



International Women's Association Namibia

IWAN

The Weaver

June

CHAIRLADY REPORT

Dear Ladies

Firstly, I need to inform you that Sabine Erwig has resigned from the committee. As we were already a very small committee and struggle to cope with all the duties, we approached two of our members who expressed already their interest to us to join the committee. We are very happy to inform you that Ute & Sylvia have accepted to be part of the committee.

Let's give them a warm welcome and let's all help them to settle in !

Unfortunately, I also have to give you some very sad news - recently Sue informed us that Johannes, one of the residents of the Old Age Home, went missing. He was fit and went for a walk with his backpack and never came back. Sadly after a while it turned out that he was hit by a truck and died immediately. He was Tanzanian with no relatives in Namibia. Last Friday there was a short funeral and he was buried in a local graveyard. I never met him in person, but some of you did, he was a kind old man - please include him in your prayers.

Janet is holding a mosaic group on Monday's and has now started a new and very sweet & cute project, knitting baby hats for newborn and premature babies. Inspired by the idea to celebrate our Iwan Babies, this is a very sweet way to help other less privileged babies. The pattern is herewith below and if you need a copy, they will be available at the coffee mornings or you can contact Janet directly.

BEANIE/CAP FOR PREMS

4 Ply wool and No.11/3,00mm knitting needles

Cast on 60 stitches and rib 12 rows.

Knit 24 rows stocking stitch

To decrease:

* knit 8, knit 2 together, repeat from * to end of row.

Purl

*knit 7, knit 2 together, repeat from * to end of row.

Purl

*knit 6, knit 2 together, repeat from * to end of row

Purl

*Knit 5, knit 2 together, repeat from * to end of row

Purl

*knit 4, knit 2 together, repeat from * to end of row

Purl

*knit 3, knit 2 together, repeat from * to end of row

Purl

*knit 2, knit 2 together, repeat from * to end of row

Purl

*knit 1, knit 2 together, repeat from * to end of row

Continue until 6 stitches remain and, cast off.

Sew the side of the cap together.

BEANIE/CAP FOR NEWBORN

4 Ply wool and no.11/3.0mm knitting needles

Cast on 90 stitches

Knit 1 purl 1rib for 5cm

Work in pattern of your choice until work measures12,5cm from beginning.

To decrease:

Row 1:{ knit 8,knit 2 together} 9 times

Row 2 purl

Row 3:{Knit 7,knit 2 together} 9 times

Row 4:purl

Row 5:{knit 6, knit 2 together} 9 times

Carry on decreasing until 18 stitches remain, then knit 2 together 9 times

Break yarn and thread through the stitches. Sew up the seam.



These little hats are quiet fast to knit, as they are the size of a medium orange! Janet will collect them all after a while and hand them over to a social worker, dealing mostly with babies. According to her there are never enough of these little hats. So ladies as it is now the prefect time (long cold winter evenings) to knit - please join this project. Janet is even thinking of changing the mosaic group to a crafts group, so that even the “knitters” can participate in their Monday meetings.

Greetings

Agnes

CHARITY REPORT (written by Daria Ivanova)

Charity group committee members are Daria Ivanova, Foibe Lukas, Sylvia Okwi, Ute Mehnert (contacts at the end of this report).

Food Delivery

Every fortnight IWAN volunteers deliver fresh food to Katutura Old Age Home (OAH) and CLaSH Pre-Primary School.

If you would love to volunteer there are still spaces available in July and August. Feel free to write any of the Charity Coordinators or sign up at the coffee mornings.

In May Sue and Daria delivered some toys donated to IWAN by Kully. Clash kids loved all the toys! Thank you so much for the support!



Clash. May, 2019

Bio-Market

The next Bio-market of the year is on Saturday, 1st June. Looking forward to it! Thank you to all the volunteers that signed up to prepare dishes or to participate in the market itself. This time we will have a special "Curry Broetchen" which will be made by Jayshree (while Daria and Lisa will participate in terms of ingredients donation).

I also would love to thank all the ladies helping with the preparations! For example, Marian Voskamp who will be shopping for the Bio-Market the day before the event. A lot of ladies were making take away baskets for the market at one of the coffee mornings, etc. We do appreciate your help!

Concerning donation cans we found a South African company called Canit. And we hope that we will have donation cans for the next Bio-Market.



