



CARIBBEAN ASSOCIATION OF HOME ECONOMISTS INC. C.A.H.E 1972

HOME ECONOMICS FOR A BETTER CARIBBEAN COMMUNITY

c/o Samuel Jackman Prescod Institute of Technology, Wildey, St. Michael, Barbados, West Indies
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25th Biennial Conference

of the Caribbean Association of Home Economists Inc.

13th -16th April, 2025



“Come leh we go to TrinBago,” the most southerly of the Caribbean islands and considered the “Best” of the West Indies. Home of Carnival, the greatest show on Earth, we invented Steelpan, Calypso, and Soca. Home of Queens Janelle Penny Commissiong, Giselle LaRonde, and Wendy

Fitzwilliam, King of Cricket, Brian Lara, Mighty Sparrow, Calypso Rose and Machel Montano. Industrious Trinidad will captivate your senses with visits to the Caroni Bird Sanctuary, The Temple in the Sea, The Pitch Lake, Mud Volcanoes, Fort George, the Pan Yards Port of Spain, capital city at night. Serene Tobago will have you awe-struck with its beautiful flora and fauna, rain forest, white sandy beaches, world-famous Buccoo Reef and Nylon Pool. Cosmopolitan in nature, every creed and race find an equal space. So, if you are looking for sweetness to put inside your basket of life, take a little runaway, so we can inject you with some ‘Freedom in yuh DNA.’

“CAHE in we DNA”



It is therefore with pleasure that the Trinidad and Tobago Home Economics Association (TTHEA) is excited to invite you to the 25th Biennial Conference of the Caribbean Association of Home Economists Inc. which will be held 13th - 16th April 2025 at the University of Trinidad and Tobago Maritime Campus in Chaguaramas, Trinidad under the theme **“Home Economics, AI, Values, and Attitudes: Interrogating the Nexus.”**

This conference promises to be one that will leave you well-informed and professionally invigorated. Captivating, engaging, interactive sessions, educational tours, and sight-seeing, all set the stage for you to recreate, re-imagine and reconceptualize current practices and perceptions of home economics supported by a strong network of professionals and fueled by the endless opportunities made possible with Artificial Intelligence. The conference planning committee is committed to providing memorable experiences and venues at the most competitive rates so make sure that you register early to capture the early bird prices.

Please study the information below before completing the online registration form. The link to the registration form will be sent to you in September.

REGISTRATION FEES

MEMBERSHIP CATEGORY	EARLY REGISTRATION ends 31st January, 2025	LATE REGISTRATION ends 1st March, 2025
Member (Financial)	US \$65.00	US \$80.00
Non-Member	US \$85.00	US \$ 100.00
Student Member	US \$40.00	US \$55.00
Student Non-Member	US \$60.00	US \$75.00
Daily Rate	US \$50.00	US \$55.00
Guest of member (Attending opening ceremony and cultural evening only)	US \$75.00	US \$100.00

TRAVEL ADVICE

Piarco International Airport is not only an international first-class airport but also a regional hub for the Eastern Caribbean. All persons traveling to Trinidad and Tobago need to be in possession of a passport valid for at least six months. There are no visa requirements for persons from the Commonwealth.

Delta Airlines, American Airlines, United Airlines, Virgin Atlantic Airways, US Airways, Caribbean Airlines, InterCaribbean Airlines, Jet Blue, WestJet, or British Airways can be used for travel from North America and beyond. Caribbean Airlines and Inter Caribbean Airlines can facilitate inter-island travel. Participants are encouraged to

book tickets early to benefit from the best possible rates. All airport taxes are included in the airline ticket.

TRANSPORTATION

The cost of Transportation for the duration of the conference will be **US \$70.00**. This includes airport arrival and departure, return trips from hotel to conference venues and activities. **This cost does NOT include tours**. If you need to travel outside the arranged transportation schedule, you may commute by public transportation or any authorized taxi service. **Persons staying in private homes will be responsible for ALL of their transportation arrangements.**

MEALS

Please state your special dietary requests when you register.

Monday 14th April, 2025 **Complimentary Lunch**
Tuesday 15th April, 2025 **US \$10.00:** Curried Chicken, Beef or Veggie Roti
Wednesday 16th April, 2025 **US \$10.00**
(i) Curried Chicken, Beef or Veggie Roti
(ii) Chicken Pelau and Salad
(iii) Chinese Lunch (Chicken, Vegetables, Noodles or Rice)

ACCOMMODATION

A list of approved properties has been recommended for your accommodation. **Please make arrangements directly with the hotels.** If you make your own arrangements, please note that transportation will not be provided by CAHE. Visitors can provide us with information early so you can be advised as to whether we can assist you with transportation.

