

# THE COUNTRYWOMAN

INTERNATIONAL MAGAZINE OF THE ASSOCIATED COUNTRY WOMEN OF THE WORLD

OCTOBER - DECEMBER 2012

## Reaching Out & Making a Difference

EAST, WEST & CENTRAL AFRICA AREA CONFERENCE

2011  
ANNUAL  
REPORT  
INSIDE



**Book Published to Raise Funds for ACWW**

THE STORY OF HOW ONE WOMAN ACHIEVED HER MISSION TO VISIT 100 WIS

**Clean Water - Safe Community**

OVER 600 WOMEN BENEFIT FROM SAFE DRINKING WATER IN CAMEROON





COVER: Anphia Grobler, Deputy World President & delegates at the East, West & Central Africa Area Conference  
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The Countrywoman, distributed to over 70 countries worldwide, is the magazine of the Associated Country Women of the World (ACWW), NGO Official partner of UNESCO

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'.

- January-March: November 1st
- April-June: February 1st
- July- September: May 1st
- October-December: August 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, ACWW World President, left holding a message from the Queen and above the beautiful laid out presentation showing the Queen throughout the years. Photo: Mr N. Ruckley

**Dear Friends**

2012 HAS BEEN AN EVENTFUL YEAR. The Olympic Games, held in London, captured the imagination not only of Londoners, but of the world. For the first time, women were represented in all sports, and female competitors came from countries where women have not previously been permitted to participate.

Then there was Her Majesty Queen Elizabeth's Diamond Jubilee, again a celebration marked across the globe. After 60 years of dedicated service, during which she has travelled to most parts of the world, it is no wonder she is known and admired worldwide. She must have received many hundreds of thousands of congratulatory messages, including a card from ACWW. Back came an attractive thank-you message, with photos of Her Majesty at various times throughout her reign.

Now we hear that humankind has landed a robot on Mars. The one-tonne vehicle, known as Curiosity, has embarked on a mission of at least two years to look for evidence that Mars may have once supported life. Within

minutes of landing, the robot was returning its first pictures. Scientifically, this is a huge achievement, and one can only look and marvel. Engineers and scientists have worked on this project for the best part of ten years, pushing the boundaries of human knowledge.

There is, of course, a massive financial cost. Is it a waste of money? Some say no, that this Mars mission may help our understanding of life. On the other hand there are those who argue that the money would have been better used on our planet, to help the poor, the hungry, the homeless, the sick and the uneducated. But then again, without scientific research there would be, for example, no antibiotics to treat infections, and more people would die. Without doubt the argument will continue. What do YOU think?

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

**WE WOULD LIKE TO HEAR FROM YOU**

It would be great to hear from our readers on this matter of the Mars mission, so please write in and tell us your thoughts. In the words of our World President, what do YOU think?

**EDITOR'S GUIDE FOR SUBMITTING ARTICLES & PHOTOS**

**IMPORTANT INFORMATION**

**Submitting Articles**

It is very important when submitting articles, to make sure all the information contained is correct i.e. dates, times, amounts collected and the number of people who have attended your event or conference.

Also, please make sure that names of attendees mentioned in your article are spelt correctly, as well as names of groups and organisations. Please make sure to include all the groups featured in your article, if they have donated money, taken part or helped to organise your event or conference.

If we do not know who the people are, we will assume that the names provided are correctly spelt. We will also assume that your submitted written article is accurate (please note articles may be edited down).

**Submitting Photos**

It is very important when submitting digital photos via email, that they are high resolution 300dpi, or of good high gloss print if you decide to send them by post.

It is also very important to provide clearly written full names of all the people who appear in the photos, from left to right. It would also be helpful to have a short caption of where the photo was taken. Please ensure that the names are spelt correctly and that the correct photo goes with the correct names and caption. As previously stated, if we do not know who the people are, we will assume that the names provided are accurate.

Please follow these instructions, as ACWW cannot accept any responsibility for inaccurate articles or mislabelled photos.



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CENTRAL OFFICE NEWS

What a summer! We had the world descend on London for the Olympic and Paralympic games and the atmosphere was amazing.

How great it was to see so many different nationalities represented on a world stage. As the World President mentions, it was the first occasion in the history of the Games when all countries participating have had women athletes in their teams, which was a real step forward for gender equality.

In Central Office we have been busy, as ever, with processing project applications, managing ACWW finances and answering everyone's enquiries, amongst many other activities. You'll find the annual report included in this edition, which gives you a summary of what we achieved in 2011. It is all down to your continued support and dedication as members.

As we head into the latter stages of 2012, I would like to encourage you to contact Central Office as we have many resources for you to use when you are out and about promoting ACWW and also we would love to hear stories of any events you have attended, what fundraising activities you have participated in, or how you came to be involved with ACWW. Do keep in touch!

**Lisa Barker, Office Manager**

MEMBERSHIP

Calling all members! As you all know, our membership year runs from January-December. We currently give members a discretionary 6 months to renew membership but if you have not paid by 30th June you will become a lapsed member.

With the Triennial Conference fast approaching, please make a note to renew your membership early in January 2013 so that you will be eligible to attend the conference, and as a society, be able to vote, (if you are under Categories 1, 2 or and 3 societies who are eligible to vote.)

Categories 4a societies do not have a vote. Please note that Individual Members who signed up for 3 year membership may not need to renew in 2013.

If you do not renew in time, you will not be able to attend conference. ACWW will not accept any rejoining societies after 30th June 2013 as conference attendees.



Ranee Herath, Former Area President for Central & South Asia, who passed away recently, monitored a project in India titled: HIV/AIDS Prevention and Education

MAY KIDD, World President wrote: A spell of ill health has led to an enforced period of home rest and recuperation.

With no option but to obey, I found myself with an unusual amount of time to think, not least about ACWW and our stated objectives and activities.

I have long believed that one of our great strengths lies within the following, as stated in the ACWW Constitution: "...ACWW shall work for equal opportunities for women by

# TIME TO REFLECT IN MEMORY OF RANEE HERATH

the elimination of discrimination because of sex, race, nationality, religion or marital status..."

I prefer the term 'faith' rather than 'religion', and ACWW is open to members of all faiths and none. Our Board members, like our members worldwide, are representative of many faiths. Our differences are unimportant and forgotten.

This came home to me yet again on learning of the recent passing of Ranee Herath, Sri Lanka, Area President for Central and South Asia (2004 – 2007). At that time I was European Area President.

During Board meetings in London, we shared a room. We worked hard all day, and in the free evenings we walked and walked, glad of each other's company, around the tourist sights of London. We even ended up watching the parliamentary debate from the Visitor's Gallery of the House of Commons, Westminster.

Ranee was a committed Buddhist, while I was brought up in the Christian faith. It made no difference to our firm friendship. After her term of office was over, we did not meet again for five years, until she came to the Central and South Asia Area Conference in

India a year ago. It was as if the years between did not exist. We reminisced and laughed a lot, as we did in London. Since then, courtesy of a gift from Ranee, I have been enjoying my daily cuppa of the best Ceylon tea, produced by her son.

It was there in India, only last year, that I saw my friend through the eyes of her own people in Lanka Mahila Samiti and those from the different countries in that Area, who spoke of her leadership and her commitment to serving humanity, and loved her dearly.

"Some people come into our lives  
And leave footprints on our hearts  
And we are never the same."



Ranee Herath, Former Area President for Central & South Asia, monitoring a project in India titled: HIV/AIDS Prevention and Education

## FINANCE COMMITTEE



Alison Burnett, Treasurer & Finance Committee Chairman

I am delighted that our new database is working well, as this year, the figures show that we have managed to get most members to pay on time and have only had to lapse a few due to non-payment. As ACWW is a membership society we rely on our subscriptions to help us carry out the work of ACWW.

It is good also to see an increase in membership both from our societies and individual members. I know that not all societies realise that it is not just their Federation or National Body who can be members of ACWW but their individual societies can also become members – they would be Category 4a members with benefits such as contributing to our voice at UN level, attending area conferences, getting involved with fun events like 'Women Walk the World' and receiving this magazine. Category 4a members do not have voting rights, but are interested

in the work of ACWW. Also, an individual can become a member – Category 4b again with no voting rights, but you would receive your individual magazine along with the opportunity to join the pen-friend scheme, attend conferences, and connect with other women in your country and beyond.

A big expense for ACWW is postage. In the UK there has been a huge increase since April in the cost of postage and I would encourage everyone to give an email contact address to ACWW Central Office to help reduce this cost. ACWW's email address is [info@acww.org.uk](mailto:info@acww.org.uk).

