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Sustainable Lifestyles

*explore ways to engage, exemplify, enable
and encourage people, civil society
organizations and governments to further
sustainability in people's everyday lives.*

Adapted from UNEP: Sustainable Consumption & Production Branch

Introduction

Caribbean Association of Home Economists Inc. (CAHE 1972) PROFILE

The Caribbean Association of Home Economists Inc., founded in 1972 is a non-governmental organisation of over five hundred (500) members from the Anglophone Caribbean, Guyana, Belize and to a lesser extent North America. CAHE is affiliated to the International Federation for Home Economics that is over one hundred year old. The association works in close alliance with the American Association of Family and Consumer Sciences (AAFCS) formerly the American Home Economics Association (AHEA), and is twinned with the Toronto Home Economics Association (THEA).

CAHE has also worked closely with Ministries of Education, Health and Agriculture around the region as well as with the Caribbean Food and Nutrition Institute (CFNI). As professionals and educators alike we share a common vision for the improvement of the quality of life for Caribbean citizens and also for the development of Home Economics in the region. CAHE offers a system professional certification for its members.

Our Vision

In 2014 the Caribbean Association of Home Economists (CAHE) will be a highly-recognized regional organisation that influences regional policy making and Home Economics curricula towards improving the quality of life of families in the Caribbean.

Our aims are:

- ☞ To improve the well being of individuals and families in the Caribbean region.
- ☞ To promote awareness of social, economic and political issues and to participate in activities which impact families.
- ☞ To promote high professional standards among Home Economists in the region through continuing education and professional development programmes.
- ☞ To incorporate Home Economics in the school curricula at all levels of the educational system.
- ☞ To improve and strengthen education in Home Economics at all levels of the Education system.
- ☞ To encourage research in Home Economics and related fields and to assist in the dissemination and application of the findings.
- ☞ To strengthen the profession by means of communication and linkages with organisations and institutions of like disciplines and /or similar interests both regionally and internationally.



CAHE: 41 *and counting!*

Greetings & Messages

Welcome Remarks From The President

Audrey Jones-Drayton
M. Ed., CPHE



This year the Caribbean Association of Home Economists Inc. (CAHE) celebrates its 41st anniversary; quite an outstanding achievement! It is therefore with great pride and much pleasure that I welcome you to the 20th biennial conference of the Caribbean Association of Home Economist Inc. and to beautiful Barbados.

This year's conference will focus on the theme ***“Home Economics Empowerment: Education for Sustainable Lifestyles”***. CAHE joins the International Federation for Home Economics (IFHE) in commitment to the United Nations, towards the fulfillment of the United Nations Millennium Development Goals. In addition to the professional development of our members, families are at the centre of our thrust and as such, deliberations and activities during this conference will focus on sub themes directly relating to these two areas and to each of those eight goals.

We are happy that government policy makers and a wide representation of Caribbean home economists and counterparts from North America and Australia have joined us to explore this theme. We are even happier that the President of the IFHE, Carol Warren, has travelled all the way from Australia to be a part of this Conference. She is accompanied by Louise Gunther, President of Home Economics Victoria and Principal of the Avila Girls School in Melbourne, Australia. We welcome them and hope that they enjoy every bit of their stay here in Barbados.

Conference 2013 will provide both theoretical and practical opportunities towards implementing solutions for empowerment towards the alleviation of poverty and hunger; the end product of which is the

development of wealth generated by personal and cooperative endeavours. Conference 2013 will also examine the impact of new trends in education such as social networking and the certification model for Technical Vocational Education and Training (TVET) qualifications for the Caribbean Single Market and Economy (CSME).

These sessions will be facilitated by a cadre of local, regional and internationally acclaimed experts, some of whom are our very own. They will also explore critical and sensitive issues affecting families especially the elderly, women and children as they relate to food security and production, issues of gender, violence, decent work and chronic non-communicable diseases to name a few. Rest assured that there will also be opportunities for delegates and associates to engage in activities of leisure and cultural exchanges. Together we will enjoy the social side of Barbados as we renew acquaintances, forge new friendships and foster new professional linkages. I invite you to participate to the fullest.

On returning home please share the experiences gleaned from this conference with your colleagues and with the media. Implement those projects that will help to improve and transform the lives of families and do continue to lobby for home economics. Forty-one years ago a handful of visionaries met in St. Lucia and charted the course for this great Association; we have weathered the storms of time and are still here to celebrate. Home Economics continues quietly to be the bedrock of families and communities in the Caribbean therefore the legacy of our founders and the spirit of home economics must live on.

Best wishes for a productive and enjoyable conference.

Audrey A. Jones-Drayton
President, CAHE
2011-2013



***“Home Economics Empowerment:
Education for Sustainable Lifestyles”***

Greetings from the Minister of Education, Science, Technology and Innovation

The Honourable
Ronald Jones, J.P., M.P.



I take pleasure in extending warm greetings to the Executive and Members of the Caribbean Association of Home Economists (CAHE), as well as delegates from Africa, Australia, Canada and the United States of America. A special welcome is also extended to the delegates'

family and friends.

The subject, Home Economics, originated in the 19th century with the notion that a woman's place is in the home carrying out household and child care tasks. This thinking has evolved and in this modern era, Home Economics teaches application, problem-solving techniques and thinking critically. Students exposed to the subject of Home Economics are equipped with the balance of merging theoretical understandings and addressing practical everyday problems. They are empowered to become active and informed members of the society with respect to living independently and living in caring situations with other people. I believe that CAHE has played a significant role in the evolution

of the stature of Home Economics in the region over the past 40 years. I offer my heartiest congratulations.

The theme for your 20th Biennial Conference is *"Home Economics Empowerment: Education for Sustainable Lifestyles."* This subject addresses two major issues in the region - food security and entrepreneurship. These areas motivate business leaders to seek and explore ideas for fostering economic growth. This augurs well for regional development and providing employment. These are both critical in this time of economic recession. I note that your plenary sessions and pre-conference programmes focus on competencies which can serve as preparation for employment. This is commendable.

On behalf of the Ministry of Education, Science, Technology and Innovation, I would like to commend CAHE and the Barbados Association of Teachers of Home Economics (BATHE) for organizing this conference. I hope that it will be a rewarding experience and that you as professionals will be offered the opportunity to sharpen your skills. I encourage you to take this opportunity to experience the hospitality of our people, the cuisine and our culture.

I wish you all the best for a meaningful Conference.



Welcome Message From The President Barbados Association Of Teachers Of Home Economics (BATHE)

Sonia St. Hill



Welcome to Barbados, the land of the Flying Fish and welcome to the 20th biennial conference of the Caribbean Association of Home Economists Inc. 2013. We have risen to the challenge and have planned three interesting, edifying

and exciting days of conference activities for you. Do take full advantage.

On behalf of the Barbados Association of Teachers of Home Economics, sincere thanks and appreciation must be extended to the Ministry of Education, Science, Technology and Innovation for the physical, financial and technical resources provided to facilitate this conference. I wish also to express sincere thanks and gratitude to our sponsors and to the members of BATHE

and our colleagues in CAHE for their unstinting labour and time spent planning for this Conference.

I challenge you to use the opportunities provided during this conference to help you to move Home Economics forward in this 21st Century. Do not underestimate the importance of our discipline as it holds the solutions for improving the lives of people in this region and especially for overcoming the social and economic challenges currently being experienced.

I encourage you to embrace all of the activities, not only to improve your professional development but to gain new friends and deepen relationships. Barbados is a fantastically beautiful country, our people are renowned for their friendliness and hospitality, so feel free to explore our island and enjoy our hospitality.

On behalf of the Barbados Association of Teachers of Home Economics I extend a very warm welcome to all of our delegates and participants to this conference and I pray God's blessings upon you.



Message From The President International Federation For Home Economics (IFHE)

Carol Warren
(Australia)
President - IFHE



On behalf of the International Federation for Home Economics (IFHE), it is my pleasure to bring greetings to all participants attending the 20th biennial conference of the Caribbean Association of Home Economists Inc. (CAHE) in Barbados from

7-10 April 2013. I also take this opportunity to congratulate the Association on their 41st anniversary.

The theme of "Home Economics Empowerment: Education for sustainable lifestyles" highlights the importance of education and empowerment as two critical elements to assist individuals, families and communities to live sustainably and maximise their quality of life. As you listen, learn and deliberate over the coming days I trust you will feel empowered as to how you can make a difference to the lives of others through your work as a home economists.

As a former home economics educator and as the Chief Executive Officer for Home Economics Victoria, an association for home economics educators in Melbourne Australia, I appreciate the value of ongoing professional learning and career development. I commend you all for your attendance at this conference and for your commitment to furthering your knowledge, skills and action competencies.

Having attended my first CAHE conference in Grenada in 2009, I am delighted to once again be able to join you and share in your conference. I would like to particularly congratulate the Home Economists in Barbados and in the region for their organisation of this conference with its diverse range of sessions and cultural and social activities.

I trust you will all enjoy a memorable and professionally rewarding conference, 2013.

With warmest regards,

Carol Warren,

President IFHE.



INTERNATIONAL FEDERATION
FOR HOME ECONOMICS

Message From The IFHE VP Region of Americas

Joanne M. Pearson Ph.D
IFHE VP Region of Americas



It is with great pleasure that I bring greetings to the delegates and attendees of the 20th Biennial Conference of the Caribbean Association of Home Economists Inc. (CAHE) as the International Federation for Home Economics (IFHE) Vice President for

the Region of the Americas. I am thrilled to be able to participate again in your deliberations which focus this year on the theme of "*Home Economics Empowerment: Education for Sustainable Lifestyles*".

Our Region of the Americas includes four sub-regional units, Canada on the North, the USA and the Caribbean in the center, and Brazil on the South. We are pleased that your Caribbean Association President, Audrey Jones-Drayton, is the newly installed Member

Representative for the Region of Americas on the IFHE Executive Board.

I wish you much success in this conference which will include plenary sessions, concurrent sessions, poster presentations, workshops, tours and many other educational, cultural and social events. I look forward to the great warmth and hospitality that you have shared with me and with the other participants from near and far who have joined in the program sessions at previous conferences. Regional meetings of organizations such as CAHE provide opportunities for networking between professionals to share ideas that continually strengthen the knowledge base of home economists working in a wide variety of settings. The opportunity to come together for these meetings every two years is a wonderful testament to the benefits of regional planning and cooperation.

Sincerely, Joanne M. Pearson, Ph. D.

IFHE VP Region of Americas



INTERNATIONAL FEDERATION
FOR HOME ECONOMICS

Message From The Education Officer (Home Economics) Ministry of Education, Science, Technology and Innovation

Hedda Phillips-Boyce,
Education Officer,
Home Economics (Ag),



It is with great pleasure that I extend greetings to the Executive and members of the Caribbean Association of Home Economists (CAHE). I am also delighted to welcome Home Economists from as far afield as Australia and the United States of

America as well as family and friends.

This 20th biennium conference affords us the opportunity to participate in critical examination and analysis of research, as we engage in collaborative and cooperative learning, group work and networking with colleagues.

The theme ***“Home Economics Empowerment: Education for Sustainable Lifestyles”*** is very appropriate at this time of global recession, as Home Economics is a subject which evolves according to societal needs and the challenges of a modern society. This interdisciplinary and multidisciplinary profession which focuses at its core on the importance of the family can assist in engaging families to acquire skills to cope with the recession. I note with interest that the

pre-conference, in-conference workshops and plenary sessions provide information for acquiring such skills. These skills can be used to supplement the income for families or can evolve into a source of employment.

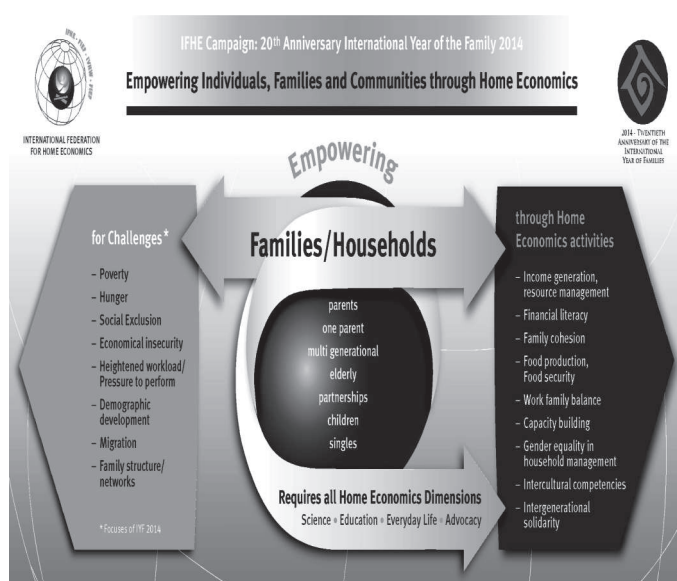
The knowledge that you will receive at this conference will be presented from research that is current and reliable. It is incumbent upon each of us to return to our respective homes, schools and communities to share the information garnered at this conference. Information sharing is the key to transporting knowledge that can be beneficial to others.

I urge you participants to take this opportunity to re-kindle old acquaintances and to make new ones. After the informative sessions, enjoy Barbados' warmth, and north-easterly breeze and the legendary welcome of its people.

I wish to extend thanks to the steering committee of the Caribbean Association of Home Economists Inc., the Barbados Association of Teachers of Home Economics (BATHE), The Ministry of Education, Science, Technology and Innovation and all others who contributed to this conference. I wish you all success and God's richest blessings on what promises to be an informative and productive conference.



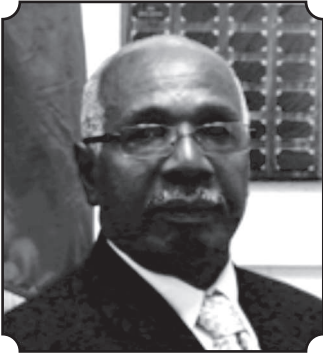
Learn from yesterday, live for today, hope for tomorrow.



**THE SAMUEL JACKMAN PRESCOD
POLYTECHNIC**
welcomes
delegates of the
**Caribbean Association of
Home Economists Inc.**
to
BARBADOS
CAHE CONFERENCE 2013

Message From The Samuel Jackman Prescod Polytechnic

Hector Belle
Principal, Samuel Jackman Prescod Polytechnic



The Caribbean Association of Home Economists Inc. and the Polytechnic enjoy a longstanding relationship of which we at the Polytechnic are very proud. We are even more pleased that for over twenty years you have made us your

home. It has been seventeen years since your 11th biennial conference was held in Barbados in 1995 and at the same venue, the Samuel Jackman Prescod Polytechnic. It is therefore my pleasure to welcome you the delegates of the Caribbean Association of Home Economist Inc. (CAHE) home.

Much has changed here in Barbados and also on our campus but the role of Home Economics and the power of the discipline continues to be a strong influencing force on families and in the lives of peoples of the Caribbean. Home Economics continues to hold solutions for the many "ills" of today's society: misjudged values and priorities, poor eating habits and unhealthy lifestyles, misplaced and stereotypical gender roles, improper budgeting, wastage and conspicuous consumption patterns that are detrimental to individuals, families and national economies. As leaders and policy makers we need to draw closer to you home economists and take advantage of the knowledge and skills honed to perfection after more than one hundred years since the Lake Placid Convention, in the United States of America.

The Polytechnic recognizes the importance of supporting both ongoing professional development and cultural diversity and the power of both to enrich lives and the economy of a nation. It is for these reasons that we sought to support CAHE in order to ensure that this conference materializes in to a highly successful event. It is hoped that you will take every opportunity to capitalize on the offerings during this week and that the outcomes of this conference can be far reaching.

We also take this opportunity to congratulate you on your 41st anniversary and offer you best wishes for the longevity of this Association. Please take time out from your deliberations to savour our rich culture; the

Greetings From The Barbados Union of Teachers

Pedro Shepherd
President
Barbados Union of Teachers



The Barbados Union of Teachers extends a warm welcome to the organizers of, and delegates of the 20th Biennial Conference of the Caribbean Association of Home Economists Inc. (CAHE). It is indeed a pleasure that our island Barbados along with the

Ministry of Education, Science, Technology and Innovation can facilitate such an activity. The Union believes that the highest levels of interaction and consultation will ensue during this conference which will result in outcomes that will help shape and fashion Home Economics in Barbados and the region for the future.

It is evident that Home Economics has impacted positively on many of our students who in turn have utilized that knowledge to help bolster and improve the lives of families and communities and the employment sector, in particular the tourism and hospitality sectors. The continued thrust of the agro-processing and food service industries will be greatly enhanced as the Home Economist continues to inculcate the positive attributes in our youth towards this end. This will only augur well for the financial and economic success of our territories. Furthermore the ability of Home Economics to influence family roles, consumerism and behaviours in general must not be underestimated as these can well hold the key to improving our societies.

On behalf of our members, the Barbados Union of Teachers exudes confidence that every success will be derived from this forum and hopes that your organization accomplishes all that it has envisaged. Amidst your deliberations to help strengthen the Caribbean's workforce and build capacity we encourage all who are visiting to enjoy our beautiful island Barbados, the Gem of The Caribbean Sea.



food, the music, the nightlife, the beautiful beaches, the golden sunsets and the picturesque landscapes.

Best wishes for a successful conference.



Past Presidents

1972-1977	Viola Horsham <i>Trinidad and Tobago</i>	1993-1997	Florentine McCoy <i>Antigua and Barbuda</i>
1977-1981	Gwendolyn Tonge <i>Antigua and Barbuda</i>	1997-2001	Norma Maynard, C.P.H.E. <i>St. Lucia</i>
1981-1985	Victorine Britton <i>Guyana</i>	2001-2005	Janice Maison <i>Guyana</i>
1985-1989	Veda Gill <i>Barbados</i>	2005-2009	Sonja Lewis, C.P.H.E. <i>St. Vincent and the Grenadines</i>
1989-1993	Zola Holder <i>Trinidad and Tobago</i>	2009-2011	Audrey Jones-Drayton, C.P.H.E. <i>Barbados</i>

CAHE:

Improving the quality of life of families in the Caribbean.

Our Code of Ethics

As a member of the Caribbean Association of Home Economists Inc., it is my duty to:

- ✓ promote and support a high standard of professionalism among members at all times;
- ✓ seek and pursue opportunities for personal and professional growth;
- ✓ encourage and undertake research in areas relevant to good home and family living;
- ✓ update knowledge of the profession as a result of technological changes;
- ✓ share relevant knowledge and skills with other professionals as well as community members;
- ✓ promote and uphold the interdisciplinary nature of Home Economics;
- ✓ foster unity among local and regional associations in bonds of friendship, mutual understanding and trust;
- ✓ accept constructive criticism willingly, and liberal praise with equanimity, in my professional life;
- ✓ create and develop positive attitudes and all times seek to gain the respect of the community;
- ✓ show appreciation for the work of member territories and Governments as they relate to Home Economics and other relevant fields.