CREWS INN HOTEL AND YACHTING CENTRE - The Conference Hotel



Email jrodriguez@crewsinn.com

This hotel has been selected as the designated conference hotel because of its ideal amenities and rates, scenic views, and proximity to the Conference Venue. Located in Chaguaramas in Trinidad's largest National Park, the lush tropical landscape makes for an unforgettable and invigorating experience. This hotel is snugly nestled in a natural harbor and is a welcome haven for guests. Each room has a private balcony, an ideal space to enjoy the scenic views. The hotel offers a freshwater pool, fitness trail and Golf course. There is 24-hour front desk staff who can also arrange eco-tours, watersports or even trips to our main city of Port of Spain. Alternately, guests can relax at the poolside, gazebo and enjoy the spectacular sunsets. The hotel has limited accommodation and bookings therefore should be made with the hotel as soon as possible.

Double Occupancy - 2 Queen beds (2 adults) with buffet breakfast and Wi-Fi: US \$178.00 per night tax inclusive.

HYATT REGENCY, TRINIDAD



<https://trinidad.hyatt.com/>

Tel: +1(868) 475 1984 / 1(868) 821 6434 / 1(868) 623 2222

Located at #1 Wrightson Road in the heart of the capital Port of Spain, experience lively downtown Port of Spain when you check into our contemporary waterfront hotel located just 40 minutes from Piarco International Airport. Make your Trinidad and Tobago booking choice easy with sophisticated open-air dining, infinity pool, sweeping views of the Gulf of Paria and authentic Caribbean hospitality for business travelers and vacationers.

Single Occupancy with buffet breakfast and wifi: US \$189.00 per night plus 21.55% taxes

Double Occupancy with buffet breakfast and wifi: US \$214.00 per night per night plus 21.55% taxes

Reservations require a valid credit card to guarantee and one night's deposit to secure the booking. One night's rate is charged if not canceled 2 days prior to arrival.

COURTYARD BY MARRIOTT



<https://courtyard.tobago-hotels.com/en/>

Located at Invaders Bay Audrey Jeffers Highway, Port of Spain and approximately 28 minutes away from Piarco Airport. This 119-room air-conditioned hotel with a view of the city, is located mere minutes away from prime businesses, entertainment, sports, and shopping locations. It is uniquely equipped to suit all your needs including, an outdoor swimming pool, non-smoking rooms, facilities for disabled guests, a fitness center, free internet access and cable television. They serve an international breakfast which is included in the cost of the room. There is also a restaurant and bar on site and restaurants nearby.

Double Occupancy, 1 King Bed, Room with complimentary breakfast, wifi USD 235.00 tax inclusive.

Double Occupancy, 2 Queen beds, (2-4 adults) Room with complimentary breakfast, wifi, USD 235.00 tax inclusive. Additional person USD 40.00 tax inclusive.

CHAQUACABANA RESORT AND BEACH CLUB



Chaquacabana Resort and Beach club is one of a kind in Trinidad. It is in Chaguaramas, at the most westerly point of the island. The Resort spans 12.5 acres with a sloping hillside that envelops the resort to the north and absolute ocean to the south. It prides itself with sea, sun, and serenity. A few of the main attractions at the

All-Suite hotel are the ocean restaurants, biking, kayaking, bird watching and even the great fishing available on the expansive 1800 ft. boardwalk. The resort has a fun layout and is particularly suited to the fit and young at heart. It offers a view of the bay dotted with “the islands.”

<https://chaquacabana.com/> Tel: 1 868 684 7011/1 868 354 3333

Double Occupancy, 1 bed suite, (2 persons), Room with complimentary breakfast and wifi USD 145.00.00 tax inclusive.

Double Occupancy 2 full beds (4 persons) Room with complimentary breakfast and wifi \$220.58 US per night tax inclusive

Double Occupancy 2-bedroom suite (4 persons) with complimentary breakfast and wifi \$272.05 US per night tax inclusive

Double Occupancy 1 King bed (2 persons) with complimentary breakfast and Wi-Fi \$146.47 US per night tax inclusive

Double Occupancy 1 Queen bed (2 persons) with complimentary breakfast and Wi-Fi \$154.41 US per night tax inclusive

Vista Penthouse (5 persons) with complimentary breakfast and Wi-Fi\$397.05 US per night tax inclusive

Pentia Penthouse (5 persons) with complimentary breakfast and Wi-Fi\$514.00 US per night tax inclusive

PAYMENT OF CONFERENCE FEES

It is advised that payments are to be made using one of the following methods. This applies to both regional and international payments.

