

# THE COUNTRYWOMAN

EMPOWERING WOMEN WORLDWIDE

JANUARY - MARCH 2012

## HAPPY NEW YEAR

Projects Committee Funds its 900th Project

USA Year So Far

South Pacific Conference

Food Recipes

Women Walk the World

World President's  
visit to India is  
a great success







COVER: May Kidd, World President holding a baby at the start of the Central & South Asia Conference and Pre-Conference Workshop in India.

The Countrywoman is the magazine of the Associated Country Women of the World (ACWW)

Named in 1933 by Mrs Alfred Watt, MBE, MA First President, ACWW



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**DEADLINES**

Please note the following deadlines for sending articles and photographs to The Countrywoman.

April-June: February 1st  
July- September: May 1st  
October-December: August 1st  
January-March: November 1st

(colour, glossy- not matt- prints or digital photos, high resolution)

THE EDITOR'S DECISION ON ACCEPTANCE IS FINAL

**WORLD PRESIDENT'S MESSAGE**



May Kidd pictured here with Sister Viji & Delegates in India, at the Central & South Asia Area Conference & workshop. Photo by DMI

**Dear Friends**

THANK YOU for the many cards and warm greetings received during the festive season.

I have enjoyed spending some quiet time amongst family and friends, and hope that you were able to do the same. Now here we are at the start of another year, where does the time go?

I recently returned from Tamil Nadu, India. My trip started in Chennai, where the 2013 Triennial Conference will take place. I am grateful to Area President Sister Viji, Father Arul Raj and all the sisters in DMI (the 2013 host society) for their hospitality, care and kindness throughout my time in India. They were there for me constantly and knew what I needed, even before I knew myself!

The Central & South Asia Area Conference was held in quiet, leafy surroundings close to Madurai, a one-hour flight south of Chennai. First, a successful ACWW-funded two-day pre-conference workshop took place (see report on page 4).

The Area Conference itself, ably hosted by Sri Sakthi Trust, was attended by delegates from Bangladesh, Pakistan, Sri Lanka and all parts of India. Nepal was not forgotten, with a written presentation from Gorkha Women's Association in the souvenir program.

The theme: 'Women- Redefining the Course of Action towards Transformation' focussed on looking at how best to achieve positive change.

The societies gave excellent and at times moving accounts of their service. All are involved in empowering women, working in many ways to uplift the marginalised and most disadvantaged. Thousands of self-help

groups have been painstakingly set up, in remote villages and the most deprived parts of the cities.

We visited two of the many societies, which have benefitted greatly from ACWW project funding. At Pache Trust, the entire village turned out to greet us. There must have been a thousand men, women and children jostling all around, singing, cheering and waving in joyous welcome.

At the Society for Serving Humanity (SSH), it was good to join in their celebrations for Children's Day and to hear from the children themselves of their lives and ambitions.

I shall never forget the magic of India and cannot wait to return.

Best wishes, everyone, for 2012.

*May Kidd*  
**May Kidd MA JP**



May Kidd (centre), Jo Almond (third from left), Sister Viji (third from right) & delegates at the Pre-Conference Workshop. Photo by DMI



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ACWW's Projects Committee approve 900th project

## CENTRAL OFFICE NEWS

The Countrywoman wishes all its readers good health and happiness in 2012.

ACWW recently said goodbye to two members of staff:

CHLOE ABRAHAMS, Accounts Assistant for 25 years and TERRY SOARES, Membership Secretary for 23 years, left ACWW in December 2011. ACWW is most appreciative of their years of loyal service to the organisation and wishes them well in the future.

ACWW welcomes the following new staff members to Central Office:

SHARON ORTIZ - Administrative Assistant

ROXANA COMANAC – Membership Secretary /Accounts Assistant

CHRISTINE RO – UN & Agriculture Administrator

STOP PRESS: We are pleased to announce the appointment of a new Office Manager.

LISA ROUT will shortly take up that post and we look forward to welcoming her to the Central Office team.

### WHAT'S NEW

The Countrywoman magazine has a new design look. We hope you like it.

New 'Pennies for Friendship' labels are available to download from ACWW's website: [www.acww.org.uk/acww-label.html](http://www.acww.org.uk/acww-label.html)

ACWW is now on Twitter: [http://twitter.com/acww\\_news](http://twitter.com/acww_news)

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# RESULTS BASED MANAGEMENT



Pre-Conference Workshop. Photo by DMI



May Kidd speaking at the Pre-Conference. Photo by DMI



Sister Viji speaking at the Pre-Conference. Photo by DMI

ON 14TH - 15TH NOVEMBER 2011 at Pillar Hall in Madurai, ACWW's Central and South Asia Area organised a workshop on 'Results Based Management', for the member societies.

The workshop was facilitated by Mr. Khilesh Chaturvedi, the Deputy Director of the Association for Stimulating Know How (ASK), New Delhi. Thirty five members and delegates from Central and South Asia participated in the workshop.

The workshop was launched in the presence of May Kidd, ACWW's World President, Jo Ellen Almond, Hon. Secretary of ACWW and Sister Viji DMI, the Area President Central and South Asia.

The Area President welcomed the participants and introduced the topic for the workshop and Mr Michael, DMI councillor introduced the workshop facilitator to the participants.

The topic of Results Based Management was selected, because many development co-operation agencies are now in the process of introducing or reforming their performance management systems and measurement approach, where they face a number of common issues and challenges.

The objective of the workshop on performance management was to provide guidance, based on members' experience, on how to develop and implement Results Based Management in development agencies and make it best interact with evaluation systems. On the first day, with an introductory session, the workshop over view was presented by

the facilitator. The concept of Results Based Management was well explained and the participants found it helpful during the workshop.

Results Based Management's project cycle of situation analysis, planning, implementation, monitoring and evaluation were dealt elaborately throughout the workshop.

During the second day of the workshop, group discussions and group presentations were applied to add to the levels of impact. At the concluding session, the participants sharing the workshop received a lot of useful information, which is hoped will help them to redefine their action plan, according to their situation.

The resource person Mr Khilesh was presented with a shawl by May Kidd who thanked him for his wonderful presentation and Mr Manoharan from PACHE Trust delivered the vote of thanks.







