

# THE COUNTRYWOMAN

INTERNATIONAL MAGAZINE OF THE ASSOCIATED COUNTRY WOMEN OF THE WORLD

APRIL - JUNE 2013

## Over 200 Women Attend Area Conference in Malaysia

**SOUTH EAST ASIA & THE FAR EAST AREA CONFERENCE**

**10TH ASSOCIATED COUNTRY WOMEN OF THE WORLD (ACW) AREA CONFERENCE FOR SOUTH EAST ASIA AND THE FAR EAST**

**"VOICE OF WOMEN WORLDWIDE - EMPOWERING TRANSFORMATION"**

OFFICIAL OPENING BY

THE PRESIDENT OF MALAYSIA

CONFERENCE  
ACCOMMODATION  
FORM  
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## Why Attend the Triennial Conference?

DATUK URSULA GOH, FORMER ACWW WORLD PRESIDENT, WRITES OF HER EXPERIENCES

## Drought causes widespread hardship in Ontario

LEVEL 1 DROUGHT DECLARED IN 25 REGIONS OF CANADA





COVER: Photo taken at the South East Asia and the Far East Area Conference - see page 8

**ACWW Connects & Supports Women & Communities Worldwide**

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, playing a harmonica at the South East Asia & the Far East Area Conference

**Dear Friends**

From Scotland to Sarawak - that was my journey to the 10th ACWW Area Conference for South East Asia and the Far East in Malaysia, hosted by the Sarawak Federation of Women's Institutes (SFWI). The impressive opening ceremony in front of an audience of 800 set the tone. The 200 delegates were joined by dignitaries and representatives of Sarawak State Government, the private sector and NGOs. The Right Honourable Chief Minister of Sarawak officiated, demonstrating the high regard in which both SFWI and ACWW are held. Area President, HRH Princess Azizah, stressed how ACWW and Women's Institutes played an important part in empowering women worldwide. She praised the role of volunteers who work, not for personal glory or gain, but simply to improve the quality of life for all in society, the nation and the world.

The formality of the occasion relaxed and there were smiling faces everywhere when I accompanied that large gathering on my small harmonica while they joined enthusiastically in the singing of Auld Lang Syne. It was a delight to meet delegates from Indonesia, South Korea, Brunei, Pahang, Johor and Sarawak and to hear their stories, all different and yet united within ACWW. They brought the conference theme to life: "Voice of Women Worldwide – Empowering Transformation". By the end of the week, 27 delegates had signed up for ACWW individual



May Kidd planting a tree at Brunei WI headquarters, during the South East Asia & the Far East Area Conference

membership. Each was welcomed on stage and warmly applauded. Among them was the Borneo Post reporter/photographer, Cecilia Sman, who was with us throughout the conference and was so impressed that she decided to become an ACWW member.

I have many abiding memories of these precious days together. I shall not forget the happy evenings of fine food, music, song and dance, especially when we were entertained by SFWI in their Miri headquarters. Thank you SFWI for your attractive new recipe book. I think we shall have a Sarawak evening here in Scotland soon and try out some of these delicious dishes. I shall not forget our visit to the longhouses – yes, they really are long - where the indigenous families of Sarawak live side by side, each in its own little unit, in peace and harmony, with all generations cared for and respected. There is a lesson to be learned there for everyone.

We went abroad, passports and all, to the neighbouring country of Brunei and as always, enjoyed excellent WI hospitality. I hope the four trees which we planted at Brunei WI headquarters will flourish and bear fruit. It was suggested that I needed to return on a monthly basis to water them. Well, I can only dream! I am grateful to Princess Azizah and her team, not least Dato Ursula Goh, my predecessor and co-chair of the conference organising committee, along with Aishah Edris, SFWI State chairman. Thank you all. Finally, these words were on a calendar in my conference room: "Think of the things people have done that made your day, and make a point of doing those same things for others."

*May Kidd*

**May Kidd MA JP**

**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).

**Submitting Photos**

It is very important when submitting digital photos via email, that they are high resolution 300dpi, or are a 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

As summer approaches here in the UK, we are looking onwards to the big event of 2013 – the Triennial Conference in Chennai. Planning is going very well and the registrations are now rolling in.