WIRE TRANSFER INFORMATION

INTERMEDIARY BANK (PAY THRU BANK)	FW 026 009 593 BANK OF AMERICA 100 WEST 33 RD STREET NEW YORK NEW YORK 10001 USA
SWIFT ADDRESS	BOFAUS3N

BENEFICIARY BANK	REPUBLIC BANK LIMITED
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ACCOUNT NO 65503 52163
ADDRESS PORT OF SPAIN, TRINIDAD
SWIFT ADDRESS RBNKTPPX
BENEFICIARY ADDRESS Caribbean Association of Home Economists
C/O Lucille Marcelle
239E Calcutta # 1
Mc Bean, Couva

ACCOUNT NO. 000213067886

DETAILS OF PAYMENT You must include the details of payments on the registration. Save a screenshot of your confirmed online transfer OR a picture of the bank to bank/ in-bank receipt to your records.

LOCAL PARTICIPANTS (TT dollars)

- 1. Cash**
- 2. Cheques Payable** to Caribbean Association of Home Economists
- 3. Bank To Bank Transfer** Online Banking OR In-Branch Transactions

Account: Caribbean Association of Home Economists

Chequing Account No: 090577684102

Email lucillemarcelle63@gmail.com with a screenshot of your confirmed online transfer OR a picture of the bank to bank/ in-bank receipt.

TERRITORIAL CONTRIBUTION

It is customary that each functioning territory donates US \$150.00 to the host country for the conference. We hope that this can be honoured for Conference 2025. Territorial representatives are asked to make cheques payable to **Trinidad and Tobago Home Economics Association** or pay cash for this on arrival.

PRE-CONFERENCE WORKSHOP

12th April 2025

"AI and Social Skills: Navigating Technological Advancements and Human Interaction". The cost of this full-day workshop for registered is US \$ 25.00 delegates only, lunch is included.

[CAHE Preconference workshop 2025.pdf](#)

IN CONFERENCE WORKSHOPS

1. Roti / Buss up Shut
2. Dhal Puri
3. Doubles
4. Samosas
5. Tobago Blue Food
6. Makeup Artistry
7. African Head Wrapping
8. Sari Wrapping
9. Lesson Planning using Artificial Intelligence (AI)
10. Artificial Intelligence in the classroom

[In conference Workshop Descriptions 2025](#)

You are required to select three (3) workshops, ranking them from 1-3 with (1) being your first choice. Delegates will be allocated on a first come first serve basis. There is no additional fee for this workshop. A packed lunch will be provided.

MARKET PLACE

Territories are reminded to bring items to Conference for sale at the country booths in the Marketplace. One table (36" X 45") will be provided for each vendor at a cost. This will go towards the CAHE Education Fund. If your Association requires space in the Marketplace contact: stacy.paul@fac.edu.tt

EVENTS

CHURCH SERVICE

All delegates are invited to attend the church service on **Sunday 13th April 2025** to mark the beginning of Conference 2025. The service will be held at the **Trinidad Christian Centre, Petit Valley at 8:30 am**. Please indicate whether you plan to attend on the registration form so that adequate transportation and accommodation can be arranged.

OPENING CEREMONY

The Opening Ceremony will take place at the **Daaga Auditorium, UWI St. Augustine Campus** on **Sunday 13th April 2025 at 4:30 p.m.** Cocktail reception will follow.

CULTURAL EXTRAVAGANZA

Each territory is invited to participate in the cultural extravaganza by performing an item in the evening's programme. The Conference Committee aims to make this an unforgettable and exciting event. Territorial representatives are asked to submit the title of the item (song, dance, drama, monologue etc.) to **Bernadette Als-Pierre**, bunny1555@hotmail.com by **January 31st 2025**. Remember to wear **national dress or national colours** to the event. Let us represent our territory in fine style!

BANQUET

The Banquet and Installation Ceremony will take place at the **Dennis P Ramdhan Complex, McBean Couva** on **Wednesday 16th April 2025** at **7:00 p.m.** The cost is **US \$75.00.**

SIGHTSEEING AND EDUCATIONAL TOURS

15th April 2025

Everyone knows that Trinidad and Tobago is known to have some of the best beaches in the world, but did you know that everything else is just as good? That is because the people, the music, the culture, the cuisine, the welcoming atmosphere, and our wildlife are world class.

