

## Contents

President's Note	1
Celebrating 40 years Of excellence!	2 - 3
Member's Contribution	4
Enriching Field Trip: Mystic India 2007	5
AHES Logo Competition	6
14 <sup>th</sup> ARAHE Congress	7
Executive Committee	8

### Upcoming Events

14<sup>th</sup> ARAHE Congress Kuala Lumpur

*"Reorienting  
Human Capital in Home  
Economics:  
Meeting Current  
And  
Future Challenges"*

#### Venue

Eastin Hotel,  
Petaling Jaya  
Selangor, Malaysia

#### Date

6 - 10 August 2007

#### Contact

Please see page 6 for more details.

## President's Message

I would like to thank all members for their kind support and attendance at AHES' Annual General Meeting (AGM) held on 17 March 2007.

Deepest appreciation goes to the Home Economics Department of Raffles Girls' Secondary School for kindly hosting the AGM. The AGM marked the celebration of the 40<sup>th</sup> anniversary of AHES. We have indeed come a long way.

The EXCO Committee is looking into the organisation of a year-end symposium on 15 November 2007. Details will be made known to all members soon. Bento packing and Food Photography are activities in the pipeline.

This year, the 14<sup>th</sup> ARAHE Congress will be held in Kuala Lumpur from 6-10 August 2007. I strongly urge all members to come forward to give presentations on research done

or attend as participants. It will also be useful to network with professionals from other countries.

Please note that the venue of the 14<sup>th</sup> ARAHE Congress in Kuala Lumpur has been changed to:

**EASTIN HOTEL**  
**No 13, Jalan 16/11**  
**Pusat Dagang Seksyen 16**  
**46350 Petaling Jaya**  
**Selangor, Malaysia.**

**AHES would also like to welcome Ms Jasmine Kaur and Mr Derek Lim for accepting the invitation to be co-opted into the EXCO.**

*"Small cohort of members but dynamic achievers".*

**Dorothy Krishnasamy**  
**(President)**



## Event Update

### **Celebrating 40 years of excellence!** *AHES' Annual General Meeting (AGM) 2007*

**By Ms. Delsise Foo and Ms. Shirley Goh**  
Students, BSc (Family and Consumer Sciences, NIE)

*Pioneer members cutting the cake*



Happy 40<sup>th</sup> anniversary, AHES! The Annual General Meeting (AGM) on 17<sup>th</sup> March 2007 at Raffles Girls' Secondary School marked the commemoration of the 40<sup>th</sup> anniversary of AHES. Indeed, AHES has come a long way since it started in 1967 by a group of Home Economics teachers.

The meeting began with the various Executive Committee members updating members on memorable events that had occurred for in the last one year, in particular the inaugural NIE-AHES Symposium 2006. The AGM included a financial report for the previous year including an external auditor report presented by the Treasurer.

Additionally, there were discussions on proposed changes to the AHES Constitution and amendments were made. This signals a new structure of the Association to fulfilling its aims, providing ample opportunities to share and exchange ideas so as to promote the advancement of Home Economics Education.

After an update of the upcoming events to be conducted 2007, everyone then proceeded to a workshop entitled "Make-Me Beautiful" by Shiseido. All participants were given goodie bags comprising various cosmetics samples. Following the instruction of the beauty consultants, they started applying the cosmetic and violà! Within half an hour, all of them resembled Miss. Universe! Now, with everyone looking stunning - rosy cheeks and big curly eyelashes - it was time to indulge in food!  
(Continued on next page)

*Shiseido's Make-Me Beautiful*



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The meeting ended with a sumptuous Northern Indian buffet lunch at Masala Art Restaurant at Peninsula Plaza. It was an enjoyable lunch not only because the food and company was good, but also because the guests were given a hands-on experience to prepare *naan*, a round flat bread served as a staple in many parts of Central and South Asia.

One of the participants, Ms Shirley Goh tossed the *naan* several times before placing it in the clay oven with bare hands. She remarked, 'The clay oven was fiery! It's admirable that the chefs do this so often without burning their hands.'

On departure, many participants gave positive feedbacks on the event. It was heart warming to see the enthusiasm of the participants and we look forward to the many upcoming events in the year! A big **Thank You** to all who turned up!

*Food galore: Bon appétite!*



*Food and entertainment: Fun with naan making*



***“We all want progress, but if you're on the wrong road, progress means doing an about-turn and walking back to the right road; in that case, the man who turns back soonest is the most progressive”***

***C. S. Lewis***

## Member's Contribution

### "IF" - Rudyard Kipling

Shared by **Ms April Lee**, Home Economics Teacher, Canberra Secondary School

If you can keep your head  
When all about you are losing theirs  
And blaming it on you;  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too;  
If you can wait and not be tired of waiting,  
Or being lied about, don't deal in lies,  
Or being hated, don't give way to hating,  
And yet don't talk too good nor talk too wise

If you can dream and not make dreams your  
master;  
If you can think and not make thoughts your aim,  
If you can meet with triumph and disaster  
And treat those two imposters just the same,  
If you can bear to hear the truth you've spoken  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to broken,  
And stoop and build them up with worn-out tools,

If you can make one heap of all your winnings  
And risk it on one turn of pitch-and-toss,  
And lose and start again at your beginnings  
And never breathe a word about your loss;  
If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
Except the WILL, which says to them: "Hold on"

If you can talk with crowds and keep your virtue,  
Or walk with kings - nor lose the common touch;  
If neither foes nor loving friends can hurt you;  
If all men count on you, but none too much;  
If you can fill the unforgiving minute  
With sixty seconds' of distance run -  
Yours is the Earth and everything that's in it  
And - which is more - you'll be a Man, my son!