Congratulations to everyone who took part in Women Walk the World, I hope you enjoyed the experience and that it helped your society/area promote the work of ACWW. I am also delighted by the funds that have been raised for ACWW and its wider work. Congratulations are especially due to the members of the South Pacific Area, who have sent in almost £30,000 from

their Women Walk the World events. I hope that Ruth Shanks, their Area President will let us know how it was done! However, every penny received is welcome and thanks to all the members who have contributed through Women Walk the World to ACWW. I hope that all those who took part are already thinking about next year and that those who did not participate, will be encouraged to do so in 2013.

## GIFT AID

Calling all UK Donors! If you are planning to donate to ACWW at any point over the next months or years and are a UK taxpayer, we urge you to fill in a Gift Aid form – available from Central Office and on the website under 'ACWW Forms'. This allows us to claim an extra 25p from the government for every £1 you donate!



## WHETHER BIG OR SMALL, UN AFFECTS US ALL!



Anushka Wirasinha (Left) and Patricia Altschuler (Right) with Michelle Bachelet, Under-Secretary General & Executive Director of UN Women (Centre)

ANUSHKA WIRASINHA, ACWW United Nations Representative, wrote: Sometimes it is hard to understand what the United Nations (UN) really means. While some see it as not doing as much as it could, others are thankful for its existence and contributions towards safeguarding humanity and sustaining safety, security and development around the world.

Almost everyone knows the two characters 'UN' that are so prominent, very

powerful and deep rooted in many people's lives and history of countries. It is the global hand of guidance that helps us communicate with nations and understand and reach out to its people. It is an institution formed with the aim of giving hope to the hungry, help to the poverty stricken, the desperate victims of war, safety to those brutally held by the pangs of crime and disabled by disease.

The world, countries and governments know it as an institution formed to bring negotiations to the table and values, beliefs, concerns and commitments to a common place. People reach out to it with desperation and hope, anxious about the decisions made within its walls that tremendously impact their lives.

However for many others, who, although they know its reach and purpose and see its impact and outreach, seldom realise its potential on a one to one scale. As vast as the UN is, as prominent and serious as the decisions it makes, it is also as small and interactive as one wishes it to be. A farmer I spoke to once told me that the UN is for the big and powerful not for those who are like him, whose issues and problems most often go unnoticed and fall beyond their safety net.

But this is where some are misinformed, misguided and therefore unable to get the help they so need. It is only when I joined the UN that I myself realised that one person

could in fact make a difference. Seeing the UN from within its walls as a Representative is different to seeing its function from the outside. But when one can see how ordinary people make a difference everyday by actively pursuing their goals for a better education and prosperity, determination for freedom, hope for a secure future and dreams for a safer world, one realises how each person within and outside can impact the UN and its mission for the common good and the good of all people. Whether we see it from the inside or the outside, we can each do something, say something and stand for something that can change its outlook, impact its decisions and create a better understanding between governments and ordinary people, between private sector and public sector, between students and leaders, between farmers and presidents.

We must understand that the UN is as much a part of our desires, hopes and dreams, as we are a part of its global mission.

Whoever we are, the UN affects us all and we, however big or small, young or old, rich or poor, can in turn affect its mission, vision, direction, decisions and outcomes.

"Together we want to help the world see and believe in a better future." UN Secretary-General Ban Ki-moon.

## FEELING THE EFFECTS OF HUNGER

JOANNA KOCH, one of our UN representatives in Geneva, wrote: They sit at the roadside, sifting through the gravel trying to find bits of grain dropped by the passing Lorries. They build anthills to capture the tiny amount of grain the ants collect. These women suffer from chronic, aching hunger. Their families and their communities are hungry. They happen to be in Chad, but it could be anywhere else in Sub-Saharan Africa, and hunger is not just in the developing countries, it is universal. When I attended the International Conference on Nutrition back in 1992, organised by the UN Agencies, Food and Agriculture (FAO) and World Health Organisation (WHO), I heard how governments pledged to reduce malnutrition by 2015.

Today there are still 925 million people suffering from hunger and malnutrition. How is it possible that, in spite of the pledges and promises, the numbers instead have increased? One in seven persons do not have enough to eat – 20% of them are in the developed world. One in three children suffers from hunger - 25,000 people die every day of a hunger related problem and yet... there are a huge number of UN organisations and NGOs who are involved in food and nutrition. Apart from the FAO and the WHO, there is IFAD (International Fund for

Agricultural Development), the UN World Food Programme – which delivers food aid to starving populations, and the SCN (a coalition of UN Agencies related to food). Even the World Bank has a special department devoted to supporting and funding agriculture and rural development.

There are countless NGOs - The Hunger Campaign, World Vision and FIAN - Food First (the Right to Food) IBFAN, which monitor the Breast Milk Substitutes, Brot for Bruder - the list is endless.

Still malnutrition and hunger remains a worldwide scourge, but why? There are many reasons: the world population is constantly increasing; climate change causes environmental degradation and impoverished soil; harvests fail because of unexpected drought or floods, farmers fields are confiscated through land grabbing; farmers are forced to grow cash crops instead of subsistence crops and, of course, globalisation.

My Ethiopian friend Berhane tells me that her country coped for centuries with the seven years of plenty and the seven lean years. They developed their own traditional methods of storage and conservation but globalisation sent this local knowledge out of the window, making Ethiopia dependent on food aid. Then there are wars and conflict and the farming community is uprooted, leaving fields neglected.

The figure of 925 million hungry and malnourished has not changed much since those pledges made in 1992. Currently the poorest cannot afford to buy food and the rich waste too much (FIAN says that 250 kg of food are thrown away per person, per year), so that there is an unequal distribution

of income and lack of productive resources by the poor.

ACWW is helping the cause with multiple projects helping women to help themselves, by bringing hope to vulnerable, poverty stricken families. It is not about offering huge amounts of funding, but about teaching, sharing knowledge, giving women a little bit of start up money to enable them to buy one essential tool, showing them how to harvest wisely, store their products carefully and if near a market, how to sell and, better still, how to save their money. But there is still a paradox - our planet is capable of producing enough food for us all yet millions suffer from chronic hunger and malnutrition...

### Our apologies



Left-right: Beatrice James, Vivien Beckett, Frances Zariffs, ACWW Rep & Evelyn Sleet, Ruislip Common WI President

In our July- September 2012 issue on page 11, it stated that Ruislip WI donated £177.16 to ACWW, this was incorrect. We have since found out from Vivien Beckett, Chairman Middlesex Federation, that the entire **Middlesex Federation** donated this amount. The money was collected by collecting foreign coins, then selling them by weight. A very clever way of raising funds!

# SIMPLE INNOVATIONS FOR SOUTH AFRICA'S RURAL WOMEN



Anphia Grobler, Deputy World President & Agriculture Committee Chairman

THE AGRICULTURE COMMITTEE has been promoting water conservation, as well as the use of small-scale gardens, as a means of improving nutrition and livelihoods in South Africa.

One person who has carried out inspiring work in both of these areas is South African, Ma Tsepo Khumbane. As an activist, social worker, speaker and founder of the Water for Food Movement, Ma Tsepo has racked up an impressive number of achievements.

Her focus is on bringing accessible and inexpensive techniques to poor rural women in South Africa, for example she has shown them how to make fertiliser from waste and harvest rainwater.



Particularly notable is her creative approach to drip irrigation, which uses 2 litre plastic bottles that are pricked with needles and buried in crop beds, ensuring an even water flow. She has used the burial technique with iron tins as well, so that plants become richer in iron. This is especially useful to women, who are often iron deficient. Ma Tsepo also pioneered an unusual practice known as 'Mind Mobilisation'. This approach involves practical counselling similar to what is used by Alcoholics Anonymous, but is applied to households facing food insecurity. A participant in the Mind Mobilisation process will come to recognise what needs to be changed in herself, as well as her community.

The aim is to strengthen individual leadership, as well as mutual support among community members, in order to strengthen food production and ultimately reduce poverty. This is a grassroots method in which knowledge is spread and shared by village members. This kind of community-driven and woman-centred approach is often seen in ACWW's projects around the world. However these ideas do not apply only to farming. Referring to the importance of water and sanitation to community development, Ma Tsepo has said: "The power for development, particularly in rural areas, lies within the people. The ideal situation would be that popular education on sanitation and hygiene would be internalised, so the issues would be in the mind of every person. There would be reconstruction in

minds, not just in infrastructure."

Now 75 years old, Ma Tsepo has won a South Africa Women in Water Award and been named one of the top 10 water trailblazers by AlertNet, a humanitarian news service run by Thomson Reuters Foundation, which cover crises worldwide.

This is refreshing because her work does not use high-tech devices or strategies that are far removed from the grassroots. In fact, Ma Tsepo uses her own personal garden, which she affectionately calls the 'Old Lady's Farm', to show that nutritious food can be produced on very small plots of land.

