



CHAIRLADY REPORT (Fran Aylott)

This is really my last Weaver report ever!!

After nine years in Namibia we are now leaving ... we came for two and never quite got around to leaving until now.

IWAN was my first connection with anyone in Namibia and it really was a sanity saver. Without a child at that time, I don't know how I would have ever met anyone. So thank you to IWAN for having put up with me for so long. I am most grateful and am sad to leave such a great organisation and a beautiful country.

Meanwhile looking forward to the IWAN year ahead, the AGM of February 12th will see a new committee voted in. Some members from last year are still going to stand, however any new people wanting to join, will be most welcomed. The bigger the committee the less work for everyone. Please remember to pay your annual fees prior to the AGM and please try to attend the AGM, as we need at least 50% of members to be quorate.

Last year we had a few IWAN members wanting to showcase their business or product - some members like hearing about items for sale etc. and other don't. The same goes with charities/organisation giving presentations - some people want to hear and others don't. In order to accommodate everyone, the committee decided to change things a little bit this year. There will be two dates a year where only IWAN members can showcase their business/products, which will be held at a normal Tuesday coffee morning. You won't be able to do long talks, just bring your flyers/products/small table to showcase what you want. The members that are interested can look at each "stall" and talk to you about your business. The first one of these showcase coffee mornings will be on Tuesday, April 9th, so please bear it in mind. Regarding external presentations we decided there would be no more than one presentation by a charity/organisation per calendar month.

The Month of Love 

CHARITY REPORT (written by Megan Lim-Silver)

Food Delivery

The Katutura Old Age Home (OAH) is supported by a local Church and donations from various groups such as IWAN. The residents only have their pension to live on and once they have paid for room and board not much is left. IWAN supplies the Old Age Home with fresh fruits and vegetables, minced meat, flour, soup powder, pasta, tea, coffee, plus non-perishable goods in order for the residents to have additional healthy options.

IWAN also supports CLaSH, a preschool unit for hearing impaired children. CLaSH is run purely with the help of donations. IWAN delivers fresh fruit and vegetables, nuts and snacks, meat and yogurt to the preschool.

Every fortnight IWAN volunteers deliver fresh food to Katutura Old Age Home (OAH) and CLaSH Pre-Primary School. If you are interested in becoming a volunteer, please contact Marianne MacKenzie (mackenzie.marianne@yahoo.com). She will also have a sign-up sheet available during coffee mornings.

Thank you very much to all the volunteers for this month: Marianne, Marian, Anna, and Megan.

Bio-Market

Mark your calendar, the next Bio-Market is **Saturday, February 2nd**. For new members, the Bio-Market is located across from the Wilde Eend Bistro at 3 Dr. Kenneth David Kaunda Street (formerly Uhland Street). At the Bio-Market, IWAN sells a variety of brotchens, quiches, baked goods, coffee, juice, tea etc. We host this market three times a year and all the proceeds from the sale go towards supporting our many charitable endeavors.

Thank you to all the volunteers that have signed up to bake goods and/or help out on the day of the sale. Looking forward to seeing everyone on Saturday!

Clothing Sale

IWAN's first clothing sale of the year will be on **Saturday, March 2nd** at Mammadu Trust. Thank you to IWAN member Agnes for generously opening-up her after-school center for our clothing sale. The sale is a great fundraiser for IWAN and an excellent motivation to start your early 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, March 1st at 9:00 am** to help sort all the donated items. Sorting will take place at 14 Daan Bekker Street in Olympia. Please remember to bring a hat and water for both the sorting and clothing sale.