Wangari Maathai at the Yale Club, New York City, 2002. Photo by Martin Rowe

## IN MEMORY A TRIBUTE TO WANGARI MAATHAI

ON 25TH SEPTEMBER 2011 the world became a sadder place following the death of Dr Wangari Maathai, an exceptional humanitarian, environmental activist and politician. Dr Wangari Maathai was born Wangari Muta on 1st April 1940 in the village of Ihithe, Nyeri District, in the central highlands of the colony of Kenya.

After studying at St. Cecilia's Intermediate Primary School for four years from age eleven, Wangari was granted admission to the only Catholic high school for girls in Kenya, Loreto High School in Limuru.

Graduating from Loreto High School in 1959, Wangari won a scholarship to study in the US, as part of the 'Kennedy airlift' programme in which 300 Kenyans were chosen to study at American universities in 1960. After further study in Germany, she returned to a newly independent Kenya in 1966, where five years later she became the first woman in East and Central Africa to obtain a PhD from an African university.

Over a 40 year period parts of Wangari's life became slightly problematic, in which she was imprisoned several times, due to her involvement in championing the causes of others. However, despite these setbacks during the same period, she ran the University of Nairobi's Veterinary Department, she became a minister and won the Nobel Peace Prize.

Wangari's early work as a vet took her to some of Kenya's poorest areas, where she saw firsthand the degradation of the environment, especially the stresses it placed on the lives of women. The experiences she had made her determined to address the root causes of poverty and environmental destruction. All of which coincided with her marriage to Mwangi Mathai, a young Kenyan politician who had also studied in the US. Unfortunately her marriage did not survive and Mwangi Mathai left her in 1977, filing for divorce. Stating the reason being she was too strong-minded and he was unable to control her, her husband went onto demand she drop his surname, Wangari decided to add an extra 'A' instead.

The union was a catastrophe, which led to Wangari becoming an advocate for the

causes of women for the rest of her life. The realisation that communities were destroying their own resources led her to work directly with the poor.

Wangari observed that it was the women, who experienced the worst impact of a degraded environment. In 1977, she set up the Green Belt movement, where one activity was to plant trees.

At first the Green Belt movement's tree-planting activities did not address issues of democracy and peace, but the importance of the environment soon became clear to Wangari. The Green Belt movement's tree-planting activities became a symbol for the democratic struggle in Kenya and a way of challenging widespread abuse of power, and environmental mismanagement. Wangari and others planted trees in Uhuru Park, Nairobi, to demand the release of prisoners in a peaceful way.

However Wangari became more vocal in her criticism of Kenyan elites, becoming notoriously known in 1989, when she led a campaign to stop the construction of a multimillion-pound office development in Uhuru Park, Nairobi.

The international campaign succeeded and the development was scuppered, leaving the political establishment furious. Wangari found herself on a list of people targeted by the government for assassination in 1992.

For protection, she publicly barricaded herself in her home for three days before the police broke in to arrest her. She and others were charged with treason and were only released after a campaign orchestrated by the Kennedys.

Wangari and the rest did not stop there; they took part in a hunger strike in Uhuru Park, which they labelled 'Freedom Corner', to pressure the government to release political prisoners. After four days, Wangari and three others were beaten up by the police. For the next few years she lived in fear of her life and was increasingly threatened and vilified by political leaders.

As her political thinking developed, she became increasingly critical of worldwide governance. Increasingly she sided with the world's poorest people, becoming a hero of the worldwide ecological and African democracy movements.

It was in 2004 that Wangari was awarded the Nobel Peace Prize, to the consternation of many politicians and governments, who did not see the connection between human rights and the environment. It gave her an international profile and a strong platform to travel the world, bringing home the message that ecology and democracy were indivisible.

For many years Wangari worked as a representative in Kenya for ACWW and back in February 1992 ACWW received a letter thanking them for the correspondence sent when hearing she had been arrested in Nairobi in January that same year.

To Wangari creating more opportunities for women and the poorest in society was a matter of simple justice and a human right, that was essential for the development of the African continent as a whole.

For this reason Dr Wangari Maathai will surely be missed by everyone she knew and whose lives she touched.

## FINANCE COMMITTEE



Alison Burnett  
TREASURER

**From the Treasurer to all members who have an individual donation box**

If you have not already done so, can I encourage you to empty your box and send whatever amount you have collected to ACWW through the ACWW bank account – details are on the box.

Do not worry if it is not full – every coin counts!

Could you write on the pay-in form 'donation box' and your name as I would like to know how much money came from the boxes in total to see if it is a worthwhile idea to continue.

This reminder is only for the people who are using the individual donation boxes and NOT the societies, who collect their money in different ways and who will probably have already sent their money in! The monies collected from Pennies for Friendship, however this is done, is vital if the work of ACWW is to continue.

I thank you in anticipation of all the money that is still to come in from the boxes and give thanks to those who have already sent in their money. Unfortunately, unless you indicate on the form who it is from, we cannot thank you individually. If you have an email address please let ACWW or your Area President know what it is. This will cut costs and make communication so much faster

Thank you!

I wish you all a Healthy and Prosperous 2012



# MINING & ITS EFFECTS



Johannesburg Mine Water Pollution

MINING AS A CAUSE of water pollution is a pressing issue in Johannesburg, South Africa, where millions of litres of water from gold mining activities are collecting under the city.

The highly acidic water, a legacy of over a century of gold mining in the area, is rising rapidly. If left unresolved, it could lead to flooding and contamination of drinking water starting early next year.

Already, poor communities living around and on the mine are being exposed to high levels of radioactive and cancer-causing materials. The problem is not new and it is not limited to gold mining.

Back in 1998, following a dam burst at the Aznalcollar zinc/silver mine in Spain, 5 million cubic metres of toxic mud and acid water were unleashed.

This poisoned the surrounding water, including the World Heritage site, Doñana National Park. At present other World Heritage areas are at risk of contamination from uranium mining in Australia and zinc/lead/silver mining in Canada.

Overall, mining poses one of the largest dangers to natural heritage. There are four main ways that mining can harm water supplies, (1) acidic water can be released; (2) heavy metals and toxic chemicals can be leached; (3) groundwater can be depleted and erosion can lead to excessive sediment that basically smothers plants and wildlife. All of these have potentially disastrous

consequences for health and agriculture. Addressing the issue is very complicated and any solutions must consider the following:

- the environment: cleaning up the affected areas
- economics: finding other work for people who depend on the mining industry, if necessary
- politics: making sure anti-pollution targets are met and enforced
- technology: reducing the negative impact of mining through pump stations and other mechanisms
- communities: educating the public about water pollution and,
- public health: minimising exposure to toxic materials

It may be possible to learn from the experience of Catchment Sensitive Farming (CSF) in the UK, which, with careful planning and management, has been a success, resulting in a reduction of water pollution.

