

UNITED REPUBLIC OF TANZANIA
EAST AFRICA

**REPORT OF THE SEMINAR ON THE
FORMATION OF TANZANIA HOME
ECONOMICS ASSOCIATION
(TAHEA)**

17th to 20th March 1980

Sponsored By
American Home Economics Association
International Family Planning Project
2010 Massachusetts Avenue, N. W.
Washington, D.C. 20036, U.S.A.

REPORT OF THE SEMINAR ON THE FORMATION OF
TANZANIA HOME ECONOMICS ASSOCIATION
(TAHEA)

HELLEN MCHATTA



Some of the participants of the preparatory meeting on the launching of a Home Economics Association of Tanzania being held at the Institute of Finance Management in Dar es Salaam. (From left to right) Ndugu Kisanga, a nutritionist with Chang'ombe Collage of National Education; Ndugu Eva Serekikya, Interim President of the Association; Ndugu Pamela Greene, Assistant Director (Africa) American Home Economics Association International Family Planning Project, and Ndugu Helen Mchatta, Interim Secretary of the Association.

The preparatory meeting which started last Monday will be closed today by the Minister of National Education Ndugu Tebithe Siwale. Funds for the meeting were donated by the American Home Economics Association-International Family Planning Project.

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1.1 The idea of forming Tanzania Home Economics Association arose from one of the recommendations made by the workshop participants on Nutrition Education held at Dar es Salaam in March 1979. The workshop was attended by people who are involved in one way or another in Nutrition Education Programmes in different Ministries and Institutions.

1.1.1. The objective of the workshop was to review nutrition problems as they exist today in Tanzania, and make recommendations and innovations to the present nutrition Education system, with the aim of improving the malnutrition situation in Tanzania. Some shortcomings of Nutrition Education Programmes and Recommendations made by Nutrition Education Workshop Participants were:-

1.2 Nutrition and Nutrition education programmes have always been planned and implemented by different Ministries and institutions. The ultimate goals for these programmes have been similar but there has been no coordination in either planning or implementation stages. At times the programmes have been planned on adhoc basis e.g. School health education without health services, school feeding without nutrition education. All these have rendered these programmes ultimately ineffective.

1.3 Nutrition Education programmes have been adhoc, conducted differently at different levels, each sector outlining its own objectives, ^{and} ~~and content~~ the target group. This has made it difficult to review and evaluate these programmes.

1.4 The target group for Nutrition Education has been women, leaving out the men who constitute about 49% of the population and who have greater control over the utilization of the available resources at all levels.

1.5 Blame has been laid on ignorance as the major cause of malnutrition leaving out other socio-economic factors contributing to the causes of malnutrition. These include availability of food, health services, availability of water, healthy environmental living conditions etc.

1.6 There has been little understanding of nutrition as an important factor effecting human and national development. Consequently it has not been given the emphasis and priority it deserves. This partly accounts for the inadequate manpower trained in nutrition.

1.7 Recognizing that nutrition education is mainly the responsibility of Home Economics trained personnel, the workshop recommended that a Home Economics Association should be formed whose duties would be:-

1.7.1 To act as a forum for further discussion of the workshop participants recommendations and their implementation.

1.7.2 To act as a link for evaluation of nutrition education programmes through their members.

1.8 After the workshop an interim committee was formed. The committee met and drafted a constitution which was discussed and reviewed during this seminar.

Names and Addresses of the Interim Committee Members

Mrs. Eva Sarakikya	-	Nutrition Educationist, Tanzania Food and Nutrition Centre, P. O. Box 977, <u>Dar es Slaam.</u>
Mrs. Esther Pendaeli	-	Home Economics Inspector, Ministry of National Education, P.O. Box 9121, <u>Dar es Salaam.</u>
Miss Hedaya Mlege	-	Principal, Ministry of Agriculture Training Institute, P.O. Box 603, <u>Morogoro.</u>
Mrs Judith Ngowi	-	Nutrition Educationist, Tanzania Food and Nutrition Centre, P.O. Box 977, <u>Dar es Salaam.</u>

- Mrs. Mary Kimambo - Curriculum Developer,
Institute of Education,
P.O. Box 35094,
Dar es Salaam.
- Mrs. Hellen Mchatta - Head of Home Economics Section,
Ministry of National Education,
P.O. Box 9121,
Dar es Salaam.
- Mrs Vicky Giattas - Headmistress,
Morogoro Secondary School,
P.O. Box 240,
Morogoro.

2.0 Objectives of the Seminar

The Objectives of the Seminar were as follows:-

- 2.1 To familiarize Home Economists with the activities/functions of the American Home Economics Association International Family Planning Project.
- 2.2 To acquaint Home Economists with the integrated approach to Family Planning and Home Economics.
- 2.3 To provide learning in basic population concepts.
- 2.4 To form Home Economics Association in order to plan and execute future activities.

3.0 PROCEEDINGS OF THE SEMINAR:

The professional Seminar which was the first of its kind in this country took place at the Institute of Finance Management in Dar es Salaam from 17th to 20th March 1980.

3.1 Mrs. Eva Sarakikya, Chairperson of the Interim Committee which drafted the constitution for the association and prepared the seminar gave an opening address in which she welcomed all Home Economists to the seminar. She also stressed that the association when formed should do all it can to see that Home Economics gains recognition amongst people and the government, and that it renders useful services to the people of this country.

