



International Women's Association Namibia

IWAN

The Weaver

August

CHAIRLADY REPORT

Dear Ladies

I love IWAN. Yes it's true. I love this organization. I love what we do and I love how we do it. I love our coffee mornings; meeting, chatting, talking and discussing important or less important things. I love our sharing of experiences, I love that we can make changes in a peaceful, friendly and kind way. And yes, we make changes, good ones in other people's life and we are happy doing that. It is joyful and we even have fun doing it. How wonderful is this!

So I want to say thank you to all of you because you make this organisation what it is and I am very grateful for being part of it.

And now some more meaningful information.

Our webpage www.iwan.com.na has a completely new look! Please check it out. It is so much friendlier and in line with us. Thank you Janine, you did a great job and you can be proud of yourself.

T-Shirts: Ladies, we are now in the final stages with orders for T-Shirts, so place your order now or you miss out. Payments need to be done until 15th of August either during Coffee Morning or via Eft to our account. Please note you will get a specific email with sizes and pictures in case you can't come to coffee mornings and order directly.

Coffee Morning Fee: it had been announced already a few times during the coffee morning but we never officialised it in an email. The committee decided to raise the fee to 30 N\$. Please keep in mind that this money does NOT go to the host but to IWAN'S kitty and we

can do so much good with this money! So please remember our basket during the mornings for your contribution.

Next Events (that's the part I like most of this report)

10th September - Charity Presentations

21st September – Game night

26th October – Starlight Dinner at Lisa's

16th November – Clothes sale at Mammadu

19th November – Christmas Brunch

CHARITY REPORT

July saw quite a bit of activity in our charity section. We did our usual food deliveries to **Katutura Old Age Home** and to **CLASH**. We were able to engage with the old people a little and gained an insight into the way dedicated CLASH staff run their little pre-school. All of these hard-working people go out of their way to make a difference in the lives of others. We decided to support **Friendly Haven**, a welfare organisation which provides temporary shelter for abused women and their children, and so someone from the charity team took it upon herself to do toiletry shopping and the delivery thereof on 11 July. The women are not only given shelter, but are provided with empowering talks and workshops as well to help them gain strength again. Another big delivery of toiletries will be done later in the year.



Then we had another very successful **Clothing Sale** at Mammadu. On two coffee mornings the pre-sale took place which was great fun and generated N\$ 1340. The sorting of clothes took place on 5 July and the actual sale in the Otjimuisse community on Saturday, 6 July. We



managed to generate a total of N\$ 10,240 for future charity projects. What an achievement and what a bonding experience for the IWAN ladies!

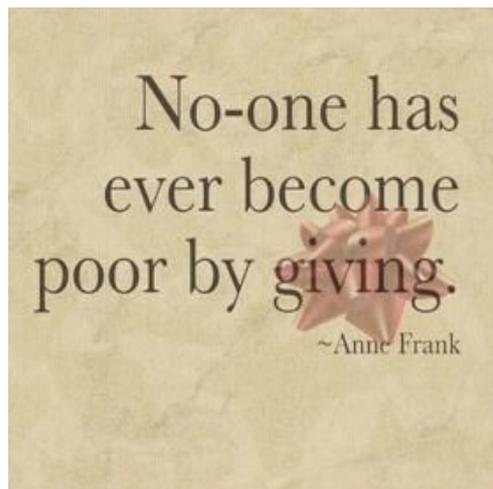
The applications for our WAT/IF project are starting to come in. The team will look at applications again and have interviews with applicants who fulfil the criteria of our program.

Furthermore we received more requests for support and are busy looking into these now. Sites will have to be visited, responsible people to be met etc.

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I would like to express my gratitude for each and every one of you ladies for contributing, volunteering and playing an active part in IWAN's mission to make a difference in our Namibian communities.

Charity group





Recipes



Thai Red Sweet Potato and Coconut Soup

(Perfect for these cold winter evenings ...)

INGREDIENTS

- 3 Tbsp olive oil
- 2 onions, chopped
- 1 Tbsp fresh ginger, peeled and grated
- 3 cloves garlic, chopped
- 20-30g Thai red curry paste (depending on taste)
- 1.5kg orange sweet potatoes, peeled and cubed
- 1 butternut, peeled and cubed
- 1–2 litres chicken stock
- 400ml coconut cream
- Sea salt and freshly ground black pepper

Garnish:

- Fresh coriander
- Fresh coconut shavings
- Fresh red chilli, sliced

- Squeeze of lime juice to serve

METHOD

Soften the onions, ginger and garlic in a saucepan with olive oil for 5 minutes. Add the Thai red curry paste and fry for a further 3–5 minutes.

Add the sweet potatoes and butternut and ladle over enough warm chicken stock just to cover the vegetables. Leave to simmer for 45 minutes or until tender. Season to taste and stir in the coconut cream.

Serve warm topped with fresh coriander, chilli, coconut shavings and a squeeze of lime juice.

THINGS TO REMEMBER

You don't have to be perfect

Having a bad day is ok

Small steps are also progress

Asking for help is strenght

People love and appreciate you

IWAN SPONSOR:

