The Caribbean Home Economist
2014 Issue

The Caribbean Association of Home Economists Inc.
“Improving the quality of life in the Caribbean”
The idea of a regional Home Economics group was first conceived at a three-day seminar held in Port of Spain, Trinidad April 1970 and sponsored by the Trinidad and Tobago Home Economics Association (T&THEA) and the Ministry of Education and Culture. Credit must be given to Ms. Eunice Warner, then supervisor of Nutrition Education in Trinidad and Tobago; as well as Secretary of the Trinidad and Tobago Home Economics Association (T&THEA), and Ms. Isabel Foster, then FAO Advisor to the government of the region, who by their efforts brought together Home Economists in the region for voluntary professional activities. Ms. Beryl Wood was President of the T&THEA. At the seminar, Home Economists from Jamaica, Antigua and Barbuda, Barbados, St. Vincent and the Grenadines, Grenada and Guyana met with their counterparts from Trinidad and Tobago. The most remembered resolution coming out of the seminar was:

“Be it resolved that an Association of Caribbean Home Economists be formed as early as possible”

Two years later, in July 1972 CAHE was born during a seminar/workshop in St. Lucia sponsored by the Caribbean Food and Nutrition Institute. Many Home Economists from the territories as well as a few other educators and administrators were present as participants for their governments. The territories represented were Turks and Caicos, Barbados, Antigua and Barbuda, St. Kitts/Nevis, Anguilla, Grenada, Jamaica, St. Lucia, St. Vincent and the Grenadines, Trinidad and Tobago and Guyana.

Ms. Viola Horsham, then President of the T&THEA took the opportunity to convene a meeting during the seminar/workshop to discuss the 1970 resolution that was passed in Trinidad and Tobago, and to examine the possibility of forming an association. This was agreed and Ms. Horsham was elected as the first President of CAHE with Mrs. Enid Forde of Guyana as the first Vice President; Ms. Beryl Wood was elected as the first Secretary, Mrs. Joyce E. Husbands from Barbados, Treasurer and Mrs. M. Braithwaite from St. Lucia, Assistant Secretary.

Further resolutions and decisions included:
(a) Naming of the Association: Caribbean Association of Home Economists, (CAHE)
(b) Affiliation: Home Economics Associations in the different territories should become affiliated to the regional association.
(c) Country representatives: One person from each territory to serve on the management committee as the liaison officer.

THE CAHE CHRONICLES: THE FIRST 30 YEARS

Thirty years in the life of the Caribbean Association of Home Economists (CAHE) - 1972 to 2002 is a significant milestone and deserving a marked celebration.

This publication seeks to bring the CAHE story to life in the eyes of the discerning reader, as it portrays an appreciation for the rich legacy that our founder-members and successive Executives have crafted. It also provides the impetus that will propel the membership to higher levels of collaboration with the leadership of the organization in realizing the continuity of the work of home economists in the Caribbean thus being better able to network with our various stakeholders.

The beginnings of the CAHE Chronicle of Events were due in great measure to the vision of a special committee headed by the former Chairperson of the Education Committee, Mrs. Catherine Cumberbatch. It included founder-member, Executive Member and Consultant Ms. Eunice Warner, and former President and CAHE Consultant Ms. Zola Holder.

With the able assistance of former CAHE Consultant, Mrs. Veda Gill, the various drafts evolved and the Chronicle project became a reality.

To facilitate a graphic picture of the association's achievements the information is organized into eleven (11) sections – tracing the early history of the organization, its growth and development, its programmatic platform, and the projections that should guide point discussions for the way forward. The vintage moments are captured in pictures.

This project overall is indeed a labour of love and commitment. It has captured admirably the first thirty years of achievement. Who will chronicle the next thirty years and beyond? It is hoped that the reader would glean insights into the process that has allowed CAHE to survive and grow over the years; to re-commit to the deepening of the educational and professional development of the general membership and to strengthen linkages with the various stakeholders as together we propel the forward development of the organisation.

ORDER YOUR COPY NOW!!
From the desk of the PRESIDENT

Dr. Antonia Coward

Greetings to All of You!

Colleagues it is my distinct delight to join you during this very exciting and spirited phase in CAHE’s journey while we continue to face a year filled with great expectation and excellence. I invite you to confidently and courageously forge forward on a platform of progress, that is built by and for you, and which in effect, becomes the very essence of our organisation.

Our level of progress, is one that will be achieved by way of our own concerted efforts. I know that at this stage of the organisations’ development, you too are proud to be an integral part of this vibrant discipline of Home Economics.

As you are aware our vision statement articulates that by 2014 the Caribbean Association of Home Economists (CAHE) will be a highly recognised regional organisation that influences regional policy making and Home Economics curricula towards improving the quality of life of families in the Caribbean. My closing remarks at the 20th biennial banquet, touched on the social scourges of society and those issues which impinge our daily lives no matter our status in society. Ranking high on the list is family life and its associated challenges such as divorce, childrearing, nutritional awareness, health problems, violence especially against women, poor communication skills, and such like. The principal thrust in our mandate therefore demands, in simple terms, that we expand on the capability of existing projects, engage the synergies of our membership, employ collaborative and inclusive approaches in the implementation of projects and programs, and strengthen ties through respectful and courteous communication, so as to skillfully and tactfully respond to these challenges which plague home and work life.