Please make sure you read about the fantastic experiences of previous attendees on pages 10 – 12, as this helps us all to understand the importance of Triennial Conferences. We have been sending Circulars to all Category I, II and III societies with important information relevant to the conference. If you have not received this information, please contact us in Central Office, or contact your Area President. Central Office is always here should you have any questions about the conference, memberships or any of the work of ACWW.

Please do get in touch with us via telephone, email, our website or by Twitter & Facebook. We are happy to help!

**Lisa Barker, Operations Manager**

## WHAT TO LOOK OUT FOR IN THIS ISSUE

**There is so much** to read in this April - June 2013 issue. For example on page 4 you can read about the drought, which has unfortunately caused widespread hardship in Ontario, Canada.

On page 6, as part of ACWW's Agriculture Campaign 'Grow Locally, Benefit Globally,' learn how to build a Keyhole Garden. On page 8 read about South East Asia and the Far East Area Conference, which had over 200 women in attendance. Finally on page 12 for the upcoming 2013 Triennial Conference, there is an accommodation form, which individuals can use to book their hotels.

**Important information** regarding ACWW's website: the PDF for the 'Editor's Guide to using Social Networks' which was mentioned in the January-March 2013 issue has been moved and can now be downloaded at: <http://www.acww.org.uk/acww-guidelines.html>

Enjoy!

# DROUGHT CAUSES WIDESPREAD HARDSHIP IN ONTARIO



© Bluescript | Stock Free Images & Dreamstime Images | DROUGHT

CHRISTINE REABURN, ACWW Agriculture Committee member, writes: In late July 2012, due to lack of moisture, a Level 2 drought was declared for five regions in Ontario, Canada, with a Level 1 drought declared in another 25 regions. The lack of moisture combined with high temperatures, on average 30°C, continued into the growing and harvesting season.

### Drought Levels

There are different Levels which determine the different categories of drought:

- **Level 1** - drought is declared when less than 80% of the normal 3 month rainfall occurs.

- **Level 2** -drought is declared when less than 60% of the normal 3 month rainfall occurs.
- **Level 3**- drought is declared when there is not enough potable water to satisfy needs, along with less than 40% of the normal 3 month rainfall.

While there has been a mix of too dry and too wet conditions in the Ottawa Valley since the mid-1960s, 2012 will be recorded as the year that a Level 2/3 drought caused widespread hardships. Though the drought caused problems for all the agricultural sectors, those most severely affected were beef and dairy farmers as ponds, water holes and some wells dried up. The cost of new wells is an added burden for farmers and unfortunately not all farmers had insurance. Rainfall in September and October were less than average and even though tropical storm Sandy passed through some of the affected areas, it had no affect on the Level 2 drought.

The fact that more snow fell in January 2013 than in the entire 2011-2012 winter, also made no difference to the drought. The impact saw some farmers make the difficult decision to reduce their livestock numbers, which will inevitably have far reaching consequences in years to come.

Eventually, over 200 livestock farmers on both sides of the Ottawa River applied for

help through a lottery system. The situation was also dire for plant farmers of canola, soybeans, corn and sunflowers. Canola yields were down by two thirds, Soybean yields varied from poor to slightly below average, while grain corn and sunflower yields were well down. For a region which relies heavily on agriculture, this drought will reach beyond the farm gate, significantly impacting the many merchants who supply farms with goods and services, all of which will see a decline in revenue.

In June 2012 farmers took their first cut of hay and stored it for winter consumption. However, along came July and August with virtually no rain and hot temperatures, which not only meant no second or third cut of hay but also no pasture, resulting in farmers buying feed at inflated prices. Farmers, in conjunction with the Mennonite Disaster Service and Farm Organisation and with the aid of the Federal and Provincial Governments, who provided transportation, started shipping hay eastwards.

Farmers are very aware there may still be insufficient moisture for this year's spring planting; however, farmers are a resilient and optimistic group. By the time you read this, hopefully there will be sufficient moisture and spring planting will be well underway.



## WOMEN WALK THE WORLD

**On or around ACWW Day, 29th April 2013,** members throughout the world are asked to join in Women Walk the World for ACWW. The aim is to raise ACWW's image, promote the organisation and raise funds.

So how can you participate in your area? ACWW hopes that members will take part by arranging walks locally.