Executive Leadership Team 2011-2013

POSITION	NAME	TERRITORY
President	Audrey Jones-Drayton, CPHE	Barbados
1st Vice President	Antonia Coward Ph. D. CPHE	Barbados
2nd Vice President	Jeanette Hunte	Antigua and Barbuda
Secretary	Michelle Guy, CPHE	St. Vincent and the Grenadines
Assistant Secretary	Marlyn Davis-Thomas	Guyana
Treasurer	Pauline Whiteman, CPHE	Trinidad and Tobago
Assistant Treasurer	Lucille Marcelle, CPHE	Trinidad and Tobago
Chairperson Education Committee	Cecelia George-Mc Wellington, CPHE	Trinidad and Tobago
Chairperson Finance Committee	Sonia St. Hill	Barbados
Chairperson Research Committee	Leonie Clarke PH. D, CPHE	Jamaica
Chairperson Publications Committee	Rosanna Khodra	St. Lucia
Chairperson Public Relations Committee	Maureen Taylor-Ryan, CPHE	Trinidad and Tobago
Chairperson Nominating Committee	Debra Charles-Rojas, CPHE	Trinidad and Tobago
Chairperson Membership Committee	Hedda Phillips Boyce	Barbados
Immediate Past President	Sonia Lewis, CPHE	St. Vincent and the Grenadines
Consultant	Norma Maynard, POH, CPHE	St. Lucia
Consultant	Theodora Alexander, Ph. D., CPHE	Trinidad and Tobago

Know Your Liaisons

TERRITORY	NAME OF LIAISON OFFICER	TERRITORY	NAME OF LIAISON OFFICER
Antigua and Barbuda	Georgiann Legall	Guyana	Ethrel Layne
Australia and VP Regions of America	Maxine Thomas	Jamaica	Sandra Murray
British Virgin Islands, USA, Bahamas	Kerri-Ann Fields	St Vincent and the Grenadines	Joann Hart
Grenada and St. Lucia	Shirley Hoyte	Trinidad and Tobago	Cynthia Kirton-Murray

Nominees for Electoral Slate 2013-2015



President

Antonia Coward
Ph. D. CPHE
Barbados



Assistant Treasurer

Melca Alexander
Trinidad and Tobago



Chairperson Membership Committee

Cynthia Perriel –
Clarke
Jamaica



1st Vice President

Jeanette Hunte
Antigua and Barbuda



Chairperson Nominating Committee

Michelle Guy,
CPHE
St. Vincent and the
Grenadines



Chairperson Membership Committee

Cecelia George-Mc Wellington,
CPHE
Trinidad and Tobago



2nd Vice President

Pauline Whiteman,
CPHE
Trinidad and Tobago



Chairperson Public Relations Committee

Maureen Taylor-Ryan,
CPHE
Trinidad and Tobago



Chairperson Publications Committee

Meon Crawford
Guyana



Secretary

Sandra Murray
Barbados



Chairperson Finance Committee

Lynette Burke
Barbados



Assistant Secretary

Marlyn Davis-Thomas
Guyana



Chairperson Research Committee

Hope Mayne
Ph. D.
Jamaica



Treasurer

Lucille Marcelle,
CPHE
Trinidad and Tobago



Chairperson Education Committee

Violet Lake,
CPHE
Antigua and Barbuda

*What we are is
God's gift to us.
What we become
is our gift to God.*

~ Eleanor Powell

*A hug is a
great gift -
one size fits all,
and it's easy to
exchange.*

Beautiful Barbados



Barbados is a limestone island which is 21 miles by 14 miles a total of 166 square miles. We are the easternmost island in the Caribbean chain, located NE of Venezuela and west of Africa. The highest point on our island is Mount Hillaby on the east coast, which is 1,089 feet. Year-round temperatures range between 75 and 85 degrees Fahrenheit.

Our native language is English but the Bajan dialect seems like a language all of its own. The population is roughly 270,000 and our capital city Bridgetown is located on the south west coast of the island. Barbados is predominantly Christians (71%) of various denominations but we host many other denominations.

The Barbados dollar is pegged to the U.S. dollar at a rate of BDS\$1.98 - US\$1.00 and most places will accept the U.S. dollar or the Barbados dollar.

Our flag is called the Broken Trident and the motto on our coat of arms depicts our character; "Pride and Industry".



*Beautiful, beautiful Barbados, Gem of the Caribbean Sea.
Come back to my island Barbados. Come back to my island and me.
Please come back, where the night winds are blowing.
Please come back to the surf and sea.*

You will find rest and you will find peace in Barbados. Come back to my island and me.

CONGRATULATIONS



Left to right:

*Mabel Cordini, Brazil, former IFHE EC member, Region of the Americas,
Prof. Geraldene Hodelin, C.P.H.E., IFHE President of Honour,
Audrey Jones-Drayton, C.P.H.E., new IFHE EC member, Region of the Americas,
Prof. Joanne Pearson, VP Region of the Americas.*

- **Audrey Jones –Drayton, C.P.H.E.,**
Executive Committee Member
Representative Region of the Americas
International Federation for Home Economics
(IFHE),
- **Ingrid Robinson,**
Senior Education Officer Programmes and
Training,
National Vocational Qualifications (NVQ),
Ministry of Education
St. Vincent and the Grenadines

- **Michelle Guy, C.P.H.E.,**
Education Officer, Home Economics
Curriculum Development Unit,
Ministry of Education,
St. Vincent and the Grenadines
- **Hedda Phillips-Boyce**
Education Officer,
Home Economics (ag.)
Ministry of Education, Science
Technology and Innovation
Barbados

Best wishes for a successful conference.

From the President's Desk



I trust that all is well with you and your family and that you are looking forward to our 20th biennial conference slated for Barbados in April of 2013 under the theme ***“Home Economics Empowerment: Education for sustainable lifestyles”***.

It has been a long time since I last had the opportunity to write to you but I do acknowledge the need for frequent interaction and updates.

Much has transpired since I wrote to you. In February 2012, Dr Antonia Coward, 1st Vice President and I attended the annual leadership meeting of the International Federation for Home Economics (IFHE) in cold and blustery Bonn in Germany. Dr Coward's presentation “The contribution of Home Economics education for rural and urban areas in the Caribbean” was well received and can be read on the IFHE website www.ifhe.org. I am happy that Dr Coward was able to attend the meeting putting her in a better position to endorse and execute plans and strategies for taking the Association forward especially in view of her impending presidency.

In February 2013, I also attended the annual leadership meeting of the IFHE, this time in Vienna Austria. This was the first meeting under the presidency of Carol Warren from Australia. Ms Warren and colleague Louise Gunther will travel all the way from Australia to be with us at conference this year. It is Ms Warren's intention to pursue professional certification within the IFHE and as part of this thrust I presented “The CAHE Model: Professional Certification”. The symposium this year focused on “Confronting family poverty and social exclusion: contribution of Home Economics”.

My mind was then churning with ideas and still is; for reenergizing our work in this time when it appears as though not much is happening after a fairly successful first term of office. The ideas are many, the plans are in place but the labourers are very few. Both Leadership meetings provoked many reminders of the work to be completed towards Vision 2014. As a part of the Region of the Americas we have been encouraged to share our projects with others in the sub-region to be

further shared with the Federation as part of a larger data base. Two projects were submitted from CAHE: one from Guyana was edited and re-titled the Angoy Avenue Project and the other, a CAHE project, the School Health Intervention Project (SHIP). These now form a part of sixty-six projects in the international data base which too can be accessed at the IFHE website.

The importance given to grass roots community outreach projects by the Federation affirms that we have been proactive in our planning and that we are headed in the right direction, for community outreach is greatly needed to buffer the times we are experiencing in the region. There is no greater a time for affirmative action as this and similar activities are needed in order to support United Nations Millennium Development Goals (UNMDG's) to which we have committed. In addition, we at our last conference espoused a number of solutions for the region and therefore we must live up to those promises. Our Pre conference workshop this year, “Home Economics: Community Projects for Empowerment of Families in the Caribbean”, supports the importance given to this concept and indicates our ongoing commitment to this initiative of the United Nations.

Of the themes emerging from the Bonn meeting and indeed relevant to our circumstances here in the region was that of intercultural communication. IFHE, President of Honour, Gertraud Pichler, from Vienna, Austria presented a paper entitled “Inter-cultural Understanding as a basis for development cooperation”. In this paper she explored the actuality of global migration and the resulting multi-culturalism within our societies that dictate the need to examine these and associated concepts as a matter of urgency since they can greatly improve our understanding of each other as we interact in our homes, at work and as we travel. Consequently I encourage you to study a sampling of the statements made by Dr. Pichler grounded in the fact that we need to communicate effectively and appropriately in intercultural situations based on one's intercultural knowledge, skills and attitudes.

Dr. Pichler admonished that we need to:

- ✎ learn about key cultural concepts, such as attitudes to time, authority and information, and how to interpret different attitudes and behaviour.

From the President's Desk

- ✎ deepen our knowledge and understanding of culture (one's own and others – reflection)
- ✎ identify behaviors guided by culture and engage in a new behavior in other cultures
- ✎ behave appropriately and effectively in intercultural situations based on our knowledge, skills and motivation.
- ✎ develop good interpersonal skills exercised interculturally by sending and receiving messages that are accurate and appropriate.
- ✎ develop general openness toward intercultural learning
- ✎ avoid stereotyping
- ✎ ask not tell and we should develop good listening skills
- ✎ tolerate and accept ambiguity
- ✎ reflect our own experiences with other cultures and respect other cultures
- ✎ develop cross cultural empathy.
- ✎ neither over- nor underestimate the role of culture.
- ✎ develop skills and strategies for successful cooperation, partnership and teamwork across national and cultural boundaries

In borrowing a quote from Dr Pichler, I ask the of us *“from so many different countries, with different cultural backgrounds, languages, attitudes, behavioural concepts, ... how much do we know about each other; how much do we know about our own culture, and how much do we understand the 'others' and their culture”*. As a person of multicultural experience I have firsthand experience of the challenges experienced in the absence of intercultural competencies needed for strengthening relationships and understanding pivotal requirements existing within intercultural organizations such as ours. It is therefore necessary that we strive for a deeper understanding of our cultural self and that of others in maximizing our teamwork since an understanding of intercultural differences and similarities breaks down barriers, builds trust, strengthens relationships, opens horizons and yields tangible results in our personal and professional lives. I encourage you to read Dr. Pichler's paper.

The IFHE 22nd world congress held under the theme *“Global well being”* in Melbourne, Australia, July 2012 is now history. It has left us stimulated to the brim with professional material, networks, sweet memories of friendships, fellowship and; oh what congress? Oh what a country? Well done Australia!! There is so much for us to emulate. I am sure that you will read the various reports both in this publication, on-line and in time to come. As we say thank you and congratulations to Professor Geraldene Hodelin, IFHE immediate past president for a job well done and for engraving us on the IFHE map let us also offer a special welcome to Australian Carol Warren, President IFHE 2012-2016. We pledge our support to her and continued support to the IFHE. The next congress will be held in Daejeon, Korea in 2016

In 2014, the world will celebrate the 20th anniversary of the International year of the family with many activities, many of which will involve Home Economists. Some would remember the untiring efforts of Catherine Cumberbatch who championed the cause for CAHE's involvement in those activities. Let us not forget her work and that of the executive leadership of that time, they having left a legacy to benefit from and for us continue. CAHE has publications and projects from that era that are still relevant. Let us unearth them, refine and republish them, use them and share them with the world.

Also in 2014 our colleagues in Canada will host the IFHE Council meeting in London, Ontario. I encourage you to plan to attend this meeting as it is nearer home. The last time this meeting was held in the region of the Americas was in 1998 in Puerto Rico. Some you attended and would remember what an exciting and informative time it was for us in the region. More on this meeting will be published on our website as it becomes available.

I also seek your support in my work as the newly elected representative for the Region of the Americas on the executive of the IFHE. I look forward to working with you and the region in this capacity.

Similarly we look forward to sharing the plans for our next conference in Guyana in 2015. Let us pray for God's favour and guidance as we execute plans for this event. Let us put our best energies forward as I encourage you to catch the vision, ignite the passion and enthusiasm thus transforming the vision into reality



*20th Biennial Conference***"Home Economics Empowerment: Education for sustainable lifestyles"****7th -10th April 2013,
Barbados**

CONFERENCE PROGRAMME

THURSDAY 4th APRIL, 2013	<i>Arrival of CAHE Executive Leadership Team</i>	
FRIDAY 5th APRIL, 2013		
8:30 a.m.	<i>Executive/Leadership meeting</i>	Higher Education Development Unit, (HEDU) Govt. Hill, St Michael
	<i>Arrival of Pre-Conference Workshop Delegates</i>	
	<i>Pre Conference Tour</i>	
SATURDAY 6th APRIL, 2013	PRE-CONFERENCE WORKSHOP SJPP <i>"Home Economics: Community Projects for Empowerment of Families in the Caribbean"</i> Coordinators: Cecelia George-Mc Wellington, C.P.H.E., Audrey Jones-Drayton, C.P.H.E., Guest Speaker: Joanne Pearson Ph. D. Facilitators Theodora Alexander, Ph. D., C.P.H.E., Audrey Jones-Drayton, C.P.H.E., Violet Lake, C.P.H.E.,	Chairperson, Education Committee, Trinidad and Tobago Barbados Trinidad and Tobago Barbados Antigua and Barbuda
SUNDAY 7th APRIL, 2013		
7:45 a.m.	<i>Church Service</i>	Christ Church Parish Church
4:30 p.m.	OPENING CEREMONY	Sir Roy Marshall Teaching Complex, University of the West Indies, Cave Hill Campus, St. Michael
	<i>Musical Prelude</i>	Royal Barbados Police Band
	<i>Chairperson</i>	Sonia St Hill , President, Barbados Association of Teachers of Home Economics (BATHE), Chairperson Finance Committee, CAHE
	<i>Procession of flags</i>	Barbados Cadet Corps
	<i>National Anthems</i>	Orchestra accompanying
	<i>Invocation</i>	Rev. Canon Noel Burke
	<i>Welcome Remarks</i>	Mr. Laurie King , Chief Education Officer, Ministry of Education, Science, Technology and Innovation
	<i>Recognition of Delegates</i>	Michelle Guy , C.P.H.E, Secretary , CAHE
	<i>Remarks</i>	Audrey Jones-Drayton , C.P.H.E., President, CAHE

CONFERENCE PROGRAMME

	<i>Entertainment</i>	Violin Solo - Wesley Morris
	<i>Greetings</i>	Carol Warren, President, International Federation for Home Economics (IFHE), Australia Joanne Pearson, Ph.D., Vice President, Region of the Americas, United States of America Juanita Mendenhall, President, International Home Economics Services (I.H.E.S), United States of America Sheila Forde, Caribbean Association of Nutritionists and Dieticians (CANDi)
	<i>Musical Interlude</i>	Hector Belle, Principal, Samuel Jackman Prescod Polytechnic Shari Worrell, Roberts Manufacturing Company Ltd., Royal Barbados Police Band
	<i>Introduction of Guest Speaker</i>	Marcia Blades , Barbados
	<i>Feature Address</i>	The Hon. Ronald Jones M.P. Minister of Education, Science, Technology and Innovation
	<i>Entertainment</i>	Ellerslie Secondary School Choir
	<i>Appreciation</i>	Lucille Marcelle , C.P.H.E., Assistant Treasurer, CAHE
	<i>Launching of Marketing Plan</i>	Pauline Whiteman , C.P.H.E., Treasurer
	<i>Vote of Thanks</i>	Leonie Clarke , Ph. D., C.P.H.E, Chairperson, Research Committee, Jamaica
	<i>Recessional</i>	CAHE Song
	RECEPTION FOLLOWS	Serenade in Steel
Monday 8TH April 2013	DAY 1	Samuel Jackman Prescod Polytechnic
8:30 a.m.	<i>Chairperson</i>	Antonia Coward , Ph. D., C.P.H.E. Barbados
	<i>CAHE SONG</i>	
8:45 a.m	<i>Prayer</i>	Maureen Taylor-Ryan , C.P.H.E., Trinidad and Tobago
	<i>Welcome</i>	Sonia St Hill , President, Barbados Association of Teachers of Home Economics (B.A.T.H.E.)
9:00 a.m.	<i>Remarks</i>	Carol Warren , President., International Federation for Home Economics (IFHE), Australia
9:10 a.m.	<i>Introduction of Keynote Speaker</i>	Antonia Coward , Ph.D., C.P.H.E, Barbados
	<i>Keynote Speaker</i>	Dr. Donald Simeon , Deputy Executive Director and Director of Research, Caribbean Public Health Research Council, (CARPHA), Trinidad and Tobago
9:40 a.m.	<i>Respondent</i>	Pauline Whiteman , C.P.H.E., Trinidad and Tobago

CONFERENCE PROGRAMME

9:50 a.m.	<i>Discussions</i>	
10:10 a.m.	<i>Appreciation and Vote of Thanks</i>	Valdez Cox , Barbados Association of Teachers of Home Economics (B.A.T.H.E)
10:15a.m.	<i>Venture Capital Fund Report</i>	Sonia St. Hill , Chairperson Finance Committee, Barbados
	C O F F E E B R E A K	
	<i>Launch of Water Day Initiative</i>	Maureen Taylor Ryan, C.P.H.E. , Chairperson, Public Relations Committee, Trinidad and Tobago
10:30 a.m.	ELECTIONS POSTER PRESENTATIONS OPEN	Electoral Office Barbados
11:00 a.m.	BIENNIAL GENERAL MEETING Members only	Audrey Jones-Drayton, C.P.H.E. , President, CAHE, Barbados
12:30 p.m.	L U N C H E O N	
1:45 a.m.	BIENNIAL GENERAL MEETING (cont'd.)	
7:30 p.m.	<i>Cultural Evening</i>	Springer Memorial Secondary School, Government Hill, St. Michael
Tuesday 9TH April 2013	DAY 2	Samuel Jackman Prescod Polytechnic
8:30 a.m.	<i>Moderator</i>	Janice Maison , President of Honour, CAHE, Guyana
	CAHE SONG	
8:45 a.m.	<i>Prayer</i> <i>Welcome and Introductory Remarks</i>	Bernadette Slater-Peters , St. Vincent and the Grenadines Janice Maison, President of Honour, CAHE, Guyana
9:00 a.m.	<i>Panel Discussion</i>	“Home Economics Education: Issues of Gender and Decent Work” 1. Caribbean Labour Laws: Women and Children Charmaine Napoleon-Ramsay 2. Violence: Women and the elderly Nalita Gadjhadar 3. Decent work and Gender issues Prof. Joycelin Massiah
9:45 a.m.	<i>Discussions</i>	
10:20 a.m.	<i>Appreciation and Vote of Thanks</i>	Violet Lake, C.P.H.E. , Antigua and Barbuda
10:30 a.m.	C O F F E E B R E A K	MARKET PLACE, EXHIBITS, POSTER PRESENTATIONS

CONFERENCE PROGRAMME

	CONCURRENT SESSIONS	“Home Economics Empowerment: Ending Poverty and Hunger”
11:00 a.m.	Room 1	“Sustainable Food Production to boost Food Security” Chairperson: Norma Maynard, C.P.H.E., St. Lucia Presenter: Janeen Mc Nish, Jamaica
11:35 a.m.	Room 1	“Skills Students Develop in Home Economics in Secondary School” Chairperson: Hedda Phillips, Barbados Presenter: Leonie Clarke, Ph. D., C.P.H.E.; Cynthia Perriel-Clarke, M.A. Ed; Audrey Porter-Ricketts, M.A.
11:00 a.m.	Room 2	“The role of research in Food and Nutrition” Chairperson: Lucille Marcelle, C.P.H.E., Trinidad and Tobago Presenter: Sheila Barrett, Ph. D., Jamaica/U.S.A.,
11:35 a.m.	Room 2	“Home Economics Education and Agriculture” Chairperson: Michelle Guy, C.P.H.E., St. Vincent and the Grenadines Presenter: James Paul, M.P., CEO, Barbados Agricultural Society
11:15 a.m.	Room 3	Round Table on Professional Certification Theodora Alexander, Ph. D., C.P.H.E., Trinidad and Tobago Audrey Jones-Drayton, C.P.H.E., Barbados
12:15 p.m.	LUNCH	
1:15 p.m.	EDUCATIONAL TOURS	Audrey Jones-Drayton , C.P.H.E., Barbados.
Wednesday 10TH April 2013	DAY3	Samuel Jackman Prescod Polytechnic
8:30 a.m.	<i>Chairperson</i>	Beverley Allen , Antigua and Barbuda
	CAHE SONG,	
	<i>Prayer</i>	Maisie Looby , Antigua and Barbuda

CONFERENCE PROGRAMME

9:00 a.m.	<i>Welcome and Introductory Remarks</i>	Chairperson, Beverley Allen , Antigua and Barbuda
	PLENARY	<i>“Certification Model for Technical and Vocational Education and Training Qualifications for the Caribbean Single Market and Economy, CSME”</i> Presenter: Pauline Whiteman , C.P.H.E., Trinidad and Tobago
	CONCURRENT SESSIONS	“Home Economics Empowerment: Education for Entrepreneurship and Income Generation”
10:00 a.m.	Room 1	<i>“Accessing aid and funding for community outreach projects and special projects”</i> Chairperson: Marlyn Davis-Thomas , Guyana Presenter: Joanne Pearson, Ph.D. , Vice President, IFHE, Region of the Americas, USA
10:00 a.m.	Room 2	<i>“Global Networking and the Home Economist: Professional and Social Networking”</i> Chairperson: Cecelia George-Mc Wellington , C.P.H.E., Trinidad and Tobago Presenter: Hope Mayne, Ph. D. , Jamaica
10:00 a.m.	Room 3	<i>“Home Economics Education and Entrepreneurship”</i> Chairperson: Debra Charles-Rojas , C.P.H.E., Trinidad and Tobago Presenter: Selma Greene
10:30 a.m.	<i>Conference Assembly Evaluation</i>	
	<i>Invitation to host Conference 2015</i>	
	<i>Final Words</i>	Antonia Coward, Ph. D., C.P.H.E. , 1st Vice President, CAHE Guyana Association of Home Economists (GAHE) Sonia St. Hill , President, Barbados Association of Teachers of Home Economics (B.A.T.H.E)
	<i>Closing of Plenary</i>	
	CAHE SONG	
11:00 a.m.	COFFEE BREAK	

CONFERENCE PROGRAMME

11:30 a.m.	IN-CONFERENCE WORKSHOPS	Coordinators: Hedda Boyce , Barbados; Sophia Sayers-Austin , Barbados
1:00 a.m.	LUNCH	
2:30 p.m.	<i>1st Executive Leadership Meeting Term of Office (2013-2015)</i>	
10TH April 2013	BANQUET AND INSTALLATION OF OFFICERS	
7:00 p.m.	<i>Chairperson</i>	Paul Puckerin , Senior Technical Officer, TVET Council, Barbados
	<i>National Anthem of Barbados</i>	
	<i>Prayer</i>	Norma Kellman , Barbados
	DINNER	
	ENTERTAINMENT	
	TOASTS	
	<i>Host Country</i>	Louise Gunther , President, Home Economics Victoria, Australia and Principal, Avila College, Melbourne, Australia
	<i>Reply</i>	Mr. Hector Belle , Principal, Samuel Jackman Prescod Polytechnic
	CAHE	Joanne Pearson , Ph.D., Vice President, IFHE, Region of the Americas, U.S.A.
	<i>Reply</i>	Maureen Taylor-Ryan , C.P.H.E., Chairperson, Public Relations Committee, Trinidad and Tobago
	<i>Guests</i>	Sonja Lewis , C.P.H.E., President of Honour, CAHE, St. Vincent and the Grenadines
	<i>Reply</i>	Mr. O.S. (Ken) Farrell
	<i>Introduction of Guest Speaker</i>	Lynette Burke , Chairperson Finance Committee, Barbados
	<i>Feature Address</i>	Professor Geraldene Hodelin , Ph. D., C.P.H.E., Principal, University of Technology (UTech), Western Campus; Director, UTech Academy, University of Technology, Jamaica.
	<i>Appreciation to Executive Team</i>	Marlyn Davis-Thomas , Assistant, Secretary, Guyana: Presented by Joanne Pearson Ph. D., V.P. IFHE, Region of the Americas, USA and Juanita Mendenhall , President International Home Economics Services, IHES
	<i>Appreciation CAHE Professional Certification</i>	Presented by CAHE Board of Certification, Theodora Alexander , Ph. D., C.P.H.E.
	<i>Appreciation to President of Honour CAHE</i>	Florentine Mc Coy , President of Honour, CAHE by Norma Maynard , C.P.H.E., President of Honour, CAHE

CONFERENCE PROGRAMME

	<i>Installation of Officers</i>	Carol Warren , President, International Federation for Home Economics, I.F.H.E., Australia
	<i>Remarks</i>	Antonia Coward , Ph. D., C.P.H.E., President CAHE, Barbados
	<i>Ceremonial handing over of the instruments of the President</i>	
	<i>Ceremonial handing over of CAHE colours to country hosting Conference 2015</i>	
	<i>Vote of Thanks</i>	Audrey Jones-Drayton , C.P.H.E., Immediate Past President, CAHE, Barbados
THURSDAY 11th APRIL, 2013	DELEGATES DEPART BARBADOS	

In-Conference Workshops 2013

The in-conference workshops are as follows:

1. Lutterloh pattern Drafting System
2. Jewelry Making
3. Soap making
4. The art of juicing
5. Dried Herbs
6. Food Preservation: Starchy Vegetables
7. Food Preparation and plating
8. Basic Plant Propagation Techniques
9. Make up artistry

10. Building your family's health history tree:
An important legacy

CO-ORDINATORS:

Hedda Phillips-Boyce, Coggins Hill,
St. Andrew, Barbados
hedda_boyce@yahoo.co.uk

Sophia Sayers-Austin, La Bonne Vie,
307 Crystal Terrace, Kingsland,
Christ Church, Barbados



willie alleyne

associates photography ltd

Streets Road, Flagstaff, Clapham,
St. Michael, Barbados.

Tel: 246-427-0112/246-429-6760

waap@caribsurf.com



Partnering with CAHE and offering **4"X6" Photographs at \$6.00 each.**

Pre-Conference Workshop 2013

"Home Economics: Community Projects for Empowerment of Families in the Caribbean"

The Pre-Conference Workshop will take place on Saturday 6th April 2013 at the Samuel Jackman Prescod Polytechnic, Wilkey, St. Michael at 9:00 a.m.

Guest Speaker

Joanne Pearson Ph. D.

Facilitators:

Theodora Alexander, Ph. D., C.P.H.E.,
Trinidad and Tobago

Audrey Jones-Drayton, C.P.H.E.,
Barbados

Violet Lake, C.P.H.E.,
Antigua and Barbuda

The project will be aimed at empowering individuals, families and communities to reduce poverty through Home Economics. Participants will be expected to acquire knowledge and skills for developing and implementing community projects that can generate wealth for families in their home territories. Participants selected should be willing to implement the project through all stages and submit a written report to include artifacts to the Chairperson, Education Committee, within a specified deadline.

N.B. A financial penalty will apply for non-compliance with the afore-mentioned expectations. Participants who default **MUST** repay all costs incurred by CAHE for their participation in the Pre-Conference Workshop.

Reference:

United Nations Millennium Development Goals, No. 1: Eradicate extreme poverty and hunger.

Objectives:

1. To highlight the UN millennium development goals with emphasis on eradication of poverty.
2. To make participants aware of the value of community development projects.
3. To introduce participants to strategies for accessing funding for projects.
4. To empower participants to develop and implement income generating projects using basic resources.
5. To introduce participants to the steps in basic project development.
6. To facilitate participants in the design a simple project to be used for income generation.
7. To equip participants with the skills needed to prepare simple reports on projects
8. Use accounting and budgeting principles to manage the project.

Coordinators:

Cecelia George-Mc Wellington, C.P.H.E.,
Chairperson, Education Committee,
Trinidad and Tobago

Audrey Jones-Drayton, C.P.H.E.,
Barbados



*Learning is not attained by chance,
it must be sought for with ardor and diligence.*

~Abigail Adams

*With the new day comes
new strength and new thoughts.*

~Eleanor Roosevelt

Conference Tours

9th April 2013

Tour 1 US\$20.00

5 - Hour Coastal Tour (2 PDU's)

Experience the breathtaking terrain of the island dotted with remnants of when sugar was king. Feel the cool breezes and enjoy scenic beachscapes; stop at parks and beaches; pass through quaint villages and hear stories of Barbadian history.

Tour 2 US\$ 10.00

Bridgetown sights and shopping walking tour

Travel to Bridgetown by bus for a relaxing afternoon of history and duty free or local shopping. Our young home economists will guide you to the favourite shopping haunts of the city while pin-pointing popular landmarks. Treat yourself to a snow cone or some chicken from Chefette afterwards.

Tour 3 US\$15.00

Barbados Flour Mills (2 PDU's)

For most people the use of flour is integral in our daily lives. Come see how it is manufactured.

Tour 4 US\$10.00

Pelican Village (2 PDU's)

Spend a relaxing afternoon strolling in Pelican Village, a craftsman's haven. Cross the road, sit and enjoy the relaxing atmosphere at Trevor's Way. Return by the bus or walk into Bridgetown and wend your way home.

http://www.barbados.org/pelican_village.htm

Tour 5 US\$95.00

Atlantis Submarine Expedition

Imagine yourself in an award winning Atlantis submarine; a unique underwater adventure in a real submarine with big view ports all around, fully submerged in the aquamarine Caribbean Sea, as curious exotic fish peek in at you and sea fans sway. Create amazing unforgettable memories on this fully narrated undersea voyage.

Explore Barbados' oldest natural artifact - the coral reef - It is estimated that the 60 foot high and 2 mile long dive site must have started formation 20 million years ago!!!

Tour 6 US\$15.00

The Barbados Museum and Historical Society (2 PDU's)

The Barbados Museum & Historical Society was established in 1933 by an Act of Parliament. The buildings lie within one of the few heritage sites in the world; the Garrison Historic Area. Visit the museum then walk around the Garrison to absorb the history of an era gone by. All persons are asked to present identification in order to gain entry to the Museum

<http://www.barbmuse.org.bb/>

Tour 7 US \$55.00

3- hour Island Safari (Bdos Ltd.)

Experience Barbados in a comfortable safari rigged Land Rover and prepare yourself for the island tour of your life! Visit some of the most beautiful places on the island, inaccessible to others but no problem to a Land Rover. Professional guides will keep you entertained and informed as they share folklore, culture, history of the island. Encounter some of the many visual perspectives and astounding photo opportunities you will ever encounter as you visit gullies, coastal landscapes and many hidden secrets on our magnificent island. Snacks and drinks are included.

<http://www.islandsafari.bb/>

Tour 8 US \$50.00

Harrison's Cave

Travel deep beneath the earth and explore the wonders of nature. Hear the rushing of the streams and see the calm glassy pools. Be amazed by the different shapes and sizes of the stalactites and stalagmites and delight in the delicate flowstone formations. See the early explorers' entrance and experience some of their

adventure. As you travel by tram, you will be directed by knowledgeable tour guides who will point out the various structures as well as the new formations which are continually growing in this living cave. At select points you can disembark from the tram for a closer look. Our focus is to ensure that you have a memorable experience. In addition savour the sights our island as you travel to the caves.

<http://www.harrisonscave.com/>



Conference Planning Sub-Committees

CAHE Steering Committee

Audrey Jones-Drayton, C.P.H.E.,
President
Sonja Lewis, C.P.H.E.,
Immediate Past President
Theodora Alexander, Ph. D., C.P.H.E.,
Consultant
Sonia St. Hill, President, B.A.T.H.E.,
Local co-ordinator

Accommodation/Banquet/Tours

Audrey Jones-Drayton, C.P.H.E.,
Margrete Drayton

Child Care-Baby Sitting

Sophia Sayers-Austin

Elections and Protocol

Sandra Murray

Entertainment

Lynette Burke
Marcia Blades
Keitha Blackett
Harriett Medford
Valdez Cox

Finance

Sonia St. Hill
Lynette Burke
Hedda Phillips-Boyce
Shirley Hoyte

Health and Emergency

Sonia St. Hill
Dr. Starla Yarde

Liaisons

Lynette Burke and Team
(See list of liaisons)

Marketplace and Exhibits

Norma Kellman
Marcia Blades

Magazine

Audrey Jones-Drayton, C.P.H.E.,
Janice Maison, P.O.H., CAHE
Ninian Blair
Norma Washington

Meals and Refreshments

Norma Kellman
Sonia St. Hill
Marcia Blades
Marissa Prescod
Saran Alleyne
Angelic Joseph

Registration

Audrey Jones-Drayton, C.P.H.E.,
Sonia St. Hill

Transportation

Sonia St. Hill
Jason Evelyn

Secretariat/ Hospitality

Veda Gill
Audrey Jones-Drayton, C.P.H.E.,
Kerri-Ann Fields
Marissa Prescod
Ethrel Layne
Janice Clarke
Secretarial Staff SJPP

Pre-Conference Workshop

Cecelia George-McWellington, C.P.H.E.,
Audrey Jones-Drayton, C.P.H.E.,

In-Conference Workshops

Hedda Phillips-Boyce
Sophia Sayers-Austin

Decorations

Valdez Cox, Renee Batson and Team



Home Economics Empowerment: Education For Sustainable Lifestyles

Remarks by Mrs. Estellita Rene, Head of TVET Unit (ST. LUCIA) on behalf of the Minister Hon. Dr. Robert Lewis at the Castries Comprehensive Secondary School special Assembly to mark World Home Economics Day 2012

Let us take a look at the terms highlighted in our theme.

Simply put, *sustainable* connotes for today, for tomorrow and for generations to come.

Sustainable development is development that meets the needs of the present without compromising the ability of future generations to meet their own needs. It encompasses environmental stability, as well as economic and social well being. In addressing issues of sustainable development, we learn to understand that air pollution in North America affects us in the Caribbean and that the decisions our grandparents took about how to farm the land, continue to affect our agricultural practices even today.

On the other hand, *lifestyle* defines and differentiates us. It refers to the way we live our lives, what we do, with whom, where, how and what we use to do it. Lifestyle even relates to the food we eat and how we interact with others.

If we examine the term *sustainable lifestyles*, we find that, "*Sustainable lifestyles are patterns of action and consumption, used by people to affiliate and differentiate themselves from others, which: meet basic needs, provide a better quality of life, minimize the use of natural resources and emissions of waste and pollutants over the lifecycle, and do not jeopardize the needs of future generations*" (Centre for Sustainable Development of the University of Westminster). Sustainable lifestyles should therefore reflect the specific cultural, natural, economic and social heritage of each society.

Home Economics can be seen as an area within the curriculum which gives meaning and context to education for sustainable development. This combination of Home Economics and the sustainable development perspective is of significant value in the

school context as well as in other education and training programmes.

Home Economics Education empowers families and households to:

- ◆ *Overcome poverty and hunger;*
- ◆ *Realize sustainable life styles and livelihoods;*
- ◆ *Contribute to sustainable societies; and*
- ◆ *Act as responsible citizens.*

What does all of this have to do with us? In order to make sustainable lifestyles an easy choice, all stakeholders need to facilitate the integration of "sustainability" into all existing socio-economic and value structures. Government and public authorities must encourage and facilitate the change towards sustainable lifestyles. Policies must reflect that commitment. And, just last week we hear the Minister with responsibility for "*Sustainable Development*" speak so forcefully at the Principals' Conference.

Home Economics presents an excellent avenue for driving such policies by promoting consumption and production patterns and lifestyles. It is important that these ideas and concepts are introduced through our Technical and Vocational Education and Training (TVET) programmes. In this way, the awareness for change can be directly created in the majority of our population. In this regard, Home Economics Education must be a catalyst as by its very structure it is designed to reach that critical mass of population and thereby begin to address change. This would no doubt pose many challenges for our Home economics Educators. However, as Teachers and Students of Home Economics, we must recognize these opportunities and seize them in order to create that much needed change in our society.

As I leave you with these thoughts, I wish to congratulate the Castries Comprehensive Secondary School particularly the staff and students of the Home Economics Department on taking this bold step in observing World Home Economics Day.



Strive for Excellence!

Home Economics Advocacy: Get Home Economics off the endangered list

Jay Deagon,
Australia



**An Opinion Paper
for publication in the
Caribbean Home
Economists Association
Inc. magazine.**

One of the most frustrating things a Home Economics professional (me, other teachers, industry people and academics) hear is that Home Economics is on the endangered list. Millions of people are prepared to go to extraordinary lengths to save the whales, gorillas and rhinos. Millions of dollars are spent on public media campaigns, research, rangers and habitat protection. Protection of our wildlife is essential - because if we lose these animals - we lose our humanity. Humans become little more than top predator animals. The problem is that humans are destroying, not only the animals and their habitats; we are also destroying our own habitat and ultimately... ourselves. We sometimes forget (or turn a blind eye) to this fact.

