



International Women's Association Namibia

IWAN

The Weaver



CHAIRLADY REPORT

Dear Ladies

I have been thinking about what to talk about for this month for a while. It's not so easy to find a proper topic which could be somewhat of interest...

... so let's talk about social media and WhatsApp

I believe that social media and WhatsApp are truly great inventions. They make it so easy to stay in touch with our friends and family.

Communication becomes so easy and so fast that one often forgets manners, greetings often are forgotten and young people can't spell words anymore properly as they write in a social communication slang, the ability to communicate becomes poorer. How often do we see people on their phones in restaurants? There has been a lot of talking about this already, so we all know.

What bothers me most is misinformation, it's so easy to believe something seen on Facebook or on messages circulating via WhatsApp or other social media. For example, solar storms and floodings of past years still circulate today and make one believe it is happening now. Messages about WhatsApp becoming a payment app if it shows the blue dot circulate yearly around the globe and I can go on and on.

We don't have to believe what we see on social media and most important, if we are not sure it's true we should not post it further. We need to be critical and make our own decisions and evaluations.

IWAN has a WhatsApp group for the members to post IWAN related information or information that could be of interest to the members. This is truly a good way to share events in Namibia, adds, pictures of IWAN events and so on.

I left the group a few days ago because I felt that there was too much going on. Iwan has rules concerning WhatsApp and the way requests for charity should be handled.

Our committee receives requests through the IWAN website and letters requesting help through email. The Charity Team truly works hard to identify organizations, their needs, and to step in where it's needed most. They do field work, visiting the organizations, they do research for the best solutions. They then create a written report concerning what they saw and were told by the organization. During the monthly committee meetings the charity team presents their findings and decisions are made based on the information presented by the requesting organization itself, as well as, the report the charity team presents.

If a Charity needs funding please refer them to the Charity Team, either through our website or email only. The Team then will follow the procedure mentioned above.

If you want to be more involved, please contact me or the charity team.

Thank you for supporting IWAN and the good we do as an organization.

Dates to remember

10th September Coffee morning for Charities of IWAN members

16th November Clothes sale - you can start bringing already now, as we have a storeroom.

Greetings

Agnes

CHARITY REPORT

Food Delivery

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

Thank you very much to all the volunteers for this month.

This is our deliveries schedule for the upcoming month. We still need someone for the last week of September and for the upcoming months as well. Please, remember that the deliveries can be done anytime during the week (not only Thursdays).

If you would love to volunteer, feel free to write any of the Charity Coordinators or sign up at the coffee mornings.

Bio-Market

The last Bio-market was held on Saturday, 1st June. There won't be another Bio-Market this year.

Clothing Sale

The next clothing sale will take place on Saturday, 16th November at Mammadu. Once again we are collecting clothes, toys, etc. This is a great opportunity to free your wardrobes! Just contact Charity Co-ordinators for more information.

Projects

This month **one Charity Project was approved**.

This is the underwear request from one of our members. IWAN will support in supplying underwear to the gender-based violence protection units.

Also we **visited Huis Maerua on the 20th of August**.

"Nothing else in all life is such a maker of joy and cheer as the privilege of doing good."

James Russell Miller

“Attitude is a choice.
Happiness is a choice.
Optimism is a choice.
Kindness is a choice.
Giving is a choice.



An easy, flavorful summer salad with a Mediterranean flair featuring couscous and chopped summer vegetables



ISRAELI COUSCOUS SALAD WITH SUMMER VEGETABLES

INGREDIENTS

- 1 cup of couscous
- 1 cup of water
- 1/2 veggie bouillon cube – roughly chopped up (stock cube)
- 1/4 red bell pepper – finely diced
- 1/2 cucumber – peeled and seeded – finely diced
- 1 cup of cherry tomatoes – sliced in half
- 2 tbs red onion – minced
- 1 handful of parsley – minced
- 10 olives – roughly chopped
- 2 oz (57 grams) of feta – diced

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- 3 tbs olive oil plus 1 tsp olive oil
- 1 tbs red wine vinegar
- 1 tsp honey – a small squeeze
- 8 twists of black pepper from a pepper mill
- A pinch of salt

INSTRUCTIONS

1. Heat a sauce pan over medium heat and add one tsp of olive oil. Once the oil is warm – about 30 seconds – add Israeli couscous and stir for a minute or two until Israeli couscous is slightly toasted.
2. When couscous is toasted – add 1 cup of water and chopped up bouillon cube. Be careful, the pan is hot and the water will probably instantly come to a boil, pour carefully so it doesn't splash up.
3. Turn heat down to low and simmer couscous for the amount of time on package instructions.
4. While couscous is cooking, dice red pepper and cucumber – you want the dice to be roughly the same size for both. Add to a large bowl.
5. Next, slice cherry tomatoes in half and add to the other vegetables in the bowl.
6. Mince parsley and red onion. Add to the vegetables in the bowl.
7. Roughly chop olives and add to the bowl.
8. Dice feta cheese and set aside.
9. Whisk olive oil, red wine vinegar, honey, black pepper and salt together.
10. When Israeli couscous is ready, add to a fine mesh sieve and rinse so that the couscous cools. Shake the fine mesh sieve thoroughly so that the couscous is fairly dry.
11. Add Israeli couscous to the bowl of vegetables. Add the dressing and toss to combine.
12. Add feta cheese to couscous and vegetables and toss gently to combine.

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