CSF is a joint project between the Environment Agency and Natural England, and is funded by the Department for Environment, Food and Rural Affairs (Defra) and the Rural Development Programme. Given the enormous importance of this complex issue of mining and its effects on water, the ACWW Agriculture Committee remains committed to exploring its theme of the problem of water pollution.

## SOUTH PACIFIC AREA CONFERENCE

**Suzanne Garrett**, member of ACWW's Project Committee wrote of her experience at the South Pacific Area Conference, which was held in Tonga, in which she stated: The recent South Pacific Area Conference held in Tonga was a great success.

We experienced wonderful hospitality from our Island sisters and over two hundred and twenty ladies attended.

There were many opportunities for discussion and fellowship, I was given an opportunity to speak about the work of the ACWW Projects Committee, which I really appreciated. The report was well received and many delegates approached me individually, to ask questions about how projects are applied for and assessed.

Many delegates from all over the area requested ongoing information about the Projects as it becomes available. Tonga is an Island of many styles of life. It was our privilege to attend church on the Sunday morning at the Kings Church and the Princess, HRH Princess Mele Siu'ilikutapu Kalaniuvalu Fotofili, who is Patron, attended the service. She kindly attended many of the business sessions and dinners. We were indeed very honoured by her interest and her wonderful sense of humour.

The next South Pacific Area Conference will be held in Australia, in the wonderful inland town of Dubbo NSW, which is the home of our present Area President.

CONTINUED ON PAGE 7







Left to Right: ACWW Deputy President, Anphia Grobler, HRH Princess Mele Siu'ilikutapu Kalaniuvalu Fotofili & South Pacific Area President, Ruth Shanks

# 15<sup>TH</sup> SOUTH PACIFIC AREA CONFERENCE

THE THEME for the South Pacific Area Conference held in Tonga from the 1st to the 7th September 2011, was Encourage-Enrich- Empower.

There were 230 registered conference delegates including Ruth Shanks, ACWW's South Pacific Area President and ACWW's Deputy World President, Anphia Grobler, who stood in for the World President, May Kidd, who was unable to attend.

They had 26 member societies at the Conference, with only one society, who was not represented. The Tongan hospitality was wonderful and the conference was a great success. A pre-conference workshop was held for two days, with the focus on wholesome nutritious food. The local food educators were assisted by the Area President, Area Assistant and two members who travelled early to Tonga at their own expense.

The program worked very well with ladies in attendance on both days. Her Royal Highness Princess Mele Siu'ilikutapu Kalaniuvalu Fotofili performed the Official Opening, with Anphia Grobler delivering the keynote address.

Wonderful entertainment was presented by the Tupou High School Choir.

In acknowledgement of the resolution passed at the World Conference in 2010, a tree planting ceremony was carried out on the first day during the delegates tour of the island. Topics presented by speakers at the conference were 'Women and Education in Tonga', 'Role of Women in Tongan Society' and 'Women and Health in Tonga'.

A young Australian Volunteer spoke about her role in tackling obesity and nutrition in Tonga. This gave the visitors a greater insight

into life in this Pacific Island nations. The Deputy President spoke about ACWW in general and the role of societies within the structure. Dr Dorothy Secombe spoke on her role as an ACWW Pen Friend co-ordinator and both Suzanne Garrett, ACWW Projects, and Lesley Young, ACWW Agriculture, spoke about the work of these two committees.

The United Nations was also spoken about as there were a number of societies within the South Pacific Area who were members of the local United Nations Associations. The Australian Commonwealth Scientific and Industrial Research Organisation (CSIRO) funded three young women from Australia, to attend the conference and carry out two workshops with the attendees. The first workshop was with all the conference participants and the second workshop was for the Pacific Island delegates.

The following resolutions on the Conference agenda were all carried.

-The Queensland Country Women's Association (QCWA) strongly recommends that all ACWW societies within our South Pacific Area, lobby their governments persistently to provide stricter surveillance of all imported goods and containers.

-The QCWA strongly recommends that all ACWW societies within our South Pacific Area, lobby to ban the importation of primary industry and horticultural products, which have the potential to ruin local production.

-That QCWA members request the delegates at the 2011 South Pacific Area Conference, to strongly recommend to the ACWW Triennial Conference Committee, that in setting the agenda for future

World Conferences:-

-Half a day is allocated to at least six discussion groups, each led by a facilitator and rapporteur and repeated, so that all Conference delegates including observers have the opportunity to take part in two groups of their choice.

-Committees should have time to tell all delegates of their work and achievements in the name of ACWW. Members who sit on these committees need to have a chance to educate about and promote their Committee's work.

-That Australian and New Zealand Societies request closer monitoring and public reporting by Government, of the use of financial help and 'In-Kind' donations distributed annually, or in times of disasters, through each nation's agencies (such as 'Ausaid')

-That the ACWW South Pacific Area Conference engages the support of National and International Women's Organisations to lobby their governments to urgently resume World Trade Organisation (WTO) negotiations for the removal of tariffs and agricultural subsidies, which are distorting world food markets, damaging the environment and hindering the development of sustainable agriculture throughout the world.

-That the ACWW South Pacific Area Conference requests the governments of their member societies to legislate to have more transparent information and larger printing on labels and food packaging.

All in all this was a successful and satisfying Area Conference with much participation from the members attending.





# THE YEAR SO FAR



Beverly Earnhart, USA Area President, speaking at the National Master Farm Homemakers Guild (NMFHG)

BEVERLY EARNHART shares her year as ACWW US Area President by saying: This has been a busy and rewarding year for me. Since taking the position of USA Area President I have been able to share the work of ACWW with the following societies and groups.

In May 2010 I spoke to a 4-H club about being a part of ACWW at their Mother - Daughter annual tea, which had approximately 88 attendees. The 4-H club collected pennies and aluminium scrap to recycle for pennies. I have just this past week received a cheque and note from them to present to ACWW.

I attended the annual conference and a workshop of National Association for Family and Community Education (NAFCE) in Grand Rapids, Michigan on the 17th July 2010, where there were 97 attendees. I delivered a PowerPoint presentation on ACWW focusing on projects. NAFCE had a lot of displays from the state member societies, on how each of their states was involved in promoting ACWW. Later in 2010, I attended the ACWW Board meeting in London at the start of October 2010.