3.2 In a key note address, the chief guest and consultant Mrs. Pamela Greene said that when the association is formed it should cater for the needs and concerns of families in Tanzania and to improve family life.

Thus we have to look beyond the needs of members of the association and reach out into the community. She also explained how the American Home Economics Association - International Family Planning Project can provide support in projects which integrate home economics and family life education.

3.3 The Hon. T. Siwale MP., Minister for National Education closed the Seminar. In her closing speech the Minister said that the field of Home Economics is perhaps one of the most important areas of study in that it is closely interwoven with man's basic needs, namely food, clothing and shelter. Home Economists, therefore are to a large extent responsible for the improvement and enrichment of the families and the communities in which they live. She said that it is her hope that the formation of the Home Economics Association will facilitate the coordinated efforts of bringing together Home Economists from all sectors of the economy in the country.

4.0 MINUTES OF THE SEMINAR

4.1 The first session was convened on Monday March 17th 1980 at 11.00 am. The chairperson Mrs Eva Sarakikya asked the participants to introduce themselves and where they came from. The names and addresses of the participants are listed at the back.

After the introduction the chairperson welcomed all the participants to the seminar and explained how the idea of forming the Home Economics Association came about. She also explained to them how and why the Interim committee was formed pointing out its first task of drafting the Home Economics Association constitution which was to be discussed and reviewed during the seminar.

4.2 REVIEW OF THE DRAFT CONSTITUTION

4.2.1 The afternoon session was devoted to the discussion of the draft constitution.

4.3 Amendments

4.3.1 Article III was completely changed. Members felt that the definition of the Association in draft constitution needed more clarification.

4.4.3 Membership: Five types of membership instead of six were approved. Life Membership was removed because the participants felt that such membership is not necessary in the association.

4.3.4 Article VI Clause 3 was completely changed.

4.3.4 Article VII - clause 1 parts 2, 3, and 4 were removed.

5.0 SECOND DAY OF THE SEMINAR: TUESDAY 18TH MARCH

Morning Session 9.00 a.m. to 12.00 noon

5.1 Discussion of the draft constitution continued.

Clause 5 part 5 was removed and substituted by different wording.

5.2 Article X - clause 1 entry fee for group and student members was changed as follows:-

Group	-	300 Shillings
Students	-	10/=

5.3 Clause 2 - Annual contribution changed for all four categories of members.

5.3.1 Individual annual contribution - 120/= Shillings

5.3.2 Group " " - 200/= "

5.3.3 Associate " " - 60/= "

5.3.4 Student " " - 5/= "

5.3.5 Individual members are to pay their annual contribution in one or two instalments.

5.4 Article XII - Clause 1 part 4 was removed.
clause 4 part e was also removed.

5.5 Article XIV and XVI were added. These articles had been left out in the draft constitution. The numbering system of the constitution was reviewed.

5.6 Afternoon Session 2.00 p.m. to 4.30 p.m.

5.6.1 Mrs Grace Mtawali from Family Planning Association of Tanzania (UMATI) gave a talk on "The Role of UMATI in Tanzania".

The full text is appended.

6.0 6. THIRD DAY OF THE SEMINAR - WEDNESDAY 19TH MARCH

Morning Session:

- 6.1 The participants discussed the emblem of the association. Three different suggestions were put forward. The participants agreed that two of these should be given to an artist for sketching. After the sketching the members will have to decide which of the two should be adopted as an emblem for the association.
- 6.2 A talk was given by Mrs. Pamela Greene from American Home Economics Association - International Family Planning Project (AHEA - IFFP) who came to attend the seminar as a consultant. The speech given to the participants is appended.

6.3 Afternoon Session

- 6.3.1 A talk on integration of population and Family life Education into Home Economics by FAO representative was cancelled because Dr. Elma Abbas who was to give the talk was in Arusha and could not make it to Dar es Salaam. The time for this was used to go through the amended constitution which was then adopted.
- 6.3.2 Founder members were registered after paying entry fee of 30/= shillings as stated in the constitution.
- 6.3.3 Election of office bearers for one year was carried out by secret ballot. The results of the election reported were as follows:-
- 6.3.3.1 President - Mrs. Eva Sarakikya
- 6.3.3.2 Vice President - Mrs Vicky Giattas
- 6.3.3.3 Secretary - Mrs. Hellen Mchatta
- 6.3.3.4 Treasurer - Mrs Esther Pendaeli

6.4 Election of Divisions

- 6.4.1 The following divisions were set up.
- Food and Nutrition
- Clothing and Textiles
- Family life.

6.5 Divisions Chairpersons and Members

6.5.1 Food and Nutrition

Mrs. Pauline Kisanga - Chairperson
Miss Kashasha - Member
Mrs Vicky Mushi - "

6.5.2. Clothing and Textiles

Mrs Awaish Mramba - Chairperson
Miss Frida Temba - Member
Mrs. Lydia Mzaba - Member

6.5.3 Family Life

Mrs Judith Ngowi - Chairperson
Miss Rhoda Mtoka - Member
Mrs Grace Makenya - Member

6.0 FOURTH DAY OF THE SEMINAR - THURSDAY 20TH MARCH

6.1 We had a talk from Mrs Pamela Greene on integrating Home Economics and Family Planning.

6.2 A talk on Nutrition Education and the Role of Home Economists was cancelled. The time was used to discuss tentative plans for the association.