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

Donations

Kickstarting initiatives for the invisible children in Gobabis

On Saturday, January 12th, IWAN member Heather Ross and her team returned to Gobabis to help the community/Ministry of Health strengthen their support system for teenagers living with HIV. Five teenagers living with HIV met each other for the first time and participated in discussions around HIV, the ability to live well with it, the importance of treatment adherence and the continued challenges around taking ARVS and living with it. A number of team building activities were done both at the clinic as well as at Die Dam (with IWAN sponsoring the lunch, frisbees and soccer balls). At the end of the day, all agreed in the interest in establishing Omaheke's first HIV teen club. The group created an action plan and the MoHSS will be organizing the remaining 13 teenagers living with HIV and have them join. Heather and her team will continue to strengthen the capacity of the club with creating a multidisciplinary support team who can offer comprehensive support in a self-sustainable way via income generating projects. *(Photos were taken, but are not being shared electronically for confidentiality reasons)*

IWAN supported Heather and her team with N\$5000 of in-kind support. She spent approximately N\$1900 in December on arts and crafts supplies, games, food, t-shirts etc. for the workshops/holiday interventions. For the January 12 workshop mentioned above, Heather spent N\$1800. The remaining balance of N\$1300 will be allocated to a follow-up workshop scheduled in mid-February for the street kids in Gobabis.

Community Hope School

Community Hope School is a primary school located in the Damara location of Katutura. The school has over one hundred students in grades one through seven. Each day these children receive breakfast, snacks, hot lunch, quality education and, most importantly, hope. The school staff visit homes and give medical assistance, food, and counseling to those who look after the children.

IWAN purchased an industrial size oven for N\$12,300 to replace the current one that has been broken down for over two years. The new stove top and oven will allow staff to cook and bake healthy meals for the students at the school.

Below is a thank you letter from Ms. Romey Beukes, Community Hope School principal.



COMMUNITY HOPE SCHOOL

*A ministry to orphans and vulnerable children
affected by HIV/AIDS*

Ministry of Education Reg. No: 8584 – Section 21 Business: N2005/751

21 December 2018

Thank you!!

Dear IWAN Members,

It is with warm hearts that we received the Stove donated to us as a school. We are grateful that we may be able to bake the cake again for every birthday in school in the years to come.

It has been 2 years since we were able to bake a proper birthday cake for every learner in every class. This has been part of our DNA to acknowledge learner's individuality. Once again we are thankful for your contribution to underlining the value of each learner.

Please take time in the New Year to visit our school as we work towards making this Community a better place.

May you have a Merry Christmas and a Happy and Prosperous New Year.

Regards

Mrs JK Beukes
School Principal

Address: Box 8161, Windhoek Tel: 061211809 / 0812209250 Email: jrhunter@mac.com

Recommendation

If you know of a local NGO, school, clinic etc. that you think IWAN should support, please contact Daria, Megan and Marianne. Thanks again for your help.



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Crispy Rice Cereal Fridge Cheesecake

(great for that Valentine's dinner dessert)

Base:

$\frac{1}{4}$ cup / 60g butter, melted
285g marshmallows

6 cups / 180g rice crispies
OR any biscuit base of your choice

Filling:

225g chocolate
455g cream cheese
1 tsp vanilla essence

$\frac{1}{4}$ cup / 60ml cream
 $\frac{1}{2}$ cup / 100g white sugar
2 $\frac{1}{2}$ cups / 150g whipped cream (divided)

Preparation:

1. In a large saucepan over medium heat, melt the butter and add the marshmallows - stir until melted, then add the crispy cereal and stir to coat.
2. Transfer above mixture into a greased 10 inch/25cm springform pan.
3. Using a greased measuring cup, press down into the cereal to form a flat surface and press edges against the springform pan, to create walls.
Set aside.
4. Place chocolate in a small microwave safe bowl and pour the heavy cream on top. Microwave for 30 seconds, stir and repeat for another 30 seconds until melted.
5. In another large bowl, mix the cream cheese, sugar and vanilla until smooth and then add the melted chocolate and stir to incorporate.
6. Add 1 $\frac{1}{2}$ cups of the whipped cream and fold in with a spatula until combined.
7. Pour the mixture into the crispy rice cereal (or biscuit) base and smooth the top with a spatula.
8. Refrigerate for a minimum of 3-4 hours, or overnight, until set.
9. Remove from springform tin and use remaining whipped cream to decorate.
10. Grate chocolate over top for decoration - optional.

*Watch this space, for our new 2019
Committee ...*



IWAN SPONSOR:

