



Newsletter

Dear Colleagues

I hope that most of you have received your new ADSA membership cards. If you have not yet received your card please contact the branch that you are registered with to make arrangements to collect your card.



Name: Jonathan McDonald

DT01



Our executive committee have completed a survey that will be sent out to get your input on the services provided by ADSA. This survey will take about 3 minutes to complete and I would like to encourage each one of you to complete the survey so that we have feedback from the majority of our members.

We are working on increasing member benefits significantly to further improve our association for you the member. If you have not already gone onto the ADSA social media platforms – please do so. Follow ADSA on twitter at @ADSA_RD and please go and “like” the ADSA facebook page.



**All the best,
Claire**

The first quarter of 2014

We hosted the 2nd ADSA Twitter Talk on 19 February, as part of Healthy Lifestyle Awareness Month, which was once again well-received and trended! The focus of the talk was very much on tips to kickstart a healthy eating journey, how to keep that healthy eating journey on track and what to avoid if the goal is to stay healthy and keep the kilos off.

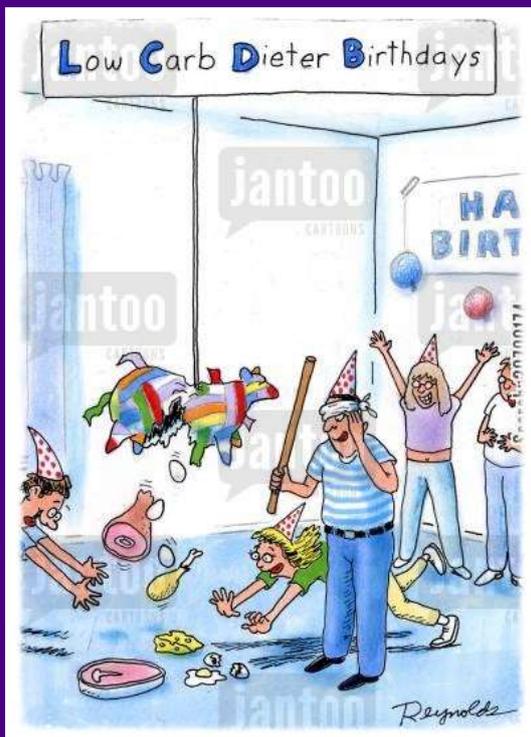


For this talk we tried something new and got both a psychologist and biokineticist involved to look at the psychology of changing bad eating habits that have developed over time and great exercises that can be done at the gym and at home. [Read more...](#)



Executive summaries: We would like to have summaries of recent relevant articles available on the ADSA website. This is not for CPD points but for members to have access to important information without needing access to the articles. I would like to encourage dietitians around the country to assist us with this project.

If you come across an interesting article in your field of interest, which you know other dietitians should know about, please contact me robin.dolman@nwu.ac.za for the guidelines and the procedure.



Ethics points for 2014

Ethics points for 2014 are available on the website. ADSA CPD office has accredited the following article "Future challenges and present ethical considerations in the use of personalized nutrition based on genetic advice" by San-Cristobal et al.

The closing date is 30 September 2014. The article is available [here](#) while the questions are available [here](#).

Public Sector Portfolio

Here is an update on the cost of living adjustments within the public service.

The Director: General of the department of Public Service and Administration issued a statement on April 2014 regarding payment of cost of living adjustments. The PSCBC Resolution 1 of 2012 provides for a multi-term wage agreement between the State as Employer, and organised labour and covers the annual cost-of living adjustments in the Public Service for the period 1 April 2012 to 31 March 2015. The agreement also stipulates that if the actual average Consumer Price Index (CPI) for a particular financial year is higher or lower than the projected figure, the employer shall add or subtract the difference from the adjustment for the following financial year. [Read more...](#)



Upcoming on-line course

If we as dietitians want to effectively improve the nutrition of all South Africans, we need to be equipped with knowledge on how to utilise a human rights based approach in our daily work, in order to contribute to the realisation of the right to adequate food and nutrition in South Africa.

[Read more...](#)

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**“You’ll have to eat that donut outdoors.
Nobody wants to inhale secondhand carbs!”**