

NEWSLETTER



National Nutrition Week 11–15 October 2010

National nutrition week was held 11–15 October 2010. This year it was a collaboration between ADSA and the department of health. The focus was on healthy eating for preschool/crèche children.

Carol Browne RD(SA) from ADSA exec compiled a facilitator's guide for teachers which contained several ideas on games and things to do with preschool children. It also included some songs to teach them and explained the concept of healthy eating with the help of some of the Food Based Dietary Guidelines..

This initiative was not com-

pulsory to all the dietitians, but the ADSA Eastern Cape Branch Committee took it upon themselves to set an example.

Magda Black, chairlady, went to two pre-schools in Port Elizabeth (Westering and Kabega Park) where she facilitated the teachers in promoting healthy eating to their pupils during that week.

Robyn Rose from the PEHC also visited several pre-schools where she put on a puppet show about a healthy lunch bowl.

Marion Beeforth also had three sessions with different teachers and did some in-service training with them.

Lize Bredell also visited two crèches in the Jeffrey's Bay area where she gave talks with the help of flashcards and played several games with the children.

ADSA Eastern Cape Branch would like to thank everyone who promoted healthy eating (and Dietetics) during that week.



This photo was taken at a local crèche in Jeffrey's Bay.

Inside this issue:

National Nutrition Week (NNW)	1
Public Relations Strategy	1
NNW 2010 photos	2
Year end function	3
In the spotlight: Meine Jordaan	3
Photo's from year end function	4
Weddings etc.	4

Comments or suggestions?

Please forward me any comments or suggestions. I would like to keep the newsletter interesting and personal .

Lize Bredell

lizenorval@gmail.com

083 980 8033

ADSA Eastern Cape Public Relations Strategy 2010–2015

The ADSA Eastern Cape Branch compiled a detailed Public Relations Strategy specifically for the Eastern Cape. This initiative was brought forward by Carol Browne from ADSA exec.

The goal of this strategy is to promote the Dietetics profes-

sion in our province and to our community. It includes several ideas on how to achieve this. This strategy will be executed by all the dietitians in the Eastern Cape with the help of the branch committee. We will be targeting doctors, both

private and public as well as mothers of babies and young children. Pamphlets will be distributed and workshops will be held.

Everyone will be kept up to date with the progress of this challenging yet exciting project.

Humansdorp Hospital: National Nutrition Week photos



...eating to the children—thank goodness for flashcards!

She also made a touch box where children had to feel inside the box and then guess what they are feel-



Lize Bredell went to Smartkids crèche in Jeffrey's Bay where she explained the concept of healthy



ing (in the photo right). The children really enjoyed this initiative. Thanks to Deidre Cronje (owner of Smartkids) for allowing us to do this.

Port Elizabeth Hospital Complex photos



Thanks to Robyn Rose from PEHC for sending me this photos.



ADSA Eastern Cape year end function: 23 October 2010

Saturday morning, the 23rd of October 2010 we had the ADSA Eastern Cape Branch year end function at SAMREC in Cape Recife. SAMREC is Port Elizabeth's new marine bird rehabilitation and education centre situated in the Cape Recife Nature Reserve.

The morning kicked off with an interesting DVD on Management of Diarrhoea, with questionnaires to complete for CPD points.

This was followed by feedback on the ADSA Executive meeting, the Public Relation

strategy and feedback on Nutrition Week 2010.

We were also taken on a tour through the penguin rehab centre. The centre's purpose isn't just to rescue and rehabilitate, but also to educate the public especially school children through their different programs.

One of the highlights of the morning were meeting the penguins, who with a lot of prompting, gave us a swim. All agreed that the stars of the show were the two penguins

that have recently fallen in love. They were enjoying cuddling each other on a rock.

We end the lovely morning with tea, coffee and cake in the restaurant.

We would like to thank Nestle for sponsoring the meeting.

Thank you for all your support during the year. We as a committee is looking forward to 2011.

Written by: Hananja Weilbach

CPD certificates of Parexel function in 2009

This is just a reminder. Magda Black received the certificates for the ADSA function held at Parexel in Port Elizabeth in 2009. She handed them out at the year end function. Those of you that couldn't attend the function, please fetch your certificates from her.

In the spotlight: Meine Jordaan

Where did you study? When did you graduate? 2008, University of the Free state

Where do you work? Humansdorp Hospital

Favourite food? Braaivleis, sushi, pizza

Favourite drink? Red wine

Favourite holiday destination? Stillbay

Favourite quote? Dreams are made for

those who are prepared to pay the price to see them fulfilled.

Married or single? Single

Favourite TV programme? Grey's Anatomy

Favourite car? Jeep

Favourite magazine? Triathlon magazine

Favourite toothpaste? Colgate with

mint strips

Dream holiday? Greek islands

Hobbies? Running, mountain biking, hiking & reading

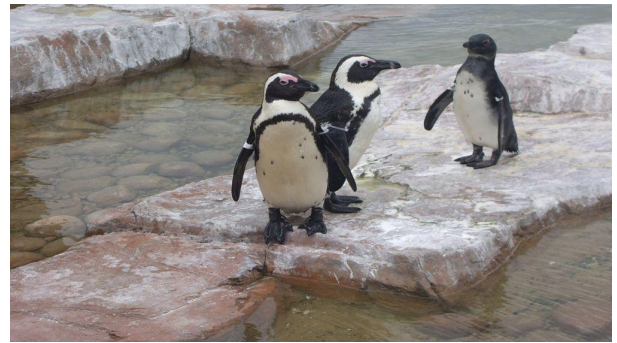


Please remember to pay the annual ADSA members fee of R330 before end of November. The easiest is via EFT.



Photo's taken at the ADSA year end function.

Keep the 17th of May 2011 open as Rene Smalberger will be doing the ADSA road show and give a talk on ethics. More details to follow!

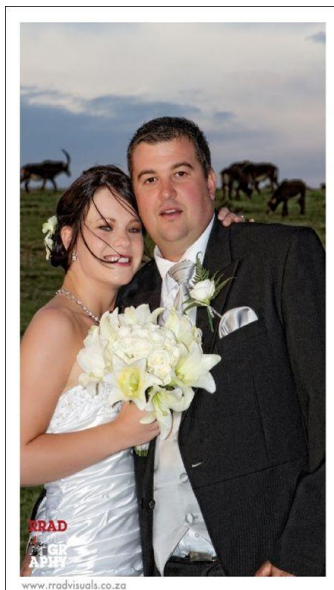


Weddings...Congratulations!

Magda Black tied the knot in August 2010.



Lize Bredell got married in April 2010.



Nichola Marx got married in February 2010.