This style of farming has come to be known as 'My four corners', as rural women become self-sufficient within the four corners of their own yards. 'My four corners' farming also allows women to balance domestic responsibilities like childcare, with management of their crops.



Far Left: Ma Tsepo Khumbane water tower.  
Right: Ma Tsepo Khumbane, Activist, Social worker, Speaker and founder of the Water for Food Movement.  
Photo: www-irc-nl

## GROUNDWATER GOVERNANCE

### A REPORT ON HOW MINING WASTE IN SOUTH AFRICA IS LEADING TO PROBLEMS FOR THE AGRICULTURAL SECTOR

As early as 1987, the US Environmental Protection Agency recognised that problems related to mining waste may be rated as second only to global warming and ozone depletion, in terms of ecological risk.

The release of mining waste can result in profound, generally irreversible destruction of ecosystems.

Waste from gold mines constitutes the largest single source of waste and pollution in South Africa and there is wide acceptance that Acid Mine Drainage (AMD) is responsible for the most costly environmental and socio-economic impacts. In 1997, Gold mining waste was estimated to account for 221 million tons or 47 % of all mineral waste produced in South Africa, making it the

largest, single source of waste and pollution (DWAf, 2001).

The Witwatersrand, South Africa's economic heartland, has been mined for more than a century. It is the world's largest gold and uranium mining basin. However, this area of South Africa is at serious risk. Mine water pollution has been identified by the Department of Environmental Affairs and Tourism (DEAT, 2008) as the emerging issue "...that may affect the future state of the environment". The mining basins within the Witwatersrand are currently flooded or flooding with AMD. AMD from defunct and flooded underground gold mines in the West Rand Basin, first manifested during August and September 2002 and since then

AMD has continued to pour into surfaces and groundwaters. It has had devastating consequences, e.g.

- Uranium concentration in surface-water at Robinson Lake of 40 000 times higher than uranium levels in natural fresh water.
- The Tweelopiesspruit East River is a very high acute hazard as a result of the decant of AMD within the West Rand.
- Only 21% of the sites surveyed within the Vaal Barrage, a national water resource, showed no evidence of cytotoxicity.
- Most of the aquatic biota within the West Rand has been wiped out and the ramifications for the region are enormous.

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The greatest focus in this regard is the 'Cradle of Humankind' World Heritage Site.

Of no lesser concern are the downstream landowners and agricultural activities that are largely or wholly dependent on groundwater for potable and economic use.

AMD is not only associated with surface and groundwater pollution, degradation of soil quality, harming aquatic sediments and fauna, and allowing heavy metals to seep into the environment, but the long-term exposure to AMD polluted drinking water may lead to increased rates of cancer, decreased cognitive function and appearance of skin lesions. Heavy metals in drinking water could compromise the neural development of the foetus which can result in mental retardation.

The highest cost burden of combating the impacts of AMD is currently being carried by the domestic and agricultural sector and not

by the mining industry, as might be expected.

In conclusion, it is not the obvious negative impact of AMD on the total environment that is the overriding concern, but the bigger picture of national water resource scarcity and food security. In order to comply with salinity regulations, good quality water has to be released from the Vaal Dam in order to ensure that the water below the Vaal Barrage is fit for use.

The projected demand for increased releases from the Vaal Dam of expensive Lesotho water will increase the stress upon the water supply and shortages will be experienced by 2014.

Failure to establish a sustainable long-term solution to AMD would lead to the prolonged reliance upon funding from the general fiscus, increase of the salt load in the Vaal River, which could only be mitigated by releases

from the Vaal Dam, and a subsequent deficit in the Upper Vaal which could have severe economic impacts if a drought occurs.

If AMD is not treated to a level where the salt load is removed, the Upper Vaal will go into deficit and if there is a drought, either:

- Restrictions will be placed on consumers in the Upper Vaal; or
- The dilution standard will be relaxed resulting in very poor quality water reaching the consumers in the Middle and Lower Vaal. With the Upper Vaal in deficit there would then be no possibility of transferring water into the Olifants catchment and mining activities in 6 provinces could be affected if water consumption is curtailed.

Source: Mariette Liefferink CEO of Federation for a Sustainable Environment

## EAST, WEST & CENTRAL AFRICA AREA CONFERENCE

# REACHING OUT AND MAKING A DIFFERENCE



THE EAST, WEST and Central Africa Area Conference took place in the capital Buea, South West Region of Cameroon, from 4th to 8th August 2012. It was attended by Anphia Grobler, ACWW Deputy President on behalf of ACWW.

Anphia reports: Evelyn Emende Nojang, Area President, picked me up at the airport in Douala. She was accompanied by the former Area president, Angela Forzi. The trip from Douala to Buea was rather challenging but the skilled driver did very well in coping with speed bumps, cattle on the roads and heavy traffic.

On day one, we travelled the 80km to Kumba on a good tarmac road to monitor an ACWW funded project run by the Vocational Agency of Wisdom Women's Group. The road we travelled on was bordered by beautiful banana plantations, palm trees and rubber trees, as far as the eye could see. There were also natural vegetated areas, with huge trees towering over the natural forest.

Rivers flowed, as it was the rainy season, and Mount Cameroon slept under a thick layer of clouds, while mist break loose and floated over the forest and nestled in between the tall trees.

The leader of the group, Arrey Ekokobe Magdalene is a vibrant and hardworking lady



Delegates attend East, West & Central Africa Area Conference

and under her leadership many skills were being developed.

The Conference Opening on day two, saw the St Angela's Choir sing a song dedicated to ACWW. Opening prayers were followed by the Area President's welcoming speech, where she read a message from May Kidd, ACWW's World President. In my own keynote address, I talked about reaching out and making a difference.

Moffah Judith Lyengu Luma – South West Regional delegate for Women's Empowerment and the family - expressed a word of welcome and appreciation that the conference was hosted in the South West Region. She stated that one of the missions of her ministry was to empower women economically, socially and politically and to encourage rural women's groups to become members of ACWW.

Dr Semanie Molotlegi, Area President of Southern Africa, addressed the conference with a beautiful song of welcome. This was followed by a presentation by Mary Magdalene Chenwi, who focussed on the fact that women were still much more likely than men to be poor and illiterate.

The following key issues were addressed: reproductive health, economic empowerment, educational empowerment and political empowerment.

Numerous societies reported on their activities and many commented on the funding received from ACWW. Evelyn did an excellent presentation explaining ACWW and encouraging members to start saving in order to attend the 2013 Triennial Conference.

There were exhibition stands outside the hall and although it was pouring with rain, the

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exhibition drew a lot of attention with soap, body lotion, dyed fabric, dried fruit, and much more on display.

The St Angela's Choir was responsible for the entertainment and sang many songs during the conference.

On the third day, there was a workshop and more reports from societies were presented. I then had the opportunity to speak on behalf of ACWW. One of my presentations was on ACWW's Agriculture Committee, of which I am Chair.

Moffah gave a final message, where she used the word "think" to stand for: T – True ; H – Honest; I – Important N – Necessary and K – Kind

At the end of day three, Evelyn Nojang invited a few guests to her home for the evening, where a traditional Cameroonian meal was served.

On the final day of the conference, another project monitoring trip was arranged, this

time in Limbe. The project, called 'Safe Water, Safe Community', is run by 'The Mokunda Multipurpose Common Initiative Group' in the foothills of Mount Cameroon.

The aim of the project is to distribute water points closer to houses. The Cameroonian people were very hospitable and we enjoyed our visit, before returning back over the volcanic rocky roads. Three more projects were monitored in the few days I spent in Cameroon.

It is mind boggling, but the poverty level in this country is beyond belief.

However with ACWW, the women and their families are getting a lot of support, which the women really do appreciate.

## TRIENNIAL CONFERENCE



# VISAS, TRAVEL & SIGHTSEEING IN CHENNAI

Jo Almond ACWW Secretary & Triennial Conference Committee (TCC) Chairman

Jo Almond, Triennial Committee Conference (TCC) Chairman, has provided important information for the upcoming 2013 Triennial Conference:

THE TRIENNIAL Conference is fast approaching, are you planning your trip? I know through experience, that there are always general questions about the destinations I am travelling to that need to be addressed. Most questions are easily answered with a little research. I am, in this article, going to answer a few of the more general ones. I know that one of the first questions I research is whether I will need a Passport and/or Visa. When travelling to India a valid passport and valid visa are required. If you already have a passport you are one step ahead, if not, you need to check into where and how to obtain one within your state, province or country.

Securing a passport will take some time, so apply for one as soon as possible.

In an earlier article I mentioned that a Visa is required to enter India. After you have registered for the Triennial Conference, you will receive, from Central Office, a packet with information regarding the conference. In this packet of information, there will be a Visa letter requesting that you be granted a visa for your visit to India. Please fill out the form and send to the appropriate office for approval - your travel agent or consultant will be able to help you with this. Receiving approval may take some time, so please do not procrastinate.