The lists of crises are well-documented, and admittedly, are becoming increasingly overwhelming to contemplate for the average person. However, I recall a few of the global crisis conversations currently debated in the public arena:

1. *Obesity caused by over-nutrition and sedentary lifestyles*
2. *Death and disease caused by malnutrition*
3. *Inadequate and unsustainable household practices*
4. *Over-consumption of resources*
5. *Breakdown of family relationships*
6. *Chemical waste caused by the production of textiles*
7. *Food insecurity*
8. *Financial/economic crisis*
9. *Loss of diversity*
10. *Inadequate waste disposal procedures*
11. *Consequences of water pollution, drought and floods*
12. *More frequent extreme weather events caused by an increase in industrial activity*

13. ...the list goes on

I believe we have a solution: Home Economics education. Home Economics is already in place in thousands of schools in many countries around the world; with each school teaching according to the needs of the local people and often incorporating global perspectives. With a rich history spanning over a century, Home Economists continue to educate new generations with practical solutions to many of the things listed above. However, as a whole profession, we simply are not very good at telling people about what we do and why it makes a difference. This is why strong and persistent advocacy is so important for Home Economics to survive and thrive.

Home Economics has been called the "silence" profession. But we are certainly not silent people! Have you ever heard a Home Ec teacher's commanding voice raised in a kitchen with 15 electric egg beaters going? or the sound of instructions over the noise of 15 sewing machines? We are busy people. With our crowded classrooms and curriculums, there is not much time left over to organise press releases for the local news papers. Instead we just get on with our jobs on a day-to-day basis.

To give some indication of the scope of work a Home Economics teacher may cover on a day-to-day basis, I have provided a list of the topics we teach in various forms around the world. This information has been collated and synthesised from an investigation of a number of syllabus documents that I found publically available on the Internet:

- ☞ **Food literacy** nutrition, kitchen appliances, washing up, cleaning, hygiene, weights and measures, body image, menu planning, experimenting, organics, religious practices, celebrations, transport, food labelling, marketing;
- ☞ **Textiles** clothes, fashion, organics, chemicals, artistic creation, child labour laws, ethics, recycling and up-cycling, design and construction;
- ☞ **Sustainability practices in the home** light bulbs, washing machines, fridges, eco-friendly furniture, efficiency, ergonomics, aesthetics, ethical consumer choices;
- ☞ **Money and how to live within an individual's or family's means** budgeting, rental and loan agreements, bank balances, insurance, how to manage mobile phone and internet plans;

Home Economics Advocacy: ...

- ☞ **Sustainable relationships** the importance of meals with family, table manners, conversations, fun and games, turning off the television and computer, equal division of home duties labour;
- ☞ **Agriculture** where food really comes from, farming, transport, organics, permaculture, chemicals.

As my colleague James McIntosh puts it, Home Economists teach "from farm to fork". As a whole subject for study, Home Economics education covers a significant number of cross-curricular educational aims such as mathematics, many forms of literacy, geography, history, culture, technology, design, innovation, creativity, critical and independent thinking. **But most importantly**, we (usually) have fun teaching and learning together. The underpinning ideals of Home Economists teach about

- ☞ respect for self and the importance of service to others
- ☞ caring for our environment
- ☞ how to become independent and autonomous
- ☞ how to care for their own children and the children of others
- ☞ what it means to be a human being living an everyday life.

Home Economists provide regular opportunities for children to succeed and prepare children for life. Sometimes, home economics class is the place where students first realise what their passion is, and what their future job might be. **It is not what we teach in Home Economics but why and how...** This is what makes the Home Economics profession so vital to the health and well-being of individuals, families and communities. We often teach in very simple ways but these simple ways have lifelong impacts on boys and girls, men and women.

For those people who say parents should teach this at home – most Home Economists would agree with you! We value parents who do teach their children this stuff – but I say to you – Home Economists are a “back-up system”. When we work together in associations, teacher, parent and community, we provide children with twice as much of a chance in life. And for those parents and carers who are just too busy trying keep their heads above water – Home Economists are there to support them too.

However, Home Economics is facing a very big challenge. Much of the evidence of the success of home economics education is anecdotal. It is not supported by "evidence-based research". To give you an example of anecdotal evidence I will tell you a little story:

One of my favourite memories during my Home Economics teacher internship involved a year eight student (14 years old). At the end of our lesson (yes, we cooked fried rice) I turned on some music and encouraged the students to sing while they cleaned up the kitchen. Imagine 24 students, each with their own assigned job (team work and responsibility) singing The Village People's YMCA song while cleaning up. Admittedly it was a little like a scene from the TV show "Glee". As we left the room, one student came up to me and said "I didn't know cleaning up could be so much fun!" She had the biggest grin on her face. It was priceless. I knew I had made a difference that day. I had changed that student's perception about washing dishes – that is NOT an easy task!

There are many, many more stories out there just like this one; Home Economics teachers doing their everyday job and students learning important life lessons. Oral stories and anecdotes cause a problem for the profession. Research is vital because governments will not listen if we do not provide "evidence-based research" to back-up our claims. We lose funding and departments close.

Yet, governments also do listen to "the people". While academics work furiously to gather evidence (like me, I am doing research in the field as are many others around the world) the profession still needs the voice of the people. We need the collective voices of teachers, students, parents, carers, doctors, health professionals, celebrities, Jamie Oliver, Pink, Michelle Obama, Richard Branson, Julia Gillard, Ophra, The Elders, His Holiness Dali Lama - anyone listed in Time Magazine's 2012 top 100 most influential people - I personally do not care whose voices we secure - so long as they are positive and productive voices.

Additionally, as a profession, few of us use our public voices; few of us will challenge articles, comment on issues and list ourselves by our profession. People make a lot of noise when they feel passionate about saving something that they love. Why aren't we making noise about Home Economics when

Home Economics Education For The Eradication Of Poverty In The Caribbean

Janice Maison BEd. MSc.
Former Director Food and Nutrition
Policy, Ministry of Health, Guyana



Introduction

The intent of the Caribbean Association of Home Economists to bring into focus some issues related to poverty is commendable. However a review of documents relevant to poverty and the Caribbean economic situation indicate that what

will be presented within the confines of the Conference will just whet the appetite of the delegates. It is with this in mind that this brief paper seeks to present a summary of the social and economic context within which we would be operating in our attempts to determine strategies for eradicating poverty in the Caribbean. We shall also identify some of the strategies that have been and are being employed by countries as well as International and regional organizations.

The estimated mid-year population of the Caribbean for 2000 was 7,872,000 with 58.9% of the population living in the urban areas. The Gross Domestic Product per capita in 2002 ranged from EC\$2,531 in Guyana to EC\$24,000 in the Bahamas. According to the United Nations Development

Programme (UNDP) Report, 2001, about 20% of the world's population live on less than \$1US per day.

Poverty defined

In considering the eradication of poverty we must attempt to determine what we understand by "poverty". The concepts of poverty are varied although we could accept Webster's broad explanation that **"Poverty is a lack of the resources for a reasonably comfortable living."** Various countries and organizations adjust the definitions to suit their development plans or their mandates. The United Nations view of poverty is *"a human condition characterized by the sustained or chronic deprivation of the resources, capabilities, choices, security and power necessary for the enjoyment of an adequate standard of living and other civil, cultural, economic, political and social rights"*. UNICEF argues that it is more than the basic material needs but must also encompass the mental, emotional and spiritual deprivation being suffered. UNICEF further posits that poverty deprives children of their rights, among which are survival, education and health and nutrition. UNICEF identifies nutrition as an important factor which has long been a consequence of poverty, and it is increasingly clear that it is also a cause. The model of Gillespie et al (ACC/SCN 1996) is used to show the interrelationship of poverty and malnutrition.

Home Economics Advocacy: ...

we are on the endangered list? This "noise" gets us noticed. I see too many complaints about departments closing... without opposition. Fellow global Home Economics professionals, I open this challenge to you. Do something now, be visible. Yes, you too Home Ec teacher in the small school in a small town, you have something to say too. There has been too much press recently about departments closing. Keep them open now with your noise.

Please - we cannot allow such a precious profession to become extinct. I encourage all of you to give a shout out for Home Economics. Write a blog about your favourite Home Economics story, share it on Facebook, participate in research, write a press release to your local newspaper about a successful project, participate in social networking sites, proudly and publically name your profession – Home Economist.



The World Summit for Social Development in Copenhagen in 1995, determined that *"Poverty is not only inadequate income; it is also the lack of access to basic services and amenities, the lack of security and exclusion from community life."* In support of the United Nations Decade for Eradication of Poverty (1997-2006), the International Federation for Home Economics (IFHE) developed a Position Paper on Eradication of Poverty (2003). The paper recognized that poverty is a problem caused in part by the lack of resources for survival, for personal development, for community living and welfare development. It goes on to pledge that its members will use their various areas of competence to concentrate all efforts on the prevention and eradication of poverty.

Strategies To Combat Poverty

The International Federation for Home Economics has as its mission the strengthening of the Home

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Economics profession so that it can act as an advocate for families and households assisting them to meet their needs in ways which are compatible with the needs of people in global settings. As an international organization IFHE is concerned with improvement of living conditions in households and families all over the world.

At the Kyoto Congress 2004 part of the IFHE Resolution on the decade of the International Year of the Family focused on strengthening families by using professional expertise to address new as well as continuing challenges at all levels, in the area of:

- Elimination of poverty
- Food and water security
- Education for all
- Needs and concerns of aging
- Improvement of living conditions

The World Bank concept of poverty reduction was to ensure that the productive use of labour was promoted across the countries. Their belief being that labour was the poor man's asset and that it should be used to improve his living conditions. The second element of their proposed strategy was the provision of the basic needs such as primary education, primary health care, nutrition and family planning. The idea being that once people were equipped with the necessary skills they would be more productive and eventually place themselves in a position to participate more meaningfully in the economic development of their countries. The World Bank Report calls for countries to develop policies that harness market incentives, social and political institutions, infrastructure and technology in order to achieve and maintain politically sustainable progress.

In September 2004, the Caribbean Development Bank hosted a regional workshop in collaboration with the UNDP on "Achieving the Millennium Development Goals (MDG) in the Caribbean" in Port-of-Spain, Trinidad and Tobago. It was generally agreed that the MDGs are quite compatible with the objective of poverty reduction and social and economic development. The countries accepted Goal 1 as the priority and decided there should be a commitment to the incorporation of gender analysis in all the goals to be achieved. Specific actions to achieving the goals included:

- employment creation
- improved access to utilization and quality education and training
- debt reduction
- improved social and reproductive health services;

The target set for target 1 of Goal 1 was for halving the number of persons living in extreme poverty by 2015. It was set with respect of an international poverty line of US\$1 per day. The meeting agreed that the international poverty line of PPP \$1 per day does not adequately capture poverty in the Caribbean. The suggestion was to formulate target 1 of Goal 1 to read:

"Eliminate the proportion of persons who fall below the indigence line or halve the proportion of persons who fall below the poverty line, whichever is greater."

It was noted that in the Barbados Poverty Survey, the poverty line was represented by the per capita yearly income by which Barbadians could be considered poor. Using these criteria, poverty was seen to affect 8.7% of the total households. UNICEF continues to work with Governments to ensure that priorities for children are set. They indicate that the threats to children are multi-pronged. They propose that to reduce poverty it is necessary to have an integrated, multifaceted approach:

- ♦ Define and measure child poverty. Accept that child poverty cannot be understood only in terms of family income.
- ♦ Ensure that poverty- reduction strategies prioritize actions to protect childhood. Poverty- reduction strategies should focus strongly on fulfilling children's rights, addressing key issues of deprivation and protection for children and their families.
- ♦ Expand basic social and educational services and ensure universal access.
- ♦ Set targets and mobilize stakeholders. All stakeholders must be engaged to meet development targets.
- ♦ Promote the family. Families form the first line of defense for children: the further away children are from their families, the more

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vulnerable they are to violence, exploitation, poverty and abuse.

- ♦ Eliminate gender discrimination by pursuing labour market and fiscal policies that address economic insecurity among women. Empowering women is an effective strategy to combat child poverty.
- ♦ Encourage local solutions and community participation. Developing countries successful in reducing poverty are increasingly promoting community participation.

The United Nations Development Programme (UNDP) has devised four pillars of strategy in support of the MDGs:

- ♦ Integrating the MDGs into all aspects of the UN system's work at the country level, including creating new guidelines for country assessments and national development frameworks; Assisting developing countries in preparing MDG reports that chart progress towards the goals, in cooperation with other UN agencies, the World Bank, the International Monetary Fund, civil society and other partners;
- ♦ Supporting the Millennium Project, led by Professor Jeffrey Sachs of Columbia University, and the Millennium Campaign to build global support for the goals;
- ♦ Supporting advocacy and awareness raising efforts based on national strategies and national needs.

Developed countries focus on trade, aid, technology and other support needed to reach the MDGs, while in developing countries, the aim is to build coalitions for action and help governments set priorities and use resources more effectively.

Role of Home Economics Education

Over the years we have adjusted the focus and the activities of Home Economics to remain in tune with technological and other developments. In view of the magnitude of the task we are setting ourselves, it behooves us once more to examine our mandate and the definition of Home Economics Education in preparation for this role.

IFHE in their position paper states: *“Terms have now been formulated whereby Home Economics Education provides every individual with basic strategies to overcome poverty, to help to secure food and nutrition, health and hygiene, to handle the household budget, to cope with the market, to train to be a better shopper, to care for and bring up children, to care for the elderly, to be able to combine professional and family life. In addition Home Economics studies provide research in these areas”.*

I HAVE ONE QUESTION:

Has Home Economics Education changed?

I do believe that from the inception these have always been the areas of focus for us. What has changed is the social and economic arena in which we exist. These changes demand that we become more aware of current events globally, that we arm ourselves with the kind of knowledge and experiences that will enable us to empower those individuals, families and communities who depend on us for guidance. IFHE has determined that we need to set goals at many levels:

- ♦ Strengthen Political Activities
- ♦ Obtain linkages between the body of knowledge and practice of Home economics and the Eco-social market system
- ♦ Demand a gender – sensitive perspective in policies and strategies
- ♦ Expand Home Economics Education and counselling programmes.

“Let us remember that Home Economics Education is a valuable tool in the fight to eradicate poverty”

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Reflections

BIENNIAL CONFERENCE 2011 – St. Vincent & The Grenadines



Installation of CAHE EXECUTIVE 2011-2013 in St. Vincent



Delegates with Veda Gill, POH



Delegates at CAHE Conference 2011



*Honoree Veda Gill POH, presented with award
by Janice Maison POH*

*Reflections***BIENNIAL CONFERENCE 2011 – St. Vincent & The Grenadines**

Reflections

Presenters Conference 2011 St Vincent and the Grenadines



*Church Service, Conference 2011,
St Vincent and the Grenadines*

Reflections

Recife, Brazil



Conference 1993



CAHE EXECUTIVE (2011-2013) MEETING in Tobago!



Barbados Delegation Conference 1993

World Home Economics Day 2013 – 21st March

Since March 21st, 1982, IFHE has celebrated the World Home Economics Day every year. In 2013 it focuses on the theme: ***“Empowering Individuals, Families and Communities through Home Economics: Confront Poverty and Social Exclusion”***. It is related to the IFHE Campaign planned for the 20th Anniversary of the International Year of the Family in 2014.

Individuals, families and households, are the basic and core units of societies and economies. The functions of families and households are multifaceted and wide ranging. They serve the needs of their internal members and influence the economic, political and social framework of societies to meet their demands and needs.

But if an individual, family or household fails in fulfilling the daily challenges this often ends in poverty, hunger and social exclusion. Failing in income generation leads to material poverty, failing in socialisation and child care may lead to poor education. People living in poverty often do not dare to make their position known and this may intensify their situation and lead to social exclusion. In addition, the social, political and economic settings have a major impact on the opportunities for individuals and families to meet basic needs.

A knowledge of Home Economics can strengthen and empower individuals and families. Home Economics education is recognised as the most important precondition for families and households to improve their lives and to prevent poverty. To support people living in poverty and to reduce social exclusion Home Economists around the world advise families and individuals.

The International Federation for Home Economics (IFHE) is the only worldwide organisation concerned with Home Economics and Consumer Studies. The fight against poverty and social exclusion and the empowerment of individuals, families and communities is one of the main focuses of the IFHE and its members.

IFHE is an International Non-Governmental Organisation (INGO), having consultative status with the United Nations (ECOSOC, FAO, UNESCO and UNICEF) and accredited by the UN Department of Public Information.

The IFHE calls Home Economists and Home

Economics organisations around the world to promote Home Economics education and services and their role in reducing poverty and social exclusion worldwide on WHED 2013 and to support the IFHE Campaign 20th Anniversary IYF 2014!

The IFHE aims to:

- ☞ promote recognition of the knowledge and competencies of Home Economists and how they can empower families, individuals and communities to confront poverty and social exclusion,
- ☞ focus attention on families and individuals as active members of communities to confront poverty and social exclusion,
- ☞ set economic, social and political frameworks which enable individuals and families to use their full potential and overcome poverty and social exclusion,
- ☞ put confronting poverty and social exclusion as a priority on the national and international political agenda.

For more information related to the theme the IFHE has published a Statement about WHED 2013. The statement is available at www.ifhe.org.

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INTERNATIONAL FEDERATION
FOR HOME ECONOMICS

*We do not remember
days;
we remember
moments.*

~Cesare Pavese

*“Do something today
that your future self
will thank you for.”*

Volunteerism and Education: The Role Of Home Economists

Dr. Rae Davis,
Former President,
University of Technology, Jamaica

Adapted from the Keynote Address

**Presented At 14th Biennial Conference Of The
Caribbean Association Of Home Economists (CAHE)**

**University Of Technology (UTECH), Jamaica,
April 6-11, 2001**

What do we mean by volunteerism?

In a United Nations discussion paper five elements are identified: the notion of reward, the notion of free will, the nature of the service, the nature of the beneficiary, and the level of commitment: The service should not be given primarily for financial or other gain; should involve some moral agreement from the giver; should benefit the wider community and should be sustained as opposed to a single, or sporadic gesture. Dr. Robotham in his 1998 Grace Kennedy Lecture, *"Vision and Volunteerism"* has concurred with all five elements.

It is important to start with this definition because at the very outset of considering *"Volunteerism and Education"* and the possible place of volunteerism in the curriculum, we must consider who will be doing what and for whom? Why? With what result for the giver? The recipient? The school or educational system and by extension the society?

Since the term volunteerism connotes *"giving willingly"* not *"compulsorily"*, *"Volunteerism in Education"* would seem to imply a policy of encouraging students to give freely and willingly but without compulsion.

Some extremely problematic questions arise:

- ♦ What is the purpose of encouraging volunteerism in schools?
- ♦ Who are the students who would most readily embrace it?
- ♦ Which students stand to benefit most from it?
- ♦ In what other areas of the curriculum is free choice given?
- ♦ Does not the school traditionally decide what areas of the curriculum are necessary components?

- ♦ Will choice in this case reinforce societal norms which declare that some people have nothing to give, and must always be recipients and therefore, often, dependents?

I will leave these questions unanswered at this time and turn to our second area of focus: the aims, roles and nature of education.

