



### **CHAIRLADY REPORT (Fran Aylott)**

This is my first article for the Weaver as Chair of IWAN for 2018. I feel privileged to have been voted as Chair because the committee, this year, is particularly strong in numbers, so my “job” will be easy! Below you will find a photo of the new committee, if you have any questions about IWAN these are the people to ask. Our membership currently stands at around 80 members and with husbands/partners and children that creates a community of well over 200 people. IWAN was a great support mechanism when I arrived here 8 years ago and I hope new members will enjoy a similar experience. One of my objectives as Chair is to try and get more people involved in the activities of IWAN, so if you have never done anything other than attend a coffee morning, maybe this is the year to take up a challenge to get more involved. Best wishes to all our members for 2018.

**The new committee for 2018**



**FROM LEFT TO RIGHT: Dayle, Gabriele, Lisa, Janet, Fran, Ali, Daria, Marlies & Megan**

## CHARITY REPORT (Megan Lim-Silver & Daria Ivanova)

### Food Delivery

Want a quick way to help the community? Sign up to deliver food to CLASH and the Old Age Home. Its only an hour or two of your time to shop and deliver the items

### Bio Market

The next Bio Market (on Uhland Street in Klein Windhoek) is on **Saturday, March 17<sup>th</sup>**, from 7:00am – 12:00pm and we need volunteers to donate baked goods and help on the day of the sale. You may volunteer for an hour, several hours or the whole morning – it's up to you. It's a busy day making brötchen sandwiches, washing dishes, serving customers and manning the cash box, but offers a great bonding experience with the IWAN ladies and all for a noble cause to raise funds to support our many charitable endeavors.

### Clothing Sale

IWAN will hold the second hand clothing sale on **Saturday, April 7<sup>th</sup>** at Old Age Home in Katatura. The sale is a great fundraiser for IWAN and an excellent motivation to start your spring cleaning! We need your donations of clothing, toys, books, and household goods. We are not only raising money, but afford an opportunity for people in need to buy clothing at affordable prices. We need your help on the day of the sale and we need volunteers on Friday, April 6<sup>th</sup> in the afternoon, to help sort all the donated items.

Donated items can be handed over to any member of the Committee during coffee mornings.

### Donations

Terry, a member of IWAN made a plead to all members to help her raise 2500\$N to buy 5 tables and 20 chairs for a kindergarten classroom in the Kavango West district, so the children do not have to sit on the floor when they are learning. IWAN has worked with Terry and Heather in the past to provide reusable sanitary napkins to girls in the same district. The executive committee agreed to donate the amount to support this worthy cause and help contribute toward the children's learning. Terry and Megan purchased the items at Crazy Plastics and Terry will deliver them in early March.

### Recommendations

Ladies, if you know of a local NGO, school, clinic etc. that you think IWAN should support, please contact Daria and/or Megan (our emails are listed below). Thank you for your help.



IWAN welcomes the following new members :

- Emma Guthrie from South Africa
- Erika Hachey from the U.S.A.
- Eveline Shipanga from Namibia
- Heather Ross from the U.S.A.
- Katerina Verchusa from The Czech Republik
- Theresa Farrell from Namibia

*We hope you all enjoy being part of our IWAN family 😊*



**Roasted Pumpkin, Bacon and Feta Frittata**  
*(sent in by Ali Thomas – served at the AGM)*



**Ingredients**

- 600g pumpkin, chopped coarsely
- 1 tablespoon olive oil
- 6 green onions cut into 5cm pieces (or use leeks)
- 6 rashers bacon chopped coarsely

1 clove garlic, crushed  
½ cup finely grated parmesan  
6 eggs  
2 tablespoons cornflour  
½ cup cream  
100 grams feta crumbled

### **Method**

1. Preheat oven to hot
2. Combine pumpkin and oil in a baking dish: bake uncovered in a hot oven for 15 minutes. Add onion, bacon and garlic to pumpkin and bake uncovered for another 15 minutes.
3. Meanwhile, grease deep square baking dish: sprinkle base and sides with half of the parmesan.
4. Reduce oven to moderate (180 deg Celsius / 350 deg Fahrenheit).
5. Spoon pumpkin, bacon, onion and garlic mixture into the prepared pan.
6. Whisk eggs in a medium bowl with remaining parmesan, cream and cornflour. Pour egg mixture over pumpkin and then sprinkle with feta. Bake uncovered in a moderate oven for about 45 minutes.

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## **MARCH CALENDAR**

### **International Women's Day**

**IT'S OUR DAY!**



# **HEPATITIS E VIRUS FACT SHEET**

Information sent to us by member Leigh-Ann Miller:

*There is an outbreak ongoing in Katatura that many people may hear about. Important tips are handwashing with clean, running water and soap and encouraging pregnant women to seek healthcare if they are exposed.*

## **What is Hepatitis E?**

Hepatitis E is a liver disease caused by the Hepatitis E virus (HEV).

## **How common is Hepatitis E?**

While rare in the United States, Hepatitis E is common in many parts of the developing world.

## **How is Hepatitis E spread?**

In areas with poor sanitation, Hepatitis E is usually spread by drinking water contaminated by the feces (or stool) of an infected person. Hepatitis E in developed countries may occur as a result of consumption of raw or undercooked pork or deer.

## **Who is at risk for Hepatitis E?**

Travelers to areas with poor sanitation are at risk for Hepatitis E. Immunocompromised persons and solid organ transplant recipients are also at (an increased) risk (of complications from) for Hepatitis E.

## **Does Hepatitis E cause symptoms?**

Some people with Hepatitis E do not have any symptoms. If you do have symptoms, they may include the following:

- Fever
- Fatigue
- Loss of appetite
- Nausea
- Vomiting
- Abdominal pain
- Dark urine
- Clay-colored bowel movements
- Joint pain
- Jaundice (a yellowing of the skin or eyes)

**How soon after exposure to Hepatitis E will symptoms appear?**

If symptoms occur, they usually appear anywhere from 2 to 6 weeks after exposure. Symptoms usually develop over a period of several days.

**How serious is Hepatitis E?**

Hepatitis E can seriously affect pregnant women and immunocompromised persons.

**How will I know if I have Hepatitis E?**

Hepatitis E can only be diagnosed by your health care provider with the assistance of laboratory tests. You should see your health care provider if you are concerned about Hepatitis E?

**How is Hepatitis E treated?**

There is no specific treatment for Hepatitis E; it usually improves following supportive therapy.

**Can Hepatitis E be prevented?**

There is currently no FDA approved vaccine for prevention of Hepatitis E.

Travelers should avoid drinking unpurified water and eating raw or undercooked pig or deer.

Source: <https://www.cdc.gov/hepatitis/hev/efaq.htm>

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