The second question: what will I pack to wear? As you know, India can be a bit warm so loose fitting light clothing will be your best option. At conference time in India, there may be light showers. I would advise putting a small umbrella in your luggage just in case.

Shoes can be an issue and, in all my reading and research, one comfy pair is suggested. The decision is up to you, but, I may take two pairs, one for comfort and one for meetings. In this next paragraph I will touch on everyday information:

- **What type of electrical outlet will there be?** Most individuals will need to purchase an adaptor. The electricity is 210-240 volts, which alternates at 50 cycles per second.
- **What is the time zone?** India Standard Time (IST) that is 5 hours and 30 minutes ahead of Greenwich Mean Time.
- **What is the food like?** India food is varied and spicy, but at our conference the DMI will provide Indian and continental food acceptable for foreign delegates. If you have any food issues please contact your doctor for suggestions on what to eat or take with you.
- **What type of credit card should I take?** Visa and MasterCard are widely accepted. If you prefer cash, the currency is Indian Rupee. Don't forget to call your credit card company before you leave so that they know you will be travelling to India. This will relieve a lot of headaches if you are denied access to your account.
- **Should I get travel insurance?** YES!! Travel insurance is very important. There are a lot of companies that offer travel insurance, just make sure to read the fine print. Also make sure it covers you from your start date to the date you arrive back home. Luggage can get lost anywhere and at any time, so always pack a carry on/hand-luggage,

CONTINUED ON PAGE 9

## PENNIES FOR FRIENDSHIP

Pennies for Friendship is a fund that was set up in 1936 by the founders of ACWW with the aim of encouraging members to donate funds in addition to their membership fees, in order to make ACWW sustainable. And to this day, Pennies for Friendship (PFF), is what keeps ACWW going.

PFF has ensured ACWW's UN work is maintained, International and Area conferences have been arranged and attended, and that the Countrywoman magazine is published along with all other promotional and support materials. PFF funds ensure that members have channels to communicate with each other worldwide.

To deliver all of ACWW's services, a dedicated and hardworking staff team is needed. Central Office has long been responsible for ensuring ACWW is kept running and the implementation of new efficient systems and better communications will ensure ACWW's work can continue for years to come.

ACWW's Board and Committee's also rely on PFF funding to allow them to travel to represent ACWW at numerous meetings and events, including UN and agriculture meetings and to attend crucial decision making meetings which help to determine the future of the organisation.

Without the continued support of all members to the Pennies for Friendship fund, ACWW would not be able to operate a strong base from which women across the globe benefit. Keep on Giving!





CONTINUED FROM PAGE 8

as this will be a life saver if you get stuck in an airport or your luggage does not arrive when you do at your destination.

• **What about my Medicine or Immunisations?** Try to always carry your medicine in the original container. Make a list of your medicines and carry it with you. In preparation of your travels, make an appointment with your local Doctor/Travel doctor / nurse or anyone in your country that advises on what you need in the way of inoculations for your travel.

Also if you are considering travelling to different parts of India before or after the conference, inform your medical person of the locations. I have found, through personal experience, that when I am travelling in a

different country I always write down the person or society, hotel name and phone number I will be visiting and I keep it where I can access it quickly. You just never know when you may need it. I also always leave a photo copy of my passport and visa letter home with my husband.

If I am travelling with a friend, I give them a photo copy for safe keeping, just in case something happens to my original. I always stick my name and address inside all of my pieces of luggage, you never know when, or if your name tag on the outside might get torn off or lost.

Hopefully these few paragraphs have enlightened and informed you of what to do before you leave on your adventure to India,

for our 27th Triennial Conference in Chennai. We should all be looking forward to the excitement of meeting and visiting with old friends and anticipating meeting new friends. If anyone has a question, please feel free to email Central Office, who will pass your details onto me [info@acww.org.uk](mailto:info@acww.org.uk).

SEE YOU THERE!!

**Reminder:** To all Societies, please remember your annual reports are due before the 2013 Triennial Conference. Each report will be entered into the Triennial Conference booklet, which each society will receive after the Conference has ended.



## COMPETITION

2013 SEEMS A long way off, but you know how time flies. So, how many of you are saving your pennies to join ACWW at Chennai in Southern India? The Triennial Conference Committee (TCC) is putting together an interesting programme of workshops and visits, and there will also be a competition.

The competition for the Conference is to make a re-usable shopping bag out of recycled material. It can be made in any medium, the size no bigger than 16 ins x 14 ins (40.5cm x 35.5cm), excluding the handles. This

competition ties in with ACWW's Agriculture Committee's commitment to promote the use of re-usable shopping bags, to stop the use of plastic bags and reduce the use of packaging.

The bags will all be displayed at the 2013 Triennial Conference, where there will be a people's choice and a silent auction, the money raised will go towards ACWW's Pennies for Friendship.

So ladies, it's time to put on your creative hats and show how imaginative you can be.

## THE GIFT OF READING IN CHENNAI

BETHAN WILLIAMS', member of the TCC wrote: My ten year old grand-daughter is a very keen reader.

With book in hand she is always walking out of school with a finger on the right page ready to start reading again, as soon as she can. My grand-daughter is lucky, as she can borrow books from her school library and all types of books are given to her as presents. Orphans living near Chennai, India are not so lucky.

As an initiative from ACWW's Area Presidents, it has been suggested that ACWW members who are going to the 2013 Triennial Conference, take one or two reading books in the English language with them in their luggage, which is taught there as a second language. Also please take a small pack of new school supplies for children, age 4 – 14, such as notebooks, pencils, erasers, biros and rulers. Some of the children work for

part of the day in a quarry and attend school afterwards, such is their desire for learning.

The second United Nations Millennium Development Goal states, that every child, girls and boys alike, throughout the world is entitled to a primary education.

ACWW can help achieve this goal by the simple gesture outlined above. Reading is the foundation of any education and books play a vital role in the educational development of all children.

Those not able to travel to Chennai may like to contribute these gifts, by asking a friend travelling there to take a book on their behalf. One or two books will not burst your luggage allowance, but it will make a big difference to the many children, who deserve all the help we can give.

**IMPORTANT:** Please note that books etc. should not be sent to ACWW's Central Office or to Chennai directly. They should be

taken with you to the Conference or given to a friend who is going. All donations will be given to the children, who are in the care of DMI. Many thanks.



# CONFERENCE INFORMATION FOR 27TH TRIENNIAL CONFERENCE TRADE CENTRE, CHENNAI, INDIA 26TH SEPT-2ND OCT 2013

EMPOWERING WOMEN WORLDWIDE-ENCOURAGE, EDUCATE, ENRICH



## TIMETABLE (SUBJECT TO CHANGE)

Thursday	26 September	Registration at conference centre	
Friday	27 September	Area Meetings / Plenary	Opening Ceremony
Saturday	28 September	Plenary / Board Elections	
Sunday	29 September	Plenary	
Monday	30 September	Interfaith Service / Tour / Sight Seeing	
Tuesday	1 October	Plenary	
Wednesday	2 October	Plenary	Mega Evening / Gala
Thursday	3 October	Departure Day	

## PLEASE NOTE THAT ACWW IS NOT RESPONSIBLE IN ANY WAY FOR:

- 1 ACCOMMODATION - All bookings of accommodation are the participants' own responsibility.  
Due to the Host Country's booking procedure for accommodation, these and further contact details will be made available in a later issue of 'The Countrywoman' and websites [www.acww.org.uk](http://www.acww.org.uk) | [www.acwwindia2013.com](http://www.acwwindia2013.com)
- 2 TRAVEL - Participants must make their own travel arrangements
- 3 INSURANCE - All participants are advised of the importance of arranging comprehensive cover for personal accident, personal liability, medical expenses, baggage, cancellation charges, etc. as soon as they register.

## PLEASE NOTE

ACWW is not liable for any events beyond its control. These include unusual, unforeseeable or unavoidable events beyond our control, the consequences of which could not be avoided even if all due care has been exercised, including but not limited to war, threat of war, riot, civil disobedience or strife, government action, terrorist activity, natural or industrial disaster, fire, adverse weather conditions, level of water in rivers or floods and closure of airports. This will include industrial dispute involving third parties, technical or maintenance problems or unforeseen operational decisions of air carriers, such as changes of schedule or any failure in the information technology infrastructure.

## ATTENDANCE AT MEETINGS AND VOTING RIGHTS

1. The Officers of ACWW.
2. Five voting delegates from each Category I Society.
3. Two voting delegates from each Category II Society.
4. One voting delegate from each Category III Society.
5. Chairmen of Specified and Ad Hoc Committees.
6. Category IV(a) and IV(b) members as space allows.
7. Past World Presidents.
8. ACWW UN Representatives.
9. Visitors invited at the discretion of the Executive Committee.