I feel confident that every CAHE member is uniquely poised to promote this philosophy, the mission of our association and profoundly make a difference in our communities locally, regionally and internationally.

I am therefore more than convinced, that with your tenacious commitment to the mission articulated, that CAHE will expedite on a dynamic path of realization of its potential for further growth and development socially, culturally, academically, and spiritually while serving as the vibrant catalyst at the regional level.

During the 2009-2011 biennia the executive leadership team reached a consensus on the vision statement, strategic objectives and milestones for CAHE. In preparing the goals of the strategic plan, members were organized into four committees. For the duration of this biennium these working committees will continue to guide the focus of the organization and help us to fully realize our vision. The working committees include membership expansion and development, education and training, marketing and community outreach. The Communications and Marketing plan was launched during the opening ceremony at the 20th Biennial Conference in Barbados and the activities planned will be disseminated soon.

Might I at this point punctuate this discourse to join the executive leadership team and members in conveying our gratitude to the Government and people of Barbados for their hospitality during Conference 2013. Special thanks must also be conveyed to the conference planning committee under the leadership of Mrs. Sonia St.Hill, members of the Barbados Association of Teachers of Home Economics,(BATHE) and Immediate Past President of the Caribbean Association of Home Economist Mrs. Audrey Jones-Drayton for going the extra mile to ensure that the conference was a resounding success.

In October 2013, the second executive leadership meeting was held in Castries St. Lucia. Allow me to also join
the executive leadership team in expressing gratitude to the Government of St. Lucia for courtesies extended by the Ministry of Education, Human Resource and Development and Labour. Heartfelt thanks are also extended to Mrs. Norma Maynard, President of Honour for her excellent organisational skills on our behalf. A Professional Development Workshop was convened for Home Economics Teachers. An analysis of the summative evaluation conducted revealed that it was timely and an extremely rewarding occasion. CAHE salutes the teachers who participated and we want you to know that your involvement made it an even greater success.

It is the sentiment of many Home Economists, that we cannot create the future we aspire for our profession unless we ourselves become empowered. This means therefore, that our individual empowerment must become a reality before we can help others to tune into the frequency of their own airwaves of inner power. During this Biennium, the empowerment of members will become the focal point of personal enrichment and organizational enhancement and CAHE’s action plan will take shape by way of input from the membership. Indeed, there are several mechanisms in place to channel information from the executive leadership to our members, and to keep things in the flow, we want to ensure that information in the form of suggestions, queries, articles for magazines, research papers and so on, generate from the membership to the leadership team as well. In light of this, CAHE will endeavour to equip members for success by providing opportunities for growth, professional development, and continuous learning so you can actively articulate through your insight into the organizations’ mission and vision.

During the visioning activity when the vision was articulated, members of the executive leadership team were asked to develop a dream of how they would like to see CAHE by the next decade. I continue to dream even today. The major item on my dream list is that as a result of the individual empowerment of members, a greater commitment to our association would be visible. This should be seen through cooperation to ensure that this venture is a success.

Home Economists let us continue to leave our mark and continue to strive for more recognition, the only way to do this is by sharing, so let us share our ideas, articles of interest to Home Economists and others, projects and experiments that your students have worked on. Your contribution will help shape our vision for home economics.

Yours Sincerely

Meon Crawford
Publications Chairperson

Your contributions can be sent by email to: 
E-mail: meon_crawford@yahoo.com

the next generation as we progressively enrich our own lives, and the lives of those in the communities we serve.

Your keen and abiding interest in the advancement of CAHE is warmly embraced and deeply appreciated as we chart in unison the way forward for 2014.

Wishing you God’s rich blessings as you enter the New Year.

Warm regards,

Antonia Coward
President

“A Give real service you must add something which cannot be bought or measured with money, and that is sincerity and integrity.”

~Douglas Adams~
## Past Presidents

<table>
<thead>
<tr>
<th>Period</th>
<th>President</th>
<th>Institution</th>
</tr>
</thead>
<tbody>
<tr>
<td>1972-1977</td>
<td>Viola Horsham</td>
<td>Trinidad and Tobago</td>
</tr>
<tr>
<td>1977-1981</td>
<td>Gwendolyn Tonge</td>
<td>Antigua and Barbuda</td>
</tr>
<tr>
<td>1981-1985</td>
<td>Victorine Britton</td>
<td>Guyana</td>
</tr>
<tr>
<td>1985-1989</td>
<td>Veda Gill</td>
<td>Barbados</td>
</tr>
<tr>
<td>1989-1993</td>
<td>Zola Holder</td>
<td>Trinidad and Tobago</td>
</tr>
<tr>
<td>1993-1997</td>
<td>Florentine McCoy</td>
<td>Antigua and Barbuda</td>
</tr>
<tr>
<td>1997-2001</td>
<td>Norma Maynard, C.P.H.E.</td>
<td>St. Lucia</td>
</tr>
<tr>
<td>2001-2005</td>
<td>Janice Maison, C.P.H.E.</td>
<td>Guyana</td>
</tr>
<tr>
<td>2009-2013</td>
<td>Audrey Jones-Drayton, C.P.H.E.</td>
<td>Barbados</td>
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### If you could choose one characteristic that would get you through life, choose a sense of humor.

