



▶ WAT/IF

○ ISSUE 10 | ○ NOVEMBER | ○ 2013



▶ NEWS FROM RC



▶ CATHERINE'S RECIPES

Windhoek Weaver

"WE DO IT FOR LOVE AND CHARITY"

WAT/IF awardees 2013

"I truly cant thank you enough for assisting me in making my dream reach its full potential to-day. IWAN has helped me achieve something I was not able to, I am so humbled and grateful for the assistance and promise to continue to create a platform for others and market Namibian products through the City Flea Market "
Regards, Luise



Luise runs a flea market and needed help to purchase more tables so we gave her a grant enabling her to buy twenty of which we paid for ten.



Sanjohenda wanted an industrial sewing machine which enables her to make clothes and curtains for a living.

Sonjahenda sent us a text thanking us very much, she was truly delighted, and has reported that her machine is doing an excellent job for her.

News from the Resource Center

Lifeline/Childline's visit to the Resource Centre

We arranged for Sam Afrikaner from Lifeline/Childline to visit the Resource Centre and address the parents and guardians at the parents evening on the 16th September. We felt that all students should have access to what this amazing organization offers all Namibians. The presentation was well received by all of the parents.

The Childline team returned to RC on the 24th September to present a "puppet-show" to the children reinforcing the "feeling yes" "feeling no" concept and that "my body is nobody's body but mine".

LL/CL's mission is to build and assist with the emotional well being of all Namibians and to help develop their skills in an ever changing social environment. They strive to accomplish this through a set of core values instilling integrity, respect, humility and openness.

All children need to be protected and CL aims to



promote positive behavioral change and empower all children to know what their rights are and more importantly to be safe and to live in an environment where they feel protected and loved. Their programs aim to create a safety net for children that have been abused or are in danger of being violated. The centre also provides face-to-face counseling services both for adults and children and a counseling line for adults on 061-232221 and the recently launched toll free child helpline 116. The online chat and email services are also run from the centre.

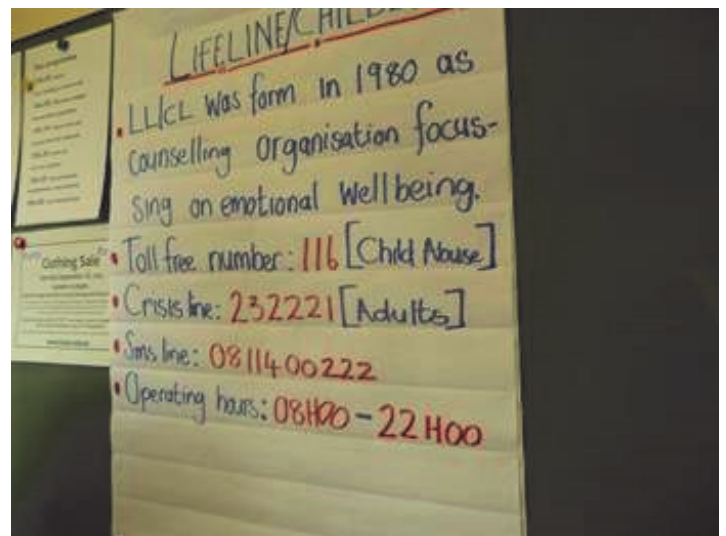
CL is involved with many projects one of which is the children's/teen radio program Uitani Radio which aims to promote child participation through mass media. The show is produced for and by children between the ages of 8 – 14 years old and provides children with information, which can help them and give them a voice - to be heard and most importantly to be respected and understood. For



more **information on this call LL/CL on 226889** (office hours). In addition to this CL continues to present various programs within schools and communities throughout Namibia.

I was involved with LL/CL for many years and it is an organization, which, for many reasons, remains close to my heart. I have seen the positive impact that this organization has had in many peoples' lives throughout Namibia and I encourage everyone to support them with their various fundraising initiatives, one of which is their current Lifeline/Childline Lollipop Campaign.

Jen Stuart-Hill



Recipe Corner

I cooked this recently for an IWAN coffee morning and many of you asked for the recipe so here it is. I've also made it with peas or spinach instead of zucchini and feta cheese makes a good alternative to cheddar if preferred. For a vegetarian version the bacon can be omitted and I then add a couple of teaspoons of vegetable stock powder.



Catherine Craib

ZUCCHINI AND BACON FRITTATA



Preheat the oven to 170°C.
Heat the oil in a large frypan and cook onion until soft.
Add garlic, bacon and rosemary or thyme.
Cook until onion is starting to turn golden at the edges, stirring often.
Add grated zucchini and cook until it is just starting to wilt.
Transfer this to a large mixing bowl and leave to cool slightly.
Crack eggs into a jug, add milk and beat lightly with a fork.
Pour this into the bowl and add remaining ingredients.
Stir to combine then season to taste with salt and pepper.
Line a roasting tray or large cake tin with baking paper.
I used a tray 20cm by 30cm and 5cm deep.
Pour mixture into the tin and bake in the oven for 20-30 minutes.
Cooking time will vary depending on the size of your tin.
It should be just set in the centre when pressed.
Leave it to rest in the tin for 10 mins then turn out and slice.

2 tbsp olive oil
1 large brown onion, chopped small
2 cloves garlic, minced
200g bacon, chopped small
1 tbsp chopped rosemary or thyme
400g zucchini, grated
1/4 cup milk
7 large eggs
150g (1 cup) self raising flour
1 cup grated cheddar
1/4 cup grated parmesan
1/4 cup chopped parsley

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

IWAN Sponsors:



One of Namibia's leading financial services companies.



More than just a journey... Sense of Africa provides you with a full African experience that arouses all your senses.



Pure & Simple is situated in Garten Street in the CBD. A portion of their sales of locally made goods is donated to IWAN each month.



Fairfield Tours South Africa

Fairfield Tours, as part of their corporate social responsibility programme, offers their tour clients the option of donating N\$50 per person. Please follow the link to their travel blog: <http://fairfieldtours.wordpress.com/2013/02/15/fairfield-tours-extends-a-helping-hand/>



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
Vice Chair		Judi Fourie	vicechair@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
Weaver Editor	Weaver newsletter & back-up webmaster	Minna Wäljas	weavereditor@iwan.com.na

Dates for the Diary

November 2013

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5 Evening Book Sale @ Sue Wassung	6	7	8	9	10
11	12 Coffee morning @ Dayle Straiton	13	14	15	16 Family Weekend	17 Family Weekend
18	19 Christmas Party @ Wisdom Pre- Primary and Day Care, Katutura	20	21	22	23	24
25	26 Holiday Brunch, venue TBA	27	28	29	30	



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

BIRTHDAYS OCTOBER 2013

Yunes Agabu	2. Nov
Jaysheree Soni	8. Nov
Sandra Camilo-Giroud	12. Nov
Morag Oosthuizen	14. Nov
Stacy Owecke	15. Nov
Isobel Appiah-Endersen	19. Nov
Sanjee Goonetilake	20. Nov
Susan Lewis	24. Nov
Maggie Edmunds	29. Nov
Sabine Kliemke-Harland	30. Nov

WELCOME NEW MEMBERS!

Aminata Sallah	Jude Bull
Rialna Hoffman	Megan Gernes
Joann Cooper	

FAREWELL Isabel Gomez !

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).