**START PLANNING NOW!**

**ANNOUNCE YOUR PLANS FOR YOUR LOCAL WALK AS SOON AS POSSIBLE.**

Women Walk the World leaflets and posters are available on request from Central Office. Please email [info@acww.org.uk](mailto:info@acww.org.uk), or call +44(0) 207 799 3875. Posters are also available to download from the website.

Remember to send in a short article of your walk along with photos, which could appear in our July-September 2013 issue of The Countrywoman, with the best photo on the front cover!

Happy Walking! Enjoy your day!



## THE FINANCE COMMITTEE

Alison Burnett, Treasurer & Finance Committee Chairman

**REMINDER:** All Subscriptions from individual members and member societies were due 1st January 2013 (excluding members who paid a 3 year subscription in 2011 or 2012). If you have not yet renewed your subscription, please fill out all your details on the membership form, including your email address. Please reference your payments as either Membership Subscription or Subscription. Membership forms can be obtained from Central Office and also online at [www.acww.org.uk](http://www.acww.org.uk). An individual membership form can be found at the back of this magazine.

**Member Societies:** All voting member societies (Category I, II & III) who have not renewed their membership and where payment has not been received by 30th June 2013, at the latest, will not be eligible to vote at this year's Triennial Conference in Chennai, India.

For help, contact Central Office: email [info@acww.org.uk](mailto:info@acww.org.uk), or telephone +44(0) 207 799 3875.

### Women Walk the World 2013

Women Walk the World 2012 was a great success thanks to all the members, families and friends who took part all round the world. The amount raised is in the order of £40,000 so far, most going to Pennies for Friendship, but some to other specific ACWW funds, which is a great result. Let's see if we can beat that figure this year, making 2013's Women Walk the World even better.

# WATER, WATER EVERYWHERE, ONLY IF WE SHARE! WATER-SMART GARDENING METHODS



Anphia Grobler, ACWW Deputy  
World President & Agriculture  
Committee Chairman



WORLD WATER DAY, which is celebrated on 22nd March of every year could be bigger than ever this year, as 2013 was designated the International Year of Water Cooperation. Many activities were planned in connection with this year, such as the slogan contest that produced this winning slogan:

**Water, water everywhere, only if we share!**

In its spirit and in light of the Canadian droughts that negatively impacted agriculture last summer, here are some suggestions for water conservation whilst gardening. Hopefully this will encourage our members, many of whom live in areas where water is sometimes in short supply, to keep up the work related to our ACWW campaign, 'Grow locally, benefit globally'. Our suggestions are, of course, dependent on region: if you live in a rainy area your concern may be to find plants that require lots of water rather than the opposite. In that case the thirsty vegetables mentioned below, broccoli, cabbage etc. may be your friends.

## Efficient Irrigation

There are several simple techniques that can reduce the amount of water needed by gardens. For instance, less frequent watering allows plants to establish deeper root systems, whilst watering at cooler times of the day, especially in the evening lessens evaporation. Using mulch on top of soil is also useful in this regard and generally improving the soil through plenty of compost and manure is helpful as well. Minimising the use of containers also lessens water requirements.

Drip irrigation is a water-efficient gardening system that involves hoses or pipes with tiny holes that enable water to drip into soil a little at a time.

These systems can be complicated to set up, but a very simple alternative that uses a similar principle is piercing coffee cans or water bottles, filling them with water and

burying them to regulate the amount of water that trickles out.

## Efficient Vegetable Selection

You can also select plants that don't require much water. Generally, tropical plants need a great deal of water to thrive, whilst plants from dry areas do well with minimal water. Thirsty vegetables include broccoli, cauliflower, Brussels sprouts, collards, kale, kohlrabi, cabbage, watercress and lettuce. Unsurprisingly, cacti are drought tolerant vegetables. Varieties of carrots, beetroot, parsnips, courgettes, peppers, squash and cucumbers, along with miniature vegetables also do well with less water.

Choosing plants that can be sown early to avoid summer heat will also stretch water resources further. Overall, vegetable gardens tend to be more water-efficient than lawns.

## Efficient Water Conservation

Finally, water that would otherwise be wasted can be saved and reused for the benefit of your garden. This includes rainwater, which can be collected from your roof using a rainwater tank. A simple version could simply be a bucket, or other container placed outside.

Reusing waste water is another useful option. This 'grey water', as it's known, could come from washing dishes and bathing, as long as it doesn't contain any chemicals that might be toxic to plants or harmful to soil (always check that reusing waste water in this way isn't prohibited in your area).