What are the aims of education? And here for the purpose of this particular discussion we will limit our definition to "formal" education. Let us start with the basic examination of the Latin verb *"educere"* *"to draw out"*; supposedly what is already there; education is therefore the development of the student's potential. But surely, to educate is also to inculcate the norms, culture, knowledge, expertise and values of the society.

What then is the curriculum and what should constitute the curriculum?

One definition is *"all the learning which is planned and guided by the school, whether it is carried on in group or individually, inside or outside the school."*

When public education was first provided in the western world teachers and schools were free to decide what and how they should teach. But in the mid twentieth century with the wide-scale provision of education and the rapid expansion of knowledge, the need to plan the curriculum with a view to the achievement of carefully defined, and often national ends, was acknowledged. Hence, for example, the American response to the launching of the Russian Sputnik was an intensive review of the curriculum in schools at all levels resulting in greater emphasis on science education.

This need to plan the curriculum with national goals in view has always been clearly acknowledged in the Caribbean. CAST saw its major role as fulfilling the manpower needs of the society and linked to that, offering social and academic mobility to large sections of the population. Perhaps we have gone too far in this direction: our students ask *"Is it on the examination paper?"* to decide what needs to be "learnt" or rather "stored". Too often the focus is on the kind of education that makes the student a technically competent engineer, an efficient dietitian or

Volunteerism and Education: ...

nutritionist that is meeting the manpower or labour needs of society and the financial goal of the student to make as much money as possible.

But it is becoming increasingly clear that there are other requirements and goals of our educational system that we ignore to our peril both socially and economically: that our graduates need to examine their relationships with the other occupants of their space ship and with their space ship itself; to understand to what extent they are authors not mere recipients of their world. Uniting education and volunteerism can achieve this end.

The educational system is our collective tool, a particularly powerful and effective one. The school has for most civilizations been the tool for upward social mobility for the individual and for changing society. As we have noted before, since the mid-nineteenth century it ceased to be a place for only the privileged minority and became a mass institution; thus increasing its impact and potential for far-flung and far-reaching change it reaches across the society; it has access to all members of it and it therefore has critical mass its influence is all-reaching.

This is true of the Caribbean.

Clearly this tool needs to be carefully crafted and carefully honed. We need to continuously ask: What should constitute the curriculum of our schools? What should be the knowledge content? And what should be the intangible yet crucial spiritual/emotional/affective content? And what components of the curriculum will achieve what we wish.

What is in the curriculum must be determined by the base state of the society, and its desired goals. Economic success and economic well-being may be at the top of every country's agenda but social stability cannot be far behind. The wealthiest country in the world is now deeply concerned about the outbreak of pathological hostility and violence not in its inner cities but in carefully groomed and cared for suburbia.

The Wolfe Report asserts that *"Efforts to create a just society must be regarded as a priority"*

Dr. Don Robotham in *"Vision and Volunteerism"* reached the same conclusion. However, he cites volunteerism as one very possible answer. His proposition is that *"manufactured volunteerism"* (as he termed it) i.e. volunteerism built into the school system would help to build a national vision which would inspire and create national unity, which would

in turn reduce the conditions that foster crime and violence.

We wish to support Dr. Robotham. We contend that widespread and entrenched

VOLUNTEERISM fostered in the educational system CAN DO THIS to an unacknowledged and unrecognized extent not through the expenditure of huge sums of money by governments and international bodies (this does not exempt governments from their social and economic responsibilities!) but by the labour and love of individuals duplicating what is done by mothers, fathers, brothers, sisters and friends in more fortunate homes or by state agencies in more affluent societies. We need to help our students to realise also the basic uneven-ness of the world; that some people are and always will be, more privileged and fortunate than others; and so there will always be need for help; for unlegislated help for voluntary help.

All our population (or almost all) pass through the schools. If volunteerism becomes a way of life, i.e. a part of the curriculum in all our schools, it will not be "the few helping the many" (which is the current context of volunteering): it will be a mutual situation where everyone receives voluntary help and gives voluntary help. It will be blessed to give and blessed to receive and the stigma of "charity" and the dependency syndrome fostered by "charity" will disappear; so too will disappear the smugness and self-righteousness often fostered by self-conscious and privileged giving.

To encourage the student to volunteer is to encourage the student to give of himself; to learn that education is not a one-way-street that of receiving; to recognize that she has gifts both innate and acquired to give. So the school situation becomes one of giving and receiving; of merging the intellectual with the affective; of analysing the academic concept of Home Economics, Ecology, Literature, Biology against the backdrop of human beings who need help one way or another.

Do Home Economists and your professional association have a role to play?

The Handout that accompanied your invitation informed me that your members include *"home economics educators, health educators, nutritionists and dieticians, food service professionals, family educators, social workers and technical and*

Volunteerism and Education: ...

vocational educators;” that your organization is committed to improvement of quality of life in the Caribbean; that your activities not only include policy formulation in all the above areas but also in Family Life, Consumer Affairs, Women Affairs, Child Care Development and Parenting Issues; and that you are directly involved in consultation on Home Economics curricula. The answer to the question seems self-evident. The professional areas and concerns of your members bear a remarkable preoccupation. You are concerned with the technical and vocational skills and training of students. But there is a focus on the emotional and social health and well being of people with the whole person, in a way that perhaps the physicist or the chemist, or even the medical practitioner, may not be.

You are educators but your sphere of professional interest extends beyond the classroom and the work place again, in a way that is quite beyond the usual custom of other educators. Your focus includes the home, the family, people's physical and emotional health, the places where they go to recuperate, and where they go to play; peoples' illnesses and functions not just as students or potential employees but as social beings.

It is clear that these are the areas where traditionally volunteer work has been most needed and most given and have been the sphere and province of NGOS, church groups and service clubs, local and international. Many volunteers in these areas have been trained specialists in their fields but many have served out of goodwill and out of a desire to help and to care. Home economists and other members of your professional organisation clearly have a powerful role to play here. You have the expert knowledge, skills and experience which could transform the effect of traditional voluntary activity in these areas; which could guide, inform and convert; increasing the efforts and the effect of present endeavours, making results more potent, more far reaching and more permanent.

Our social situations and related problems have changed and become so complex that voluntary and untrained efforts, never mind how well -intentioned, need the guidance of human relationship experts like yourselves. The conditions described in the Wolfe Report, by Dr Don Robotham; and in the United Nations literature testify to this.

The social and corrective measures these situations demand lie squarely within your professional

competencies: Dispute resolution, family life and family planning, formal and informal early childhood care and education, street children, the unemployed and dispossessed members of society.

Clearly the scope for your intervention goes much further than your undoubtedly invaluable capabilities as potential trainers and leaders of community organizations. The above may only have demonstrated that your professional skills are more than needed at this particular point in our social and economic development. It may not have demonstrated your role in volunteerism; as defined above. This may need to be further demonstrated:

Given the nature of your professional sphere of influence it may be as difficult to contain your professional life within a 40 hour, 9:00 to 5:00 work week as it is to keep it within the walls of any institution. Your field highlights in a very special way some questions about the work of professionals. Where does it stop? For what are we paid? And for what aren't we paid? Or cannot be paid? What part of our work is, has to be, and should be public service; i.e. volunteering? This leads to another question, that of the mission and role of universities and other tertiary institutions and in fact, of all educators.

The products of schools and universities have always had social obligations: whether, as in much earlier times, these were the priests, men of letters, lawyers, doctors, and later – men of business, etc. They had the responsibility because of the very fact of their specialized knowledge and training to guide, direct, lead and care for the other members of the society. It is beyond a doubt that most often they were handsomely rewarded for it. And it is also beyond a doubt that this should be so. Advocating volunteerism as necessarily linked to education is not to advocate “working for nothing”. It is to put on a formal basis what many of you already do: to give beyond what duty demands; beyond what you are, or can be paid for; to acknowledge and to state formally that not everything can be costed. Some rewards will always be intangible and unquantifiable; that the simple act of giving is a powerful restorant - one which heals both the giver and the receiver. We want to make this a tenet of education, which we share with our students and the society in general.

*Certification Matters in the
Caribbean Association of Home Economists Inc.*

Hazel Forsythe,
PhD., RD., LD., CFCs
Final Adjudicator, CAHE: Board of Certification

Certification is a mark of quality that professional organizations use to distinguish themselves from emerging organizations. In launching certification at this 19th Biennial meeting, the Caribbean Association of Home Economists (CAHE) shows that the organization is fully engaged in moving the Association forward. For CAHE, this is a benchmark that assures educators, students, business and industry, and other constituents that the profession has a standard of quality that distinguishes members from other emerging organizations. Thus CAHE professionals who are certified show they have met a standard of excellence held by professionals in organizations worldwide and extol a vision for the profession that says it will continue to reach and strive for higher levels much as the CAHE song chants.

CAHE offers three levels of Certification which all categories of members can strive to attain as it applies to their situation.

➤ **Certified Professional Home Economist (CPHE)**

- A full member who earns 60 PDU in a four-year cycle

➤ **Associate Home Economist (AHE)**

- A member who does not possess qualifications in Home Economics but has worked in the field for a period of no less than ten years, and has earned 60 PDU in a four-year cycle.
- A member who is qualified in an allied field and has earned 60 PDU in a four-year cycle.

➤ **Trainee Home Economist (THE)**

- A student member who had earned at least 25 PDU per four-year cycle. Students can transfer their PDU if they graduated at any time during the four-year cycle. They will need to pay the difference in fees.
- Post Secondary Qualifications (at least 1 year/ 2 semesters) in one of the major components in Home Economics (1 PDU)
- Post Secondary Qualifications in any two major components in Home Economics (2 PDU)" (CAHE, Board, Ratified BGM 06/04/09)

Thus all members of the professional organizations and participants in the body of Knowledge can aim for certification based on their qualifications within the knowledge areas represented by the body of knowledge.

Professional certification is one step in laying a foundation for the Scope of Practice in a profession. There are several parts to the Scope of Practice of a profession: the body of knowledge, the qualifications of its professionals, and the resources by which it generates new knowledge and applies that knowledge to the practice of the profession. The body of knowledge also defines the profession and distinguishes its educational resources from other disciplines. Typically, the body of knowledge is built on the areas of Home Economics: food and food science, nutrition, management, textiles, family science, and hospitality and tourism as these support

Volunteerism and Education: ... (cont'd)

The question I leave with you is:

Given the nature of your particular areas of expertise, and the nature of the challenges of our society today, is there a moral imperative for you, and your professional association to engage in, and even lead in, the move for an increased role for volunteerism as an integral and acknowledged component of our educational system, at all levels?

I close by quoting from Kahlil Gibran's
"The Prophet"

**"You give but little when you give of your
possessions**

It is when you give of yourself that you truly give"

"...there are those who have little and give it all.

**These are the believers in life and the bounty of
life, and their coffer is never empty."**

**"They give that they may live, for to
withhold is to perish"**



**Wisdom is the sunlight
of the soul. ~ German Proverb**

Certification Matters ...

the health, shelter, capacity building, global culture, and social services that improve the quality of life of the individuals and communities served by the profession. In addition, to defining the role of the profession, the body of knowledge includes the key characteristics of home economists and provides examples regarding the: code of ethics, educational qualifications, autonomy, and service to families, individuals and communities.

The body of knowledge of the profession has been firmly supported over the many years of CAHE's professional existence. However, another arm of professional standing; the Code of Ethics is in now in place. It defines the ethical values and behaviors governing the profession and its commitment to the public and other professionals. A Code of Ethics as defined by the American Dietetic Association now named the Academy of Nutrition and Dietetics suggests that it *"reflect[s] the values and ethical principles guiding the dietetics profession and set[s] forth commitments and obligations of the dietetics practitioner to the public, clients, the profession, colleagues, and other professionals"* (American Dietetic Association/Commission on Dietetic Registration, 2009, p. 1461). Through a Code of Ethics, individuals at varying levels of education and credentialing know to what responsibilities they are legally and ethically bound within the profession.

Recognizable measures of professional quality that organizations support have been met for the most part by CAHE:

- A mission
- A Code of Ethics
- Certification

In the near future, the CAHE Board will address two remaining standards of quality for the profession in the Caribbean - A Scope of Practice and Accreditation. CAHE has achieved three marks of professional quality out of the five standards that define similar professions. The CAHE Board is a progressive board that will continue to strive for higher levels of professional achievement. Future goals will be to work on defining our Scope of Practice so that everyone comprehends the functions of CAHE professionals. A discussion on accreditation of programs will be in the futures plan also.

At the biennial meeting in St Vincent and the Grenadines, CAHE honored the inaugural members of the certification process. Certification is an individual acknowledgement of personal commitment to the profession. The following members took that forward thinking step to become certified.

1. Audrey Jones-Drayton, CPHE
2. Theodora Alexander, PhD., CPHE
3. Sonja Lewis, CPHE
4. Antonia Coward, PhD., CPHE
5. Norma Maynard, CPHE
6. Geraldene Hodelin, PhD., CPHE
7. Leonie Clarke, PhD., CPHE
8. Violet Lake, CPHE
9. Yvonne Perriel-Mapp, PhD., CPHE
10. Cecelia George-McWellington, CPHE
11. Pauline Whiteman, CPHE
12. Lucille Marcelle, CPHE
13. Debra Charles-Rojas, CPHE
14. Raquel Edgecombe, CPHE
15. Maureen Taylor-Ryan, CPHE
16. Noelene Kydd-Osborne, CPHE
17. Michelle Guy, CPHE
18. Anita John, CPHE

The process of certification will continue. Guidelines on how to become certified are published in the CAHE quarterly. Please read the guidelines and follow the steps to become certified. Complete the application form and email or snail mail to:

Chair, Board of Certification,
Hazel Forsythe, PhD., RD., LD., CFCS.
202 Funkhouser Building
Lexington, Kentucky 40506-0054
nfshazel@email.uky.edu

or

Board of Certification / President of CAHE
Audrey Jones Drayton,
Caribbean Association of Home Economists
Samuel Jackman Prescod Polytechnic
Wilkey, St Michael, Barbados
adrayton@sjpp.edu.bb



Focus On Antigua And Barbuda

The CAHE leadership team met in Antigua and Barbuda at the end of September 2012 for its executive leadership meeting. While on the island the executive held a meeting with home economists, conducted a seminar on “Professionalism”, garnered commitment for CAHE community outreach activities and marketed the professional certification programme. These activities were well received and many renewed their membership with the Association.

Twelve teachers from Antigua and one from Anguilla attended the CAHE Workshop which was co-sponsored by several agencies and facilitated by Dr. Antonia Coward C.P.H.E. on the 24-25 November 2011 at the Multi-Purpose Centre.

Content for the workshop focused on concerns of teachers and the examination committee, overview of the syllabus, standardization of the internal assessment and recommendations for teaching and preparing for examinations. Two of the teachers are currently teaching the CAPE syllabus, while the others were being exposed to the syllabus for the first time. It is anticipated that the syllabus will be introduced to other students in the near future.

An analysis of the evaluation document conveyed that the workshop was extremely timely and helped to reinforce practices that were being used correctly and to make extinct those that were not enhancing the success of students. Teachers who are not currently teaching CAPE Food and Nutrition noted that it

exposed to the teaching the subject at this level, additionally, it was also extremely useful for improving their teaching at the CSEC level. One teacher concluded that “teachers often practice the art of teaching without extensive training and use many methods and practices modeled by former teachers, which prove not to be necessarily the best.”



A dramatic presentation was composed specially for the ceremony and the opening ceremony was televised to the nation almost in entirety.

It was indeed a rewarding experience to be able to work with teachers of CAPE Food and Nutrition and to get primary feedback regarding their experiences, as well as equipping the Home Economists with the skills needed for general teaching.



UN Millennium Development Goals



Report On The IFHE Congress - Australia 2012

Audrey Jones-Drayton,
C.P.H.E.,
CAHE President - 2009-2013

After twenty-six hours of flying down I arrived in Melbourne, the capital of the south-eastern state of Victoria, a cosmopolitan and modern metropolis of four million people named the world's most livable city. It sports modern architecture and currently supports a thriving building boom. Melbourne is stylish and sophisticated and its people open, inclusive and good-humoured. Undisputed as Australia's event, sport, culture and food capital. Melbourne is the home of the Melbourne Cricket Club know by commentary to most West Indians. The wide streets of inner Melbourne are easily navigated and support an efficient transportation system that includes the free famous trams and tourist shuttles.

Congress 2012 was held 16th – 21st July 2012 at that Melbourne Convention and Exhibition Centre (MCEC) set in a prime location in the heart of Melbourne on the edge of the Yarra River.

Delegates

Prior to the opening of Congress the count of delegates was in excess of seven hundred and fifty not including those who would register for sessions daily only. Delegates hailed from at least fifty countries far around the globe and for the first time came from East Timor and Samoa. The list of delegates could be located on the Congress Compact Disc along with other congress documents. Of note was the large number of Asian delegates mainly young Japanese professionals, males included.

The delegates from the Caribbean were:

- Professor Geraldene Hodelin
Jamaica
- Jeniffer Mc Kenzie
Jamaica
- Gelefer Bartley
Jamaica
- Dr. Theodora Alexander
Trinidad and Tobago
- Norma Maynard
St. Lucia
- Audrey Jones-Drayton
Barbados

IFHE Meetings

The final executive meeting for the period 2008-2012 convened on Sunday 15th July 2012. Proceedings continued the next day with a day-long IFHE council meeting which was adjourned for the 20th July. The Council reconvened on the 20th July by President Hodelin introducing the current IFHE executive and the incoming members. With the usual formalities dispensed, matters arising from the minutes of the meeting in Sligo, Ireland in 2010 were tabled. All matters well ventilated and there were no controversial issues. The minutes of these as well as other documents for this and other meetings along with general information can be retrieved from the Federation's website www.ifhe.org. Some of these are located in the members' only area of the site.

CONGRESS PROGRAMME

Following the link for Congress proceedings.

http://www.ifhe2012.org/images/stories/IFHECongress2012_Program.pdf

Social Evening

The programme for Congress commenced on Monday 16th July with a social evening. Delegates met in the lobby of the convention centre and were treated to music by a string quartet that offered classical fare. A wide selection of delectable hors d'ouvres, Australian wines and other beverages were served. Speeches were



Caribbean Delegates

Report On The IFHE Congress ...

made by a representative for Brother Sewing Machines, the major sponsor for Congress and Susan Riley, Deputy Lord Mayor of the city of Melbourne.



Opening Ceremony

Tuesday 18th July 2012 heralded the official beginning of Congress at the Melbourne Conference Centre and as discovered throughout Congress, the Australian Conference Planning Committee was full of surprises. The stage was beautifully decorated with a montage of rocks each representing one of the eight United Nations Millennium Development Goals (UNMDG's). The opening act featured "Chuckles the kookaburra" who whistled in co with his handler. There was also a slide presentation on the history of IFHE congresses. The slides featured scenery from each of the 22 locations in which congresses were held. An Aborigine Elder did the tribal convocation and admonished his captive audience to take good care of the land. This segment also featured a troupe of aborigine dancers and musicians including a player on the Didgeridoo. There were also presentations by the Hon. Martin Dixon MP, Minister of Education and other officials and sponsors.

Next was the launch of the Australian Institute of Health and Welfare publication: The Food and nutrition report. Delegates were each given a copy of the synopsis of the report. The full copy is available for sale at Home Economics Victoria
<http://www.homeeconomics.com.au>

The morning's proceedings continued with two keynote speakers Dr. Vandana Shiva PhD, physicist

and researcher in inter-disciplinary research in science, technology and environmental policy who delivered the "Oikos: Bringing the economy home" to a prolonged standing ovation. Professor Geraldene Hodelin, then president of the International Federation for Home Economics (IFHE) spoke on "The International Federation for Home Economics impacting global well being through professional action: A four-year review."

The lunchtime symposia featured several speakers including Professor Hodelin. (We have since heard that excerpts from Professor Hodelin's contribution were published in the newspapers in Trinidad and Tobago.)

Culinary demonstrations

During lunchtimes there were culinary demonstrations from a number of entities around Melbourne.

These were:

- ♦ Australian meats with Andrew Mc Vittie
- ♦ Anzac Biscuits with Lisa Haddon
- ♦ Wild Australian Cuisine with Lisa Haddon
- ♦ Neff home economists Lyn Harwood
- ♦ Food Design Challenge awards for school students with Chrissie Collins.
- ♦ Food Styling with Caroline Westmore

OTHER KEYNOTE SPEAKERS

Other keynote speakers during congress were:

Amanda Mc Cloat, chair of the IFHE Young Peoples Network (YPN), St. Angela's College, Ireland and Gwendolyn Hustvedt, Texas State University spoke on "*Creativity and innovation: The role of young professionals in sustaining home economics.*" The IFHE YPN video presentation produced for this keynote session can be accessed at
www.arlissroad.com/ifhe.html

Dr. Tahira Hira, professor and Senior Policy Advisor to the President, Iowa State University spoke on the topic "*Family financial sustainability through values-based financial education: Implications for Home Economics*".

Report On The IFHE Congress ...

Dr. Gwang-Jo Kim, Director, UNESCO Regional Bureau for Education in the Asia-Pacific spoke on the topic *"Education and capacity building"*.

Yukiko Kudo, is the Chief Senior Specialist for Home Economics, Ministry of Education, Culture and Sports, Science and Technology, Japan and also sits on the IFHE Executive. She spoke on the topic *"What can we do to recover sustainability? Challenges in rebuilding lives in the wake of disaster."* Her presentation focused on issues emanating from great earthquake of 3/11 in East Japan.

Jody Vassallo, food writer, publisher, food stylist and consultant spoke on *"This is the life: Being a home economist"*. Ms. Vassallo in a very lively and succinct manner recounted a typical day in her career. A prolific food writer of over 30 books, she explained that she does not work as a home economist, she is a home economist. Ms Vassallo contributed her success to her training in the field of home economics.

Dr. Donna Pendergast, home economists, Dean and Head of School, Griffith University, Australia spoke on *"The intention of home economics education: A powerful enabler for future-proofing the profession."*

Technical Excursions

These included tours to Chocoholics home of handcrafted chocolates, cakes and sweets; Bishop's court the oldest house in East Melbourne and is of historical and social significance having been the residence of the Anglican Bishop and later Archbishop of Melbourne since 1853; The Australian Ballet's wardrobe and costume department for insights production of costumes for e.g. "Swan Lake". Delegates also toured test kitchen of Simplot Australia and the South Melbourne Market, the oldest continuing market operating in Melbourne since 1867. Delegates also toured Dairy Australia, Foolproof zippers and fun purses for a workshop by Nicole Mallalieu and Louise Macdonald Millinery to name a few.

Concurrent sessions

Delegates had the opportunity to choose from a wide range of concurrent sessions including research presentations, workshops, symposia and examples of best practice. Poster presentations were presented in

both electronic and paper poster format and combinations of these. Audrey Jones- Drayton chaired a session of multiple presenters under the theme "Building capacities through preservation of culture, knowledge and skills". Coming out of this specific workshop was the resolution that each territory will pursue research that seeks to preserve at least one aspect of their culture per year. See the link below for the abstract book with an excess of six hundred abstracts.

http://www.ifhe2012.org/images/stories/ifhe_abstracts_book_final.pdf

Best paper award

For the first time this year at Congress, independent adjudicators selected the best paper from a team of finalists.

Textile exhibit

The textiles exhibit was well received and attracted many viewers. It featured garments made from recycled fabric such as nylon curtains were available for viewing throughout the week. Photos of this exhibition are available at the CAHE page on facebook.

Trade exhibition

A new initiative for Congress 2012 is the reintroduction of the trade expo. There were more than 20 booths from industry, business, health, education and corporate sectors

The time out room

The activities that were held in this room were another surprise from the Australian planning committee. It opened on the Wednesday and Thursday. This room, a haven for tired delegates needing a rest, showcased live marsupials, koalas, wombats, dingoes, crocodiles, pythons and other snakes, Australian lizards and insects. The IFHE market place was also located in the time out room. Vendors included the International Home Economics Services (IHES), delegates from Africa, Malaysia, India and Thailand. The Australian hosts also conducted craft workshops on recycling featuring Australian wild flowers.

*Report On The IFHE Congress ...***Home visit**

Consistently ranked as the most popular congress social activity, the home visit provided international participants with the opportunity to visit the home of a local host and to experience first-hand the life in and customs of Australians at home. Delegates spent an unforgettable evening enjoying an Aussie meal leaving with new friendships and memories to last a lifetime.

School Visit

Home Economics Victoria, the host organization, has been supporting home economics educators for more than 50 years and has an extensive membership base of teachers and schools. Teachers and schools eagerly hosted a morning visit where delegates were able to see classes in action and to experience home economics education Australian style.

Banquet

The pinnacle of congress is undoubtedly the banquet which was touted as the largest gathering of home economics professionals ever in Australia. Along with their guests and the delegates, this was a grand affair. It was highly interactive and patrons sang along and danced to a mass choir. They were also entertained by famous an Austrian singer and band. The meal fresh seasonal and local produce including the popular fish, Barramundi matched with hand-selected regional wines, champagne, hand-made Australian chocolates and gourmet tea and coffee. Guests were each given a mug of fine china decorated with Australian wild flowers.

Colonial Tramcar Restaurant

Our own Dr. Theodora Alexander was among the lucky persons fortunate to secure a seat to experience fine dining in the colonial tramcar restaurant on the evening of the 17th July 2012.

Cultural excursions

These excursions were held on Saturday 21 July, Delegated chose from a range of unique sightseeing and cultural activities in the greater Melbourne area and regional Victoria including:

- ♦ Great Ocean Road and Twelve Apostles

- ♦ Phillip Island, little penguins and Australian Garden
- ♦ Healesville Wildlife Sanctuary
- ♦ Yarra Valley food and wine discovery
- ♦ Discover Melbourne by bicycle
- ♦ Melbourne bars by night

Overseas pre congress tours

There were two pre congress educational tours:

- ♦ Hong Kong and China (Gelefer Bartley and Jennifer Mc Kenzie from Jamaica attended)
- ♦ Singapore
- ♦ Janet Gibbs Tour Company from the USA

The Post Congress tours went to:

- ♦ Sydney: The Harbour city
- ♦ Tropical North Queensland

Lessons for CAHE

There were many lessons to be gleaned from this congress which should have left delegates brimming with ideas for implementation at conference and otherwise:

- ♦ The need to increase conference registration fees.
- ♦ The need for some structural changes to be made to the usual format of Conference for greater interest, delegate participation and efficiency.
- ♦ The use technology as part of the planning and execution of conference e.g. Skype.
- ♦ Increasing the work and visibility of CAHE in order to attract support and sponsorship while serving communities.
- ♦ The use of the website as well as on CD or electronic codes for smart phones for sharing documents for conference or otherwise.
- ♦ Strengthening of the CAHE/IFHE/global networking.

Report On The IFHE Congress ...

- ♦ Implementing plans for the continued use of the website for electronic documents such as the CAHE e-journal.
- ♦ Fostering a research ethos among Caribbean home economists.
- ♦ Strengthening the IFHE YPN base in the region.
- ♦ Revisiting the CAHE Think Tank after 2014
- ♦ Documenting, circulating, archiving and implementing resolutions stemming from conference proceedings.
- ♦ Vigoursly seeking after high level sponsorship for hosting conferences and other projects.
- ♦ Encouraging host countries to begin planning and fund raising early- four years in advance.
- ♦ Collecting tickets/vouchers required for attending events during conference.
- ♦ Wearing of name badges to all conference events for both security and accountability measures.
- ♦ Observing cell phone etiquette.
- ♦ Practicing to begin events punctually as a mark of respect for the organizers and presenters.

The success of an organization is achieved by hard work, commitment, loyalty and engagement in meaningful activities that positively affect the lives of people. Further an organization is known by its work and by the integrity of the people who work within. These traits worked to the advantage of the Australians who began planning for Congress a long time ago, they worked hard and used their organizational skills and talents as home economists to host a conference that was a huge success. Though not the largest, it was characterised by many as a highly sophisticated event not only in the execution but also in the standard and effectiveness of what was offered. The work of Australian home economists is very visible in the eyes of the Australian public and the Government, anchored by the mature and highly respected Home Economics Victoria under the leadership of President Louise Gunther. This allowed then to gain the support of their Government and of major sponsors such as platinum

sponsor Brother Sewing Machines. There are indeed many lessons that we can learn from this experience.

I would like to thank the International Home Economics Services IHES for their financial support in helping to defray out of some of the pocket expenses but more so thank CAHE for allowing me to represent the Association and for contributing towards the overall expenses. It was a wonderful experience and a pleasure to be a part of the event. I look forward to sharing experiences gained which can go a long way towards ensuring that our profession remains alive and that our Organization remains worthwhile.

It was my utmost pleasure to hear President Carol Warren make reference to our professional certification programme and speak of embracing and implementing the concept as part of the plan of action for her term of office. Colleagues we are on the right track as confirmed in so many of the presentations at Congress. Let us forge forward towards achieving the goals set in our strategic visioning for the year 2014.

The next Congress will be held in Daejeon, Korea in 2016. An invitation was issued by officials of the Korean Government who came to congress specifically to deliver same. I encourage you to begin to plan towards attending this event and also to begin to consider the Caribbean as hosts to a IFHE world congress in the near future. We can do it.



Tributes

Audrey Jones-Drayton
C.P.H.E.
CAHE President - 2009-2013



Tribute To Florentine Mc Coy

**President Of Honour
Caribbean Association
Of Home Economists Inc**

Presented on the occasion of
the 41st anniversary of
Caribbean Association
of Home Economists Inc.

The Caribbean Association of Home Economist Incorporated (CAHE) is pleased to honour the Mrs. Florentine Mc Coy on the occasion of the 41st anniversary of Caribbean Association of Home Economists Inc.

Mc Coy is a senior home economist in the region and hails for the twin island state of Antigua and Barbuda. Mrs. Mc Coy has served her country well and has extended this service to the Caribbean region. She had a long and fruitful career in teaching. She is a longstanding member of the Caribbean Association of Home Economist Incorporated and has served in key administrative capacities namely:

- ♦ Immediate Past President 1997 - 2001
- ♦ President 1993 - 1997
- ♦ 1st Vice President 1989 - 1993
- ♦ Assistant Treasurer 1984 - 1985

Mrs. Mc Coy was inaugurated at the onset of one of the most productive eras in the life of the Association and together with a highly motivated and committed team left a legacy that attests to her visionary prowess, commitment and loyalty to the Association and to the field of Home Economics. During her tenure, new initiatives that fostered the overall growth of the Association were adopted. Some of these are:

- ♦ Solidification of linkages with Regional and International partners such as the Caribbean Food and Nutrition Institute (CFNI), the Caribbean Association of Nutritionists and Dietitians (CANDi), the International Federation for Home Economics (IFHE), the International Home Economics Services (IHES), and the Pan American Health Organization (PAHO).

- ♦ Collaboration between CAHE and International Home Economics Services (IHES) in the training of over 500 individuals from various disciplines in the area Post Traumatic Stress Syndrome.
- ♦ Revision of the text book series "**Home Economics in Action Books 1, 2, 3**" and the acknowledgement of authors.
- ♦ Review of the Guidelines for the Award of book grants and the partial scholarship.
- ♦ Renaming of the Award of book grant and the partial scholarship: Beryl Wood Book Grant and the Gwendolyn Tonge Scholarship Fund Award.
- ♦ Introduction of Guidelines for the disbursement of funds for the operation of CAHE activities.
- ♦ Development and implementation of a Code of Ethics for the Association.
- ♦ Improved nominating and voting practices for the Association.
- ♦ Upgrading of the monthly newsletter to a quarterly magazine.
- ♦ Institution of a membership directory and membership cards.
- ♦ Upgrading of the tools for recording and reporting financial information.
- ♦ Selection of CAHE colours and the design and use of CAHE accessories: Skirting, Podium Piece, Banner.
- ♦ Introduction of in conference and pre-conference workshops as a part of the CAHE biennial conferences.
- ♦ Installation of Honorary members of CAHE: Madame Justice Monica Barnes of Trinidad and Tobago, and Dr. Curtis Mc Intosh, employee of CFNI, University of the West Indies, St. Augustine, Trinidad office.
- ♦ Launching of CAHE activities for the International Year of the Family (IYF).

Tributes ...

- ♦ Production of a booklet titled ***“Food Guide for Caribbean Families”***, a joint project by CAHE, CANDi, CFNI, WHO and PAHO.
- ♦ Implementation of a special project titled ***“Family Natural Disaster Awareness Plan”*** (FANDAP) and its presentation at the Small Island Developing States (SIDS) Conference in Barbados.
- ♦ Development of a video for public education on the (FANDAP) project through funding by the United Nations Economic Commission for Latin America and the Caribbean (UNECLAC) and the Government of Republic of Trinidad and Tobago.
- ♦ Initial documentation, printing and circulation of The ***“History of Home Economics in the Caribbean”***
- ♦ Facilitation of workshops around the region for teachers of the Caribbean Examinations Council (CXC) examinations in Home Economics and
- ♦ Facilitation of Sewing Machine Clinics for teachers of Home Economics across the region to reduce the cost of maintenance and repair.

Mrs. Mc Coy, though retired is still a financial member of CAHE and remains available for consultancies and community work. The Caribbean Association of Home Economists Incorporated is proud of her achievements and commends her for both yeoman service to country and sterling contribution to this Association and its mandate “to improve the quality of life of individuals, families and communities”. On behalf of the executive leadership team and membership of the Caribbean Association of Home Economists Incorporated I extend heartiest congratulations to Mrs. Mc. Coy on her nomination for this award.



***We are what
we repeatedly do.
Excellence, therefore,
is not an act but a habit.***
~Aristotle



Saluting
Veda Emmalene Gill
President Of Honour
Caribbean Association
Of Home Economists Inc
(Barbados)

The Caribbean Association of Home Economists Inc. is proud to feature Veda Emmalene Gill, President of Honour; leader, mentor and friend. Mrs. Gill continues to be an active member of CAHE and in the local Association (BATHE) twenty five years after formally retiring from the public service.

- ♦ Barbados Service Star
- ♦ Queen's Silver Jubilee Medal

She attended the first meeting when CAHE was conceptualized 41 years ago.

- ♦ Caribbean Association of Home Economists Inc.
 - ⇒ Past President
 - ⇒ Consultant
 - ⇒ Assistant Treasurer
 - ⇒ Treasurer
 - ⇒ Member, Finance Committee
- ♦ Founding Member, Barbados Association of Teachers of Home Economics (BATHE)
- ♦ Principal, Barbados House Craft Centre
- ♦ Co-author three text books ***'Caribbean Home Economics'*** – Gill and Hildyard
- ♦ Retired Senior Education Officer (Home Economics)
- ♦ Retired Chief Examiner CXC, Clothing and Textiles
- ♦ Soroptimist International of Barbados (40 years)
- ♦ Mrs. Gill continues to be active in professional, parochial and service organisations.



Tributes ...



In Memory of
Dame
Gwendolyn Tonge
President Of Honour
Caribbean Association
Of Home Economists Inc

It is with heartfelt regret that I extend condolences to the extended family of our beloved sister Dame Gwendolyn Tonge and to the government and people of this great nation. Dame Tonge was one of the founding members of the Caribbean Association of Home Economists Incorporated, (CAHE), an organization formed almost forty years ago. This august body of over five hundred home economists spans from Guyana right up the chain of English-speaking islands to Belize. The organization is affiliated to the International Federation for Home Economics (IFHE) itself one hundred and four years old.

Dame Gwendolyn Tonge served as Vice President to the organization from 1975-1977 and was its second President from 1977 – 1981. She also served as consultant from 1981-1989. Dame Tonge held executive meetings around the region during her Presidency and in those days communicated with executive members and territorial representatives through numerous letters, circulars and by telephone. Her tenure was decorated with many highlights such as:

- ♦ The formation of local associations around the region.
- ♦ Publishing the first issue of the CAHE magazine, ***"The Home Economist"*** in 1979.
- ♦ Developing the first CAHE constitution.
- ♦ Publishing the roles for each of the standing committees
- ♦ Instituting a motto and a logo.
- ♦ She was the guest speaker at one of the banquets of the Canadian Home Economics Association (CHEA).
- ♦ She initiated the Twinning of the Toronto Home Economics Association (THEA) and the Caribbean Association of Home Economists Inc. (CAHE).

- ♦ She organized writers workshops towards the development of the text book series and
- ♦ Coordinated the CAHE text book project.
- ♦ She was in office during the launching of the Home Economics text book series ***"Caribbean Home Economics in Action Books 1-3"***. These books are still the recommended textbooks for the lower secondary school curriculum in Home Economics.
- ♦ Dame Tonge led five members of the executive team to a regional meeting of the International Federation for Home Economics (IFHE) held in Guatemala. This was the first time Caribbean persons were attending a meeting of the IFHE.
- ♦ She also sat on the first panel for the development of the Caribbean Examinations Council examination in Home Economics subjects.
- ♦ At the end of Mrs. Tonge's term of office she donated US 500.00 towards the start of a Scholarship fund now named the Dame Gwendolyn Tonge Scholarship. This award grants US 1500.00 to a member of CAHE pursuing higher education in the field.

Dame Tonge was a visionary who had the interest of common folk and the community at heart; the nutrition classes, cookery classes, household management and housekeeping classes; her television show. She lived the motto of our organization in all of her activities, *"Home Economics for a better Caribbean community"*. She instilled the need to build wealth for the implementation of projects that would touch the core of the family and change their lives for the better and so worked tirelessly with the text book project; the royalties of which help to support our activities to date.