‘The beach is just the beginning!’

The tours were specially chosen with you in mind for your education and enjoyment to arouse your interest and to entice you to return to the beautiful twin island nation.

- Delegates are invited to wear CAHE shirts on the day of the tours.
- A minimum of 10 persons are needed for EACH tour to operate.

1. LANGSTON ROACH INDUSTRIES AND MARACAS BEACH US\$ 25.00

Manufacturer of household cleaning agents and personal care products. Every homemaker and woman would love to know what goes into that sweet smelling household detergent and that Hair Gel. Enjoy a scenic ride to the popular Maracas Beach and treat yourself to mouthwatering Trinidadian Bake and Shark.



2 NATIONAL FLOUR MILLS AND CITY TOUR. COST US\$ 18.00.

Visit the National Flour Mills to learn more about the processing of wheat flour and the other products of this company then take a drive through the city of

Port-of-Spain to observe the beauty of the magnificent buildings around the savannah. Drink fresh coconut water and sample some of the 'savannah' delights.



3 ANGOSTURA FACTORY AND CARONI BIRD SANCTUARY \$US 40.00



Have you ever wondered what Angostura Bitters are made from? Well, this is your opportunity to find out. On this tour you will also find out about the 'oldest rum' distilled in Trinidad, and their other products. Next take a drive along the highway to Caroni, a boat ride along the river to capture the breathtaking sight of one of the national birds, the 'Scarlet Ibis' in flight. You can also dine on the river, at an extra cost, or visit the Grand Bazaar Mall.

11. TEMPLE ON THE SEA, HANUMAN STATUE AND EAST INDIAN EXPERIENCE US \$20.00



Travel to Waterloo to visit the Temple on the Sea and the gigantic statue of Lord Hanuman. Experience the Hindu way of traditional worship and feasting.

5 BERMUDEZ BISCUIT COMPANY, MOUNT ST. BENEDICT AND TRINCITY MALL US \$20.00



Enjoy a fantastic tour of the No. 1 Biscuit Company in Trinidad and Tobago, which produces a wide variety of delectable sweet and savoury biscuits. Next take a drive up the winding slope of serene Mt. St. Benedict, the home of the Benedictine monks. On your way back, stop at Trincity Mall to shop, to refresh and relax before heading home.

<https://www.youtube.com/watch?app=desktop&v=umWGfdMI75M>

6. THE PARAMIN EXPERIENCE US \$25.00



Paramin is one of Trinidad's cosmopolitan areas, a true representation of its early inhabitants, the Amerindians, Europeans, and Africans. This beautiful village is located at one of the highest points of

Trinidad. Drive to the summit where you get the feeling of skydiving as you breathe in the clean crisp mountain air at La Vigie. This trip will leave you spell-bound as native 'blue devils' spitting fire may appear as you traverse this "Spice basket of Trinidad". Enjoy coconut bake and hot chocolate prepared the traditional way and savour indigenous dishes flavoured by the aromatics of the area.

7. TRIP TO MARACAS BEACH US \$ 25.00



So, do you want to relax on the beach for the rest of the day? Then Maracas Beach is the place for you. This is one of Trinidad's finest beaches with golden sands, clear blue waters, and lush green surroundings. You have the option of renting a beach chair and umbrella or swimming in the ocean as you enjoy this wonder of nature. Sample one of the finest delicacies of Trinidad "Maracas Bake and Shark" freshly prepared on the spot and served with an array of mouth-watering sauces.

8. COCOA LOVERS TRIP to ORTINOLA COCOA ESTATE LTD. MARACAS VALLEY. US \$60.00



Did you know that Trinidad produces one of the finest cocoas in the world? This three-hour tour will enlighten you about the growing, harvesting and processing of cocoa beans. Visit the cocoa estate to observe the cracking of the pods and taste the beans. Explore the Cocoa House and watch them "dance the cocoa." Sample the estate chocolates, make, and decorate your own chocolate. While

your chocolate is drying, enjoy the ambience of the great house while sipping three savory and one sweet tea. Take home three (3) complimentary chocolate bars.