## HOW TO REGISTER

- (a) Complete registration form, sign and date it.  
Detach and send to ACWW, Mary Sumner House, 24 Tufton Street, London SW1P 3RB, United Kingdom, together with Conference Early Bird registration fee of £515 per person (payable by cheque, bank draft or credit card, exclusive of bank charges) to arrive at our London Central Office no later than 25th May 2013.

After the 25th May 2013, the fee will rise to £565 per person and the cut-off date will be 1st August 2013.

- (b) All cheques and, bank drafts should be made payable to the 'Associated Country Women of the World'.  
If you wish to pay by credit card, please download and complete the Card Payment form on the website: [www.acww.org.uk](http://www.acww.org.uk) (Please note that a surcharge is levied by the bank on all credit card transactions.)

Bank Transfer using the following SWIFT DETAILS

Account Number 01244108  
BIC NWBK GB 2L  
IBAN GB67 NWBK 5600 3301 2441 08  
\*Please ensure to reference with your FULL NAME

- (c) On receipt of the completed registration form and fee, ACWW will send you confirmation of registration to be retained and shown at the ACWW registration desk in Chennai, India.

Fully paid-up Member Societies, may send voting delegates according to membership category.  
Fully paid-up Individual Members of ACWW may attend as observers.





# ACWW 27TH TRIENNIAL CONFERENCE REGISTRATION FORM

TITLE (MISS/MRS/MS/MR) \_\_\_\_\_ MEMBERSHIP No \_\_\_\_\_ (QUOTED ON The Countrywoman label)

SURNAME \_\_\_\_\_ FIRST NAME(S) \_\_\_\_\_

STREET NUMBER AND STREET NAME \_\_\_\_\_

TOWN/CITY \_\_\_\_\_

COUNTRY/PROVINCE/STATE \_\_\_\_\_

COUNTRY \_\_\_\_\_ POSTAL/ZIP CODE \_\_\_\_\_

TELEPHONE (INC COUNTRY & AREA CODE) + \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

OFFICIAL DELEGATES ONLY – PRINT SOCIETY NAME AND MEMBERSHIP NUMBER BELOW  
\_\_\_\_\_

CONFERENCE REGISTRATION FEE (NON REFUNDABLE BUT TRANSFERABLE ON TRANSFER PAYMENT OF A £10 FEE)

I enclose **£515** Early Bird Registration fee

To arrive at Central Office no later than **25th May 2013**

For registration after this date please enclose **£565**

Final date for registration is **1st August 2013**

**Please see Conference Information (page 10) 'How to register' for payment methods.**

Spouse/Partner details (fees as above)

Full Name \_\_\_\_\_

## PLEASE NOTE

ACWW is not liable for any events beyond its control. These include unusual, unforeseeable or unavoidable events beyond our control, the consequences of which could not be avoided even if all due care has been exercised including but not limited to war, threat of war, riot, civil disobedience or strife, government action, terrorist activity, natural or industrial disaster, fire, adverse weather conditions, level of water in rivers or floods, closure of airports. This will include industrial dispute involving third parties, technical or maintenance problems or unforeseen operational decisions of air carriers such as changes of schedule or any failure in the information technology infrastructure.

I indemnify ACWW of any liabilities arising from the personal injury or loss of personal property during my attendance at the Conference.

SIGNED \_\_\_\_\_

Date sent \_\_\_\_\_

# PIONEER IN WORKING FOR RURAL WOMEN IN COLOMBIA



**BORN IN 1916** IN VIANÍ, Cundinamarca, Colombia, a small town not far from Bogotá, Carmen Julia Romero was one of the first women who dedicated her life to working

with rural women in the country.

She began her work as a rural teacher in primary schools and remained in this field for 20 years. She later worked by petition of the Presidency for the Ministry of Agriculture for 23 years, working with rural women and their families.

In the 1950s, an experiment on the countryside, related to new methodologies being implemented in the USA, was envisaged. The initiative was of great help to the USA's own rural development.

Since the methodologies were new, an experiment was necessary at national level. Developed by North American and Colombian technicians, the selected area was Boyacá County. Both countries established an agreement in which North American technicians would come to direct the experiment. For five years, Colombia had to select national professional experts to develop the programme. A total of 12 agencies were founded in each region of the country, as well as one manager recruited from USA and one from Colombia.

The experiment had two objectives:

1. Prove the new methodologies
2. Develop training programmes for Colombian technicians for further application at a national level.

Several months after the programme started running, a supervisor was needed for rural women and Carmen was chosen by unanimous vote. Her expertise as a rural teacher gave her the experience for the role. After a period of time, Carmen was appointed as Chief of the Section of Rural Women in the Ministry of Agriculture, where for the first time in Colombia, she organised a programme for rural women.

Under the leadership of Carmen, rural women received education as entrepreneurs and with this training they were able to help their husbands and take part in family decisions. Diverse female groups were organised, each one with its own projects, transforming the women into local researchers of their own communities.

They stopped being just another statistical figure and took an active part in their country's economy, recognising their opportunities and hopes, as well as the needs not only of their families, but also of their



Carmen attending a Rural Women's meeting, Colombia

region. This was the challenge and it was achieved.

Parallel to this process, the implementation of a Faculty for Home Economics at the University of Manizales opened its doors to train female personnel at college level so as to complete the interdisciplinary team for the work with rural women. Carmen was the creator and leader of this project, achieved with the aid of international organisations such as FAO, UNICEF, OEA, IICA (Interamerican Institute for Agricultural Sciences) and Puerto Rico University, together with advisory services from professionals from the US and Canada.

After 13 years working for the Ministry of Agriculture, she was required, through the Ministry directly, to work for the Colombian Institute for the Agrarian Social Reform.

Her major responsibility was to organise rural women within the Agrarian Reform programmes and to create the first Feminine Rural Credit programme. The shift from one entity to another was quite challenging for Carmen. In this institution, it was not only necessary to organise women beneficiaries of land adjudication, but also to train them and propose a rural credit for women, which had never existed or been done before in Colombia. With this programme, it was possible to organise training courses for rural women, in subjects such as accountancy and reading and writing - skills long forgotten due to their lack of use.

For the first time, women were able to access loans through the Agrarian Fund (Caja Agraria) banks and other organisations of agricultural type. As a result of the Feminine Rural Credit project, today women know how to formulate their own projects, develop them and obtain the required finance.

In 1962, during her time spent in the Ministry of Agriculture, Carmen had the pleasure to welcome the then ACWW United States Area President, Mrs Homer



The Countrywoman magazine 1991, Carmen monitoring a Project

Remsberg, who was sent from the International Women's Committee to interview Carmen. She was amazed to find out that a worldwide

organisation for rural women existed and that she could belong. Her link to ACWW, especially as a member, has continued since the 1960s.

By 1963 an organisation, under the leadership of Carmen, took form called Asociación Nacional de Amas de Casa Rurales de Colombia (AMAR), by request of the rural women, who considered themselves not only as housewives, but as women with other knowledge and skills, allowing them to enter other sectors in society. AMAR is considered by many to be the first organisation for rural women in Colombia.

ACWW was a strong supporter, as a counselling and advisory service, and provided economic contributions to Colombian's rural women development in different fields, through AMAR. AMAR was a member of ACWW and Carmen had the honour to be part of the global board of ACWW for Latin America and the Caribbean Region in the 1980s. Once retired, she was dedicated totally as a volunteer to AMAR for more than 25 years, in association and co-ordination with ACWW, gaining goodwill at a national and international level. During this period, Carmen was involved with some projects supported by ACWW, which were featured in the 1991 issue of The Countrywoman.

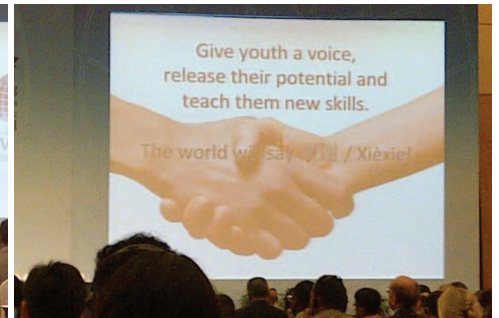
This brief summary of Carmen's life experience shows some of her achievements up until very recently, when on 29th July 2012 Carmen Julia Romero, who worked till the end in preparing this article together with her close friend Myriam Montañez, died in peace and in her home, one day after her 96th birthday. The world will be a sadder place without Carmen, as she will be missed by her close friend Myriam and by all who knew her.