The executive team arrived in Antigua for a training workshop for home economists here and a two day leadership meeting on the 28th September 2012, the same morning the Dame was promoted to glory. It was our intention to visit her during the team's stay on island but she had a more important appointment. We will miss her but let us not mourn as they who have no hope; let us celebrate her life, a life well lived. She leaves a legacy, rich and full, for us all to follow. May her precious soul rest in peace.



*Jean Edwards CAHE
Disaster Relief Fund*



The Jean Edwards CAHE Disaster Relief Fund was established by the Caribbean Association of Home Economists Inc. (CAHE) in 2011 as a result of a contribution made through Janet Gibbs, Juanita Mendenhall and colleagues of the

International Home Economics Services (IHES) in memory of Jean Edwards from Antigua and Barbuda, former secretary of CAHE. The purpose of the fund is to provide financial assistance to Home Economics programmes or victims of natural or man-made disaster.

- To qualify for this fund, a "disaster" must be declared by the authorized governmental agency, or be determined by the fund administrator within CAHE.
- The applicant must show that the disaster has caused serious financial hardship and that other sources of adequate funding are not available.
- The request for assistance must be submitted within one (1) month the disaster.

The amount for any disbursement shall be at the discretion of the committee based on the needs of the applicant and subject to the availability of funds but shall not exceed US\$1000.

Friends, affiliates, NGOs, community groups, business organizations or any individual can make contributions either by Bank Draft, Cash or tangible items in collaboration with a sponsor. These should be accompanied by a covering letter to include relinquishing the Association of any liability or act of reciprocation.

Donations can sent to

The Treasurer,
Caribbean Association of Home Economists Inc.,
Samuel Jackman Prescod Polytechnic,
Wilkey, St. Michael,
Barbados.



*Partnership for Home Economics / FCS
Disaster Assistance to Developing Countries Project*

Over one hundred Home Economics professionals have attended initial meetings or expressed interest in a worldwide preparedness effort initiated by the International Home Economics Services (IHES) to rebuild home economics programs which have been disrupted by or destroyed in a disaster. Prototype efforts provided materials to Antigua, St. Lucia and Grenada after their recent disasters. Meetings were held at the American Association of Family and Consumer Sciences Annual Conventions and at the International Federation of Home Economics (IFHE) Council in Sligo, Ireland, to explore and gain interest and ideas. The goal is to establish a partnership of organizations worldwide with the objective of assisting with the rebuilding of devastated programs that enables their educational efforts to resume after disasters. Organizations indicating cooperation include AAFCS, the Global Perspectives Community, The Caribbean Association of Home Economics Inc. (CAHE), IFHE worldwide, and IFHE-US as well as the International Home Economics Services (IHES.).

Efforts are underway to identify additional partners and professional contacts around the world, determine the process for delivering assistance, and to develop a worldwide plan, that will be organized around the Regions of IFHE. This is a great opportunity for international involvement by professionals taking action at the local, state or Regional level, whether the action is a project for a classroom, one's community, or any group at all levels.

***BE A PART OF THE
PARTNERSHIPS PROJECT NOW!!***

We need small donated items for our "Partnerships Project" Product Sales Tables at various meetings. The money raised will help fund the "Partnerships Project" with money currently held by the IFHE-US as a central collection organization. Countries and organizations are also encouraged to contribute funds to the IFHE Partnerships Fund housed in Bonn at IFHE Headquarters for now. ANYONE can contribute by making and/or bringing items to AAFCS and IFHE-US or IFHE meetings and selling them to raise funds. To participate in this event, simply get your donation to Juanita Mendenhall. Email for more information to juanitam@usit.net.



CAHE Outreach

Maureen Taylor-Ryan,
C.P.H.E., Chairperson,
Public Relations Committee

The Visually Impaired And Blind In Trinidad And Tobago (2012-2013)

This project began as a collaborative effort among three partners: The Caribbean Association of Home Economists (CAHE), The Trinidad and Tobago Blind Welfare Association (TTBWA) and the St Augustine Young Women Christian Association (YWCA). CAHE provided the technical expertise, TTBWA supplied the tools and ingredients and the YWCA donated their food laboratory for the project, free of charge.

Senior students of the School for the Blind Children were exposed to life skills in the area of food preparation, nutrition, personal hygiene and kitchen hygiene Adults and children learnt to measure using



measuring cups and spoons. Students prepared pumpkin punch, citrus punch, banana milk shake, peanut punch, fruit drinks, fruit bowl, cornmeal and oatmeal porridge, Cheese paste, scrambled eggs, whole wheat biscuits, muffins, banana bread, pumpkin bread, coconut bake, salt fish buljol, Jamaican rice and peas, chicken pelau, cole slaw, tomato and cucumber salad, patchoi salad, yam logs, vegetable medley, light vinaigrette dressing, chicken salad, and pine apple upside down pudding. They also learnt to mop the floor, clean and sanitize their plastic aprons and put them to dry and to wash, wipe and put away dishes; wash their hand towels and kitchen towels and to use gloves.

Some of the challenges were, fear of losing tools and equipment, accuracy of ingredients and for managing the cooker while those who had little

experience in food preparation activities at home were very excited to learn. They spoke incessantly and wanted to do everything at once.

The instructor offered reassurance that all persons will have their tools returned to them and will learn to do everything. The practiced techniques in measuring such as putting more than enough of the ingredient to be measured into the measuring cup which is standing in a plate on a flat surface in front of them. Putting the thumb on the handle to feel the overflow then cutting the ingredient away from them with the back of a knife or spatula. Other techniques included feeling the instructor's hand to practice movement of the cooking utensil on and off of the cooker and feeling for the handle and knobs on the oven, gauging the width of the door, then stepping back to open the door. Skills were perfected through repeated guided practice along with the safe use, care and storage of equipment. The importance of listening was emphasized.

After five months both the welfare officer and the participants had positive reviews for the project. Some participants for the first time were able to prepare meals without assistance. Participants worked well together and overcame several fears. They learnt new skills in independence and in the other competencies outlined. The project will continue during 2013.

Project leader Maureen Taylor-Ryan thanked CAHE for the opportunity to serve and noted that more efforts should be made to integrate the blind and visually impaired into society so that they can be exposed to like skills that will lead to improved confidence and greater independence.



CAHE Water Day Initiative

The Caribbean Association of Home Economists Inc. is concerned with improving the health status of people in the Caribbean. Meanwhile there is an increase of Chronic Non-Communicable Diseases (CNDC's) in the Caribbean. As home economists and nutrition practitioners we know that by replacing sweetened beverages and, in particular, carbonated soft drinks with water persons can significantly assist in reducing sugar levels and consequently calories in the diet. As a result CAHE has embarked on a campaign towards this end and trust that our efforts will be far-reaching and that the result will be effective towards reducing the incidence of these diseases and improving general well-being of citizens.

This thrust is led by the Public Relations Committee of CAHE under the leadership of Maureen Taylor-Ryan of Trinidad and Tobago. "Water Day" in its simplest form encourages persons to replace sweet drinks with water. This team has since with the



permission of the governing bodies begun by implement this is school canteens one day per week with the home that this will mushroom to other days of the week and throughout the region. This message is also spread by teachers in Trinidad and Tobago at school assemblies. Bottles of water were distributed to students who now seem to be now bringing water to school.

This concept was also promoted to the Ministry of Education of Antigua and Barbuda during a courtesy call to the Ministry. This coincided with the executive leadership meeting held there in September 2012 where during a workshop with home economics teachers support was garnered for this project. Teachers were encouraged to implement the projects at their schools.

"Water Day" will be officially launched on the opening day of Conference 2013 and the first day will be dubbed "Water Day". It is hoped that persons will reduce their sweet beverage intake during conference. Water only will be served at the Luncheon. It is hoped that this project will become popular and that all participating persons will reap the benefit of this practice.

"Get on board now !!"

CAHE Outreach

Raffa Houses: A CAHE Public Relations Project

**Maureen Taylor-Ryan, C.P.H.E., Chairperson,
Donna Theroulde and Angelo Rudolfo**

The Caribbean Association of Home Economists Inc. partnered with Raffa Houses, one for boys and the other for girls, run by the Seven Day Adventist Church in Trinidad and Tobago. The Public Relations Committee of the Caribbean Association of Home Economists (CAHE) was able to assist the Houses by providing a few items that were needed for example fans, clothes baskets and bed sheets after the home was affected by fire.



Publications

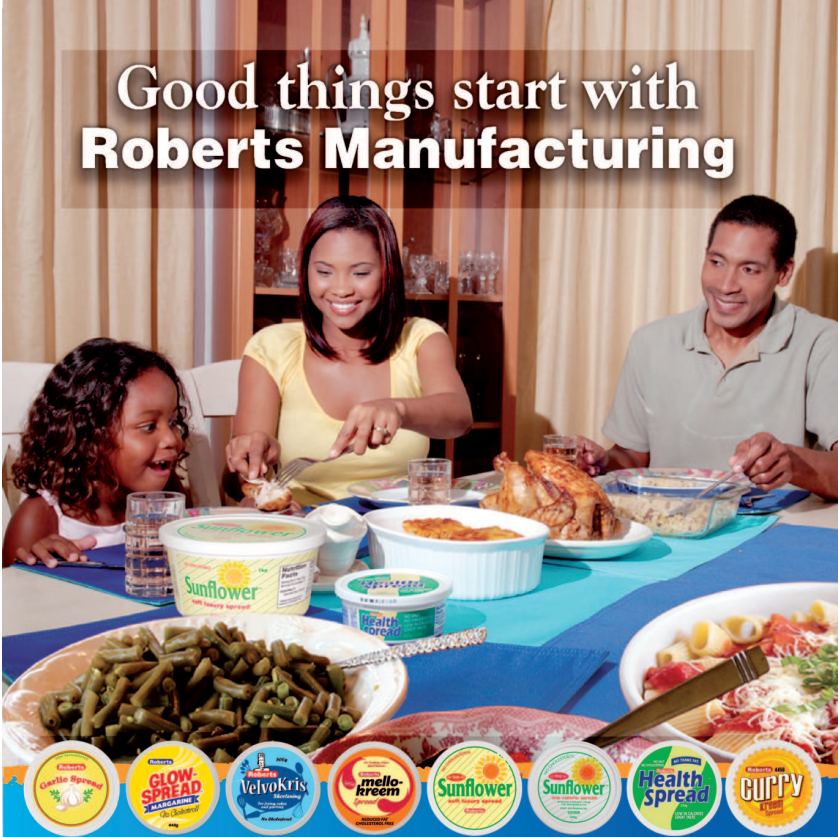


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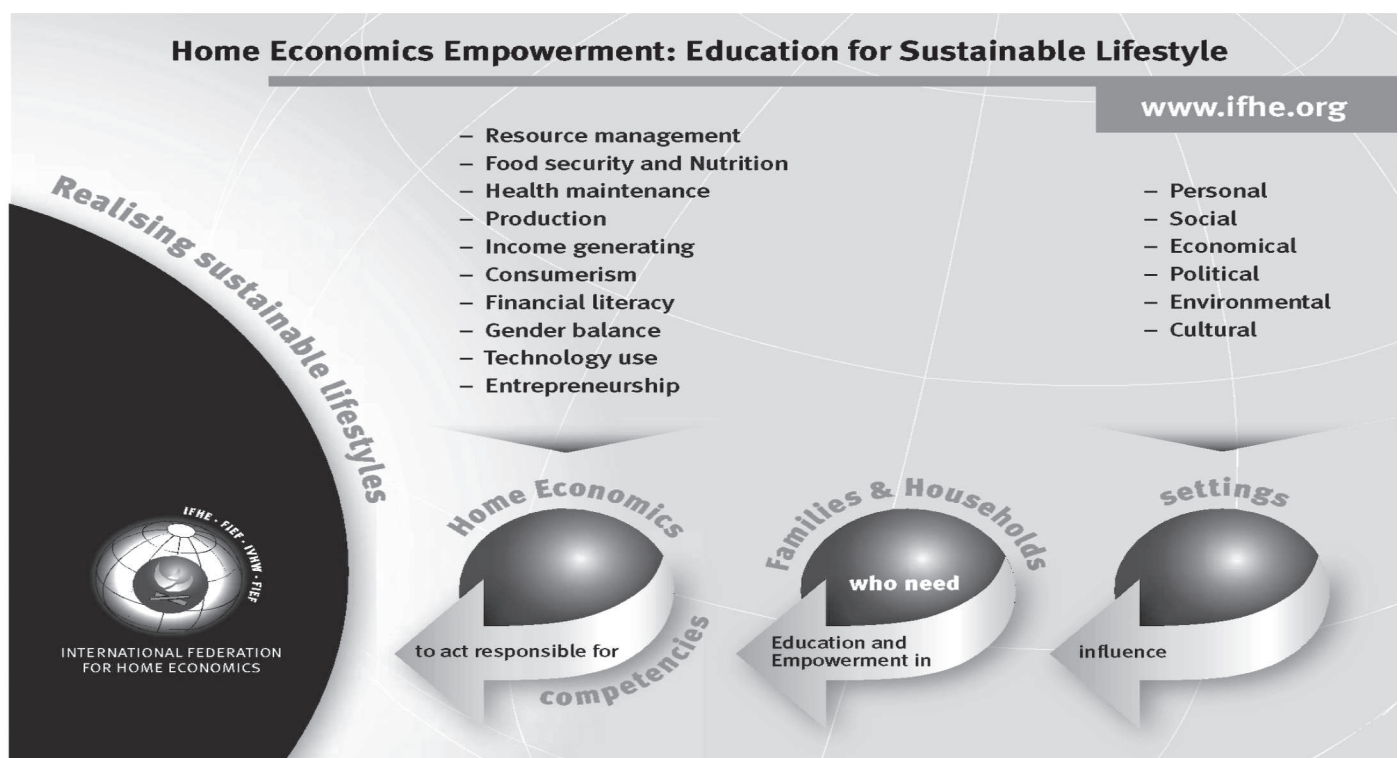
Message From Roberts Manufacturing Co. Ltd.

It is with great pleasure that Roberts Manufacturing Co. Ltd. (RMCO) announces its sponsorship of the 20th Biennial Conference of the Caribbean Association of Home Economists (CAHE), Inc. in Barbados. As a Barbados-based manufacturing company, RMCO values the contribution of the study of home economics to the development of our youth across the region and, by extension, to the Caribbean society at large and appreciates the dedication of the teaching staff within each territory.

As proud producers of exceptionally high quality cooking products that impart a distinctive flavour, this partnership with CAHE is a perfect synergy. It is imperative that emphasis continues to be placed on cultivating sound culinary skills among our students across the length and breadth of this region. With many of the nations in the Caribbean dependent on

tourism-generated revenues, CAHE's work is critical to sustaining a high standard of culinary excellence in order that the end product prepared by former students of home economics graduating from our secondary institutions can compete effectively against extra-regional imports. RMCO is pleased to have its vegetable-based margarine, shortening and oil products as staples in the teaching kitchens of schools across the Caribbean.

As members of CAHE from many countries converge in Barbados, this conference is the ideal platform to showcase the talent of the local student body and to expose these yet teachable individuals to international best practices in home economics. RMCO is proud to partner with CAHE and wishes the association tremendous success in this and all future endeavours.



*When I stand before God at the end of my life,
I would hope that I would not have a single bit of
talent left, and could say,
'I used everything you gave me'. ~Erma Bombeck*

Communications And Marketing Plan

The goal of the Communications and Marketing Plan is to rebrand CAHE as the region's professional body for home economists advocating for the empowerment and well-being of individuals families and communities.

KEY ISSUES

- ♦ There is a need to increase the visibility of CAHE within the Anglophone Caribbean, Guyana, Belize and North America.
- ♦ CAHE must be transformed to meet its mandate and by extension, the mandate of IFHE.
- ♦ CAHE must strive to increase its membership (including students and allied professionals).
- ♦ CAHE must be rebranded as the region's professional home economics organisation that seeks to empower individuals, families and communities to sustain healthy lifestyles

REPOSITIONING CAHE

Transformation of CAHE THROUGH:

- ♦ Community outreach
- ♦ Strategic partnerships

STRATEGIES

1. Conduct regular, brief, informative sessions about the organization (CAHE) via print and electronic media. (PR Committee) (Finance Committee)
2. Advertisements on biennial Conference - Circulate throughout CARICOM via the NTA's or TVET Apex bodies, Quarterlies of educational institutions eg universities and other Tertiary level institutions
3. Press Releases on Conference in all Representative Countries
4. Articles on the various topics in home economics, written by professionals in the organization in collaboration with Publications and Research Committee
5. Source major sponsors to advertise in the quarterly and conference magazines
6. Conference Market Place to be open to the public hence catering for the wider society – Host Country
7. Home Economics sponsored audio/visual ads for particular products where CAHE will be mentioned as the source of information
8. Working with CXC to create a link to their website –best practices in teaching Home Economics, CSEC questions & answers, and any other related information(in partnership with the Education & Training Committee)
9. Correspondence to policy makers introducing CAHE as an NGO volunteering assistance (Use IFHE position paper as a base for correspondence. Policy-makers and Stakeholders to be identified
10. Endorsement of products advertised by selected companies on print and electronic media by CAHE for an agreed fee e.g. Grace Kennedy, Courts, Energy efficiency, Unilever. CAHE personnel to demonstrate use of product.
11. Advertise conference on all related campuses throughout the Caribbean via flyers, email etc..
12. Invite students pursuing any area of home economics to submit posters, papers for conference. Poster presentations can take the form of a competition.
13. Approach CXC to advertise via their Examiner magazine.
14. Seek permission to present CAHE award during Nobel Laureate Week (held in January in St. Lucia).
15. Linkages with policy-makers and stakeholders e.g. (CARICOM, CXC, CARPHA)

**You must be the change
you wish to see
in the world.**

~Mahatma Gandhi

Communications And Marketing Plan

TARGET AUDIENCE

- ♦ Students -secondary schools, tertiary level institutions
- ♦ Teachers of home economics and technology education
- ♦ Allied professionals
- ♦ Parents
- ♦ Corporate organizations
- ♦ NGOs
- ♦ Media Houses
- ♦ CARICOM
- ♦ CARPHA
- ♦ CXC

Roll Out

<i>Objectives</i>	<i>Strategies</i>	<i>Tactics</i>	<i>Start Date</i>	<i>Finish Date</i>
1. <i>Branding of CAHE</i>	• <i>Rebrand CAHE as the region's professional home economics organisation that seeks to empower individuals, families and communities to sustain healthy lifestyles</i> • <i>Increase the visibility of CAHE within the Anglophone Caribbean, Guyana, Belize and North America.</i>	• <i>Conduct regular, brief, informative sessions about the organization (CAHE) via print and electronic media. (PR Committee) (Finance Committee)</i> • <i>Publish CAHE Conference advertisements on websites.- NTATT, CXC</i> • <i>Distribute flyers for CAHE Conference at Opening WSkillsT&T, UTT, UWI, UTECH, SJPP, BCC, etc.</i> • <i>Publish Conference ad. in CXC Quarterlies</i> • <i>Distribute e-newsletters to advertise CAHE Conference</i> • <i>Press Releases on Conference in all Representative Countries</i> • <i>Send letters to policy makers introducing CAHE as an NGO volunteering assistance (Use IFHE position paper as a base for correspondence. Policy-makers and Stakeholders to be identified</i> • <i>Source major sponsors to advertise in the Conference magazine</i> • <i>Open Conference Market Place to the public hence catering for the wider society</i> • <i>Seek to endorse products advertised by selected companies on print and electronic media for an agreed fee e.g. Grace Kennedy, Courts, Energy efficiency, Unilever. CAHE personnel to demonstrate use of product.</i>	<i>February 2013</i>	<i>On going</i>

Communications And Marketing Plan

<i>Objectives</i>	<i>Strategies</i>	<i>Tactics</i>	<i>Start Date</i>	<i>Finish Date</i>
2. <i>Increase membership of CAHE</i>	<i>Provide awareness and knowledge of CAHE to the public at large.</i> <i>Promote the benefits of CAHE membership</i> <i>Promote CAHE as the primary resource for information on home economics, Guyana, Belize and North America.</i>	<i>Work with CXC to create a link to their website –best practices in teaching Home Economics, CSEC questions & answers, and any other related information(in partnership with the Education & Training Committee)</i> <i>Seek to have CAHE represented on home economics curriculum review committees</i> <i>Provide webinars to members</i> <i>Publish articles on the various topics in home economics. (to be written by members in the organization in collaboration with Publications and Research Committee</i> Examples of Topics ❖ <i>CNCDs – Role of the Home Economist in alleviating the problem</i> ❖ <i>Healthy Eating Practices for Teenagers</i> ❖ <i>Preparing Nutritious Meals for the Elderly</i> ❖ <i>Importance of Water in the Diet</i> ❖ <i>Appropriate Food Portions</i> ❖ <i>Understanding Nutritional Labelling</i> ❖ <i>Importance of Diet & Exercise</i> ❖ <i>Working with the Visually Impaired</i> ❖ <i>Healthy Lifestyle</i>	October 2012	On going

March on. Do not tarry.
 To go forward is to move toward perfection.
 March on, and fear not the thorns,
 or the sharp stones on life's path.
 ~Khalil Gibran

Recipe Page

CASSAVA RECIPES

These recipes represent the work of the fourth form of the St. Joseph's High school in Georgetown, Guyana. Marlyn Davis-Thomas is the teacher at SJHS.

