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## Message from the President

*By Joyce Mok*

It is with great satisfaction that the new AHES Executive Committee presents you with a new look for the AHES News.

In the last couple of months the new Committee has been working tirelessly to complete the first collaboration of AHES with the Norwegian Seafood Export Council in the “Get Set, Go Fish” programme. The programme culminated in the national grand finals recently held in Raffles Girls’ School with much success.

In the planning of activities for the next 2 years, we are committed to ensure that AHES remains relevant to its members in its mission to provide members with avenues for professional development. Amongst other things, a Special Speaker Series will be launched in the near future.

We look forward to your continual support and sincerely hope to see more of you in the coming activities. Taking this opportunity, I would like to thank members of the outgoing committee for their tireless efforts in promoting AHES by dedicating their precious time, resources and expertise.

## XXI IFHE World Congress 2008 Highlights

*By Jasmine Kaur*



*“Home Economics:  
Reflecting the Past -  
Creating the Future”*

The International Federation of Home Economics celebrated its 100 years at its XXI World Congress in Lucerne, Switzerland from July 26<sup>th</sup> to 31<sup>st</sup> 2008. The theme of the congress was “Home Economics: Reflecting the Past - Creating the Future”. Home economists from 57 countries were present to celebrate its centenary progress and to share their expertise at this international platform. Amongst them was AHES president, Joyce Mok, who shared her insights at a plenary session on ‘Collective empowerment of the home economics profession - Equipping the profession with advocacy, future creation and leadership’

‘It is important for us to enjoy the euphoria of our successes after the 100 years of professional activities as a world federation. However, from this moment on, it becomes even more important for us to draw the required motivation from these experiences, to expand on those

Please see *IFHE CONGRESS* on page 3

## IFHE and the Young Professional Network

By Ong Chiew Inn, Nanyang Girls' High School

### A memorable and valuable experience - IFHE YPN Pre-Congress Tour

I was full of anticipation and excitement while waiting for the day when I finally flew off to Lucerne, Switzerland to attend the IFHE World Congress 2008. Not only was I excited about my poster presentation at the Congress, I was also looking forward to attend the Young Professionals Network (YPN) Pre-Congress Tour. Stefan, a member from the YPN who organised this tour, had constantly updated me on the programme and accommodation for the tour before my trip.



*The author with her "Link the Loop" poster*

After a scenic drive through the city of Lucerne, we arrived at "our house", where I stayed with the rest of the participants of the tour. "Our house" was located in a small village, overlooking a beautiful lake and snow-covered mountains. Although it was a shared accommodation with no luxuries found like that of a hotel, it was a memorable and valuable experience for me. I was able to interact with people of different professions from different countries in the world. There were home economics teachers and lecturers from England, Ireland, Nigeria and Japan as well as graduate students from Germany, Finland and Denmark who are currently doing their research studies on areas in home economics.

In the one-day workshop, we learnt about the structure of IFHE, and the role played by YPN. During the group discussions, we brainstormed on the strategies that young professionals could engage in to promote home economics over the next four years. Some of the ideas that were generated include:

- Developing a website for young professionals
- Networking within each country
- Attending meetings at local, national and international level.
- Sharing and collaboration between regions.



*Participants of YPN*

Besides the workshop and attending the congress in Lucerne, we had great fun during our stay in "our house". We helped each other out by preparing meals, and with participants cooking dishes unique to their home country, we had a variety of cultural dishes like BBQ German sausages, Japanese miso soup, Irish coffee and of course Singapore curry! There was also daily cleaning, where everyone chipped in to clean up the house.

My participation in this tour has allowed me to understand more about YPN. It has also given me the opportunity to make friends with people who share the same passion and vision for home economics. For the Home Economics teachers in Singapore, let us engage in a global perspective and create the future for home economics in our country.

## Get Set, Go Fish

By Jasmine Kaur

AHES successfully collaborated with the Norwegian Seafood Export Council (NSEC) to promote Norwegian Salmon through the 'Get Set, Go Fish' programme to Singapore Secondary schools.

The winners of the preliminary cooking competitions held at each of the participating schools, gathered at Raffles Girls Secondary School on 23<sup>rd</sup> August 2008 to challenge each other's culinary skills in salmon preparation. A variety of innovative and healthy dishes using the omega-3 rich salmon were created.

The event was graced by Mrs Larissa Kosanovic, Acting Norwegian ambassador in Singapore and Ms Shirley Tan, Deputy Principal of Raffles Girls' Secondary School. The adjudicators were AHES President, Dr Joyce Mok, nutritionist Ms Anna Jacobs, NSEC's Ms Mika Tomiyama, Chef Jimmy Chok and Mr John Sloane, Executive Chef at Singapore Airport Terminal Services and Continental Director(Asia) of the World Association of Chefs Societies.

"The winning dish scored high on taste, the right balance of flavours, and because it offered a healthier alternative of using less oil and butter, said head judge, Mr Sloane.

The winners were:

- 1<sup>st</sup>: Nan Hua High School (Golden Oat Salmon Fish)
- 2<sup>nd</sup>: Sembawang Secondary School (Asian Fried Rice with Salmon)
- 3<sup>rd</sup>: Tanjong Katong Girls' Secondary School (Purple Passion)

### *IFHE CONGRESS from page 1*

accomplishment towards creating another exciting century of research, education, service and advocacy", said the new IFHE President, Dr. Geraldene B. Hodelin from the University of Technology, Jamaica in the Region of the American.