~Jennifer Jones~

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### 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 2013-2015

<table>
<thead>
<tr>
<th>POSITION</th>
<th>NAME</th>
<th>TERRITORY</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>Antonia Coward Ph. D., CPHE</td>
<td>Barbados</td>
</tr>
<tr>
<td>1st Vice President</td>
<td>Pauline Whiteman, CPHE</td>
<td>Trinidad and Tobago</td>
</tr>
<tr>
<td>2nd Vice President</td>
<td>Leonie Clarke Ph.D., CPHE</td>
<td>Jamaica</td>
</tr>
<tr>
<td>Secretary</td>
<td>Sandra Murray</td>
<td>Barbados</td>
</tr>
<tr>
<td>Assistant Secretary</td>
<td>Marlyn Davis-Thomas, CPHE</td>
<td>Guyana</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Lucille Marcelle, CPHE</td>
<td>Trinidad and Tobago</td>
</tr>
<tr>
<td>Assistant Treasurer</td>
<td>Melca Alexander</td>
<td></td>
</tr>
<tr>
<td>Chairperson Education Committee</td>
<td>Violet Lake, CPHE</td>
<td>Antigua and Barbuda</td>
</tr>
<tr>
<td>Chairperson Finance Committee</td>
<td>Lynette Burke</td>
<td>Barbados</td>
</tr>
<tr>
<td>Chairperson Research Committee</td>
<td>Hope Mayne Ph. D.</td>
<td>Jamaica</td>
</tr>
<tr>
<td>Chairperson Publications Committee</td>
<td>Meon Crawford</td>
<td>Guyana</td>
</tr>
<tr>
<td>Chairperson Public Relations Committee</td>
<td>Maureen Taylor-Ryan, CPHE</td>
<td>Trinidad and Tobago</td>
</tr>
<tr>
<td>Chairperson Nominating Committee</td>
<td>Michelle Guy, CPHE</td>
<td>St. Vincent and the Grenadines</td>
</tr>
<tr>
<td>Chairperson Membership Committee</td>
<td>Cynthia Clarke</td>
<td>Jamaica</td>
</tr>
<tr>
<td>Immediate Past President</td>
<td>Audrey Jones-Drayton, CPHE</td>
<td>Barbados</td>
</tr>
<tr>
<td>Consultant</td>
<td>Janice Maison, CPHE</td>
<td>Guyana</td>
</tr>
<tr>
<td>Consultant</td>
<td>Sonja Lewis, CPHE</td>
<td>St. Vincent and the Grenadines</td>
</tr>
</tbody>
</table>

*If you want to achieve things in life, you’ve just got to do them, and if you’re talented and smart, you’ll succeed.*

~Juliana Hatfield~

*Don’t let the voice of critics paralyze you.*

*Believe in yourself.*

*You can do anything you set your mind to.*
The Guyana Association of Home Economists and the Ministry of Education, Guyana take great pleasure in inviting you to attend the 21st Biennial Conference of the Caribbean Association of Home Economists Inc. from March 28 to April 1, 2015.

The theme of the Conference is “Community Partnerships for Economic and Social Empowerment of Families through Home Economics”.

The Conference Committee is working diligently on making this event memorable and distinctive. The official programme includes informative and exhilarating sessions; Town Hall discussions, workshops and educational tours for a conference most memorable.

Come visit Guyana, the only English speaking country in South America; 83,000 sq. miles of diverse landscapes; rivers, plains, mountains and waterfalls; the breadbasket of the Caribbean; a land of exotic fruits and vegetables, exquisite flora and fauna; a land of six peoples; authentic, arts, craft, music, food and culture.

Come experience the unique tastes and the hospitality of the people!

Keep checking CAHE website for more details:
http://www.caribbeanhomeeconomist.org

FOR GENERAL TRAVEL AND COUNTRY INFORMATION VISIT
GUYANA TOURISM AUTHORITY
National Exhibition Center, Sophia, Georgetown
Tel: (592) 219 0094-6
Email: info@guyana-tourism.com
Website: www.guyana-tourism.com
Blog site: www.guyana-tourism.com/blog
Social:
www.facebook.com/GuyanaTheAmazonAdventure
www.twitter.com/TourismGuyana
www.youtube.com/gotoguyana
www.google.com/+GTAGuyana

FOR FURTHER DETAILS CONTACT
CAHE Conference 2015 Secretariat
c/o Carnegie School of Home Economics
Tel: (592) 223-7175 / (592) 627-9514
Email: gahe.iqol60@gmail.com

Stacia Skinner
President GAHE
Email: staciaskinner80@yahoo.com

We are excited about our conference and promise the Conference Package by mid October, 2014.