9. SEWING ENTHUSIASTS PORT-OF-SPAIN TOUR: US \$15.00



So you love to sew and you heard that Trinidad has some of the best fabrics stores in the world. This is the trip for you as you spend the afternoon perusing major fabric stores in Port-of-Spain. Visit Jimmy Aboud the Textile King, Bradford Trading Ltd., Classy Fabrics, Fabric Land, Miguel Moses & Sons, and many others.

**10. CITY TOUR PRESIDENT'S HOUSE AND LADY YOUNG LOOKOUT
US \$18.00**



Drive around the city and take in the beauty of the Magnificent Seven buildings then up to the Lady Young Road lookout for a fantastic view of Port-of-Spain. Visit the Zoo, Botanical Gardens and President's House. Then enjoy street food around the savannah.

11 TOUR of DIEGO MARTIN AND ENVIRONS US \$15.00



DIEGO MARTIN BOROUGH CORPORATION

"Together, making the Diego Martin Region the Best Place to Live."



Diego Martin is one of Trinidad's newest municipalities. Visit and chat with the female mayor of this new Borough, then visit the Museum, Water Wheel, and the Blue Basin Waterfall. Next, visit West Mall for shopping and relaxation.

12. **EXPLORE CHAGUARAMAS AND CRUISE DOWN THE ISLANDS** **US \$15.00**

Visit the farm site of UPICK estate to observe organic farming, then dine at the onsite restaurant. Visit the Military Museum for a piece of Trinidad's history then hop on a luxury boat for a relaxing cruise down the Islands on the Northwest Peninsula crossing Nelson, Chacachacarie, Gasparee, Monos and Carrera Islands.



These tours are arranged by CAHE, however feel free to book your own tours from private tour operators.

PRE AND POST CONFERENCE TOURS

Friday 11th April and Thursday 17th April 2025

1. **BOAT TRIP TO SOUTH TRINIDAD** US \$ 30.00

Travel by fast ferry at 7:00 a.m. to Port-of-Spain to the city of San Fernando then travel by road to La Brea to visit the World-Famous **Pitch Lake**. Stop off at the **Debe Food Hub** to delight yourself with tasty **Indian Delicacies such as Doubles and Pholourie**. Next drive-up **San Fernando Hill**, the highest point in the city then cool down by taking a stroll through **C3 shopping mall**. Return to Port-of-Spain by Water Taxi at 3:00 p.m. **You will be responsible for your meals.**

2. **DAY TRIP TO TOBAGO** **Estimated** total US \$130.00

Saturday 12th and Thursday 17th April 2025

Book your flight (**US \$60.00**) and jet off on an early 25-minute flight to the beautiful sister isle to spend an entire day on this piece of heaven on earth. Once you are there CAHE will arrange for **ground transportation only at the cost of US 25.00**. **The tour begins at 9.00 a.m. sharp and ends at 5.00 p.m.** There will be stops along the way where you can **purchase your own food**.

Choose one (1) of the following options.

OPTION A: AROUND THE ISLAND TOUR

Leave Crown Point Airport and travel northward. Unfold the story of the "Mystery Tomb" in Plymouth, sample goodies baked in Castara's Dirt oven, and travel through the cool of the 'Award Winning Rain Forest.' Taste the 'sweet hand' of various cooks along the way. Visit waterfalls and the scenic villages of Charlotteville, Speyside, Roxborough and the beautiful Fort King George which overlooks the capital Scarborough, drive through 'Town;' then travel along Milford Road, where you can relax on the beach before heading back to the airport.

OPTION B: A TOUR of THE CITY, FORTS, NYLON POOL AND BUCCOO REEF US \$30.00

Leave Crown Point Airport and visit the nearby Fort Milford and Fort James in Plymouth, while passing through the villages of Bon Accord, Mt. Irvine, and BlackRock. Do a City Tour of Scarborough and Fort King George then head back to the beach. Board a 'glass-bottom' boat to visit the world famous Buccoo Reef and Nylon Pool. You can relax and spend the rest of the day on the beach. Store Bay is equipped with changing facilities and food vendors.

3. **FOODIE TOUR to TOCO in TRINIDAD** US \$88.00

This all-inclusive tour for foodies allows you to connect with the community, soak in the scenery and enjoy good authentic Trini food. Gain insight into the culture and daily lives of the people. Sample items such as Pineapple Chow; Geera Pork/Chicken; stewed meats and provision, roasted corn; soups and ice cream.

The registration link will be available in September.

**Remember to book your flights early and make reservations
directly with the hotel.**

SEE YOU AT CONFERENCE 2025 IN TRINIDAD AND TOBAGO