## Share your ideas

If you have any tips on water-smart gardening, please let us know so that we can share your advice with other ACWW members. We look forward to hearing from you!

## PORTUGUESE VEGETABLE GARDENS

CORNELIA GASPAR, ACWW Agriculture Committee member reports: We visit my husband's family every year in Portugal. One time driving through the countryside I saw vegetable gardens just outside some towns, and being curious, I investigated. I wanted to know how it was done. That is when I discovered that the Social and Health Action Office of the Municipality of Idanha-a-Nova had delivered leaflets to the locals promoting a project called, 'Social Vegetable Gardens of Idanha-a-Nova'.

The leaflet informed the locals that the Municipality of Idanha-a-Nova would grant



As participant of the project 'Social Vegetable Gardens of Idanha'

small plots of land to those who wished to dedicate themselves to horticulture. The available land is very suitable because a river runs through it and the Municipality have installed several water points free of charge, as well as donating organic fertiliser (cow manure).

Cultivation of vegetable gardens started in April 2012. Its aims were to contribute to the education of good farming practices, to implement organic farming and encourage the use of land and, in turn, to see a return to a rural way of life.

Between April and June 2012, farmers grew potatoes, cucumbers, lettuces, kale, tomatoes, courgettes, chickpeas, corn, eggplants, beetroot, cauliflower, cabbages, beans, and pumpkins, as well as onions, carrots, peppers, broccoli, watermelons, strawberries and melons. They had the best results from courgettes, beans, cucumbers and watermelons.

Cow and sheep manure were used as organic fertiliser and a natural pesticide made of an infusion of nettles in water was used to eliminate lice. French marigold was planted to repel plagues. No chemicals were used. The quality and quantity of the vegetables grown are exceeding all expectations, leading to an increase in vegetable consumption.

This Project is an important action, which can be perfectly framed in the spirit of the celebration of '2014 – International Year of Family Farming' declared by the UN. In Portugal this small beginning has enabled individuals to start producing their own food. They can save money and eat healthy foods, which are produced without chemical pesticides and fertilisers. They can use the food from these vegetable gardens for family consumption, or share with friends and neighbours, with the remains being given to charity.



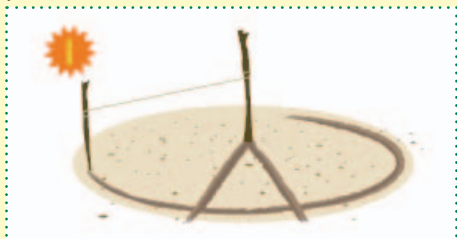
# HOW TO BUILD A KEYHOLE GARDEN

FURTHER TO THE LAUNCH of our 'Grow Locally, Benefit Globally' campaign in the last issue, we are continuing to bring you ideas for gardens you can build yourself to increase your production of vegetables.

Keyhole Gardens act like organic recycling tanks, using your food and garden waste as fuel to grow vegetables. You can adapt the method below according to what materials you have and who is looking after it.

### Materials you need before you start:

- Large stones, bricks or logs
- Straw or dry sticks
- Garden twine
- Several 5ft garden canes or similar
- Broken plant pots or tin cans
- A length of wire
- Mixture of well-draining topsoil & compost, plus some well-rotted animal manure

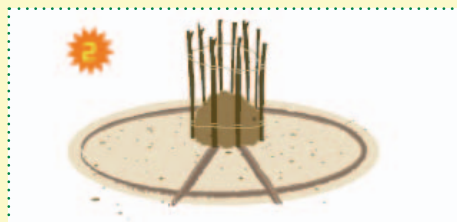


### Instructions

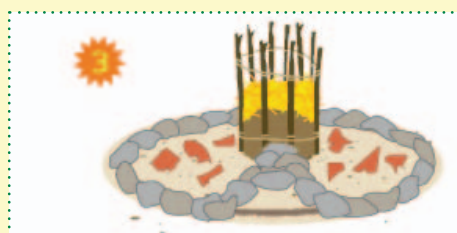
You will need to find a good site for your garden with plenty of sun, access to water and as close to your dwelling as possible.