Whet your appetite by checking the link below:
http://www.youtube.com/watch?v=sAmH3L5_XQ4&list=PL0lEpBmH1V7xnZ5FCKR2aeBeUy9PmF3JM

We cannot fast forward time to know if it’s worth it.
So we trust our hearts and hope it turns out right.
# Register EARLY for Conference 2015!!!!

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>EARLY REGISTRATION</th>
<th>LATE REGISTRATION</th>
</tr>
</thead>
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<tr>
<td><strong>Member</strong></td>
<td>US$50.00 ( )</td>
<td>US$60.00 ( )</td>
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<tr>
<td><strong>Student member</strong></td>
<td>US$25.00 ( )</td>
<td>US$35.00 ( )</td>
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<tr>
<td><strong>Non – Member (Attending conference)</strong></td>
<td>US$60.00 ( )</td>
<td>US$85.00 ( )</td>
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<tr>
<td><strong>Student non-member</strong></td>
<td>US$30.00 ( )</td>
<td>US$40.00 ( )</td>
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<td><strong>Daily Rate</strong></td>
<td>US$30.00 ( )</td>
<td>US$40.00 ( )</td>
</tr>
<tr>
<td><strong>Guest of member (Attending social events only)</strong></td>
<td>US$45.00 ( )</td>
<td>US$60.00 ( )</td>
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## MEALS

### SPECIAL MEALS

- **Vegetarian** ( )
- Other (please indicate) ____________________________

- **Monday 30th March 2015**
  - Complimentary Lunch ( )
- **Tuesday 31st March 2015**
  - US$15.00 ( )
- **Wednesday 1st April 2015**
  - US$15.00 ( )

### TRANSPORTATION

- **BANQUET**
  - US$65.00 ( )
- **ACCOMMODATION DEPOSIT** ( )
- **TRANSPORTATION**
  - * US$65.00 ( )

* Subject to change

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**Criticism** should always lead to improvement.

**OBSTACLES** are put in your way to see if what you want is really worth fighting for.
The St. Vincent and the Grenadines Home Economics Association (SVGHEA) held their Awards and Cocktail Ceremony to celebrate the outstanding contributions of nine retired Home economists to Home Economics education. Together, they had all contributed more than one hundred and fifty (150) years of service to the teaching profession. The gala event was held on Saturday 29th March 2014 from 7:30 p.m. at Frenches House, Kingstown.

The nine Awardees were Mrs. Zita Arthur, Mrs. Alanka Daisley, Mrs. Cordelia Gibson, Ms. Paula Jack, Mrs. Patricia John, Mrs. Noelene Kydd, Mrs. Sonja Lewis, Mrs. Ingrid Robinson and Ms. Sylvina Rodney; all of whom are members of the Caribbean Association of Home Economists.

The guest speaker for the occasion was Director of the National Qualifications Department Major Dwight Lewis who was a TVET teacher for more than 25 years.

Mrs. Gibson, in her response on behalf of the awardees, expressed thanks and appreciation to the SVGHEA for the kind gesture and honour bestowed on them. She highlighted some of the “miracles” that were experienced in Home Economics teaching in students who were deemed ‘weak’ as well as the many journeys and participation in CAHE Biennial Conferences. She encouraged the young home economists to continue their efforts to make Home Economics education a priority in the lives of all students.

Six of the awardees attended the function including Mrs. Sonja Lewis who is currently CAHE Consultant.

Following the Awards Ceremony, attendees interacted and enjoyed Cocktails prepared by Hillside Caterers, owned by Mrs. Dawn Smith (who is a member of the SVGHEA and also CAHE) and musical entertainment provided by Mr. John Daisley.
Reflections of the
20th Biennial Conference
Reflections of the 20th Biennial Conference
Water Day
A presentation by Maureen Taylor-Ryan, CPHE.

Water is a universal solvent and helps carry nutrients and oxygen to the cells of the body.
- Aids in the elimination of wastes through urine and feces.
- Water regulates the temperature of the body. It retains heat and prevents a rise in body temperature. It also cools the skin when it evaporates from the skin as perspiration.
- Lubricates joints.
- Major component of body fluids e.g. mucus and tears.
- It carries enzymes of the digestive system.
- Reduces the effect of aging by keeping skin smooth and clean.
- Increases the efficiency of the immune system.
- Protects the Central Nervous system.

VALUES

- Composes 75% of the brain.
- Composes 83% of blood.
- Composes 22% of bones.
- Helps keep the brain functioning optimally.
- Water is a universal solvent and helps carry nutrients and oxygen to the cells of the body.
- Aids in the elimination of wastes through urine and feces.
- Water regulates the temperature of the body. It retains heat and prevents a rise in body temperature. It also cools the skin when it evaporates from the skin as perspiration.
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- Increases the efficiency of the immune system.
- Protects the Central Nervous system.
Coconut Water
- 8 Benefits You Didn't Know About -

Coconut water is the ultimate thirst quencher and offers a tasty alternative to water. This pure liquid is packed with nutrients that yield an array of health benefits.

Here are eight (8) Benefits of Coconut Water that explain why it has become so popular:

1. Aids in Weight-loss Efforts.
The fat content in coconut water is extremely low, so generous quantities can be consumed without the fear of immediately packing on the pounds. It also suppresses the appetite and makes you feel full because of its rich nature.