Coffee morning 14th of May, preparing take away baskets out of newspapers. Great team!

Clothing Sale

The next clothing sale will take place on Saturday, 6th July 2019 at Mammadu. Once again we are collecting clothes, toys, etc.! This is a great opportunity to free your wardrobes! We are also looking for volunteers both for sorting and for the sale itself! Just contact Charity Coordinators for more information! Moreover, we would appreciate if you could advertise the Sale among your workers, friends, etc.

Also according to the new rules pre-sale coffee mornings will be held on the 25th June and the 2nd of July. The pre-sale prices at these coffee mornings are set by the seller and at least 50% of the proceeds will go to IWAN as a donation. Selling at the sorting is not allowed anymore.

New Charity Team Members

I would like to welcome new Charity team members: Sylvia Okwi and Ute Mehnert. The ladies are already busy helping with the Charities Projects and Events.

Projects

This month **two Charity Projects were approved.**

First one is **Anita Gereses's The Prins Gereseses Charity Project** which supports vulnerable women and children. Anita is well known to the IWAN community as someone who dedicates a lot of time as well as her own money and to the local community.

IWAN donated **11 winter jackets** for her project. Karin did all the shopping. We received a thank you message from Anita: “The kids were so excited to see their new jackets and will be proud and warm wearing them to school”.



Winter jackets donation to The Prins Gereseses Charity Project

The second one is **Havana Day Care Centre**. In 2018 we sponsored shack roof for the Centre. This year IWAN made a solar panels funding. Gabriela made all the required investigation concerning solar panels. While Marianne and Sylvia visited the site on behalf of the Committee.

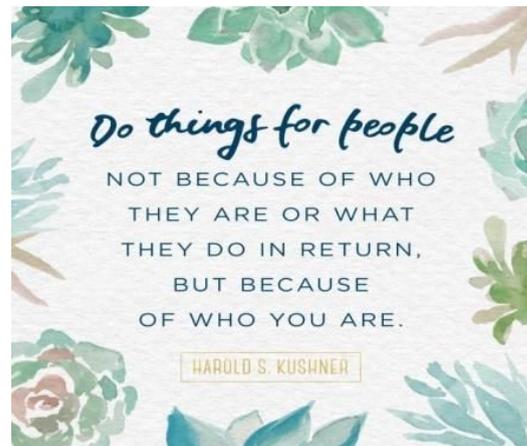


Havana Day Care Centre, delivering solar panels

Follow up

As you all know we started a follow up procedure for the projects of 2018. Marianne and Sylvia visited Havana Day Care centre and assured that the shack roof was still there.

While Sylvia and Daria visited Friendly Haven. Last year two freezers were donated by IWAN to the Organization. The ladies made sure that Friendly Haven still uses the freezers.





One-Pot Italian-Braised Chicken Thighs

(sent in by member Megan Lim-Silver)

for those colder autumn evenings

Servings 8 servings

Ingredients

- 2 lbs bone-in chicken thighs 6 thighs
- 1/2 cup white whole wheat flour
- Salt and pepper to taste
- 2-3 tablespoons vegetable oil
- 3 cloves garlic minced
- 1 jar 24 oz pasta sauce
- 1/2 cup grated Parmesan cheese and optional mozzarella
- 2 tablespoons minced fresh basil
- Pasta for serving optional

Instructions

1. Pat chicken dry with paper towels. Place flour in a shallow bowl and season with salt and pepper to taste. Dredge chicken in flour and shake off excess.
2. In a large skillet over medium-high heat, heat 2 tablespoons oil until hot. Working in batches, sear chicken 3-4 minutes on each side until golden brown, using additional tablespoon of oil if needed. Transfer chicken to a plate and set aside for a moment.
3. In remaining oil in skillet saute garlic over medium heat until just fragrant. Add pasta sauce to skillet and stir several minutes until bubbly. Remove pan from heat and arrange seared chicken into sauce. Cover pan with lid and transfer pan to 350F degree oven. Bake chicken 45-60 minutes until chicken registers 165F.
4. Sprinkle chicken with Parmesan and mozzarella cheese and return to oven for an additional 5-10 minutes until cheese is melted. Sprinkle basil on top of cheese and serve chicken and sauce warm with pasta if desired. Enjoy!



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