# UNESCO

## THIRD INTERNATIONAL CONGRESS ON TECHNICAL & VOCATIONAL EDUCATION AND TRAINING



HAMIMAH ABDUL KARIM, who attended the Third International Congress on Technical and Vocational Education and Training (TVET) Congress on behalf of HRH Princess Azizah Iskandar, ACWW's Area President for South East and Far East Asia, wrote:

I am profoundly grateful to the Area President, for granting me the opportunity to attend 'The Third International Congress on TVET', held in Shanghai China from the 13th to 16th May 2012. The Congress organised by UNESCO, was attended by over 800 representatives from 117 UNESCO member states and 72 international organisations.

UNESCO has long been dedicated to the development of TVET and is known for its remarkable contributions of sharing and pragmatic cooperation, in terms of education models, information and best practices. Chaired by Director General, Madam Irina Bokova, the Congress, with the theme of building skills for work and life, explored the directions of TVET reforms and mission to reflect the TVET landscape and prospective changes. The Congress showcased how TVET could better serve regional development, promote social harmony, improve people's wellbeing and build a better future.

Apart from the Opening Ceremony, the very tightly scheduled Congress extensively covered topics on 'The Role of TVET in Inclusive and Sustainable Development', 'Transforming TVET for Better Work', 'Life and Lifelong Learning', 'Bridging the Divide: Connecting Youth Skills with Work' and 'Qualifications that count: Strengthening the Recognition of TVET Qualifications and International and Inter Regional Dialogue for TVET'. It was most befitting to hold the Congress in Shanghai, as the first one was

held in Beijing in 1987 and the Second TVET Congress was held in 1999 in Seoul, South Korea, as mentioned by Liu Yandong, the State Councillor of the People's Republic of China in her opening speech.

The Republic of China's overall national strength and standards of living has improved dramatically in recent years, and the country has taken on a very impressive look.

The Chinese Government has been striving to improve its people's wellbeing by addressing the employment, education, healthcare, housing and cultural challenges. In its modernisation efforts, TVET plays a very important role, as summarised by Huang Yanpei, the forerunner of China's TVET: "TVET's purpose is to give the unemployed jobs and give the employed joy."

A draft Shanghai Consensus was tabled for debate and amongst others, there was a recommendation that governments and other TVET stakeholders in UNESCO's member states, should consider implementing the following actions in response to the challenges identified during the Congress:

1) Enhancing Relevance of TVET 2) Expanding Access and Improving Quality and Equity 3) Adapting Qualifications and Developing Pathways 4) Improving the Evidence Base 5) Strengthening Governance and Expanding Partnerships 6) Increasing Investment in TVET and Diversifying Financing 7) Advocating for TVET

NGOs like ACWW have a lot of avenues to network with all TVET providers and take advantage of all the available facilities in the development and enhancement of our lifelong learning programmes. The Congress was very successful in ironing out what needed to be done and what actions needed to be taken.

## FOOD FOR THOUGHT



Photo: According to Rachel.com

### PECAN PIE MINI MUFFINS

Pharaba Campbell - Indiana, USA

Taken from the 26th Triennial Conference Cookery Book

1 cup chopped pecans  
1/2 cup flour  
1 cup packed brown sugar  
2/3 cup butter, melted  
2 eggs, beaten

In a bowl, combine brown sugar, flour.

Preheat oven to 350 degrees. Combine all ingredients and mix well. Spray a miniature muffin tin with non-stick cooking spray and fill each to just under the top edge. Bake for 18 minutes.

Since there's no leavening agent in the recipe you can go ahead and fill the muffin tins up to the top without worrying about a spillage disaster. I got 19 minis out of the recipe but if you only have regular muffin tins fill them just to the half way mark and bake for 20-22min.

# DEEPLY MOVING VISIT TO BELARUS



Valerie Stevens celebrating the Queen's Jubilee at the English Cultural Centre in Vitebsk, Belarus

VALERIE STEVENS, ACWW UN Committee member writes: Who would have thought when I set off to Turku, my first venture into the world of ACWW in 2007, that five years later I would have been to the European Area Conferences in Southampton and Dublin; monitored a project in Kiskunsagi, Hungary; twice taken part in the Commission on the Status of Women at the UN in New York; attended a UN Sustainable Development Conference in Bonn; visited women's groups in Hungary and Germany and made two visits to the English Cultural Centre in Vitebsk, Belarus. Everywhere I have been I have been deeply touched by the compassion and commitment of women, sustaining and supporting each other through difficult times.

Speaking out on behalf of others, their voices can be heard and ACWW has an important part to play.

My latest visit to Vitebsk was a deeply moving one. Always guided by highly competent linguists, from 16 to 60 years old, I visited museums, art galleries, crafts and their Cultural Centre. Being English often resulted in being given mementoes of my visit – books, postcards and pottery plaques.

I was welcomed into homes and wherever I went there was always food on the table and eager listeners - one morning I had three breakfasts! Every time someone came in to see me, more breakfast appeared.

My host family in Vitebsk, looked after me with loving care, as no matter what time I returned from my sessions at the Cultural Centre, the whole family was there waiting with soup, bread, sausage, cheese and tea.

One evening we had a 'White Elephant' auction where people brought unwanted articles and I helped conduct an auction for their sale; it was great fun.

The people, young and old, joined in with much laughter (all in English!) and made a good contribution to ACWW's 'Pennies for Friendship' fund.

I spent the evenings with groups at the Cultural Centre, where they asked me about many things relating to my way of life, in personal and general terms.

We talked about the Queen's Jubilee, British teenagers, schools, Russian arts and artists, amongst many other things.

My last evening there I helped organise a children's party, ending with a celebration of the Queen's Jubilee. They loved playing English children's party games and calling for 'Three cheers for the Queen's Jubilee' in the Cultural Centre, which was a fun, but very noisy way to finish.

I had the opportunity to visit sites of recent historical importance - memorials and cemeteries relating to the partisans, soldiers and Jews in the Great Patriotic War, 1940-45. To be reminded of the thousands who died in such a conflict was moving in the extreme.

Meeting a 91 year old woman who had been transported for forced labour in 1941, ostracised on her return and then interrogated by the KGB for 15 hours over a mistaken identity was something I shall not easily forget.

Fully participating in the work of ACWW has given me wonderful opportunities for friendship and understanding. My latest trip was an emotional roller-coaster: joy and sadness, laughter and tears, care and compassion. Thank you ACWW.

# CNN HERO



Twesigye Jackson Kaguri,  
Executive Director and found  
of 'The Nyaka AIDS Orphans  
Project. Photo by G.L. Kohuth



According to UNICEF estimates, 1.2 million children in Uganda have lost a parent to AIDS. Twesigye Jackson Kaguri, Executive Director and founder of 'The Nyaka AIDS Orphans Project', knows too well of the devastation AIDS has on families and communities, with the loss of his own brother, one of his sisters and a 3-year-old nephew to the disease.

From Uganda in East Africa, Twesigye is one man dedicated to making the lives of these children better. After growing up in Uganda's Nyakagezi village, Twesigye left Nyakagezi after getting his college degree and moved to America, where he attended Columbia University.

But he continued to make trips back to his childhood village to deliver school supplies. One particular trip in 2001 changed his life forever, when he woke one morning to find grandmothers, some who had walked many miles, lined up around the house begging for his help to feed their grandchildren, who had been orphaned. It was at this point that he took his life savings of \$5000 and, with the support of his wife, used the money towards buying a home and building a school for the orphaned children in the village.

Twesigye told CNN News "In Uganda HIV/AIDS came striking like a machete in a cornfield, killing men and women, leaving 1.2 million children orphaned"

The Nyaka School, of which Twesigye is Executive Director, was built brick-by-brick by local volunteers and in early 2003 the school opened its doors to 56 children, providing them with free education.

In 2012 Twesigye Jackson Kaguri was nominated as one of the 2012 CNN Heroes for his tireless efforts to bring education to children orphaned by HIV/AIDS in Uganda.

After months of anticipation, Twesigye's nomination had turned into a reality. The CNN Heroes is awarded to individuals who are making extraordinary contribution to humanitarian aid.

ACWW has been part of this journey and has supported the Nyaka AIDS Orphans project over the years, in accomplishing so much and Jennifer Nantale, Country Manager of Nyaka AIDS Foundation, would like to thank ACWW for its continued support.



# ZIPPY NOMAD

## 'WIZZING ROUND BRITAIN'

BOOK PUBLISHED TO RAISE FUNDS FOR ACWW

ZIPPY NOMAD is the pseudonym of a woman on a mission to celebrate fellowship in Women's Institutes (WI). She fell into the project by accident; living away from home she planned to visit WIs and SWRIs to pass the evenings. She was then challenged to visit 100 and write a book about her experiences, raising money for ACWW in the process. It suited her passion for empowering women everywhere – economically, educationally and environmentally – to lead fulfilling lives of freedom, equality and abundance.