2. Picture-Perfect Skin.
For those with acne or other blemishes on the surface of the skin, topical application of coconut water can go a great distance as it has the ability to clear up and subsequently tone the skin. It also moisturizes the skin from within if ingested orally and eliminates large amounts of oil. This explains why products such as facial creams, shampoos, conditioners and lotions that contain traces of coconut extract are more effective.

3. The Ultimate Hangover Remedy.
Next time you overdo it and drink more than your belly can handle, consume coconut water to settle your stomach. It will also replace those essential electrolytes that exit the body if you experience bouts of frequent urination and vomiting.

4. Facilitates Digestion.
If you constantly encounter difficulty during the digestion process, coconut water may provide a source of relief. Because of its high concentration of fiber, it aids in the prevention of indigestion and reduces the occurrence of acid reflux.

5. Boosts Hydration.
The ingredients in coconut water are way more effective at hydrating the human body than those of sports and energy drinks. During rigorous exercise or extended periods of physical activity, the human body loses mineral-rich fluids. However, coconut water serves as an excellent replacement medium with 294 mg of potassium and 5 mg of natural sugar per glass, unlike your favorite sports drink that only contains half of the potassium content and five times the amount of processed sugar. In addition, the sodium count is only 25 mg, which is relatively low compared to the 41 and 20 mg found in sports drinks and energy drinks respectively.

In many instances, a disproportionate level of electrolytes can result in high blood pressure. Because coconut water contains an adequate supply of each, it can be used as a balancing mechanism. In some instances, it is recommended that coconut water be consumed at the start of each day to foster the balance of these electrolytes.

Unlike any other beverage on the market, coconut water contains five essential electrolytes that are present in the human body. These include: calcium, magnesium, phosphorous, potassium and sodium. Because of its unique composition, coconut water can be enjoyed by individuals with varying medical conditions.

Since it is isotonic to human plasma, coconut water can be used in extreme emergencies to quickly rehydrate the human body if administered intravenously. It is not uncommon for the drink to be used in poorer, third-world countries to save human lives.

Safety in the Heat - Choose Water

- During activity, avoid drinks with caffeine, high sugar content & alcohol. Fruit juices and soft drinks are high in sugar that slows fluid absorption by the body.
- Caffeine is dehydrating and can cause the body to lose water.

Minimum Intake - At least six glasses of water
The International Federation for Home Economics (IFHE) met at the Brescia College, London, Ontario Canada from the 20th July to the 24th July 2014 for a number of meetings.

The Opening Ceremony in the celebration of the 20th anniversary of the International Year of the Family (IYF) was attended by Audrey Jones-Drayton, Immediate Past President and IFHE Executive Committee member and representative for the region of the Americas attended all of the meetings and was the representative for the Caribbean Association of Home Economists Inc. (CAHE) at the IFHE Council meeting. Other IFHE member delegates from the Caribbean were President of Honour and CAHE Consultant and former IFHE Vice President Region of the Americas, Janice Maison, Dr. Theodora Alexander, former CAHE Consultant and Professor Dr. Geraldene Hodelin, IFHE Immediate Past President while Dr Antonia Coward, President, CAHE, attended as an observer. The IFHE Executive Leadership meeting and meetings of several IFHE regional meetings and programme committees were also held during this period.

The Opening ceremony commenced with welcome messages by IFHE President Carol Warren, Shirley Jones of the IFHE Council Planning Committee and by Dr Alicia Garcia, Chair of the Division of Nutritional Sciences, and Brescia University College Of major importance was the opening ceremony of the Council meeting which celebrated the 20th anniversary of the International Year of the Family (IYF). That this meeting was being held in Canada was significant since it was the lobbying of the IFHE and the Canadian Home Economists under the leadership of then President Canadian Dr. Doris Badir PHEc, recently deceased, prepared IFHE Policy Statement in 1994 and the accompanying Planning Statement for IFHE activities that gained international recognition for IFHE as a leading Non-Governmental Organisation (NGO).

The Keynote for this session was delivered by Renata Kaczmaraska, Social Affairs Officer, the Family Division for Social Policy and Development (DSDP), Department of Economic and Social Affairs (DESA), United Nations Secretariat. She spoke on issues the family at the juncture of the 20th anniversary of the International Year of the Family. The response to the keynote was given by Professor Dr. Geraldene Hodelin who spoke on the "The role of Home Economics to address economic and social factors for families".

Professor Hodelin acknowledged that the main source of her discourse was derived from the views of forty-five (45) Caribbean home economists. She highlighted six critical themes as the basis of her response. The essence is as follows:

1. Home Economists are change agents through impartation of sound social and economic values and principles. Family education should begin with home economists and should reference the work of home economists and the everyday work with families.

2. Home Economists should be excellent role models for wise choices and decision making in family management such as financial literacy, personal and family economics matters and sustainable income generating ideas and projects. (Our job is to set standards) that would establish our expertise beyond credentials and notoriety.

3. The hands-on nature of the discipline allows for individuals to create “own account employment” which has become so important in securing economic independence; a powerful tool to trample the scourge of poverty and inequity within families, struggling economies and nations.