The IFHE Position Statement, "Home Economics in the 21st Century" was launched at the XXI World Congress 2008. It positions the profession in the contemporary context, acknowledging the historical origins and looking ahead to viable and progressive visions of home economics.

The next IFHE World Congress will be held in Melbourne, Australia from July 16<sup>th</sup> to 21<sup>st</sup> 2012.

*More information can be found at [www.ifhe.org](http://www.ifhe.org)*



*First Place:  
Eng Beng Kang & Lim Li Yang,  
Nan Hua High Sch*



*Second Place:  
Theodore Pragasam S/O Deva S  
& Radzli B Rosli  
Sembawang Sec Sch*



*Third Place:  
Cai Tian Tian & Cham Shi Min  
Tanjong Katong Girls'  
Sec Sch*



*Dr. Geraldene B. Hodelin  
President of IFHE  
2008-2010*

## IFHE Position Statement

By Jasmine Kaur



INTERNATIONAL FEDERATION  
FOR HOME ECONOMICS

*"Home Economics in the  
21<sup>st</sup> Century"*

The focus on the decade ahead is on future proofing, which describes the elusive process of trying to anticipate future developments, so that action can be taken to minimize possible negative consequences, and to seize opportunities. Future proofing the home economics profession and the Federation is a challenging task but one which is necessary to ensure a sustainable vision both for the profession, and for individual members.

The International Federation of Home Economics has commenced its future-proofing strategy by focusing on questions of sustainability, advocacy and the active creation of preferred futures for home economics, relevant disciplinary fields, and the profession itself, while critically reflecting upon and being informed by its historical roots. The 2008 IFHE World Congress Home Economics: Reflecting on the past; Creating the future, is a future oriented development of this Position Statement, "Home Economics in the 21<sup>st</sup> Century".

IFHE Position Statement can be found at  
<http://p101740.typo3server.info/175.html>,  
or email us to request for a copy.

## Food Trivia

By Hardeep Kaur



*"Columbus Breaking the Egg"*  
William Hogarth, 1752

In Spanish folklore it is a common saying that "Columbus was the first man to ... make an egg stand on end," and the phrase "that is Columbus' egg"

- 1) In the Middle Ages, chicken soup was believed to be an aphrodisiac.
- 2) Honey is believed to be the only food that does not spoil. Honey found in the tombs of Egyptian pharaohs has been tasted by archaeologists and found to still be edible.
- 3) Cheese closes the stomach and should always be served at the end of a meal.
- 4) Brazil produces two-thirds of the world's coffee supply.
- 5) Before Columbus, Europe had never tasted potatoes, tomatoes, red peppers, sweet potatoes, tapioca, chocolate, pumpkins, squash, coconuts, pineapples, strawberries, and much more. Why? All these food items are native to America.
- 6) The cashew nut in its natural state contains poisonous oil. Roasting removes the oil and makes the nuts safe to eat.
- 7) Whole wheat bread has more iron, vitamins and dietary fiber than white bread.
- 8) The average person ingests about a ton of food and drink each year.
- 9) Cabbage is 91% water.
- 10) The white part of the egg is the glair.

Visit [www.ahes.org](http://www.ahes.org) for more updates



## AHES Executive Committee 2008-2010

### President

Joyce Mok Chiu-Fui  
[joyce.mok@nie.edu.sg](mailto:joyce.mok@nie.edu.sg)

### Vice President

Dorothy Krishnasamy  
[kdoroth1945@hotmail.com](mailto:kdoroth1945@hotmail.com)

### Secretary

Johannah Soo Li Mei  
[johannah.soo@nie.edu.sg](mailto:johannah.soo@nie.edu.sg)

### Asst. Secretary

Head of Publicity  
Delsise Anne Foo Mei Ling  
[delsisefoo@gmail.com](mailto:delsisefoo@gmail.com)

### Treasurer

Shirley Goh Jing Mei  
[gohshirley@gmail.com](mailto:gohshirley@gmail.com)

### Asst. Treasurer

Ng Wei Qi  
[ng\\_wei\\_qi@moe.edu.sg](mailto:ng_wei_qi@moe.edu.sg)

### Head of Professional Development

Shirley Wong Kah Wai  
[shirley\\_wong@moe.gov.sg](mailto:shirley_wong@moe.gov.sg)

### Head of Publication

Jasmine Kaur D/O Daljit Singh  
[jasmine\\_kaur\\_daljit\\_singh@moe.edu.sg](mailto:jasmine_kaur_daljit_singh@moe.edu.sg)

### Head of Social & Welfare

Internal Auditor  
Derek Lim Yew Meng  
[derek\\_fn@yahoo.com.sg](mailto:derek_fn@yahoo.com.sg)

### Internal Auditor

Jeannie Goh (Lee Kee Eng)  
[jeannie@rgs.edu.sg](mailto:jeannie@rgs.edu.sg)

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#### Office

1 Nanyang Walk NIE7-03-106 SINGAPORE 637616

#### Website

[www.ahes.org](http://www.ahes.org)

#### E-mail

[ahes.singapore@gmail.com](mailto:ahes.singapore@gmail.com)

### Committee Members:

Jerry Ho Kok Leong  
[siglap1998@hotmail.com](mailto:siglap1998@hotmail.com)

Hardeep Kaur Dhot  
[hardeep\\_kaur\\_dhot@moe.edu.sg](mailto:hardeep_kaur_dhot@moe.edu.sg)

Nazeeracany  
[nazeera@pacific.net.sg](mailto:nazeera@pacific.net.sg)