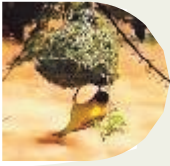


▶ CAPE ARGUS CYCLE TOUR



▶ RC GOES SWIMMING



▶ INTERVIEW WITH MEMBERS

Windhoek Weaver

“WE DO IT FOR LOVE AND CHARITY”

IWAN Member Completes the Cape Argus Cycle Tour 2013

Anita Bijman competed in the Cape Argus Cycle Tour 2013 with her husband, Sjaak De Boer, in early March. If you are as ignorant as me, you are asking “what is that?” Its the largest individually timed cycling event in the world. There were 35,000 participants, including Richard Branson, the multibillionaire founder of Virgin Airlines, racing on the 110 km long route through spectacular scenery. According to reports, typical of Cape Town, the wind on race day wasn’t ideal, but this did not deter Anita and Sjaak from completing the race. Here is a short interview with Anita about the race.

Why did you decide to do this?

I bought a new road bike in early 2011 and then I needed a target to practice for. That was the Argus!

How much did you prepare?

From January onwards, my husband, who was also my trainer, and I cycled 3 times a week, on routes of various levels of intensity and distance, for example one day to

Eros, another day, a big loop to Klein Kuppe, and on weekends we cycled via Daan Viljoen Park to Matchless Mine, to where the tar road ends.

What was the hardest part of the trip for you?

The hardest part was to realize that my brother, who loves biking very much, probably will never do this marvellous road event due to illness.

How long did it take you to complete the race?

It took me 5h.23 to complete the race.

Can you describe how you felt at the end?

Fabulous that I made it! Luckily I had no tyre puncture on the way.

Would you do it again?

I always do events like this one, once in my life, and then I look for a new adventure.

Are you planning something else? And if so, what is it?

At the moment I don’t have any specific race in mind but if somebody has a good sportive idea I would think about it.

What are the three most important pieces of advice you have for someone wanting to do this next year?

First, follow a good training plan, practicing a couple of times on the road out to Daan Viljoen Park, all the way to the gravel, as this track resembles very much the Argus terrain; secondly, rest well the last week before the Argus; and lastly, enjoy the beautiful scenery. The Argus is a great goal to ride for!

Anita, congratulations!!! As my daughters would say, **you are awesome.**

- Judith Gold



News from the Resource Center

The Resource Center (RC) goes swimming!

On February 22, RC volunteer and sports instructor Tom Brouns organized a special treat for the RC kids - a trip to the local swimming pool! This was planned over a number of weeks, briefing at parents' meeting, collecting permission slips (no easy task), and finding swimsuits for the kids who didn't own any. To help keep an eye on 30 very excited kids, Tom enlisted support from older kids from the NGO "Physically Active Youth", whom he has been coaching in swimming for nearly a year.

When the group arrived at the pool, the kids were asked, "Who knows how to swim?" And every single hand shot up. So the question was rephrased to "Who knows how to swim in the deep end of the pool?" This caused most hands to come down. The plan was to teach the kids a few basic swim survival skills and then let them play, but the sheer excitement of the outing put an end to any semblance of organization.

Some of the volunteers were sent to the kiddie pool, and the others worked with the "can almost swim" group in the shallow end of the adult pool. Ultimately, it became clear that only 1 or 2 of the kids were able to swim - exposing a real need within this community for something which can be a basic survival skill. For anyone who wants to try this in the future, however, Tom suggests keeping the group to about a half dozen at a time!



Still, it was a fun day for everyone involved - even if a little nerve-racking. And the group ran into the Clash kids who were also there! The next special sports activity planned is a "fun run" around the outside of the school grounds (again with the help of volunteers). Stay tuned!

- Tom Brouns



Interview with IWAN Members: *Candia Diggle*

One in series of interviews with our fascinating members

I was looking for a few funny/snappy observations when I started to interview Candia, but instead I found a true African fairy tale that merits its own book. Here is a very condensed version of our interesting conversation that I hope captures some of the magic and beauty of Candia's life here in Namibia.



How long have you lived in Windhoek/Namibia?

I moved to the Caprivi in 2000, and to Windhoek in 2008.

What brought you here?

I first came at the invitation of my brother's best friend, after my mum passed away. I had known him since I was 14, and he wrote me wonderful consoling letters during my mother's illness. I always wanted to visit Namibia because of his enchanting descriptions, and after my mum passed away, I decided to come. We ended up getting together, and I stayed with him in the Caprivi. We moved to Windhoek in 2008 for our boys' schooling.

Was your adjustment to the country/city difficult?

My adjustment in the Caprivi was very easy. The political problems at the time, such as the attempted coup in Caprivi, the war in Angola that spilled over the border, and the killing of a French tourist, prevented volunteers from coming to the area, but also created new opportunities and I was able to

get a job with the same organization as my husband, Integrated Rural Development and Nature Conservation (IRDNC). We lived in a small thatched house on a



farm overlooking the Zambezi. The location was stunning.