1- Dig over a space of three square metres. Tie a stick to each end of 1.2 metres of garden twine. Place one end in the centre of your space and use the other to mark a circle in the ground. Then draw out an entrance triangle, from the circle to the centre, starting at a width of 60cm

2- Lay down the canes 5-10cm apart. Wrap wire around each one, attaching it to the next



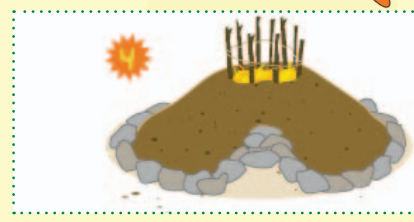
until they are all in a line; do this at the top and the bottom of the canes. The total length should be about 130cm. Now make this into a cylinder and push into the ground at the centre of your space. Half-fill this 'compost basket' with top-soil to make a mound and line the inside of it with straw.



3- Lay your stones, bricks or logs around the perimeter of your garden- this could be a single layer or more, but enough to keep the soil in. Build the stones higher at the entrance triangle. Make the first layer of the garden from broken plant pots or cans to improve drainage.

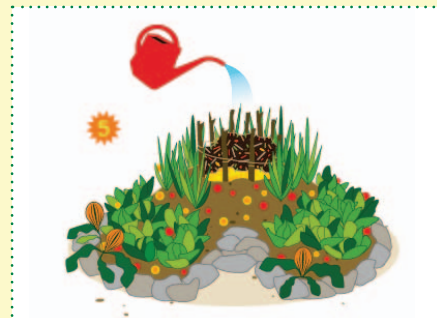
4- Now start filling the garden with the soil and compost. Make sure that the best soil goes on top! Keep piling up the soil until you have a mound, which slopes away from the basket.

5- Let the garden settle for a week before planting your seeds and seedlings. To start with, water the soil surface until the roots grow, then water the basket with waste or rainwater, using the entrance. Add already



composted material to the basket and continue to add compostable food-waste.

A circle of carpet over the top of the basket will help speed up the composting process. The compost will permeate the garden and give your crops lots of nutrients.



### Tips

- If you are building on hard ground, make your garden a raised bed with higher sides
- Try growing tomatoes near the basket, using the canes as their support
- Experiment with mulching and adding fine layers of wood and straw, when filling your garden with soil

### CONTACT US

We'd love to hear about your activities! Please send us photos of your vegetable gardens, news of your advocacy efforts, recipes that use home-grown vegetables, etc. for possible publication on ACWW's website or in The Countrywoman.

## CONVENTION ON THE RIGHTS OF THE CHILD

UN COMMITTEE



Gerd Louise Molvig, ACWW UN Committee member

The following is a summary report from that presented by Gerd Louise Molvig, ACWW UN Committee member (October 2012)

IN 2012, the Norwegian Prime Minister committed 650 million crowns to help to accomplish Millennium Development Goal's (MDG) 4 and 5, 'Reducing Child Mortality and Improving Maternal Health'. He stated

that children are the future and it was unacceptable that a child could die every 3 seconds, that more than 26,000 children die each day and that more than 10 million children die each year, of which 25% deaths are preventable by adequate vaccinations.

The United Nations Convention on the Rights of the Child (UNCRC) key provisions focused on: goals to protect children from discrimination; best interests of the child; a child's right to life; views of the child and their survival and development.

There were also optional protocols with the objective to limit the use of children in armed conflict and on the sale of children, child prostitution and child pornography.

The UNCRC is a legally-binding international agreement setting out the civil, political, economic, social and cultural rights of every child, regardless of their race, religion or abilities. Since being adopted by the United Nations (UN) back in November 1989, 193 countries have ratified the convention, meaning they have agreed to do everything they can to make these rights a reality for children around the world.

All signatories are bound to the UNCRC by international law, and its implementation is monitored by the Committee on the Rights of the Child.

CONTINUED ON PAGE 7

CONTINUED FROM PAGE 6



Child in Afghan

However, the 2011 MDG report still showed that being poor, female and living in a conflict zone meant you would probably be out of school and would suffer more. The UN estimates that conflicts around the world over the past decade have displaced 20 million children, left 6 million permanently disabled or seriously injured and left over 2 million dead. Children are the perfect soldiers, because they never expect to be paid and if you tell most to kill, they will do so. There are about 100,000 girl soldiers who suffer even more as they are often sexually assaulted and often return home with babies. We still have problems reaching the

poorest of the poor and the most vulnerable, especially those disadvantaged because of sex, age and ethnicity. Children also suffer from malnutrition, child labour, child marriage and some must live with their incarcerated parents. Many "invisible children" are not counted because they do not have birth certificates and proper documentation, leaving them unable to receive government benefits such as education and health care. This leaves them vulnerable to trafficking and easily targeted for slave labour.