"Wizzing Round Britain-Celebrating Fellowship amid Jam and Jerusalem" is the result. It is an appreciation in book form for a ninety-seven year old organisation – The Women's Institute. Visiting Women's Institutes in England, Scotland, Wales and the Isle of Man, Zippy Nomad proved that the WI is much more than Jam and Jerusalem, as she made new friends, learned how to make brooches from organza, boxes from scrap paper, beautiful pictures using an iron, and discovered how sugar craft is hard work!

In this diary of her travels she writes of these new skills and her disasters – melting sugar craft, lost oil filler caps, electric fences, and alarms going off in the night.

She finds much to enthuse over in the achievements of the WI movement, and confirms her belief that fellowship is the glue that holds it together. When Zippy

recently paid a visit to the ACWW office in London, she also described how the year had several moving moments, such as when she visited Winchcombe WI in Gloucestershire. She met a woman called Candy, from China.

It was Candy's first ever WI visit, and without a speaker on the evening she stepped up to speak about her life. Here is an excerpt from the book, explaining the story Zippy heard:

*"When Candy said she was lucky, she meant it. Her father had been born into a wealthy family whose business interests included boats on the Yangtze.*

*He had married her mother and had children. Along came Mao to change all that. The family was stripped of wealth, and he was sent a thousand miles away to spend his days on an island in the Yangtze with a stone yoke around his neck waiting for people to spit at him. This was his job.*

*Her mother was pregnant with Candy and could not bear being parted from him so she set off to walk to join him. En-route she gave birth to Candy.*

*This was Candy's first luck, as she was born healthy despite all the deprivations suffered by her mother. Her mother was unable to care for her so Candy was sent back to her grandparents while her mother continued her journey. Things were tough so her grandparents gave Candy to*

*a farmer's family. This was not rare, and it was understood she would become the wife of one of the sons when she was old enough. However, before that happened there were political changes in China and her parents were able to return home. On hearing what had happened to Candy, her father brought her back into the family. But life was still hard. She went to school, often knowing what hunger was. School was her saviour. She worked hard and in another bit of luck, won a coveted place at a senior school, going on to become one of the three percent to go to university. For a female this was extraordinary. She studied English, knowing it would be a passport to a better life, and so it proved...."*

Zippy is now selling "Wizzing Round Britain!" as she continues her travels, with the aim of handing over £30,000 to ACWW at the end of the year.

This is feasible as ALL profits from the sale of the book will go to ACWW, to help in their work of giving rural women a voice at international level through links with UN agencies and raising standards of living for rural women and families through education, training and community development.

By buying the book you will be helping to achieve this, thereby enabling a better future for women and children. To buy the book,

**please visit [www.zippynomad.com/buy-the-book](http://www.zippynomad.com/buy-the-book) Paperback: £10.50 (inc. postage and packaging) E-book: £6.50**



Zippy Nomad travelling around England visiting Women's Institutes



# FROM SEED TO TABLE

## A CELEBRATION OF THE DIVERSITY AND UTILITY OF MANGOS



The 1st Annual Mango Conference held in Trinidad & Tobago

ROSE RAJBANSEE, Central & South America & Caribbean Area President wrote: the Ministry of Food Production, the Network of Rural Women Producers in Trinidad and Tobago, the Trinidad and Tobago Federation of Women's Institute in collaboration with the University of the West Indies, was responsible for hosting the 1st Mango Conference and the 4th Mango Festival this year.

This was the first time we were able to hold a mango conference two days preceding the festival. The conference theme was 'From Seed to Table' and the 4th Mango Festival theme was 'A Celebration of the diversity and utility of mangos'.

There was a packed overall programme with speeches from the Minister of Food Production, Chinese Ambassador, German Ambassador and Suriname Ambassador and other Heads of International and Regional Organisations.

The outcome of the conference was for a Mandate from the Ministry of Food Production and key presenters in attendance to form:

- A Mango Producers and Processors Association
- Product development: Testing with Food and Drug Department and packaging and labelling
- Develop a marketing strategy for the export of products
- Learning different varieties and suitability for products in Trinidad and Tobago

The festival itself was a resounding success judging from the evaluation sheets, which were collected and analysed. Over 2,500 adults and approximately 400 children were

in attendance, with participants coming from as far as Suriname and Grenada.

The festival was held on the University of the West Indies (UWI) Field Station. This venue gave the feeling of being in a mango plantation and gave interested adults and children the opportunity to take part in various competitions, e.g. naming different varieties of mango and an eating competition; there was also a field trip to a mango cultivar.

There were approximately 35 stalls where sale items were displayed. These stalls consisted of edible products made from mango e.g. jams, jelly and syrup, chutneys, mango wine, mango bread, among other tasty items. It also had preserves such as dried red and green mangoes, pepper mango, sweet mango and mango pepper sauce.

There were non-edible products made from mangos, which included soaps; skin creams and mango base products used for pedicures and manicures; paper made from

mango leaves, which could be converted into jewellery, as well as for gift boxes and cards. Our national music filled the air with steel band and tassa drumming, whilst prizes were given out for the best displayed stall and most innovative product.

Information revealed at the conference included the fact that that mangoes were first found in India and brought to our shores with Indian indentured labourers and immigrants. At this present moment there are approximately 160 varieties of mangoes in India and approximately 40 established varieties in Trinidad and Tobago.

Methods of cooking mangoes also came with the migrant workers. After an evaluation of this year's event we have already set the date for 2013, which is expected to see a launch of the event one week in advance. During the week we are expected to host the 2nd Mango Conference and 5th Mango Festival. You are invited to join us!





# PROJECTS PROGRESS



Moru Ludwig and her baby

## PAPUA NEW GUINEA Rural Women's Development Initiative: Community Savings and Loan Scheme for Rural Women and Families

The aims and objectives of this project named 'Community Savings and Loan Scheme for Rural Women and Families', are to empower rural women and families economically, by providing an avenue for women who could not access commercial services, to apply for a Micro Savings and Credit Scheme loan.

In addition it provides technical and business advice and skills training, enabling rural women to set up small income generating businesses.

The participants have used the skills learned to improve their standard of living and the income generated gives the women a sense of financial security and economic stability. See the case studies of two women who have benefitted from the savings and credit scheme:



Tomm Mian and her daughter Rosa

## CASE STUDIES:

### Moru Ludwig

Moru Ludwig, her husband and children, have been living on different tribal lands as refugees for many years. Their home and everything they owned were completely destroyed in a tribal war that erupted in January 2008. Since then the family have moved from place to place, seeking shelter and food. Moru said, "Life is very difficult with small children and often, I have nothing to feed my two daughters. I have broken down and cried many times."

To help Moru and her family, she was introduced to the Micro Savings and Credit Scheme by a friend. Both Moru and her husband worked on a coffee plantation picking coffee cherries, during the coffee flush period and with the small income she finally saved some money. With the help of the Micro Credit Scheme, Moru was able to obtain a mini loan to go into retailing basic

goods. This project has enabled her to earn extra income to support her family and pay for her daughter's school fees.

### Tomm Mian

Tomm Mian and her daughter Rosa (pictured left) are putting their chickens inside a wire basket to get them to the local market.

She looks after two adopted children, as well as her own son who is attending secondary school. Tomm does not get all the support she needs from her husband to cater for her children, or herself.

However, with the support from the project, she was able to apply for a loan and set up a poultry business. Now with the income from the sale of chickens, she can pay for all her son's school fees, which she found difficult to do in the past.

She also did not know where to keep her money and would often carry it with her wherever she went.

The Micro Savings and Credit scheme has built up her confidence and given her a sense of financial security.

It has given her the opportunity to develop her entrepreneurial skills and made her feel proud with a sense of fulfilment in meeting her family's needs. In the future, Tomm plans to use a loan and her savings to build her family a house.

In the future the Rural Women's Development Initiative, with the support of ACWW, will continue to explore how best to improve the needs of the beneficiaries, so that more women can access its services.



Waterfall Catchment for the Clean Water Project

## CAMEROON

### Clean Water, Safe Community

To reduce the burden of trekking long distances to fetch drinking water from unsafe sources, and to reduce the recurrent water borne diseases such as typhoid and cholera, a project is underway to provide clean drinking water to the community of Mokunda village, thereby benefitting over 600 women.

The funds have been used by the Mokunda Multipurpose Common Initiative Group to purchase materials for the work, such as water pipes, and to pay the technicians and sensitisation expenses that were expected.

Over 100 participants (men and women) dug trenches and gathered stones ready for the pipes to be laid. They worked hard to be ahead of tropical rains.

Working together as a team, for a common interest, they developed a cooperative spirit which will lead to further engagement on future development projects.