By the end of that same month I attended Alabama Homemakers and Community Leaders State Conference. I had a display of ACWW materials and spoke about the Triennial Conference and about ACWW.

I accepted an invitation to 'Join the Circus' at the state conference of Illinois Association for Home & Community Education in March, 2011, where I gave a 10 minute report on the 2010 Triennial Conference and on ACWW. Their theme and decorations were all about the Circus. There were 403 in attendance.

The latter part of March 2011, I was the banquet speaker for National Master Farm Homemakers Guild, where I presented information about 2010 Triennial. In May 2011, I presented the information about 2010 Triennial Conference and ACWW and our

role as members to the Kosciusko County Indiana Extension Homemakers at their International Day luncheon. In June, 2011 350 members and visitors attended the Indiana Extension Homemakers Association at their annual state conference in West Lafayette, Indiana, where I presented the same material.

My Husband Gary and I enjoyed an 11 day visit to Canada including Halifax, Nova Scotia, where I attended the Canada Area Meeting. ACWW's Canada Area President, Margaret Yetman, asked me to help present a workshop on the structure of ACWW. It was a great learning experience, especially as there were 120 in attendance. 19th - 22nd July, 2011 - the National Volunteer Outreach Network (NVON) held their annual conference in Green Bay, Wisconsin. There Jo Almond



Room 4-U 4-H Club

(ACWW Secretary) and I shared with 168 members and visitors the work of the Triennial Conference, past and future. I also shared my experience of places I had been since taking office in 2010. Rose Rajbansee, the Area President from Caribbean, Central & South America was also at the conference, as a workshop speaker.

The ACWW/ Country Women's Council (CWC) USA area meeting was held in Columbus Ohio from the 22nd to 24th September, 2011. PowerPoint presentations were shown one of which was on the topic 'Your role as a member of ACWW', with wrap up figures given by CWC's Treasurer Judy Bender and CWC's Chair and ACWW's Secretary Jo Almond as well as myself. Jo also gave information about the upcoming 2013 Triennial being held in India.

A third presentation was presented about the connection between ACWW as an NGO working with the United Nations (UN). Our focus was on working together using the Millennium Development Goals as a guide. Attendees received copies of printouts

outlining each of the goals to take back to their societies. There were also books about UN for them to purchase.

We presented the 'Women Walk the World' with various ideas on how to promote this event to their members.

The goal is to have members walking in all parts of the world during a 24 hour period, in which they will then raise funds for ACWW. Some ideas mentioned were: (1) each member save 29 cents a day until April 29th 2012 and donate to Pennies, (2) walk 29 miles for a dollar, a mile sponsorship collecting \$29.00 per sponsor, (3) set goal of \$2012.00 or thinking big...\$20,012.00 for Pennies for the walk.

All pennies collected in US should be sent to the Country Women's Council (CWC), USA as a collection point by the 1st of July 2012 and then a single cheque would be issued to save on charges. It was suggested that a list of all who donated and their amounts would also be included with the cheque. The above would allow all CWC societies to coincide the walk with the planting of trees, which would support the 2010 Recommendation on the Planting of trees.

During the year I have talked with numerous individuals about ACWW and handed out brochures. The total number of attendees I spoke to and delivered my message from May 2010 to this year was 1625.

My last trip in 2011 was to London in October for the ACWW Board meetings to learn more about how we could promote ACWW. I

have trips planned for 2012 to Kentucky Extension Homemaker's Association for their International Day, Indiana Extension Homemakers Association Annual Conference, Arkansas Extension Homemakers Association, National Volunteer Outreach Network and National Master Farm Homemakers Guild along with our ACWW/CWC annual meeting in New Hampshire. I am truly grateful for all the support I have had from the USA societies this past one and a half years.



Beverly Earnhart with Rose Rajbansee Area President, Caribbean, Central & South America



# HELP US SPREAD THE WORD WITH AN ACWW SHOPPING BAG



**YOU WILL NEED:**

- Thin synthetic material, green coloured
- A piece of material in a contrast colour with the logo of the ACWW on:

**CUT THE GREEN MATERIAL:**

- 1 x 46cm (18") x 76cm (30") this is the large piece for the bag.
- 2 x 10cm (4") x 20cm (8") Hem the short edges and fold lengthwise in the middle. Stitch 2.5cm (1") from the folded edge.

This is the piece through which the cord is threaded.

- 2 x 8cm (3") x 50cm (20") this is the two handles. Fold lengthwise and stitch near the edge. Turn the inside out and stitch near the edge on both sides.

Cut a triangle in a contrast colour material with the two straight sides measuring 15cm (6"). Space so that the logo is in the middle or sew the logo in the middle of the triangle. Fold a hem of 1 cm (half an inch) in the long

edge of the triangle. Place the triangle on opposite corners, and put the rough edges of the small folded piece under the triangle. Stitch around all three edges of the triangle.

Fold the big piece in half with the triangles on top of each other. Stitch the two open sides. Turn around. Hem the top – and sew on the handles.

Thread a cord through the slot on both sides and a secure through a throttle fastener so that you can tighten the cord.

## CANADA'S VISIT



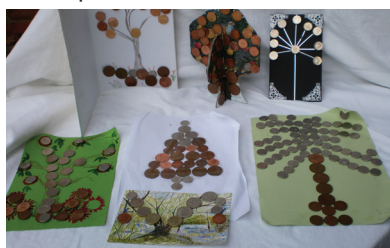
Judy Kenton, President, Quebec Women's Institutes presenting ACWW Canada Area President, Margaret Yetman, with a Collecting Box.

ACWW's Canada Area President, Margaret Yetman, visited the Quebec Women's Institutes society where she picked up a Collecting Box, which contained donations from society members.

During this visit, the Area President did a presentation on the work and structure of ACWW. In April 2011 Margaret Yetman visited the Manitoba Women's Institute, where she also gave a PowerPoint presentation on the works of ACWW.

## PENNIES FOR FRIENDSHIP

Nafferton Women's Institute in East Yorkshire, England held a talk in 2011 about the work of the ACWW and for their monthly competition, they asked members to make a Friendship Tree using coins. There were lots of entries with huge variations in the designs and the winners are shown below, with all the coins being donated to ACWW's Pennies for Friendship.