## AHES Logo Design Competition 2007



The Association of Home Economists, Singapore (AHES) invites all Home Economics teachers and secondary school students to put your creative juices in action and be part of the change in our logo!

**The new logo must reflect the aims of the association.**

The top three designs that best represent AHES will be put up for a vote by all members.

### **Aims of the Association:**

- To provide opportunities for the sharing and exchanging of ideas in order to promote the advancement of Home Economics Education
- To promote the educational, professional, social and cultural aspects of Home Economics amongst professional organisations, governmental ministries, and other educational establishments, locally and internationally

**A mystery prize** awaits the winning design!

Send your design entries to [rufhie@yahoo.com](mailto:rufhie@yahoo.com) or [gohjmshirley@gmail.com](mailto:gohjmshirley@gmail.com)

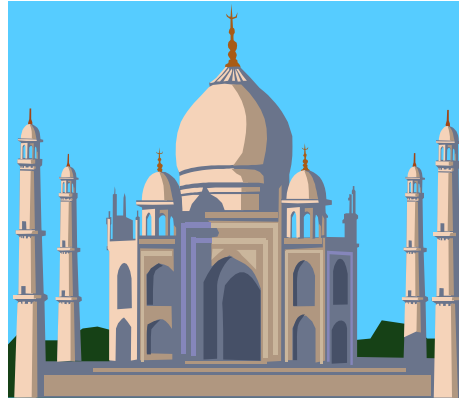
by **31 May** 2007.

Include your Name, email address, contact number(s), and institution you are studying/working (if any) in your submission

## Upcoming event

### Mystic India 2007

AHES has plans to organize a trip to India in November 2007. This trip seeks to enhance members' perspectives on the rich heritage and culture that India presents to the world. Do sign up and join us on this extraordinary tour!



**12-Day Tour to Delhi/ Jaipur/ Agra/ Kashmir**  
**Cost of package: S\$2,100/- AHES members and S\$2,200/- non members**

#### Tour package Includes:

Return economy airfare by Indian Airlines, Domestic flight to Srinagar, All taxes – **S\$245.00/**, Entry visa to India –**S\$90.00/- (inclusive of processing)**, Full board meals, Hotel accommodation, Deluxe houseboat, Sightseeing in air- con coaches, Entrance fees to all sites as mentioned in the itinerary, Local English speaking guide.

#### Package Excludes:

Personal Insurance, Personal purchases, Optional Tours, Extra surcharges on return for your excess luggage, Charges to your cameras, Tips for guide, driver and porters \$4.00/- per day for 12 days (S\$48.00/-)

**For more information: Contact Ms Martin at 94573345**

**Closing Date: End of May**

## 14<sup>th</sup> ARAHE Congress, Kuala Lumpur

The Malaysian Home Economics Association (MHEA) invites  
Paper Presentation and Attendance at the

THE 14th BIENNIAL INTERNATIONAL CONGRESS OF  
ASIAN REGIONAL ASSOCIATION FOR HOME ECONOMICS (ARAHE)  
2007

*Reorienting Human Capital in Home Economics:  
Meeting Current and Future Challenges*

6 - 10 AUGUST 2007

EASTIN HOTEL,  
No 13, Jalan 16/11,  
Pusat Dagang Seksyen 16,  
46350 Petaling Jaya,  
Selangor, Malaysia

14th ARAHE Secretariat  
Malaysian Home Economics Association  
P.O. Box 280  
UPM Post Office  
43409 UPM Serdang  
SELANGOR, MALAYSIA  
Tel: +603 8946 8243  
Fax: +603 8945 0455 or +603 625 09136  
Email : [arahe14secretariat@mhea.com.my](mailto:arahe14secretariat@mhea.com.my)  
Url : <http://www.mhea.com.my>

## Committee Members

### AHES Committee Members 2006 – 2008

#### Contact Details

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**Jasmine Kaur – Committee member**

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### Internal Auditor

**Shirley Goh**

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Email: gohjmshirley@gmail.com

### Recommend a colleague to join the Association !!

It's a great way to be more involved in AHES  
and your profession.

It gives you an opportunity to help develop the  
profession and the direction of the  
Association.

It provides an avenue to network with Home  
Economists and other professionals working  
in various areas.

It gives you a chance to share your skills and  
interests for the benefit of the profession.

It allows you to become involved in the bigger  
picture of Home Economics – National,  
Regional and International.

*We would be delighted to hear from you if you  
are interested to join the Association or be  
involved in other ways.*

*We would also love to hear your feedback.*

### Queries about membership:

Please contact Johannah

9003 8169

[johannah.soo@nie.edu.sg](mailto:johannah.soo@nie.edu.sg)