/>

### 2014 Assessment specifications

The 2014 assessment specifications for level 1, level 2, level 3, and scholarship are available on the NZQA subject resources page.

### National technology workshops

The venues and dates within the regions covered by Team Solutions are:

Hamilton – 7 May Tauranga – 21 May Napier - 28 May Gisborne - May Whangarei - 4 June Auckland – 6 June

## BLING MY BRA

*show your support*



Our year 10 students enter Bling my Bra in November of each year. It's a great way to finish the year and to promote fashion and textiles technology.

The competition is held at Massey University Creative Arts school and judged by lecturers. Individual or team efforts are good to go and our only restriction is no glue guns!!

The added bonus is that all proceeds benefit The New Zealand Breast Cancer Foundations initiatives.



**THE BUTTERFLY SHIP**  
Alicja Nowacka  
Wellington Girls' College

Strength is not just having the ability to fly or fight. It is having courage to stop and rest before finishing the journey. My butterfly ship is inspired by a painting "The Departure of the Winged Ship" by Vladimir Kush which shows the Monarch Butterflies beginning their journey. They are known for being the strongest butterflies, but they will take time to continue the journey. While all different, they all share grace and beauty and inside strength of never giving up.



**TWO LITTLE PIGS**  
Lola Hall  
Hutt Valley High School

The theme for my bra is spring. I was inspired by the bright colours and joyful feel that spring brings. Instead of doing your typical spring lamb or calf I decided to do piglets because they are an animal that people often forget. Also the colour for breast cancer is pink so I think my piglets are a humorous way of representing this.