# RURAL WOMAN OF THE YEAR 2011



President, Donna Jack of South Vancouver Island Women's Institute District (left) presenting Judy Wallace with Rural Woman of the Year for 2011

THE 2011 RECIPIENT of the South Vancouver Island District's Rural Woman of the year was Judy Wallace of Lazy Maple Farm, Victoria, who has long and faithfully serviced her community.

Those who have nominated her, or supported her with letters enumerating her efforts, display a great admiration and affection for her. The tributes include:

- Working side by side with her husband as they raise sheep, cattle, chickens, as well as producing the food for those animals. They

produce three different types of hay crops.

- Serving with 4-H activities for about 40 years, working with hundreds of young people and their parents.

- Serving with the Saanich Fair for over 40 years, 30 of those years in the Grains and Cereal sections of the Fair. Judy also offered her time in the Saanich Fair's educational cooperative store, where she taught children the importance of how the farmer fills the grocery cart.

The many children she interacted with seldom want to leave the store to go to see the rest of the Fair.

- Assisting with the Old Farm Machinery section where exhibits come from their farm and from several neighbours, and demonstrating grain grinding, water pumping and other old time practices.

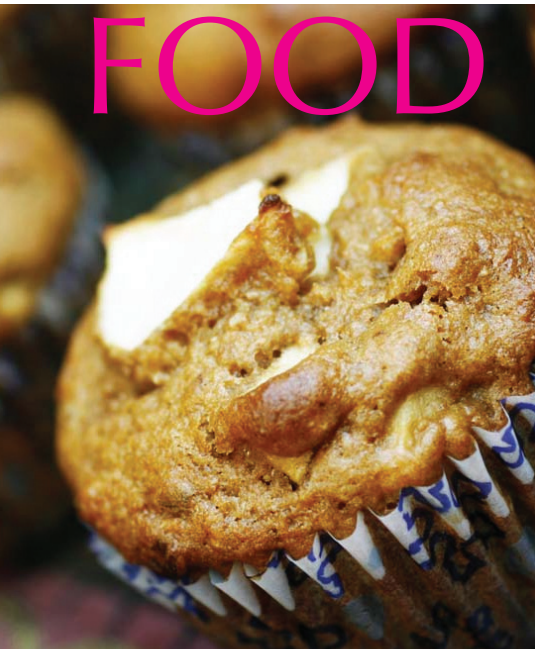
- Volunteering with the Early Ford V8 Car Club, and the North Saanich Dog Obedience Training Club.

She is the personification of the rural woman: helping her husband on the farm; growing a large garden, processing or sharing the bounty it produces; being a hostess at all times (the coffee pot is always on in their home), assisting her community whenever and wherever she can.

With all these achievements it is no wonder Judy Wallace was named Rural Woman of the year for 2011. Well done!



# FOOD



Apple Muffins. Photo by Taste of Beirut



Beef Barley Soup. Photo by The Delicious Life

## APPLE MUFFINS

Beth Gale, South Australia  
Taken from the 26th Triennial Conference Cookery Book

Prepare in large mixing bowl:  
125g self rising flour  
120g sugar  
Cinnamon to taste  
Add to bowl, 125g of softened butter, cut into cubes  
In a separate little bowl, mix together 2 eggs well (use fork or bar mix) Add dry ingredients and 1 tsp. vanilla essence.

Roughly chop up 4 Granny Smith apples, without skin and add to mixture. (At this stage, you can add different fruit, nuts and sultanas) Place in muffin tins, paper patty cups and cook in a moderate oven until slightly brown.

## BEEF BARLEY SOUP

Marlene V. Faul, Kansas USA  
Taken from the 26th Triennial Conference Cookery Book

1lb stew meat (cut in small pieces)  
2 Tbsp cooking oil  
7c water  
2 beef bouillon cubes  
2 c. Tomatoes, cut up (or 16oz can)  
1 lg. Onion, sliced  
1 Tbsp. Salt  
2 c. Slices carrots (1lb)  
1c. Sliced celery  
¾ c. Chopped green pepper  
2/3 c. Quick cooking barley  
¼ c. Snipped parsley  
In large pan, brown beef in hot oil (option).  
Add water, bouillon cubes, tomatoes, onion and salt.  
Simmer, covered for 1-1/2 hours  
Add carrots, celery, green pepper, barley and parsley  
Simmer, covered 45 minutes more.  
8-10 servings

## 93 YEARS OLD & STILL CHAMPIONING THE CAUSE

**At the age of 93**, Mrs Don McDowell from Madison, USA is still a lifelong supporter of ACWW. Sometime ago Mrs McDowell became a USA Pen Friend Co-ordinator for ACWW, in which she matched an impressive number of 648 women from all over the world, encouraging them to write to each other during her 8½ years of Co-ordinator.

ACWW is very grateful to Mrs McDowell for her life time support and acknowledges her hard work and her recent contributions.

## CANADIAN REMEMBRANCE DAY



Mona Saunders, President of the Russell District W.I, Lola Larmour & Alexander de Quimper of Leonard W. I.

**A beautiful tribute** to Canadian Soldiers, who have given their life to fighting for freedom in areas all over the world, was held in Grant Cemetery, an historic site in the middle of Larose Forest in Cumberland Township, Ontario, Canada, which was specially cleaned up for the occasion.

Alexandra de Quimper of Leonard Women's Institute has been conducting this service at the Grant Cemetery for several years now. Mona Saunders, President of the Russell District W.I, Lola Larmour and Alexander de Quimper of Leonard W. I. were among the guests attending the service. A delicious lunch was served at Ruth Moffatt's home afterwards.

## RURAL WOMEN'S DAY IN NORTHERN IRELAND



Left to right: Jean Gordon, International Sub-Committee Chairman, Margaret Mackay, ACWW Projects Committee Chairman & Margery Thompson, Federation Vice-Chairman of The Federation of Women's Institutes of Northern Ireland

ON THE MORNING of Saturday 15th October 2011, a meeting took place in the Killyhevlin Hotel, Enniskillen to celebrate World Rural Woman's Day. Tea, coffee and scones were enjoyed by many, particularly those who had travelled long distances.

Jean Gordon, International Sub-Committee Chairman, welcomed all the attendees and thanked them for braving the wet weather. Her report of her Committee's activities over the past year was impressive and comprehensive, including two Evenings of Fashion held in Hillsborough and Loughry College. Jean introduced the speaker, Margaret Mackay, Chairman of

ACWW's Projects Committee. She gave an excellent PowerPoint presentation and talked about her role and the work done all over the world, informing the members that donations to the various ACWW funds go towards these projects, which support and enhance the lives of women and children in deprived countries. Money is always given directly to the project leaders, never through governments, so it is used to best effect. All Institutes were encouraged to give ACWW priority when distributing any money raised during the year. To demonstrate Northern Ireland involvement with ACWW projects, Margery Thompson, Noreen Martin and



CONTINUED FROM PAGE 10

Ruth Graham from the International Sub-Committee and Kathleen Doherty, a past Federation Chairman, visited three projects in Romania in September.

Firstly they visited an excellent home for street children in Bucharest, secondly, a project to house and counsel abused women and their children in Sibiu, and thirdly-a project aimed at teaching village women sewing skills. This also supported talented children to stay on at school in order to attain university entry qualifications.

Margery and Noreen gave another PowerPoint presentation and talked about the efforts and sacrifices that the three project leaders were making to enable these women and children to move on and improve their lives. At the meeting a Bring and Buy Sale, Raffle and 'Guess how many Sweets in the Jar' competition proved both popular and profitable, raising nearly £1000 for ACWW. Margaret Mackay told of her experience of Rural Women's Day in which she wrote: I was

delighted to accept an invitation from The Federation of Women's Institutes of Northern Ireland to speak at the International Meeting, on World Rural Women's Day.

I left London, after the ACWW Board Meeting, and flew to Belfast on Friday 14 October. I was met at Belfast Airport by Margaret McMillan, who is a member of the ACWW Finance Committee, and enjoyed kind hospitality in her home overnight.

Early on the morning of Saturday 15th October we made our way to the home of Margery Thompson, Federation Vice-Chairman, who drove us to Enniskillen through the lovely countryside of Northern Ireland. On arrival in Enniskillen, I was warmly welcomed by Jean Gordon, International Sub-Committee Chairman, and all who were present at the meeting.

I was grateful to be given the opportunity to speak about the work of ACWW and to personally thank the ladies of Northern Ireland who are extremely generous both

in their adoption of ACWW projects and donations to the Projects Funds. After the meeting Betty Lyttle, a past member of the ACWW Projects Committee, took me under her wing and drove me to her lovely home near Portaferry, Newtonards, where I enjoyed her kind hospitality for the rest of the weekend. On Sunday we had lunch with Greta McMordrie, a sprightly lady of over ninety years, who is a past Secretary of ACWW. She was secretary when the Triennial Conference was held in Vancouver in 1983 and I was delighted to hear of her experiences during her time on the ACWW Board.

After an enjoyable weekend, I got the ferry to Stranraer and travelled home via Newton Stewart where I had the pleasure of meeting up with Noel Whammond, another past Secretary of ACWW.

I returned home with happy memories of the wonderful weekend I spent in Northern Ireland and extend sincere thanks to all who made it so memorable.

# WOMEN WALK THE WORLD

## Associated Country Women of the World

On or around ACWW Day, 29th April 2012 members and member societies throughout the world are asked to join in Women Walk the World for ACWW.

### Please take part!

Have fun & raise lots of Pennies for Friendship Happy Walking!

For further information Visit [www.acww.org.uk](http://www.acww.org.uk) or write to ACWW, Mary Sumner House, 24 Tufton Street, London SW1P 3RB, Telephone +44 (0)207 799 3875, email [info@acww.org.uk](mailto:info@acww.org.uk)







Margaret Mackay, Projects Committee Chairman (right) holding the 900th project application form, with Juliet Childs (left), Projects Secretary

**LONDON**  
**900th Project**

At its last meeting, ACWW Projects Committee approved its 900th project to help vulnerable women worldwide. NEST in Sri Lanka, an ACWW member organisation, was the recipient of ACWW's project grant number 900. They will use the money to provide community health support and assistance to women and their families in remote and isolated areas of Central Sri Lanka, focussing particularly on mental health.

The Committee approved 16 projects at the meeting, located in eight countries ranging from Ghana to Tonga and with project grants from £1,676 to £11,781.



2010-2013 Projects Committee



Sister Viji addresses self-help groups

**INDIA**

**HIV/AIDS Prevention**

With the help of ACWW, Victory Rural Development Society (VRDS) a registered non profit organisation founded by local women to work with the poor and CAPART, a Government of India agency, supporting sanitation and health, set up a project to work with individuals suffering from HIV/AIDS.

The project entitled 'HIV/AIDS prevention and Education through Women's Education' was aimed at reducing the havoc effect of the killer disease among people in a target area of India, through education of women in self help groups and the general public.

The aim of the project, which was carried out in 10 villages, was to create awareness on HIV transmission and to instil the teachings of preventive care of Sexually Transmitted

# PROJECT REPORTS

Diseases (STD), as well as promoting health education.

Ten SHGs women groups took part in the training, during the project period. The training was not only used to create awareness for women, but also to take better care of themselves and to give them self-worth.

The cultural team, which the organisers are known as, went around the villages and market places to create awareness among the target community and general public. This sparked public meetings where rallies were held to bring awareness amongst people, especially in market places, on HIV/AIDS. The organisers have created tremendous changes amongst people.

The project has given the women a high level of knowledge about the prevention of HIV/AIDS, giving them the skills to teach and support one another and others.

The project saw both the young and the old organisers, showing real strength when they visited villages and public places to demonstrate the damaging effects of HIV/AIDS.

More than 35,000 people have been made aware, along with the governmental schemes on the importance of preventive measures. One of the strongest statements one could add is that the organisation has created a

massive impact among the people. Though the project is nearing its end, the organisation will still continue the activities among the individuals who need help.

**BANGLADESH**

**Improve Access to Safe Drinking Water & Sanitation Facilities for Poor Villagers**

A baseline survey was carried out in the target area to assess water and sanitation needs. A community meeting was held to sensitise the male population as to the desirability of improving sanitation in the area.

A village development committee was formed in each of five villages. These committees were given capacity building training and orientation training in community health management and community mobilisation issues.

Fifteen hand tube-wells have been installed so that people can access safe drinking water, saving women and children hours each day, previously spent fetching water. Fifty five hygienic latrines have been constructed. Household visits were being carried out at the time of reporting, to explain the use of latrines and the importance of hand-washing etc.





Planting mushrooms in China



**CHINA**  
**Planting Mushroom**

**10 women and 6 girls** took part in a mushroom planting project in China, organised by 'The National Social Welfare Association (NSWA) of Shenyang'. The aim of the project was to empower women and girls, by giving them a purpose and helping them to change their lives.