4. Home Economics integrates well with other subjects in schools making individuals better able to manage various life situations. It is the time to return home economics to the school curriculum and a required programme for all students. For sustainability home economics education must be for all ages through adulthood.

5. Partnerships should be established with other disciplines and organised groups that are sympathetic to the mandate of Home Economics as a way of linking the needs and support for families to other aspects of life in the community. This helps to build support and broaden the agenda for policy development and advocacy for human rights. Our own Student Health Intervention Plan (SHIP) and Family Natural Disaster Preparedness plan (FANDAP) are wonderful examples of such partnerships. (See CAHE website www.caribbeanhomeeconomists.org)

6. There is need for a renaissance of home economics. It is time to open closed doors, revisit curricula and align them more closely with the desired needs of the current and emerging Caribbean family. We must seek for relevance in schools and in society and bring about our best thinking towards this end.

Professor Hodelin ended with a quote from Jamaica Marcus Garvey “Without education the people perish”.

Professor Hodelin then launched the e-publication published in honour of the 20th anniversary of the International Year of the Family. Professor Hodelin, Jamaica, was the lead editor and the associated editors were IFHE President Elect, Professor Dr Siddiga Washi, Sudan and Mary Margaret Hayes-Frawley, Ireland and a hardworking team comprising the team from the IFHE Office and other committed persons (names on inside cover). The publication entitled “Family Socioeconomic and Cultural Issues: A Continuing Home Economics Concern” can be downloaded from http://ifhe.org/epaper-family-2014/. The IFHE looks forward to your support by circulating and using this publication.

Professor Emeritus Sue Mc Gregor was the keynote speaker for the symposium. Her presentation focused on the importance of philosophical thought in Home Economics and examined the resistance to this and to philosophy in general. There were a
number of concurrent round table discussions and e-poster presentations. These presentations are available at https://www.ifhe.org/1062.html

Programme, standing committees and key officers also reported to the Council. Other issues were addressed such as the review of the IFHE constitution and issues related to the future of the IFHE. These could be found in the members only are on the website.

During the Council meeting one of the key decisions surrounded raising membership fees. This has become necessary in order to compensate for the fall off in membership and the rising cost of operations. Quite unlike (CAHE) the constitution of the IFHE is does not facilitate fund raising and investments. It therefore means that every effort has to be made to recruit and maintain the membership of the IFHE. The IFHE membership team has designed a number of initiatives towards improving the membership of the organisation. Much lobbying was done to ensure that the fees were fair to members from developing countries. The proposed fees to commence 2015 are as follows:

- Individual member developed countries € 70
- Individual member developing countries € 30
- Student € 30
- Organisational member € 290

Individual member developing countries
- 4 years € 230
- Individual member developing countries
- 4 years € 100

The World Bank 2014/2015 list of developing countries is used to determine countries form this category. Currently only Haiti and Guyana are on that list. See link below.

https://ifhe.org/index.php?eID=tx_nawsecuredl&u=0&file =fileadmin/user_upload/redaktion/About_IFHE/Membership/THE_WORLD_BANK_2014.pdf&t=1407967368&hash=4bef114ee4dd9a83933b6e49e08ac95

The IFHE Membership committee has sought the permission of the Council to develop its own list of developing countries aimed at attracting for example countries within the Caribbean are able to join and maintain membership in the IFHE.

It is hoped that as this becomes a reality more persons in the Caribbean region will take advantage of this opportunity. A revised list of benefits should be available from the IFHE website. There are currently six (6) person from the Caribbean who are financial for the year 2014 with three (3) for 2015. During the meeting of the Region of the American there were some offers from some members in North America that could result in first-time fees being paid for especially younger persons and or organizations in the Caribbean.

Another issue that could impact positively on the professional development of CAHE members at the International level is professional certification by the IFHE. Work continues on the development of this credential the International Certified Professional Home Economist (IPHE).


The next IFHE Leadership meeting will be held in Malta in March 2015 to coincide World Home Economics Day and in conjunction the University of Malta. Instead of the usual symposium there will be a conference. The meeting has been especially arranged so as not to coincide with the CAHE conference since persons from within the IFHE leadership plan to attend both meetings.

Finally, plans continue towards IFHE Congress in Daejeon South Korea from July 31st to August 6th 2016. The Congress theme is "Hope and Happiness: The role of Home Economics in the pursuit of hope and happiness for individuals and communities now and in the future". The Koreans are ready and the website is open at http://www.ifhe2016.org/. I encourage you to visit the IFHE Website www.ifhe.org for further information. Do consider becoming a member of IFHE.

CHANGE

“We are taught you must blame your father, your sisters, your brothers, the school, the teachers - but never blame yourself.

It’s never your fault.

But it’s always your fault, because if you wanted to change you’re the one who has got to change.”

~Katharine Hepburn~
Celebrations (St. Vincent Grenadines)

Presentation of the Gwendolyn Tonge Scholarship Award by Consultant Sonja Lewis to recipient Sheila Robertson, Michelle Guy in attendance.

The Heart is not a basket for keeping tensions & sadness. It’s a golden pot for keeping roses of happiness. Let your heart be happy always.