6.3 The closing ceremony of the seminar was done by the Honourable Mrs Tabitha Siwale MP. Minister for National Education. The full text is appended.

6.4 After the Minister's closing speech there were closing remarks from Mrs Pamela Greene, also appended.

NAMES AND ADDRESSES OF PARTICIPANTS

1. Eva Sarakikya - Tanzania Food and Nutrition Centre,
P.O. Box 977,
Dar es Salaam.
2. Esther Pendacli - Ministry of National Education,
Inspectorate Section,
P.O. Box 9121,
Dar es Salaam.

3. Vicky Giattas - Morogoro Secondary School,
P.O. Box 240,
MOROGORO.
4. Rhoda Mtoka - College of Home Economics,
Buhare,
P.O. Box 190,
MUSOMA.
5. Vicky Mushi - Inspectorate of Education,
Eastern Zone,
P.O. Box 9403,
Dar es Salaam.
6. Margaret Khonje - Daily News,
P. O. Box 9033,
Dar es Salaam.
7. Leticia Khashasha - Ministry of Agriculture Training
Institute Illovo,
P.O. Box 20,
KILOSA.
8. Celina Kihwele - Education Inspectorate,
Highland Zone,
P.O. Box 1400,
MBEYA.
9. Grace Makenya - Education Inspectorate,
Eastern Zone,
P.O. Box 9403,
DAR ES SALAAM.
10. Judith Ngowi - Tanzania Food and Nutrition Centre,
P.O. Box 977,
DAR ES SALAAM.
11. Pauline Kisanga - Dar es Salaam College of National
Education,
P.O. Box 2329,
DAR ES SALAAM.
12. Awaichi Mramba - Jangwani Secondary School,
P.O. Box 2276,
DAR ES SALAAM.
13. Zohra Lukmanji - P.O. Box 21068,
DAR ES SALAAM.
14. Frida Temba - National Examination Council,
P. O. Box 2426 - DAR ES SALAAM.
15. Pamela Greene - Regional Assistant Director (AFRIC) American Home Economics Association,
P. O. Box 414, FREETOWN,
SIERRA LEONE.
16. Lydia Mzaba - Institute of Education,
P.O. Box 35094 - DAR ES SALAAM.
17. Hellon Mchatta - Ministry of National Education,
P.O. Box 9121 - DAR ES SALAAM.

PRESS RELEASE

21ST MARCH 1980

EDUCATE EMPLOYEES, SAYS SIWALE

There is a need to educate employers in different sectors of the economy on the role of Home Economists in improving the living standards of the people, the Minister for National Education Ndugu Tabitha Siwale said in Dar es Salaam yesterday.

Ndugu Siwale was closing a four day preparatory meeting for the launching of a Tanzania Home Economics Association (TAHEA) at the Institute of Finance Management. She said lack of a forum for Home Economics over years had led other bodies in the country to leave out Home Economists in their planning for uplifting the lives of the people.

Yet, she said, Home Economics was one of the most important fields closely related to man's basic needs of food, clothing and shelter.

Wishing TAHEA a success once it gets registered, the Minister asked the founder members of the association to place emphasis on rural development and on women who are both family raisers and community workers.

TAHEA's membership will be extended to all Home Economists now working in various Ministries men and women in allied professions will also be welcome and so will be students in Home Economics.

The preparatory meeting which was sponsored by American Home Economics Association and attended by the sponsor's Assistant Director for African Region, Ndugu - Pamela Greene from Sierra Leone, appointed interim officers to run TAHEA until next year when a general meeting will be called.

The interim officers are:-

Ndugu Eva Sarakikya	-	President
Ndugu Vicky Giattas	-	Vice President
Ndugu Hellen Mchatta	-	Secretary
Ndugu Esther Pendaeli	-	Treasurer

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APPENDIX A

CHAMA CHA UZAZI NA MALEZI BORA CHA TANZANIA

THE ROLE OF UMATI IN MCH

INTRODUCTION:-

Although child spacing activities got the blessings of the Ministry of Health through a directive to regional medical officers in 1969 the beginning of the third development plan of Tanzania, UMATI's role in MCH still needs clarifications.

In this paper, I shall describe what is expected of UMATI as an Association, through functions of its departments and some of its personnel especially the fieldworkers. UMATI aims and objectives and a paper from the MCH Unit, Dar es Salaam sum up the role of UMATI.

UMATI: AIMS AND OBJECTIVES

1. To encourage the production of healthy children and to promote family happiness and well being by means of child spacing.
2. To help couples who have involuntary infertility.
3. To promote the provision of facilities for scientific contraception and advice so that those who wish to practice Child Spacing may get the needed service.
4. To promote the establishment of child spacing centres and integrate these as much as possible into maternal and child health services.
5. To plan and conduct a continuous educational programme on the importance of child spacing and good up bringing of children.
6. To conduct a continuous family life education programme for youth in order to prepare youth to become good future parents.
7. To give advice and education to parents and the public in general on the importance of the health of the children and parents in promoting family happiness.

A PAPER FROM THE MCH UNIT.