In fact, the experience has already led to the formation of groups, which are organising the villagers to work on 2 more community economic development projects – the 'Non-Timber Tree & Forest Vegetable Nursery Project' and the 'Pig Fattening Project', which can begin once the 'Clean Water, Safe Community' project is completed.

Without this water supply, neither of the 2 additional projects could run, but this problem has been solved.

The secondary projects will generate income for the participants and enhance their livelihood and quality of life. It has not been easy to procure all the plumbing materials because of shortage of stock in the local hardware stores but by travelling further afield they have managed to buy the materials.

Thirty people are now involved in the second stage of the water project, which sees the connection of the water pipes under the supervision of a hydraulic engineer.





Receiving training in India



**INDIA**  
**Skill Upgradation for Traditional Artisans in Natural and Sisal Fibre Crafts, SEDA**

Fifty traditional artisans are undergoing upgrading training in Natural and Sisal fibre craft in India. The project, run by Socio Economic Development Association (SEDA) was inaugurated on 14th November 2011 by the World President of ACWW May Kidd, and the Secretary Jo Almond in the presence of Area president Sister Viji at Pillar Hall, Madurai. The project was locally inaugurated for publicity by government officials in the

presence of SEDA Directors, staff and other supporters. The first session of the project began with a Tamil Thai Vallthu Tamil song, which was followed by the lighting of kuthiu vilakku (lamps) by the chief guests and master craft persons. During the session, the beneficiaries were motivated to become self reliant and self sufficient through this skill training in Natural Fibre Craft.

Two master craft persons and two part-time designers were appointed to implement the skills training successfully.

Already the beneficiaries are becoming very confident leaders in their trade. They have learnt to separate the fibre for various

products such as dolls, set rounds, mats, and small and medium type of Chadai (Pinal).

They are stitching set round bags, table mats, and 10cm and 15cm coasters. They have also learnt about dyeing the fibres.

The trainee's products were taken to Jaipur in Rajasthan State for display and to sell, where they were highly appreciated, as the products were extracted from waste material and therefore eco friendly.

As well as the skills training, the trainees are learning about hygiene, health care, nutrition, child care, cleanliness, leadership, communication skills, business management, and business ownership.



Children playing at the NEST Centre in Sri Lanka & right playing in the free playground in Sri Lanka

**SRI LANKA**  
**Support and Committed Action for Remote, Isolated and Stigmatised Families, NEST**

A group in Sri Lanka, called NEST started their work after they found thousands of women incarcerated in a mental hospital some years ago, and have worked to have them cared for in the community ever since. The project is improving the lives of the communities in the remote villages in Ududumbara and Moneragala in various ways:- In line with ACWW 900th project,

NEST Community Health Workers visit families needing support every day; they assess the needs of the families and provide assistance accordingly.

This includes giving cash grants, medication, vitamins and warm clothes to those unable to work because of illness (the weather can be extremely cold in winter); giving help with transport to those needing to attend hospital or specialist health consultants some distance from their homes; providing follow-up care to patients of the regional psychiatric clinics and helping women to start growing vegetables and fruits in their homes (in order to have independent income from their husbands, and to feed their families better). The women are able to sell their produce (including



guava, avocados, limes, mandarins, mangoes and various spices) from roadside stalls and a savings programme has been set up by these home gardeners. This 'home gardening' scheme has been much more successful than NEST had envisaged.

At the NEST Centre, First Aid materials, books for the library and other equipment are being renewed/replaced when money allows. Two young orphan boys are living at the Centre as they have nowhere else to go. A playgroup for children from poor families is operating, run very successfully by a young Moslem woman who was not allowed to work away from home before. Tamil and English language camps and other support is being provided to school-age children.

Among the other benefits of the project are that children's attendance at school has increased, and Government officials are now visiting the area more (assisted by NEST), having previously written off the communities as 'hopeless'.





Women training in flatbread making

**INDIA****Papads Making Programme for Poor Women's Development**

Grameena Vikasa Seva Sangham (GVSS) initiated this project to alleviate poverty among the poor rural women through the income generating activity of papad (poppadom or flatbread) making.

On receiving the funds, GVSS appointed an instructor and purchased raw materials,

including pressing machines, rice, oil, nuvvulu (a type of grain), groundnut, fuel, kerosene, and other raw materials for the Papads.

These materials were distributed among the 30 women in the target group. Split into 3 groups of 10, they underwent skills development training for a week, where they improved their talents in order to make a variety of papads to help them meet customer and buyer demand.

GVSS then promoted the programme to local government departments and NGOs, explaining the importance of women's self-help groups and that strategies, such as papad making, are important for economic development and group achievement.

The women are currently selling their produce at the Saturday and Sunday markets in Kamalapuram Town and Yerraguntla Town, which are just 3kms away from their villages. The towns are the central points where the surrounding town and



Women training in flatbread making

village people gather. The programme director, Mrs.K.Venkata Subbamma, has encouraged the groups of women to begin credit saving with the nearby Post Office or Bank, and to date, the women are saving Rs.50 per month.

The remainder of the project will focus on continuing to encourage the women to become self-sufficient through this income generating activity, so that they do not need to rely on others.

## PROJECTS FINAL REPORT



Namugga Moreene at her piggery

**UGANDA****Economic Empowerment of Poor Rural Women Farmers**

Over 18 women's farmer groups, each with an average of 10 members were mobilised and trained in agribusiness practices, such as farm planning, cost benefit analysis, record keeping and market research by Maganjo farmers Association (MAFA).

MAFA, who support and empower mainly rural women farmers, provided support to enable poor rural women's access to affordable micro agricultural revolving, low interest loans of Ug.shs 150,000 each, to invest in their income generating agribusinesses.

After the training, 35% of the targeted women and their families have savings and their savings are now being used for further business investment, like mushroom, beans, maize and vegetable growing, as well as poultry and pig rearing.

The project has resulted in socially and economically empowering these women by improving their incomes and standards of living. Read some success stories:

**Namugga Moreene**

Namugga Moreene, aged 38 years, is a

resident and a farmer based in Maya village in Uganda. For as long as she can remember, she has wanted to become self-employed. By taking on an agriculture enterprise, she has been able to fulfil her dreams. Below is how she managed to make her vision a reality:

"I live in Maya village, Nanziga Parish in Nsangi Sub County and I am married with 5 children, who all attend school. My husband is a taxi driver in Kampala city, which brings in very little money, not enough to feed and educate all 5 children.

I have been a farmer for many years now, however in 2011 a non-governmental organisation known as MAFA, introduced us to a women economic empowerment project supported by ACWW. Its aims were to increase income in our homes by using environmentally friendly farming practices.

By that time, even the food we were producing was not enough to feed our families. I was advised by one of the contact farmers in our area to join the small women farmers groups that were created by MAFA and after several training programmes that were provided in better farming techniques, book keeping and animal management, I was given one female pig to be able get the manure for my crops and to get money from when it produced.

After 10 months of acquiring the pig it produced 9 good cross breed piglets, 5 of which I have sold. My income is slowly increasing and I am now able to support my family and invest more into my poultry business. I am so grateful to MAFA for improving our livelihood, giving me enough to feed and educate my children."

**Nalongo Hadjah Mugerwa**

Nalongo Hadjah Mugerwa, aged 44 years, is a resident of Nanziga village, Maya Parish in

Wakiso District. Like many in her district she has been helped in her desire to become self employed: "When MAFA arrived in our community, I saw it as a big opportunity for me as a farmer, because the programmes they introduced were basically on agribusiness.

After several training sessions in agronomic practices, new farming techniques, book keeping, value addition and marketing, I applied for a loan of Ug.shs 600,000 (£171) to cultivate two acres of improved maize using the agribusiness skills I had learned. Harvesting 40 bags at 100 kg each, I sold the maize collectively with other group members to schools around us at Ug.shs 500 (£ 0.142) per kg, making Ug.shs 1,988,000 (£ 568).

Using part of the money, I have paid back my loan and paid for school fees for my 3 children and household goods. I used the rest of the money to expand my garden of maize from 2 acres to 4 acres. I am expecting to double my yields and this money will help me to begin a poultry enterprise, so that I don't depend on one source of income. I am so grateful for the technical and financial assistance provided, which have improved my family's living conditions."



Nalongo Hadjah Mugerwa in her 2 acres of maize

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Please state quantities required and date needed.

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- Resolutions & Recommendations booklet
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- Individual & Society Membership forms
- ACWW 2010 Constitution £3
- Pen Friend Correspondence form (via email)
- ACWW & the United Nations
- ACWW Stickers
- Water For All leaflet
- Women Feed the World leaflet
- ACWW A5 promotional mini leaflet
- 'All About ACWW' leaflet
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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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