We also made very good friends, and met many very interesting people that passed through to study and work in the region. My adjustment to Windhoek was also easy. A friend found a house for us overlooking the Auas Mountains and this beautiful view makes our day, every day!

What surprised you about this place?

How helpful and friendly everyone was in the remote areas that we were living in. The first time I went out into the bush by myself for work in my 4x4, my tire blew up. Within minutes, 8 men disembarked from a truck, lifted my vehicle, changed the tire, and asked me to send greetings to Diggle (my husband). Everyone looked out for you. I was also amazed by the stamina of the women working in the rural areas. They do everything: from building the huts, collecting firewood, farming the land, taking care of the children, and making food on the open fire everyday. I was surprised the men did not engage more in some of these tasks. The women just got on with things, and made baskets in their spare time to earn money to pay for essentials - what an inspiration.

What is your favorite thing about life here?

I never cease to be amazed by the light in Namibia, for me it is very special.

And the very good friends we have made, they make it a home away from home for us.



What do you miss the most from back home?

Not seeing close family on a regular basis has been the most difficult. I also used to miss the weekend newspapers, books, and Radio 4. However, with my Kindle and the Internet, I keep in touch and can now get all the newspapers and books I want, and I can even listen to my favourite radio programmes.

Have you done something new here that you probably would not have done back at home?

So many things; life in Caprivi was very colorful, living in tents in the bush, evening sundowners, getting married on the banks of the Zambezi River, working with rural craft makers helping them earn some cash, and providing my son with this very special early childhood. When Oliver was very little I used to take him with me everywhere. One time when camping at a workshop in Impalila we woke up to the site of elephants surrounding us, on their way to wash at the river - a truly amazing site.

-Judith Gold

IWAN Charities

IWAN supports a host of charities, including the Katutura Old Age Home, CLaSH, Megameno Home for Orphan's, the Wake Up! Day Care Centre, and many others. For more information on IWAN's ongoing charity work please go to the IWAN web page <http://www.iwan.com.na>. If anyone has any questions regarding the Charities please feel free to ask Allison. If you would like to join the group of IWAN members who shop and deliver food to Megameno, the Old Age Home and CLASH, please contact Allison Thomas. We operate on a roster system, going out in pairs or on our own.

MEMBERSHIP AND Meeting information

Easter Brunch @ the



Address: No. 2 Mozart Street,
□ Cnr. Hosea Kutako Drive

Cost: \$150 per person

RSVP to Alli Thomas at charityprojects@iwan.com.na

Do not forget your bonnets!!



The International Women's Association is open to women of all nationalities. The Association aims to offer support to newcomers to Windhoek, provide assistance to our members and help various charitable groups in whatever way we are able. We meet at 10am on most Tuesday mornings, at either a member's home or at one of the many interesting venues in and around Windhoek.

Meet your IWAN committee!

Main role	Also/ responsible 4	Name	Email
Chair	press liaison	Lauren Voges	chair@iwan.com.na
Charity	all things charity	Allison Thomas	charityprojects@iwan.com.na
Membership/Cash Box/ Hospitality	reimbursements & payments & memberships	Chantal Gerritsen	hospitality@iwan.com.na
Resource Center	all things RC	Anita Bijman	resourcecentre@iwan.com.na
Secretary/Social Media email POC/	IWAN communication	Rachel Schmidt	secretary@iwan.com.na
Treasurer		Fran Aylott	treasurer@iwan.com.na
Vice Chair	social events, Weaver newsletter, etc.	Judith Gold	vicechair@iwan.com.na
Weaver Editor	Weaver newsletter & back-up webmaster	Minna Wäljas	weavereditor@iwan.com.na

Dates for the Diary

April 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Easter Brunch @ Nice restaurant 10:00-12:00, 2 Mo- zart Str	3	4	5	6
7	8	9 Coffee morning @ 10:00, Anita Bijman,	10	11 Book club @ Sandra Wint	12	13
14	15	16 Coffee morning @ 10:00, Peggy's workshop/Golden Art	17	18	19	20
21	22	23 Coffee morning TBA	24	25	26	27
28	29	30 Coffee morning TBA				

BIRTHDAYS APRIL 2013

11th of April Carly van der Merwe

27th of April Lilian Brell, Minna Waljas



For more information, photos and upcoming events see: www.iwan.com.na



ADVERTISING

A reminder that all advertising must go through IWAN secretary (e-mail secretary@iwan.com.na). If you wish not to receive these e-mails, please unsubscribe with secretary directly. Advertising costs will be N\$30.00 for members and N\$50.00 for non-members.

Have you discovered something new in Windhoek or Namibia? Are you doing something interesting? Any special travel tips? Anything else you would like to share with IWAN members? Please feel free to contribute news and articles to the Weaver. Please email contributions to Minna Wäljas weavereditor@iwan.com.na and Judith Gold vice-chair@iwan.com.na.



pure & simple

A unique collection of products, full of energy, colour and passion for Namibia.