In about 1974 when the present integrated MCH Service was being introduced the above mentioned paper summarised the role of UMATI as that of:-

- (a) Providing health education to the community.
- (b) Training medical and paramedical personnel

- (o) Distributing contraceptives to MCH Services through FMO's or DMO's. These three roles fit well into UMATI's objectives.

CHILD SPACING AN INTEGRAL PART OF MCH.

Maternal and child health care refers to the care of mothers and children from conception, during delivery, post partum and lactation and in between pregnancies. It includes nutritional, family planning, mothercraft and pre and post natal counselling. (W.H.O. Export Committee Report No. Geneva (9). With this concept, we find that UMATI's role is an integral part of MCH. Our President Mwalimu J. K. Nyerere has emphasised the need to integrate any social service that we plan, into the development of children and their rearing. He also stressed that the care of mothers and that of children are complimentary (Mwalimu Introducing the International Year of the Child 31 Dec. 1978).

We in the medical profession also make efforts to look at health care in a similar broad way.

RESPONSIBLE PARENTHOOD/FAMILY LIFE EDUCATION:

UMATI's role in childrearing is being broadened so as to include the growing youth who need guidance in the behaviour expected of them as adults, in the family, or as responsible citizens and future parents. Therefore UMATI participants in a project entitled Elimu ya Malezi ya Ujana (EMAU), which is run by the Christian Council of Tanzania. The concept of family life education is equivalent to that which is given at various milestones of youth. Tanzania Youth need this education in a rapidly changing and perhaps cosmopolitan society. As we know this aspect of educating youth is neglected or is haphazardly done.

DAY CARE CENTRES:

As a further contribution to child welfare UMATI has started assisting some six Ujamaa Villages in establishing day care centres.

These centres are started where there are well established UMATI Branches.

WOMENS DEVELOPMENT:

People may be indifferent to a service because their felt needs are not met. They can therefore have this attitude to a preventive health Service such as MCH/Child Spacing. Therefore UMATI has started to help women in development. The Jitegemeo Cooperative group of women in Dar es Salaam are being helped to expand their activities. Such assistance can contribute to the acceptance of maternal and child welfare services.

2. HOW UMATI'S ROLE IS EXECUTED

2.1 BRANCHES:

UMATI objectives are implemented through people of all sections of society as may be seen in the composition of its committees. UMATI acts as a facilitator. There are now more than 350 branches in the country. Once they are established and their members, motivated we hope that the National Office will deal with matters of policy, monitoring success, coordinating with government and non-governmental organisations more than it does now.

2.2. FIELDWORK:

UMATI has about 26 fieldworkers, based in 20 regional centres and 2 Branch Supervisors based at Dodoma and Mbeya. These are the staff who have contact with MCH regional, district and village personnel. Their responsibilities are mainly those of:-

- establishing branches
- representing UMATI on MCH and other relevant development committees
- motivation of the public
- training of para medical staff according to requests from para-medical schools or MCH Clinic
- give appropriate help in the distribution or childspacing drugs.

- Fund raising and keeping accounts.
- reporting their activities to the HQ.

Their work is in the field. They are expected to cooperate with personnel of other developmental work eg. in transport; programme planning. UMATI does not expect they are to work in the wards or on night duty. We are glad that a majority of UMATI fieldworkers have healthy working relationship with MCH Staff and the local community.

2.3 MEDICAL DEPARTMENT:

UMATI has only 5 clinics including a mobile clinic which is being phased out. These clinics are in Dar es Salaam since the established of the natural MCH programme the responsibilities of the UMATI medical department, which is headed by gynaecologist/obstetrician, are:-

1. To assist the establishment of the childspacing aspect of MCH.
2. To demonstrate an advisory, complementary and supportive role in the setting up of MCH/FP policy and in the standardising of clinical procedures.

In Dar es Salaam UMATI clinics are used for:-

1. Training of medical and nursing students, just as MCH clinics are used in Mwanza and Moshi.
2. Care of infertile couples.
3. Dealing with referrals from MCH Clinics and
4. Providing childspacing services for clients who come from areas which do not have MCH/FP or a child spacing section in their MCH.
5. Preliminary research programmes on modern contraceptive technology and infertility. In future it is envisaged that UMATI's clinics will provide maternal for research which is applicable to Tanzania.

2.4 TRAINING DEPARTMENT:

The training department conducts short courses for under and post-graduate medical students, student nurses and nurse midwives who do not have childspacing skills. It has participated actively in the preparation of the MCH Aides curriculum. The programme has been going on since October 1970. Although many nurse midwives have been trained, it is doubtful if they are still at the stations from which they came when doing the child spacing course or if they are still in MCH work. This raises the need to introduce other approaches such as:-

- training of trainers and supervisors of MCH Staff.
- establishing and/or supporting local seminars and courses in MCH/PF plus at least one month's supervised practical training.

Such a role of UMATI might be successful with the active assistance of the MCH committees and heads of MCH. The medical and training division of UMATI are willing to work with MCH Senior personnel in devising a relevant programme for improving MCH Staff personnel.

CONCLUSION:

I dare say that the above thoughts which I have shared with you comment the fact that UMATI's role in MCH is a complementary and supportive one. UMATI can be an advisory body to Government especially in practical problems which are related to childspacing. A unique point is that UMATI conducts its affairs in a multidisciplinary approach. This is seen in the composition of its committees, and skills and experience of its staff.