If God shuts a door, stop banging on it! Trust that whatever is behind it is not meant for you!

Obituary

Ms Elizabeth 'Betty' Child - retired Home Economist
St. Vincent and the Grenadines
TIVERN STANDS TALL
(St. Vincent Grenadines)

Form four student Tivern Laidlow of the Bequia Community High School displayed her knowledge and practical skills in Home Economics (Food Preparation) to win the 2014 East Caribbean Group of Companies HOME ECONOMICS COMPETITION. The competition was held as part of the National Baking Competition organized annually by ECGC.

Tivern won the competition with her productions; Plum Cheesecake (Pastry category) and Nutty Plum Bread (Bread Category) gaining the prize of EC$1,000.00. In addition Tivern also won the overall Pastry category attaining the prize of EC$500.00. Home Economics teacher Ms. Shaveca Hazell prepared Tivern for the competition and assisted her in the formulation of the recipes.

Deondra Jarvis of the Thomas Saunders Secondary placed second with her productions Beet Red Velvet Cake (Cake category) and Herb Oatmeal Pan Bread (Specialty Flour) while Anique Francis of the St. Joseph Convent Marriaqua placed third with her creations of Mango Layer Cake (Cake Category) and Cassava Herb Bread (Specialty Flour).

The top ten students who qualified from the Zonal Competition progressed to the Final which was held on the 23rd May, 2014 at the Kingstown Technical Institute. The Closing and Prize Giving Ceremony was held at 2:00 p.m. at the Methodist Church Hall, Kingstown. All participating students were presented with ECGC gifts bags and certificates. Judges and teachers were presented with ECGC gift bags.

EO Home Economics Ms. Michelle Guy expressed special thanks to ECGC for the exposure and experienced gained by the students, and the sponsorship of the Home Economics Competition. Also thanks to the Judges for their time and energy in performing the difficult task of judging the dishes/items, and to the Principals and Teachers, Participants and Parents, thank you for your dedication, time, assistance, participation and encouragement in the 2014 ECGC Home Economics Competition.

Certification

Professional Certification is a stamp of approval from a professional body based on educational qualifications and participation in professional development activities. It encourages practitioners to remain on the cutting edge of professional practice.

CAHE CERTIFIED PROFESSIONAL HOME ECONOMISTS

1. Audrey A. Jones-Drayton CPHE
2. Theodora Alexander PhD. CPHE
3. Sonja Lewis POH, CPHE
4. Antonia Coward PhD. CPHE
5. Norma Maynard POH, CPHE
6. Leonie Clarke PhD. CPHE
7. Violet Lake CPHE
8. Geraldene Hodelin CPHE
9. Yvonne Perriel- Mapp PhD. CPHE
10. Pauline Whiteman CPHE
11. Cecelia George Mc Wellington CPHE
12. Lucille Marcelle CPHE
13. Debra Charles-Rojas CPHE
14. Racquel Edgecombe CPHE
15. Maureen Ryan-Taylor CPHE
16. Michelle Guy CPHE
17. Noelene Osborne Kydd CPHE
18. Janice Maison POH, CPHE
20. Anita John CPHE
22. Marlyn Davis-Thomas CPHE
The Home Economics Department of the New Amsterdam Secondary School (Multilateral) shone brightly in their display of knowledge and practical skills in food science and economy. The school entered into the National Cassava Competition held on October 10th, 2014 and gained first place out of a total of thirty eight (38) entries. This was awarded by the relevant recognitions and a trophy.

Attending the events were students Hannah Singh and Olucho Haynes, both accompanied by Head of Department Ms. Roxanne Ward. While several dishes were prepared, all original and being made from the ground provision “CASSAVA”, a root vegetable; the name of the dish entered into the competition was “Steamed Cassava and Meat Pie”. This received grave reviews and naturally the first prize. The other dishes on display by the department included: Cassava cheese straws, cheesy cassava leaf soufflé, cassava cream cookies, nutty farine drops, cassava chutney and cassava leaf smoothie. All these dishes being experimented upon and perfected in the Home Economics Department, under the skilled guidance and supervision of Ms. Roxanne Ward are original.

Following their win, the students were also invited to make a video demonstrating their skills on the “Cooking with Olive Show”. This invitation was extended by the F.A.O. (Food and Agriculture Organisation) who along with the agricultural and educational arm of the government of Guyana organised the competition.

The students who attended and participated in the competition also displayed high level of discipline and a keen sense to perfecting practical Home Economics skills.

Ms. Ward and team are grateful for the support and recognition afforded them citing it as an encouragement to the students and a way of collaborating with the government to promote local and healthy foods.

### Steamed Cassava and Meat Pies

**Ingredients:**

1. Heat 1 table spoon oil and cook mince in a skillet until tender.
2. Add ketchup, worcestershire sauce, sweet peppers and raisins.
3. Cook for 5 minutes more and adjust salt and pepper, leave to cool

4. Take 2 heaped table spoons of cassava and spread to about ¼ in thick on the leaf or foil paper.(approx 1 ½ ” in diameter)
5. Place a heaped tbsp. of meat mixture along one side of cassava and fold leaf in half, then fold edges of leaf over to seal.
6. Place a few pies in steamer or colander and steam for about 20-25 minutes.
7. Remove from foil paper or leaf and serve with a green salad and a fruit drink.

