



► BEDS AND MATTRESSES FOR NAFavi



► NEWS FROM RC



► OMBIKA SCHOOL



► CATHERINE'S RECIPES

Windhoek Weaver

"WE DO IT FOR LOVE AND CHARITY"

Beds and Mattresses for NAFavi in Mariental

In September, IWAN donated beds, mattresses, and other items to Namibia Family Village (NAFavi), a shelter for abused, abandoned, and HIV-infected children in Mariental. NAFavi was started by Mrs Eva Neels, a teacher, community activist, and mother who also helped start Friendly Haven Shelter for abused women and their children in Windhoek. (Friendly Haven was a 2013 recipient of IWAN's Achievement Award.) The needs of NAFavi came to



IWAN's attention through Sonia Noirfalise-Corsini and the Gondwana Collection of lodges. Two of Gondwana's lodges are located near Mariental, and Gondwana employees have been assisting NAFavi with donations of bedding, food, toiletries and their time.

During the winter months, Sonia and another IWAN member, Fran Aylott, visited NAFavi and noticed that many of the children were sleeping on the floor because of a lack of beds. IWAN's leadership committee decided that this was a cause worth addressing, and we asked IWAN members for donations. Many of you answered



this call: A special thank you to Lauren Voges, Brunhilde Dewulf, Dayle Straiton, Jayshree Soni, and Anita Dijakovic.

The committee also took a decision to purchase 2 bunk bed frames and 5 mattresses for NAFavi. Thank you to A2Z Suppliers and Namib Foam for giving IWAN good prices for these items, as well as to Gondwana for delivering everything free of charge to NAFavi.



The children were extremely happy to receive their new beds, and they prepared poster-size thank you cards for IWAN. Writes Lonia, "First of all, I want to say thank you for your beds and everything you gave us. We were sleeping 8 in the beds, but now we are happy that you gave us the beds. God will bless you. I love you. Kiss to you dear sisters."

You can learn more about NAFavi here: http://www.nafavi.org/index.php?Itemid=52&option=com_content

Rachel Schmidt



News from the Resource Center

Two special days for the Resource Centre

The 13th and 14th of August were two wonderful days in a row for the Resource Centre at Jacob Marengo School in Katutura. It was the first time the IWAN members were visiting the Resource Centre Building since the Opening in April this year. The IWAN members with old and new volunteers were welcomed to join the morning group with the children between the ages of two and six.



After a warm welcome from teacher Christina Jansen under the shade net in the outdoor classroom the principal of the Jacob Marengo School Ms Otilie Abrahams gave a quick explanation about the wonderful cooperation between NAWA and IWAN.

Afterwards Anita Bijman from IWAN explained the building phases and everyone was invited to have a closer look at the building and what happened since April. A lovely picnic with tea, coffee and cake was prepared for the grown-ups as well as for the little ones.

As a surprise the morning class children said hello with a few songs and poems which everyone could enjoy.

Another great experience which the Resource Centre children were looking forward to was the visit of three



Belgium families. The families were travelling together around Namibia and were very interested in the Centre. The families arrived in the late morning to experience

and enjoy the homemade vetkoek which a Resource Centre learners mum made especially for them at their place. They were delicious and it was just a wonderful experience to see how they are made. Afterwards they went together with teacher Christina and some volunteers for a walk and lunch at Albertina's.

After school the children welcomed the families with a presentation they had worked hard for weeks. The presentation included an introduction of the flag of Namibia, the anthem and all the various tribes Namibia has.

As a special gift for the children and their guests they also got a Makalanie nut with their names carved on it. To have a special place for the new treasure there was a cooperation lesson where a resource Centre learner with a Belgian guest made the string



for a small leather bag. During this the children got to chat a little and got to know each other better.

A wonderful finish to two lovely days were a few songs the children of both countries sang to each other. To say goodbye and thank you also the learners sang the Anniversary song of the Resource Centre. It was clear that everyone had



enjoyed the exchange of the two countries and learned quite a few things about their own and the foreign culture. These two days left everyone at the Resource Centre waiting for the next wonderful visit!

Evelin Wackenhut

IWAN Donations to Ombika School

Just inside Anderson Gate to Etosha National Park is Ombika Primary School. Although near Okaukuejo and the growing tourism industry that surrounds



individual packages with each child's name on it. Employees of Gondwana's Etosha Safari Lodge and Camp were instrumental in getting correct sizes for the kids and in delivering IWAN's donation to Ombika. As you can see in the pictures, the children and staff of Ombika School were extremely happy to receive the donation. What great team work!

Rachel Schmidt

Etosha, Ombika has many learners who come from underprivileged and very low-income families. The school's principal reached out earlier this year to describe some specific needs of the Ombika learners including school uniforms, and IWAN decided to lend a hand. So far, we have purchased



one item each for 35 children, and we have allocated funds to make purchases for about 70 kids in total. IWAN members Ali Thomas and Judi Fourie devoted a full day toward finding just the right sizes of jerseys and shoes, and then making



Thank you!



Recipe Corner

Braai season is fast approaching and I find myself wondering which salad will become my dependable side dish this year. It needs to be interesting without being too complicated or unusual. It should be colourful and fun, but most importantly it must be delicious. So far this classic Catalan dish with a very exotic name is the top contender. It would also make a hearty main course for those who prefer not to eat meat.



Catherine Craib

ESCALIVADA

(Serves 6)

Light the braai/weber about half an hour before you wish to cook. You want a glowing bed of hot embers but without much flame. Cut the zucchini diagonally into 2cm thick slices. Pierce the other vegetables a few times with a knife tip to prevent the skins bursting. Place all the vegetables (except the zucchini) on a rack over the coals. The eggplants and capsicums will take half an hour (turn them after 15 minutes). The potatoes and onions will take an hour (turn them after 30 minutes). Everything should be soft inside with blackened skins. When all the vegetables are ready put them on a plate and cover in foil. Let them steam for a few minutes and cool down slightly. Meanwhile, pan fry the zucchini in olive oil on both sides until golden and tender. Find a friend and a glass of wine and peel the skins off all the vegetables. Tear the eggplant flesh into pieces and place in a large bowl. Season then dress generously with oil and vinegar and scatter with herbs. Repeat this process with each vegetable and finally tip in the zucchini. Gently stir to combine all the vegetables without breaking them up any further. Tip all onto a platter and serve warm or at room temperature.

Note - I get my husband to tend all the vegetables while he's cooking the meat then I peel and tear them while the meat rests

ENJOY!

2 large zucchini
2 large eggplants
2 red capsicums
2 red onions
4 medium potatoes
marjoram leaves or basil
red wine vinegar
extra virgin olive oil



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

October 2013

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 Coffee morning, Lilian Brell hosting,	2	3	4	5	6
7	8 Coffee morning, Kully Rennie hosting	9	10	11	12	13
14	15 Coffee morning, Leanne Carnie hosting	16	17	18	19	20
21	22 Coffee morning, Maria Baquero hosting	23	24	25	26 Quiz Night @ Polytechnic Hotel School	27
28	29 Visit to Nakara leather factory	30	31			



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

BIRTHDAYS OCTOBER 2013

Karen Stonehouse
Claudia Van Houtum-Nakutta
Dianne Wait

3 October
24 October
26 October



Welcome to new IWAN members!

Anne Johaneck, Diane Hazel, Jayshree Soni, Nikki Rees

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).