Allow me to suggest a few ideas as a member of the community health team. Whereas we have theoretised UMATI's role there are still the following questions to be answered into by UMATI and perhaps the Ministry of Health:-

- What is the official policy as regards child spacing in Tanzania?
- What are the tasks of MCH/FP workers? Which of these are unique to a particular group and which must be done as a team.
- What else can be done to improve the attitudes of health personnel of all levels towards integrated MCH and continuing service.

Mr. Chairman and colleagues I wish to Challenge this honourable group to help in clarifying any loop holes that exist in defining role of different sections of MCH/FP.

Thank you.

GRACE MTHALI (MRS.)
CHIEF TRAINING OFFICER, UMATI.
P. O. BOX 609,
DAR ES SALAAM.

AN ENDIX B

Remarks by Mrs Pamela Greene at the 1st Meeting of the Tanzania Home Economics Association March 17th - 21 1980.

Mme Chairperson, guests, fellow home economists and Colleagues It gives me great pleasure to extend to you the greetings of the Director and staff of the American Home Economics Association International Family Planning Project, and to wish you success in the launching of your Home Economics Association of Tanzania. I must say I am most impressed with the fine leadership you have amongst you in the person of Mrs Helen Mchatta whom I met in Nairobi last September, for within such a time (less than 6 months after the Nairobi meeting) she has been able to mobilize resources and plan for this event. I am sure the credit for this activity should not be given to Helen alone as I am aware that such diligence and commitment to the goals and objectives of home economics can be found in everyone of you here, and has resulted in your concern to launch your own association in Tanzania. I know a lot of planning has gone into this activity and that you have all been involved in one way, on the other. I am indeed sorry and must apologise for coming late. This was unavoidable because of my other commitments and because the flight schedules between the East and West Coast of African necessitated that my journey lasted for two and a half days.

However I am happy to be here and to share with you the pleasure of launching your association and perhaps to have my name down on your register of founder members of the association. I also bring you greetings for the President and members of the Sierra Leone Home Economics Association which was founded in December 1965. As one of the foundation members SLHEA I have experienced all the joys and traumas of getting an Association going, and feel compelled that I should give you a few words of advice.

Firstly an association like this needs strong leadership committed and dedicated members. The smaller the group to begin with the better. Those who hold office and form the executive committee are bound to face criticisms, petty comments and problems from time to time.

Do not allow them to hinder the progress of your association and from achieving the objectives you have set for yourselves. Once you have launched your association do not allow any obstacle to drag you back to becoming defunct or merely a social gathering of women. Your association has to be meaningful to its members so that they feel that they are part of it rather than just for a handful of few persons in the executive. Also don't be too ambitious at the beginning - like a baby - you must creep before you can walk.

You must try to cater for the needs and concerns of families in Tanzania - this should be your primary focus; just as the profession stands for the improvement of the quality of family life. In this regard you have to look beyond the needs of members of the association and reach out into the community - there are lots of things an association can do to help. Do not make your meetings too taxing, too long and too **bureaucratic**. Make them simple, short and meaningful so that members will look forward to coming again for the next meeting and perhaps recruit new members each time; find ways of giving awards and recognition to ordinary members; involve them in various committees and projects.

You have all heard of the saying "Many hands make light work voices speaker louder than one." As a force of women you would be able to make people become aware of what home economics is all about. No longer are we merely concerned with cooking, sewing and housecleaning, making window curtains for school staff rooms or being called upon to bake the cakes/pastries for prize-giving and so on. This has been a traditioned image; we have to change this and educate others that we are not a "cinderella profession." We have a lot to contribute to the development effort, to the social and economic activities and programmes of our countries; each country will have to evolve its own goal and objectives for its association. I am sure that you have collectively discussed and arrived at your own set goal and objectives.

Home Economics Associations are not only formed to collectively work towards the improvement of the quality of life for families and individuals are to strengthen the profession as a whole. They are also formed to provide opportunities for the professional development of individual members and for developing leadership amongst the members. Therefore opportunity must be provided for members to discuss or make contribution to the profession through special papers, articles, through a regular bulletin or forum of exchange of ideas and information. As a professional body you will have to make optimum use of the media in putting your messages across to your audience. You must publicize yourselves and make the right people know what you are doing and the contribution you are making or can make.

I can go on giving you ideas but I am sure you are all experienced responsible persons with tremendous potential and would make your association a success. I must at this point congratulate your steering committee for the fine piece of work they have done in drafting your constitution and for bringing you all together. As far as this activity relates to the AHEA project, I would like to mention that my presence here is because this activity all within the overall objectives of the project.

The AHEA - IFPP provides support to countries where home economists promote and implement integrated home economics programmes i.e. programmes with a Family Planning Population education component. To enable home economists to work effectively in this area the home economists need to be trained and made aware of their potential in promoting these concepts. Some of you who are not familiar with the integrated approach may question the necessity of it. Let me briefly give you some background and later on in my next session expand on it. Several years ago, (1971 to be specific) conference of 50 home economists from 13 developing countries met at Chapel Hill, North Carolina to consider what was at that time an uncommon idea - "The Role of home economics in family planning." After long deliberations they put forward the following statement as a preamble to the Conference recommendations.