Topic – Versatility of Local Foods

Aim – Students to develop appreciation for locally produced food items.

Activity –
Students were given a list of local food items to create at least 2 dishes from cassava was chosen by this group



Cassava (manioc; yuca)

CASSAVA PUDDING

Ingredients

- 1 cup grated cassava
- 1 14oz tin evaporated milk (14oz)
- 1 ½ cups grated coconut
- 2 tbsp sugar
- 1 tin condensed milk
- 1 tsp essence
- 1 pinch cinnamon

Method

- ☞ Mix all ingredients in a bowl.
- ☞ Bake in hot oven for 1hr or until set.

SWEET MANIOC BLISS

Ingredients

- 12ozs shredded cassava
- 12ozs shredded coconut
- 1 tin condensed milk
- 1 tin evaporated milk (14oz)
- 1 egg

Method

- ☞ Preheat oven for 5mins at 375°C
- ☞ Mix cassava and coconut with 1cup of the evaporated milk.
- ☞ Bake for 35mins then remove from the oven.
- ☞ Beat the egg together with one cup condensed milk. Pour evenly on the top of the cake.
- ☞ Put back to bake for another 20mins.
- ☞ Leave to cool and slice as desired.

BLACKEYE PEAS and FISH BALLS

Ingredients

- 8ozs cooked fish
- Pinch of nutmeg
- 4ozs cooked blackeye peas (crushed)
- ½ oz butter
- 1tbsp chopped eschallot
- 2 eggs beaten
- 1tbsp celery
- Bread crumbs
- Juice of 1 lemon
- Oil for deep frying
- Salt and pepper to taste

Method

- ☞ Remove skin and bones of fish and flake.
- ☞ Add crushed blackeye peas, eschallot, celery, lemon juice, nutmeg and salt and pepper to taste.
- ☞ Add butter and egg to bind.
- ☞ Shape into small balls, coat with beaten egg then bread crumbs.
- ☞ Deep fry until golden brown.
- ☞ Garnish with parsley



Creation Of The New Caribbean Public Health Agency (CARPHA)

Pauline Whiteman,
C.P.H.E.

The creation of the new **Caribbean Public Health Agency (CARPHA)** was approved by the Caribbean Heads of Government in March 2010. CARPHA is a key delivery element of CARICOM's Regional Health Framework. CARPHA has replaced and will build on the work of Caribbean Community's five Regional Health Institutions (RHIs), following a phased transition period commencing in December 2010 and proposed to end in 2014. The work to transition from the existing RHIs' to the fully implementation of CARPHA is being supported by CARICOM and PAHO/WHO. The RHI's are: Caribbean Epidemiology Centre (CAREC), the Caribbean Environmental Health Institute (CEHI), the Caribbean Food and Nutrition Institute (CFNI), the Caribbean Health Research Centre (CHRC) and the Caribbean Research and Drug Treatment Laboratory (CRDTL). The new agency is headquartered in Trinidad and Tobago.

The role of CARPHA is to draw together and build on public health knowledge and expertise across the Caribbean, preventing duplication of effort and resources. It will also support other relevant regional strategies, including those relating to trade, including tourism and the social determinants of health. CARPHA provides co-operation on technical issues with countries in the region including the Dutch, French and Spanish Caribbean. It also builds capacity in selected areas such as research and social marketing. This will facilitate a coordinated approach to public health issues including managing the risk of disease outbreaks in the Caribbean region.

On an international scale, CARPHA provides a basis for the implementation and monitoring of global agreements impacting on public health. It also provides a coordinated Caribbean public health response, participates in strategic health alliances and implements the International Health Regulations (IHRs).

CARPHA has two aspects to its mission: Firstly the provision of strategic direction in analyzing, defining and responding to public health priorities of the member countries so as to prevent disease, promote health and to respond to public health emergencies; Secondly to act as a key entity in providing for solidarity in health of the region. CARPHA intends to build on the successes achieved by the disease model, by taking people-centred approach to Public Health.

The objectives of CARPHA are as follows:

1. To provide countries with reference and referral services as well as laboratory strengthening.
2. To conduct surveillance of both communicable and non-communicable diseases.
3. To provide leadership in defining effective public health interventions in the Caribbean.
4. To provide, accurate reliable timely and relevant public health information to various Caribbean and international audiences.
5. To coordinate effective responses to public health crises in the Caribbean.
6. To enhance national capacities to deliver public health goods and services to public health priorities in the Caribbean.
7. To mobilize resources for priority public health issues.

CARPHA is the Caribbean Region's collective response to strengthen and reorient our health system approach so that we are equipped to address the changing nature of public health challenges, particularly in relation to communicable diseases such as HIV/AIDS and non-communicable diseases, such as obesity, cancer, heart disease and diabetes. CARPHA will support this by adopting a truly people-centered, evidence-based approach to its work. It will also continue to address long-term persistent threats to the Region, related to natural disasters.

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Profiles



KEYNOTE SPEAKER

Dr. Donald Simeon is the Deputy Executive Director of the Caribbean Public Health Agency (CARPHA). He is also Director of Research, Evaluation and Policy Development at CARPHA. Prior to this, he was the Director of the Caribbean Health Research Council (CHRC) from 2002 to 2012. Before going to the CHRC, he was Senior Lecturer in Biostatistics, Faculty of Medical Sciences, University of the West Indies. A citizen of Trinidad and Tobago, Dr. Simeon was educated at the University of the West Indies (PhD Nutrition) and the London School of Hygiene and Tropical Medicine, University of London (MSc Medical Statistics).

He is a Chartered Statistician and Fellow with the Royal Statistical Society, UK as well as a Registered Public Health Nutritionist, Nutrition Society, UK and Registered Nutritionist in Trinidad and Tobago. He is a Board Member of the Geneva-based Council on Health Research for Development (COHRED), chairs the Research Ethics Committee, Ministry of Health, Trinidad and Tobago and serves on the Executive of the Bioethics Society of the English-speaking Caribbean (BSEC) and the Editorial Board of the West Indian Medical Journal. In addition, he is a member of Trinidad and Tobago Association of Nutritionists and Dietitians, American Society for Nutritional Sciences and the International Biometric Society Network for Central America

He has extensive research experience as evidenced by the publication of over 60 scientific papers in peer-reviewed international journals, in addition to chapters in books/encyclopedia and other reports. He has also made dozens of oral presentations at international scientific conferences and professional meetings.

*“Don’t let the world
change your smile,
let your smile
change the world.”*



GUEST SPEAKER: BANQUET

Geraldene B. Hodelin,
Ph. D., C.P.H.E.

Immediate Past President
of the International
Federation for Home
Economics (IFHE)

Professor University of
Technology, (Utech),
Jamaica

Professor Hodelin is currently principal at the University of Technology Western Campus and Director of the UTech Academy at the University of Technology, Jamaica (Utech). A distinguished Caribbean educator and senior regional home economist she is consultant to numerous regional and international educational institutions, boards and autonomous bodies in the disciplines of Home Economics Education, Quality Assurance in Education, Technical Vocational Education, Teacher Education and Leadership, Family Education, to name a few. She has served as External Examiner to tertiary level institutions across the region and continues to serve the Caribbean Examinations Council in several capacities.

Professor Hodelin is the first black and Caribbean national to be elected President of the International Federation for Home Economics (IFHE), headquartered in Bonn, Germany (2008-2012) and currently serves Chair of the Council Committee on the United Nations and Chair of the Programme Committee on Family.

Professor Hodelin has been granted several prestigious awards:

- ♦ Outstanding and Distinguished Service Award from the University of Technology, Jamaica Distinguished International Alumni Award from the University of Minnesota, College of Education and Human Development;
- ♦ Outstanding Service Award from the CAST Academic Staff Union (CASU) and from The University of Technology, Jamaica Academic Staff Union (UTASU)

Profiles ...

- ♦ 50th Anniversary Outstanding Service Award from the University of Technology, Jamaica
- ♦ Outstanding Service award to Home Economics education Jamaica
- ♦ Jamaican Home economics Association Home economist of the year (1993)

These are by no means the extent of the achievements of Professor Hodelin but of greatest importance is the fact that she is married for 42 years to Milton, has one daughter, Malaika, and two sons Omari and Khalid who is married to Tracy. She is the proud grandmother of Jaeden.



Jay Deagon, Australia,
Specially invited
columnist

“Home Economics Advocacy: Get Home Economics off the endangered list”

Jay is the founder of the social networking website www.HomeEcConnect.com.au. HomeEcConnect is a virtual space, provided free of charge, for home economics teachers, students and professionals from around the world to share home economics knowledge, projects, news articles: dreams and realities. Jay is also a doctoral candidate at Griffith University, School of Education and Professional Studies and has published articles on home economics, spiritual health and well-being, social networking and online media. is committed to advocating for Home Economics wherever she goes.



“Global Networking and the Home Economist: Professional and Social Networking”

Hope Antoinette
Edwards Mayne, Ph.D.

University of
Technology, Jamaica,
Family and Consumer
Studies Programme

Home economics plays an important role in today's society. It is concerned with strengthening three core areas: families and communities, self development, and decision making. It also serves as an integral part of learning in today's classrooms. No other academic discipline incorporates in its curriculum the life skills that will help students contribute to the core area of society, that being family. With the advent of globalization, the home economist is re-positioned to impact the changing needs of society. No longer is the profession viewed as being in the home, but has far extended to sharing knowledge across the globe. The home economist is now viewed as actively participating in economic, political, and cultural decisions. Through the use of global networking strategies such as research and technological advancements, home economists work to expand knowledge across boundaries.



“Caribbean Labour Laws: Women and Children”

Charmaine Napoleon-Ramsay is a Human Resource Practitioner who has experience in developing human resources and systems in challenging, private and public sector organizations.

A prolific writer on the subject with excellent communication and analytical skills she has a proven ability to be effective at strategic and operational levels having acquired vast experience from high profile organizations such as the Barbados Employers Confederation, PANCAP, The International Labour Organization (ILO). Her repository of talents include the development of rewards and recognition programmes; service quality improvement programmes, workplace policy on HIV/Aids; Volunteerism, leading negotiations in industrial relations with major trade unions, employers rights tribunals, reforming ILO conventions. She takes pride in sharing her wealth of knowledge with Caribbean people towards improving practices in the workplace.

Profiles ...



Sheila Barrett, Ph. D.

Florida International University, Miami, FL, USA/University of the West Indies, Jamaica

“Risk Factors of Type 2 Diabetes and Cardiovascular Diseases among Jamaican Adolescents”

Sheila Barrett, Fatma Huffman, Paulette Johnson, Adriana Campa, Marcia Magnus, Dalip Ragoobirsingh Department of Dietetics and Nutrition, Robert Stempel School of Public Health and Social Work.

The study examined Jamaican adolescents for risk factors of type 2 diabetes and cardiovascular diseases.

A descriptive epidemiological cross-sectional study of 276 Jamaican adolescents ages 14-19 years was conducted. Subjects were randomly selected from grades 9-12 from ten high schools on the island and the conclusion was that Jamaican adolescents are at risk of T2D and CVD. Family history of disease and anthropometric measures identified more subjects at risk than did the blood measures. Jamaican adolescent females reported more risk factors for T2D and CVD when compared to the males.

“Skills Students Develop in Home Economics in Secondary School”

Leonie Clarke, PhD; Cynthia Perriel-Clarke, MA Ed; Audrey Porter-Ricketts, MA

Is there a missing link between skills that are taught in the schools' curriculum and those that high school graduates need to develop? Many debates have been forwarded concerning the role and relevance of technical vocational education as an approach to preparing graduates to take on “high-profile” jobs. Parental perceptions of technical vocational options vary. For example, some parents note the “waste” of time often associated with students pursuing studies in technical and vocational education in schools. The home economics curriculum sets out requisite skills those secondary level students should hone upon completion of courses in food and nutrition, home management and clothing and textiles. This quantitative research sought to determine whether the

home economics curriculum for the secondary schools is equipping students with the skills that both parents desire their children to develop and employers require employees to have for the contemporary marketplace. Skills such as entrepreneurship, empathy, and responsibility were explicit in the curriculum while computer skills and discipline were implicit.

“Sustainable Food Production to boost Food Security”

Janeen McNish and Ceretsie Campbell

The notion of food security has a significant history as a key concept for 21st century policymakers. Like any other developing country, Jamaica is struggling with social, environmental and economical issues and has over many decades become complacent in making food security its number one priority. As the population increases local available arable land has drastically decreased in relationship to food supplies. The country is now forced to implement systems and policies to increase food production or be left vulnerable to the merciless hands of the, competitive 'free trade market'. This qualitative study examined the factors of sustainable food production as the optimal solution to boost food security in Jamaica. The findings showed that an emerging trend which has to bridge the gap between the sectors and ensure food security for all is the development of value added products for both the local and export markets.



Pauline Whiteman is the Senior Manager, Programme Development & Management Department, National Training Agency Trinidad and Tobago (NTATT) for the past five years. Prior to employment at the NTATT, she taught various home economics subjects at both

the secondary and tertiary levels for twenty four (24) years.

Ms. Whiteman was educated at the University of the West Indies (BSc Human Ecology, MPhil Agricultural Extension – Nutrition Education), John. S. Donaldson Technical Institute (National Technician's Diploma- Home Economics, Craftsmen's

Profiles ...

Diploma-Advanced Cookery, Technical Teacher's Diploma). She has also pursued courses at the International Training Centre, Turin, Italy (Training Policies and Management of Training Systems), University of Wisconsin, Madison (Curriculum Development in Technical Vocational Education) and the United Nations University (Production and Use of Food Composition Data in Nutrition).

She is a certified Professional Home Economist and currently serves as Assistant Chief Examiner

(CSEC Food and Nutrition) with the Caribbean Examinations Council. She is currently the Technical Delegate representing Trinidad and Tobago at WorldSkills International. She has written several articles on the Caribbean Vocational Qualification (CVQ) and has made oral presentations on the CVQ at regional and international conferences. Ms. Whiteman is currently pursuing a PhD in Education at the University of the West Indies.

*Appreciations*

The Conference Planning Committee, on behalf of the Caribbean Association of Home Economists Inc. (CAHE 1972) and Barbados Association of Teachers of Home Economics is grateful to the under-mentioned for their input into the 20th Biennial Conference 2013

- ♦ Government and People of Barbados
- ♦ Ministry of Education, Science, Technology and Innovation
- ♦ Accra Beach Hotel
- ♦ Ancillary, Support & Clerical Staff; all locations
- ♦ Barbados Beach Club and Sunbay Hotel
- ♦ Barbados Cadet Corp
- ♦ Bus/Van Drivers
- ♦ Cave Shepherd and Company Limited
- ♦ Central Bank of Barbados
- ♦ Contributors to the Market Place
- ♦ Cultural artistes
- ♦ Da Costa Mannings
- ♦ Delegates from fraternal organizations: local, regional and international
- ♦ DRM Caterers
- ♦ Facilitators of Pre-Conference/In-Conference Workshops
- ♦ Golden Sands Hotel
- ♦ Government Information Services
- ♦ Grace Food and Services Limited

- ♦ Higher Education Development Unit, Ministry of Education Science, Technology and Innovation
- ♦ Home Economics Departments
- ♦ Insurance Corporation of Barbados
- ♦ Janice Maison, POH, Ninian Blair, Norma Washington
- ♦ Keynote speakers, Panelists, Presenters
- ♦ Liaison Officers
- ♦ Media (print and electronic)
- ♦ Members of the sub-committees
- ♦ Ministry of Tourism
- ♦ Panagraphic Inc.
- ♦ Principal and Staff, Samuel Jackman Prescod Polytechnic
- ♦ Retired Teachers of Home Economics
- ♦ Roberts Manufacturing Company Limited
- ♦ Royal Barbados Police Force Band
- ♦ Selwyn Sealy
- ♦ Significant others
- ♦ Simpson Transport Services
- ♦ Stokes & Bynoe
- ♦ St. Vincent and the Grenadines Home Economics Association
- ♦ The Barbados Light and Power Co. Ltd.
- ♦ Toni Simpson
- ♦ Zamal's Software Company