With help from the planting professional staff, the money earned from sales has helped to improve the living standards.

Some of the project's profits went to help fund 6 poor students with their tuition fees and living conditions. Apart from mushroom planting skills, the beneficiaries also learned management experience. This project has been so successful in generating income that NSWA know with this experience they could help more poor women and children work towards ridding themselves of poverty. The only problem faced in this project was that

some mushrooms developed worms; however this problem was soon overcome by spraying pesticide to kill the plant pests.

The project which ran from July 2010 till June 2011 came to an end with the student beneficiaries helping others and the women using their skills to teach their friends and family members about mushroom planting, which in turn, it is hoped will improve their lives.



**UGANDA**  
**Nyaka Aids Foundation**  
**Nyaka Grannies**

**Twenty four** pit latrines have been constructed so far with three more to be done by the end of the project. Despite the hardship they faced with fluctuating prices and transport difficulties, the organisation managed to increase the number of latrines constructed by reducing the size of the latrines. Currently 24 women and 73 children benefit from the project. The participants have acquired improved health and sanitation through sensitisation. They have also been trained to acquire HIV/AIDS prevention skills as a result of sensitisation by field staff. The grannies have also raised their self-esteem. The diseases that come as a result of poor sanitation have been reduced.

**NEW GUINEA**  
**HIV/AIDS Awareness & Training**

**The Association** had undertaken three training courses at the time of reporting: Home Base Care Training, attended by 20 participants who were taught to take care of people living with HIV/AIDS; Volunteer Counselling & Testing Training, carried out by 18 participants who learned to do 'Rapid Testing' of individuals' HIV status and learned how to counsel people suffering from HIV/AIDS; and thirdly, Basic HIV/AIDS and Rapid Testing, which offered training to students at the Kingku Hitech Training Institute.

These training courses have significantly increased the awareness and understanding of the issues surrounding HIV/AIDS and the trainees are taking their new skills and knowledge out into their communities.

**HUNGRY**  
**Kiskunsag Association of Woman**  
**Sound mind in sound body**

**This project** which aimed to raise awareness of healthy eating issues, has brought producers and consumers closer together and facilitated the spread of information which is not available from the media, regarding healthy lifestyles and food.

Meetings were held in a variety of towns and villages as the organisers found it more difficult to attract audiences in the larger towns. Transport was organised to help the needy to attend. People were encouraged to think about the quality of food they choose. Whilst the organisers found young parents difficult to influence, as they are juggling work and family life, they found primary school pupils could be motivated. A drawing

competition for children on the theme 'What would you like to see on the dinner table?' formed part of the campaign, and attracted a large number of entries. As a result of the project, the Association has been invited to present their findings at a conference at the Houses of Parliament.



Healthy Eating



# PROJECTS UPDATES



Children in a tent in Haiti

## DOMINICAN REPUBLIC ODEMIHF- Psychological Support to 1,000 victims of the Earthquake in Haiti

The organisation promoted support groups and encouraged communication and exchange of experience among the victims of the earthquake. This kind of activity brought change in the Haitian community where 80% of women feel more balanced to perform their working activities, 90% of men feel less stress and 70% of children according to their reactions feel safer.

The organisation trained neighbourhood based 'agents of change' who trained the beneficiaries on the importance of psychological assistance in difficult times.

Following the training an assessment of the extent of the psychological problems of the people was done in order to determine and prioritize the needs that must be addressed urgently. The organisation obtained a location for one year and purchased the necessary equipment.

The psychological support is being provided to different groups each month as well as individual therapy to these who lost loved ones. Activities have been organised that enable a progressive return to normal life

of the victims. Through this project, for the first time, the people with low income from Haiti had an experience of sitting through a therapy with a psychologist where they could express their feelings and problems in dealing with the stress and the trauma for the earthquake.

## SRI LANKA

### NEST- Nest work in an area bordering Moneragela and in and around Ududumbra Village

This project has improved the lives of a large number of people in these remote areas by giving coping skills to female heads of household, including training in home-based income generating activities, helping families to access medical facilities, providing them with medication, first aid kits and warm clothing, helping children to attend school regularly through help with transport, better sanitation at the schools and better communication between schools and parents, providing awareness training in HIV/AIDS and mental illness. NEST hopes to continue its work in the future as the cost of living is rising and development in the area (transport infrastructure, tourism etc) often leaves remote villages and their poor inhabitants behind.



Woman selling curd in clay pots



Planting vegetables

## TANZANIA

### Widows & Orphans Welfare Society of Tanzania Nymirama Widows Group Horticulture

A large number of women, children and men took part in a project carried out to give the beneficiaries knowledge on how to grow vegetables. The project was aimed at generating income so that the beneficiaries could buy books for their children and household goods.

The organisation has learned to make use of the land and that vegetables are needed for good health. Sister Viji met the beneficiaries who comprised more than thirty widows and thirty orphans. She deemed that the project was good and that the widows got new hope for their future lives.

The orphans selected for the project were adopted by their relatives.



Romanian child who was born without fingers on her left hand, helps to raise money

## ROMANIAN Knitting to Secure Women and Children, Victims of Domestic Violence

The Women's Association from Sibiu/ Romania, Asociatia Femeilor din Sibiu

received funding for a project intended to help women and children of domestic violence, through knitting items which could be sold to raise funds.

The short and long term aims of the project were as follows:

Short term aims:

- To raise money to continue the activity of the shelter and to support women and their children, victims of domestic violence
- To provide activities for children and their mothers in the shelter.

Long term aims:

- To reinforce the continuity of care by knitting and selling bears
- Sustainability, to be able to help and to avoid the closing of the shelter
- To enhance the services to the shelter for abused women and their children

- For lobbying, to raise awareness about domestic violence in areas of Romania.

The project has been going very well thanks to the funds the organisation received from ACWW, which has enabled the organisation to carry out all their planned activities over the last six months and which will continue in future.

At the beginning of the project, Asociatia Femeilor din Sibiu bought knitting wool, knitting needles and threads. The women in the shelter were trained by the staff and other member volunteers to knit teddy bears, caps, scarves and to sew different items by hand and on the sewing machine, such as aprons, shopping bags, bags for mobile phones, cuddling toys, cards etc.

By making teddy bears and other useful items to sell, the women in the shelter have



CONTINUED FROM PAGE 14



Selling knitted items

contributed to the well running of the shelter, enhancing the services to the victims of domestic violence. The shelter has offered them several opportunities through training in different crafts and also in child care and education.