"Home Economists throughout the world are in incomparable position to play a role in population programmes' (1) because of the places and ways in which home economists work with people and (2) because our preparation as home economists uniquely qualifies us to approach family planning in its most comprehensive sense i.e. family planning as a decision making process!:"

Thus at that time it was understood by home economists what later in the decade became the key concept of family planning/population programmes i.e. integration, - that such programme are most successful when they are integrated into the effort for improving family welfare and when they involve family members as responsible decision makers.

The home economist's view of family planning reflects their concern for basic human right we believe:-

- (a) Couples have the right to choose freely and responsibly the number and spacing of the children they want and can afford and the right to adequate education and information in this respect.
- (b) Children have the right to be born into families where they are wanted and loved, and into families that can give them the basic requirements of good nutrition, shelter clothing and education.
- (c) Planning for the size of the family is just one of the kinds of planning families can do to improve the quality of family life and contribute to a better community.

Since the inception of the project in 1972, a grant, and later a contract with the USAID, home economists in over 35 developing countries are participating through their professional associations as well as formal and non formal programmes in which they work. The project's successful programme is built on the network of dedicated professionals like you who believe that responsible decisions by parents in planning the spacing and size of their families is essential for family wellbeing and national development, and who are willing to act on these beliefs. With these few introducing remarks I wish you success and hope that before I leave we will together be able to crystalize our thoughts on the possible direction of the AHEA IFPP in Tanzania and that we will begin some framework to guide you in planning your Country programme and activities.

APPENDIX C

SPEECH BY THE HON. T. SIMALE, MP., MINISTER OF NATIONAL EDUCATION
WHEN CLOSING THE FIRST SEMINAR OF THE TANZANIA HOME ECONOMICS
ASSOCIATION AT THE INSTITUTE OF FINANCE MANAGEMENT ON 20/3/80

Madam Chairman, our chief guest Mrs. Pamela Greene from the American Home Economics Association, and my fellow Home Economists. Mine is a simple and pleasant role of thanking and congratulating you for having participated fully in this first seminar relating to the formation of the Tanzania Home Economics Association.

2. The field of Home Economics is perhaps one of the most important areas of study in that it is closely interwoven with man's basic needs, namely, food, clothing and shelter. Indirectly, Home Economics is closely linked with better healthy living. Home Economists, therefore, are to a large extent responsible for the improvement and enrichment of families and the communities in which they live.

3. It is my hope that the formation of the Home Economics Association will facilitate the coordinated efforts of bringing together Home Economists from all sectors of the economy in the country. These efforts should be capable of promoting an interest in and an understanding of the theory and practice of Home Economics Science as it relates to the conditions existing in Tanzania. The Association should also be able to provide for an exchange of experiences among professionals and scientists engaged in Home Economics. The problem has always been the lack of a forum for consultations among Home Economists in the country. I am convinced that the Home Economics Association will be able to provide this forum in matters of common interest not only among Home economists as individuals but also between the Association and other bodies involved in Home Economics and related fields as specified in the Association's constitution.

4. But at this point I must emphasise that the Association should avoid the temptation of just providing a forum for the exchange of experiences as an end in itself. The Association should try to be more aggressive than this. It should try to play an effective role in promoting well-being of the people of the United Republic, both in rural and urban areas, but particularly in rural areas. I believe that emphasis should be placed on raising the standard of family living, and this also implies improving the competence of women as home managers as well as raising their status as family and community members. In short, the Association should play an important part in promoting the well being of the people in all aspects related to the field of Home Economics, and not just in the field of nutrition.

5. Various ministries, such as the Ministry of Health, the Ministry of National Education, and the Ministry of Agriculture have made a significant contribution in the promotion of the learning and application of Home Economics in their respective fields. The Ministry of National Education, for example, has made it clear that all schools that have female students are supposed to teach Home Economics as a subject, regardless of whether they are single sex schools or co-educational schools; and not only this, in our secondary education diversification programme, seven schools have been allocated to the Home Economics bias. Of these, five are already operating. However, there is still a need to get employers to recognise the relevance and importance of Home Economics as a specialty in career matters. Such recognition would improve career opportunities for the girls who specialise in Home Economics. It is my hope that the Home Economics Association will be able to look into this.

6. In concluding, I would like to thank the American Home Economics Association for funding this seminar. In particular, I would like to mention the name of Mrs. Pamela Greene, the American Home Economics Association Regional Assistant Director for Africa. As a member of the American Home Economics Association she coordinated our efforts in getting the funds for the seminar, and has attended this seminar as a consultant. I also wish to express my thanks to the Interim Committee, which has made it possible for this seminar to take place.

7. Finally, I wish to congratulate the office bearers who have been elected during this seminar. They have been entrusted with the heavy task of seeing to it that the Association becomes a success. I hope that they are ready for the challenge, and I wish them success in their new responsibilities.

8. I understand that there are still some formalities which must be completed before the Association can be legally recognised. May I take this opportunity to wish you every success in completing these final stages. It is my hope that your efforts will soon bear fruit.

9. With these few words, I now declare this seminar closed.

Thank you.

APPENDIX 'D'

TANZANIA SEMINAR FOR THE LAUNCHING OF TAHEA.

Closing Remarks by Mrs Pamela Greene.

