



November 2019 The Weaver

Chairlady Report:

Dear all

I really don't know how to express my gratitude to Lisa for hosting the Star light dinner and all the others involved. What a great event! Everything was perfect! Thank you, Lisa.

A thank you goes also to Kully and Diane for helping with the resource file, which we will publish soon.

We will send you a survey soon also. I know no one actually likes surveys, but as your opinion is truly important to the committee and we want to act and run IWAN to your satisfaction. I kindly ask you to please participate and give your honest opinion.

My theme of the month: Zero Waste

During one of the last Coffee Mornings I truly got inspired by Caroline and Marian when they spoke about Zero Waste. After I left, I went and bought Bea Johnson's book "Zero Waste Home", which I strongly recommend to all of you. It is so inspiring and written very well. What was truly mind-opening to me is that I actually buy my rubbish (packaging) and take it to my home in the first place, then I obviously have the problem of dismantling it, which can be done in a more or less ecological way. But I BOUGHT my rubbish! What madness! So now I started my approach to Zero Waste. It will take a while to get to Zero, but already having less is a step forward. It's all about the 5 R's...Refuse, Reduce, Reuse, Recycle, Rot.

Refuse is the one I like most. I started walking into the post office every time I found adds in my P.O. Box. It's a service from Nampost I was told, and they laughed at me when I explained that I didn't subscribe for that service, I only subscribed for my P.O. Box. I brought them a label with NO ADDS PLEASE, to put on my box. Let's see.

I refuse the freebees given out at the road block and I don't want any business cards (I can take a picture with my phone). Refuse, and buy loose. For beginners not that easy, the first time I forgot my own bags in the car and while I was paying one of the zealous shop assistants removed my trolley! As I am not a juggler, I had to first get another trolley for my goods to take to my car. Plastic bags of the shop were just NO option.

I tried out the wax cloth for wrapping as Caroline showed us. It works great! I even made more as Christmas gifts for my family. After the first try I understood that I actually don't need to bake the cloth with wax at 180 degree, just a warm oven is fine. So, you won't turn your oven and the kitchen into a foggy, nasty smelling space.

Following are some places where you can buy without packaging.

ZERO WASTE Shop, they have nearly all non-fresh products, FOOD LOVERS, nearly all butcheries are willing to pack in your containers, Sea Source for fish, Italian Style for cheese, Bio Market, Elso and Taurus for cleaning products, you actually don't need many different cleaning products, vinegar is a phenomenal all-round cleaner and very cheap.

Also, here in Namibia in second-hand shops you can find things you need but you can also drop off things you don't need any more. Not talking about Cash Converters, there are also nice cute shops.

Namibia recycle forum <https://rnf.com.na> is a good theme related platform.

In conclusion, it will take me a while still to Zero Waste but being involved so much in developing future generations, I just can't jeopardize their future with my trash! Changing my habits for their benefit makes me feel good.

Maybe you can try too.

Agnes



Charity Report:

Dear ladies, before I go into the details of what the charity group did in October, I would like to say something on a personal note. It amazes me to see how well the group works together and how much can be achieved if people share a vision. For me it is a humbling and inspiring experience to be part of this team! Thank you, everybody, for whatever you were able to contribute, be it food deliveries, private projects funded by IWAN, preparation of fund-raising events, preparation for outings, our WAT/IF program and so much more. Your input is highly appreciated!!!

Food deliveries:

Our deliveries to support CLASH and OAH were done by Sue on 10 October and by Sue, Ashley and Terry on 24 October. Thank you, Sue, for helping new members to find their feet.



Projects:

Likwatera Combine School in Kavango East

Terry applied for a donation for school books / stationery for this school in dire need of support. IWAN granted N\$ 5000 and Terry took it upon herself to buy the items and then visit the school.

Terry writes: "We had a great time at the Likwaterera Combine School in Kavango East. The school was pointed out by the Director of Ministry of Education in Rundu, that they are in most need of assistance. We had reusable sanitary pads for the girls and clothing (that was donated by the Windhoek International School) for both young and olds. The school is situated 25 Kilos outside Rundu and 75% of the students are from the San Community. We were welcomed by the students, teachers and the school principal, with some traditional dances. (...) The school decided to buy textbooks instead of photocopy papers, pens, etc. Textbooks are also one of the challenges the schools face as I understand it. We managed to buy 25 textbooks that were a major priority. Textbooks will greatly benefit the learners and the overall teaching in classrooms. The principal was happy to hear about the donation, and together with her HOD decided to prioritise the kind of textbooks they desperately needed. "Thank you IWAN for your

support, most donors ignore us, because we are far out of town", the principal said, smiling as she stared at her newly spread out textbooks! (...)

Kavango has the highest poverty in the country. And I believe the only way out is education and more education. Helping the schools in different ways, and that's exactly what you have done with the N\$ 5000.00 donation towards school material. Thank you very much, team!"



WAT/IF:

We have received 33 applications. The WAT/If has now contacted the applicants and are now in the process of interviewing all shortlisted women. They have scheduled their final meeting for 6 November where they will decide who will be supported. We will inform you in the next Weaver.



CLASH Outing:

The children of CLASH were treated to an outing to Busy Bodies Playground on 25 October. Agnes kindly offered the Mammadu's bus and driver for transport. The kids spent a whole morning playing and feeding the pet animals, having a good time and enjoying themselves. In the morning, which was organised by Daria and accompanied by her and Sylvia, ended with a lunch for the kids. Look at the pictures and see for yourself!



Clothes Sale:

Preparations are in full swing for another clothes sale at Mammadu taking place on Saturday, 16 November. Please contact any of the committee members if you are able to either help with the sorting at 9:30 in the morning at Mammadu's on Friday, 15 November and/or on the day of the sale or sign up at the coffee mornings. If you have clothes to donate, either bring them to the next two coffee mornings or contact any of us to arrange a time to drop the clothes off. We will hold a pre-sale at the next two coffee mornings (5 November and 12 November). Your help is so so appreciated, ladies! Remember 50% of the sale goes back to IWAN.



IWAN
Inclusive Women's Association of Namibia

Pants N\$10-20
Dresses N\$20-30

CLOTHES SALE

Second hand clothes, shoes, household items, toys, books and more for sale

NOVEMBER 16 @MAMMADU
Frankfurt Street, Otjomuise, Windhoek
8 AM TO 12 AM

<http://iwan.com.na> <http://www.mammadu.org>



Christmas Lunch for the Old Age Home:

Furthermore, a Christmas lunch for the pensioners of OAH is being organised for 3 December. This will take place in Klein Windhoek Guesthouse. The pensioners will be picked up – again by the Mammadu bus and driver – and will have a lunch as well as Christmas presents.

Christmas at CLASH:

Lastly, the children of CLASH will also be given Christmas presents at their Christmas celebration the date of which is yet to be confirmed. Please be in touch if you wish to attend the ceremony or would be willing to do the shopping for the children's presents.



Ute
on behalf of the charity group