At a celebration of the Protestant Church and then in July, August and September the members of the association went each Friday to a bio market, held in the centre of the city and displayed the items made in the shelter. Although they have no bio products the Church had allowed the participation in order to help them.

This way money could be raised to support women and their children, 'victims of domestic violence in the shelter'.

Unfortunately they were unable to display teddy bears in the International Airport, but with being allowed to take their items to other events around the city, the organisation raised a large amount of money. With this money the organisation was able to cover some expenses, which were not included in the project's budget such as, taxes for kindergarten, school things, spectacles for one child and bus fares.

Since the beginning of the project there have been 7 women and 7 children staying in the shelter. But in parallel they have also conciliated and helped 15 women through

telephone, emails and discussions outside the shelter. This was made possible thanks to some of the project money being used for telephones and internet connection. Beside this, Cristina Mates President of Asociația Femeilor din Sibiu states, "For other women we have carried out different activities with their children, according to their age.

We have helped them with their lessons and taught them different skills. They have made cards and small pictures by sewing, cutting out different figurines and sticking them together with seeds of different colours, making small pictures or cards of their imagination." Cristina adds, "Some of the sheltered women have learned sewing on the sewing machine, knitting teddy bears and cuddling toys and crocheting bags and pot holders. The children have also improved their skills in doing practical things and the older ones have been helped with their homework for school."

Cristina points out that a special case in which a girl of seven, who was born without fingers on her left hand, has learned to handle scissors and cut out and stick figures on paper and wood and even to sew cards with her handicap. When she finishes doing something she is always very proud. She has also started writing and reading. She has now started school, the first grade, well prepared. She is not ashamed and is able to do almost all activities like the other pupils.

The participants will use the skills learned in future, to make clothes and knit warm things for their children and themselves.

This way they save money and become more independent when leaving the shelter. Doing handicrafts has also had a therapeutic effect and has helped the women and children raise their self esteem. Cristina states "Our hope is that when our victims of domestic

violence have a useful occupation, they forget their problems for a little while and become calmer. The children themselves become less aggressive and are willing to participate in our programmes."

Women who are victims of domestic violence needed a longer time to solve their problems, e.g. divorce, partition of the flat and goods. It lasts very long and after leaving their aggressor they often have no place to go or enough money to rent a flat and in most cases their relatives cannot support them.

This is one of the reasons members of the association often work to raise awareness of domestic violence and lobby for the shelter, at the same time identifying as many opportunities as possible to promote their services and activities to the community. Once there, the women and children quickly realised that at the shelter they come to learn and they can live in another climate where violence isn't a part of it.

In future the organisation will utilise these experiences, working in the same way with other women and children, which come to the shelter or with those whom they can conciliate outside the shelter, training and teaching them. The project will be completed after 12 months' time, at the end of March 2012.



Right Cristina Mates helping to raise money



Learning Jari Embroidery

**INDIA**  
**Art of Jari Embroidery**  
**The Socio Economic Development**  
 Association (SEDA) ran a training course for 20 Women in the art of Jari Embroidery,

which enabled the women to hone their skills and improve their confidence.

The project has improved the income earning capacity of the beneficiaries and their employability. This additional income in the

hands of women means additional recognition for them in their respective families and in the society.

These women by virtue of their improved lifestyles have gone on to motivate the women in their communities.

The beneficiaries, who were already artisans, were previously only earning up to Rs. 35 per day. Now they are able to earn up to Rs. 60 per day, by selling their products.

Organising a number of projects in the past, this training project has given SEDA additional confidence and the new skill has provided opportunity for them to hone their own skills further. SEDA now intends to reach a larger number of women.

The project has not only improved the income earning capacity of the beneficiaries, increasing employment opportunities, but it has motivated them to scale up their business volume and strive to perfect the acquired skills.



## FOR SALE

VAT REG. NO 240 0467 05.

All prices are exclusive of postage & packing.

- ACWW Promotional Pin 3/4 inch diameter - £1.00
- Badges (Brooches) - £2.00
- ACWW Greetings Cards - each 60p, £2 for four

Overseas orders will be sent by surface or 'small packet' rate.

(If remittance not sterling, please add sufficient to cover bank charges)

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Leaflets are available from Central Office.

Please state quantities required and date needed.

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- Working with Women Worldwide – Highlights of 75 Years of ACWW - £5 (including P&P)
- Individual & Society Membership forms
- June 2001 Constitution £3 including postage
- Pen Friend Correspondence form
- ACWW & the United Nations
- ACWW Stickers
- Water For All leaflet
- Women Feed the World leaflet
- ACWW A5 promotional leaflet
- 'All About ACWW' leaflet
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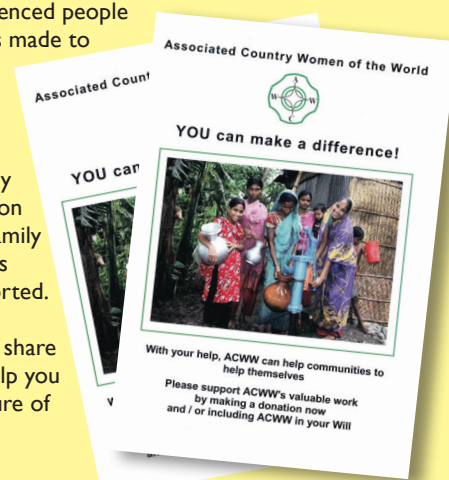
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## LEAVE THE WORLD A BETTER PLACE

A BEQUEST to ACWW is no vague charitable gesture. The organisation has always approached the funding of projects that will aid rural women in need in a strictly practical way. Proposals are carefully evaluated and, if they qualify for backing, programmes are monitored on the spot by experienced people like ACWW's own Area Presidents. Money given is made to work and to show results.

ACWW is active in more than 70 countries worldwide and supports a range of rural women's development projects. Around 30 are funded every year providing leadership and skills training, nutrition education, literacy and basic education; including family planning and HIV/AIDS awareness. Small businesses and income-generating schemes are actively supported.

Bequests can either be for a fixed amount or a share of your estate and your solicitor will be able to help you make the appropriate choice. Safeguarding the future of ACWW and its unceasing work is up to you.



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Please use this form (or fax/copy if you don't want to cut your magazine) to make donations and renew individual memberships. PLEASE PRINT IN BLOCK CAPITALS

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