Regional Assistant Director

AHEA - IFPP

THURSDAY 20TH MARCH 1980.

Hon. Minister, Madam President of TAHEA, Foundation Members, I would like to Congratulate you on behalf of the American Home Economics Association for achieving the objectives set for this seminar i.e. launching of the Tanzania Home Economics Association. I must confirm that I was most impressed with the leadership qualities you have all shown in working towards this goal. I must also say how much I have felt at home since I arrived and this has been due to the warmth of everyone I have met within the short time I have been here.

As you have launched your association, let me assure you that the work has just begun. But you must not allow anything to hinder your "Progress" - a word you have chosen for your motto. I know you are still struggling with your emblem, but it is a healthy sign - the more persons who can make name contribution to its final outcome, the better, so that you feel you are all a part of it and not merely a one person's affair. In this collective effort you will all fill proud of your association and will strive to maintain the high standards you have set for yourselves and Tanzania. I must express my gratitude to you steering committee for inviting me to share this experience with you and to give some information on the AHEA - IFPP.

Finally, Hon Minister I must express the pleasure of meeting you in person. I know how busy you are in this high office that you hold and must therefore acknowledge your gesture in giving this support to the TAHEA by your presence here to close this seminar. I feel I can leave Tanzania knowing that you would, through your Ministry, continue to give both moral and financial support to the home economics association and the programmes undertaken by the members, as the association grows from strength to strength.

To you Madam President, members of the executive committee, Division heads and members, I wish you on behalf of AHEA and IFHE much success in your future endeavours.

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CONSTITUTION AND BY LAWS OF THE TANZANIA HOME
ECONOMICS ASSOCIATION

Article I. NAME

Name of the Association shall be "Tanzania Home Economics Association" TAHEA Here in after referred to as the Association.

Article II. The registered office of the Association will be at Dar Es Salaam C/o Tanzania Food and Nutrition Centre; until such a time that office facilities are found to house the Headquarters.

Article III. TAHEA is a body of professionals in Home Economics and related Sciences. It concerns itself with activities which aim at improving the quality of life of individual in the family and in the community.

Article IV. The work of the Association will be guided by the following objectives.

Clause 1. To promote the interests of Home Economics as a profession.

Clause 2. To promote the understanding of the theory of Home Economics as a Science, and its application to the conditions in Tanzania through discussions, research and publications.

Clause 3. To establish forum for consultation in matters of common interest such as research, training etc. between the association and other bodies involved in Home Economics and related activities.

Clause 4. To cooperate with other national and international organizations and Institutions on matters of common interest.

Clause 5. To encourage Tanzanians to get training in the various fields of Home Economics and related fields.

Article V. MEMBERSHIP

Five categories of membership are possible in the Association - full, associate, group, honorary, and patron. The first three are determined by the qualifications of the candidates and approval of the membership committee. Requirements regarding application and eligibility along with privileges and obligations are established in the by-laws.

Article VI. OFFICERS AND EXECUTIVE COMMITTEE

Clause 1. Elected officers of the Association will include -
- The President

- The Vice President
- General Secretary
- Treasurer

A legal adviser and an auditor will be invited to give assistance on all legal and financial matters.

Clause 2. The elected officers will constitute the executive committee and will conduct the affairs of the Association as directed by the constitution and by laws and the will of the members as expressed at general meetings.

Additional appointments may be made by the President to provide help for officers as the need arises.

Clause 3. Other members of the executive committee shall be chairpersons or representatives of various divisions of the association.

Article VII. MEETINGS

Clause 1. General meeting shall be held once a year for all Active members. At this meeting there shall be reports from the Executive committee, Treasurer, and from all divisions. These meetings will provide an opportunity for members to report on progress and plan future programmes and activities.

Clause 2. The executive committee shall meet every three months (Quarterly).

Clause 3. Division committees shall meet quarterly prior to each executive committee meetings.

Clause 4. Emergency meetings will be held at the decision of the executive committee, the president or the general secretary.

Clause 5. The quorum for all meetings shall be 50% of the total number of members for each meeting.

Article VIII. BY LAWS:

Clause 1. ELECTIONS

a) A nominating committee of five members will be appointed by the executive committee and announced to the General meeting, one year prior to elections.

The committee will prepare a list of nominees which will be presented to the general meeting for election.

b) All office bearers will serve for a term of two years and they can be re-elected

c) The president and the Vice president will serve not more than two consecutive terms.

d) Elections shall be by secret ballot.

Clause 2. FUNCTIONS OF OFFICE BEARERS

a) The President:-

- Shall preside over all general meetings of the association and the executive committee meetings.
- Shall be the official spokesman of the association in all matters of policy approved by the executive committee.

b) The Vice President:-

- Shall perform all duties of the President in the absence of the latter.
- Shall do any other duties as may be assigned her/him by the Executive committee

c) The General Secretary:

- Shall coordinate division activities.
- Shall be responsible for taking minutes during all meetings of the Executive Committee and General meetings and circulate them appropriately.
- Shall assist the Chairman in the Execution of his/her duties
- Shall be responsible for calling meetings and arrange for meeting places.
- Shall do any other duties assigned to her/him by the Executive Committee.

d) THE TREASURER:

- Shall collect any authorised Membership fees
- Shall take charge of the funds of the association. Shall deposit any money in his/her charge with a banker approved by the Executive Committee on behalf of the Association.
- Shall present an annual financial report of the audited accounts to the Annual General meeting.