**N.B. For a vegetarian version use minced soya.**
I - AWARD INFORMATION

A. The Gwendolyn Tonge Scholarship Award initiated by her in 1981, is a nonrenewable stipend awarded annually to a student who most exemplifies the qualities portrayed by Gwendolyn Tonge during her more than twenty-five (25) years of service to the Caribbean Association of Home Economists (CAHE). Mrs Tonge served as CAHE’s President from 1977-1981, and was the first Home Economics Supervisor in Antigua in 1952. She has co-authored the currently used text book series, Caribbean Home Economics in Action, and is the recipient of local, regional and international awards. Mrs Tonge was appointed a Senator in the Government of Antigua and Barbuda in 1994.

The Gwendolyn Tonge Scholarship Award recipient will receive a stipend of US $1,500.00. These funds will be disbursed in two installments (semester basis).

B. The Award will be for the academic year beginning August 15th and ending August 14th of the following year.

C. Students, who are awarded the scholarship, must be currently enrolled, and must have completed one full year of study in a bachelor's degree programme, related to Home Economics. Applications are to be submitted by February 15th of the year in which the award is requested.

D. Application forms can be obtained from:

Executive members, or Territorial representatives in the various countries.

II - ELIGIBILITY

A. Only CAHE members, financial for four (4) consecutive years, are eligible for the award.

B. Students currently enrolled in year two or above of undergraduate study towards a Bachelor's degree related to Home Economics at an accredited institution.

C. Applicants must hold at least a B average in Major core courses.

D. Must not be the current recipient of any other CAHE award in the same year.

III - APPLICATION PROCEDURE

A. All applicants must complete the application form. The application must be accompanied by a statement from the applicant outlining his/her long-range goals and how a bachelor's degree will assist in meeting those goals.

B. Official transcripts of previous university work must be submitted. Copies and facsimiles are not accepted.

C. Three reference reports are to be submitted from persons who are in a position to evaluate the applicant's academic and professional ability. At least two references should be from the individual's major field of study.

D. Applications are to be submitted to the CAHE education Committee by February 15th. Send to

The Chairperson, Education Committee
Caribbean Association of Home Economists
c/o Ms. Cynthia Perriel-Clarke
University of Technology
237 Old Hope Road,
Kingston 6, Jamaica.

IV - SELECTION CRITERIA

A. The academic record of candidates will be the selection criteria.

B. Priority will be given to applicants beginning their second end year of undergraduate study in the semester immediately succeeding their application.

C. Consideration will be given to distributing awards among disciplines, dependent on current needs.

V - SELECTION PROCEDURE

A. Applications will be reviewed and nominated by Education Committee. The committee is expected to nominate only highly promising candidates.

B. Selections will be made by the Executive Committee. Candidates will be notified of the decisions about April 16.

VI - CONDITIONS OF THE AWARD

A. All Gwendolyn Tonge Scholarship Awardees are required to be full-time students for the entire academic year. A minimum of 15 credit hours each semester.

B. Awardees must remain in good academic standing and should perform at a level substantially exceeding the minimum expectations of the University.

C. Failure to meet any of the conditions of the award may result in its discontinuation.

D. One scholarship will be awarded annually subject to the availability of funds.
The Gwendolyn Tonge Scholarship Award Programme
APPLICATION FORM

1. Name in Full: ________________________________ (Last) ________________________________ (First) ________________________________ (Middle)

2. Present Address: (Street) ________________________________
   (City) ________________________________ (State/Zip) ________________________________
   Present Home Number: ________________________________

3. Permanent Address: (Street) ________________________________
   (City) ________________________________ (State/Zip) ________________________________
   Permanent Home Phone Number: ________________________________

4. Place of birth: ________________________________ Citizenship: ________________________________

5. Social Security Number: ________________________________ ID Number: ________________________________

6. Baccalaureate Programme: ________________________________

7. Date of Enrolment: ________________________________

8. Academic honours and scholarly activity (include deans list, scholarships received)
   ________________________________
   ________________________________
   ________________________________

9. Extracurricular activity (Include memberships in organisations and offices held)
   ________________________________
   ________________________________
   ________________________________

10. List the names and addresses of three persons who are able to evaluate you, academic and professional experience and ability and who are expected to submit a reference report on your behalf. At least two should be persons with whom you have worked in your major field.
   ________________________________
   ________________________________
   ________________________________

11. Attach a brief statement of your long-range professional goals and how a bachelor's degree will assist you in meeting these goals.

12. Signature of applicant: ________________________________ Date: ________________________________

13. Approval of Dean: ________________________________ Date: ________________________________

Has this student been admitted to year 2, 3, 4: Yes ( ) Under Consideration ( )

Application materials must be submitted to: The Chairperson, Education Committee
Caribbean Association of Home Economists
C/o Ms. Cynthia Perriel-Clarke
University of Technology
237 Old Hope Road, Kingston 6, Jamaica.