Clause 3. The Divisions:

Number and members of each division shall be determined in the General Meeting:

- Plan section programmes and assist in their implementation upon their approval of the Executive Committee.
- Shall be responsible for disseminating any professional information related to research, training etc., at the General Meeting and to the Executive Committee.
- Shall advise the executive committee through their representative on professional matters in their Area/Division
- Shall liaise with other divisions, so as to Co-ordination of the Association's Activi

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Clause 4. Standing Committee:

There shall be special permanent Committees.

- The Chairman and members of the Standing Committee will be appointed by the President with the approval of the Executive Committee.

- a) Membership Committee - shall recruit new members and shall scrutinize all application forms and forward their recommendations to the executive committee.
- b) Public Relations Committee:
- Shall keep members and the public informed of the association and its activities through mass media. Shall maintain good relationship between the association, the public, other institutions and organizations
- c) Financial Committee, shall be responsible for all financial matters of the association.

Clause 5. Management and Administration:

- a) Income and property of the Association shall be applied solely towards the promotion of the objectives of the association
- b) The Executive Committee shall organise the securing of resources as stipulated in Article X.
- c) Executive Committee shall have authority to decide any matters not covered by the association Constitution:
- d) Any amendments to the rules of the association shall not be effective unless supported by two-thirds of the votes at a general meeting. Members of the association shall be notified forty-five (45) days prior to the meeting.
- e) The activities of different divisions and committees shall be administered through the executive committee.
- f) The executive committee shall have power to form adhoc committees when and as is necessary.

Article IX. FINANCE

- Clause 1. Revenues shall come from membership entry fees, annual contributions grants, gifts, legacies and projects. Programme budget shall be approved and controlled by the Executive Committee.
- Clause 2. The Association finance shall be audited by reputable external accountant.
- Clause 3. The fiscal year for the Association begins January and continues through December of the same year

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Article X RESOURCES

Clause 1. Entry fees:-

Individual members	-	30/=
Group membership	-	300/=
Associate Member	-	25/=
Student Member	-	10/=

Clause 2. Annual Contributions:-

Individual members	-	120/= payable in one to two instalments.
Group Members	-	200/=
Associate member	-	60/=
Student Member	-	5/=

Clause 3. Grants, gifts, bequests, fund raising project etc.

Article XI. DISSOLUTION

The Association may be dissolved by a resolution of a general meeting provided such resolution is passed by at least three quarters of the total votes cast.

Article XII. Members Qualifications:

Clause 1. Full membership:

May be granted to Home Economists dealing with Home Economics programmes e.g. teachers, extension workers etc.

- A bachelor or higher degree in Home Economics.
- A bachelor or higher degree in closely allied fields.
- A professional certificate or diploma in Home Economics or in allied fields.

Clause 2. Associate Membership

May be granted to student and any person who has interest in Home Economics or is working in a supporting field. Associate members do not qualify to vote.

Clause 3. Group Membership

May be granted to associations and organizations with interest in the Field of Home Economics or allied fields. Can only send only one representative to the meetings of the Association. Group members qualify to vote.

Clause 4. Honorary Member-ship

Is bestowed upon persons who have proven their interest in Home and family life through outstanding service to the country. Any member of the Association may submit names for consideration to the Executive Committee. The Executive Committee then makes its recommendations to the General meeting, for approval. An honorary member receives the Association's publications but does not pay fees and does not have voting privileges.

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Clause 5. Patron Membership:

This is awarded to a person who has given outstanding support to the association through moral and financial support that directly or indirectly assists in the fulfillment of the associations objectives. Patron member has the same privileges as the honorary member but has no right to vote.

Article XIII APPLICATION FOR MEMBERSHIP:

Candidates for full and associate membership must submit application for forms provided by the secretary

Article XIV CESSATION

Clause 1. Person/Persons shall cease to be members of the Association if they fail to pay annual contributions for a period of two years. Readmission to the Association will be considered after payment of arrears of annual contributions.

Clause 2. An ordinary member who fails to attend three consecutive committee/division meetings without prior notice of absence to the Secretary or division head shall cease to be member of that committee or division.

Clause 3. The Executive committee has the power to dismiss any member who fails to live up to the ideals of the association.

Article XV. RESIGNATION:

Clause 1. No refund of fees or subscription shall be made on the termination or resignation of a member of the Association.

Clause 2. Voluntary resignation will be valid after being communicated to the secretary in writing.

Article XVI. MEMBERSHIP ENTITLEMENTS AND OBLIGATIONS:

Clause 1. Entitlements

Members shall:

- a) Have the membership card
- b) Receive the TAMEA Publications, Journals or newsletters.
- c) Attend annual meetings and vote on all issues brought before the associations.
- d) Serve on Committees appointed by the Executive Committee.
- e) Present ideas or make suggestions for improvement of the work of the Association.

N.B. Suggestions and ideas must be submitted in writing to the Secretary.

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Clause 2. Obligations:

Members shall:

- a) Live up to the principles of their profession.
- b) Participate actively in the activities of the Association in order to achieve its objectives.
- c) Honour the Association by maintaining a high professional standard in all services rendered.