Michelle Bachelet, Executive Director of UN Women said at the 56th Commission on the Status of Women in 2012, "Violence against women and girls is a global problem, which demands immediate action." Many women are illiterate and suffer from family members telling them violence is acceptable, that family incest is normal and that any disrespect shown to the husband or father is punishable by hitting and beating.

Cultural "norms" are very hard to change but through education and action change in local areas can take place. One of the most effective means of achieving this is to teach men and boys that giving women and girls their freedom and dignity also means a guarantee of their own well being. There is still a lot of work to do to accomplish this in line with the MDGs, before 2015.

However, with MDG's deadline still two years away we should highlight and recognise some achievements: poverty has declined especially in Eastern Asia and China; Primary Education has increased by 25% especially in Sub-Saharan Africa; Child Mortality has been reduced, especially for those under five; Deaths from Malaria have been reduced; HIV/AIDS related deaths have decreased by 19% and access to clean drinking water has improved.

But with all these achievements, the differences in progress between urban and rural areas still remain daunting. This means NGOs must continue their work to influence politicians and governments and ACWW, you and I, must also do more and never give up helping others who need our support.



Tea picker in South Africa



Valerie Stevens, ACWW United Nations Committee member

## PREPARED FOR THE 57TH COMMISSION ON THE STATUS OF WOMEN

VALERIE STEVENS, ACWW UN Committee member writes: When we, as the UN Committee, went to the United Nations headquarters in New York for Commission on the Status of Women (CSW) 55&56, I wondered how what happens there is connected to the real world; how were government spokespeople informed; who informed them and provided the basis for their deliberations; what shaped the policies they agree to take and where advocacy efforts go.

The Report from the Expert Group Meeting (EGM) in Bangkok, 17th -20th September 2012, helped to answer some of those questions. This is particularly relevant to ACWW as it addresses the issues raised by Recommendation I at the Chennai conference: The elimination and prevention of all forms of violence against women and girls, with the emphasis on prevention.

In the 2012 report, the EGM examined the work of 19 international experts who presented papers. They reviewed the existing international agreements, starting with the Declaration of Human Rights which defined violation against women and girls as 'any act of gender-based violence that results in,

or is likely to result in, physical, sexual or psychological harm or suffering, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life' (UN A/RES/48/104, Article 1), which together with the UN Convention on the Elimination of all forms of Discrimination against Women (CEDAW 1979), made such discrimination and its effects clear.

Their close analysis of the Beijing Declaration and Platform for Action (BPfA 1995) left no doubts that states were failing to adhere to their agreed responsibilities both by inaction and under-resourcing. Paradoxically, violence against women and girls costs, in terms of lost productivity, lost education and training and the strain on public services.

The EGM, using the statements of BPfA, analysed the wide variety of abuses, the multiple arenas in which they occur, the prejudices and stereo-typical views which underpin them and the acceptance of violence as part of custom, tradition or religious consideration.

The Group defined the multiple agencies which would be required to deal effectively with such discrimination and abuse. It stressed the need for data collection and research; for involvement with all areas of civil society, women's organisations, the victims themselves and men and boys. It

advocated using a multi-media approach; shaping particular programmes for all areas of community, national and international spheres; examining the structures of the workplace, the social milieu, corporate and business organisations, trade unions and all institutions where stereo-typical behaviours allow and encourage discrimination. These prevention programmes should promote non-violent relationships and respectful attitudes in a non-discriminatory environment.

The report concluded by examining four areas which merit special consideration, where insufficient attention has been given to them in the past: mass and new media, the effects of the global financial crisis, urban gang culture and armed violence and the humanitarian crises relating to conflict and natural disasters.

EGM made two recommendations, one of which was a Global Implementation Plan to end Violence against Women and Girls. The document contributes to a fuller understanding of the issue and assists us all in our deliberations.





## OVER 200 WOMEN ATTEND AREA CONFERENCE IN MALAYSIA

OVER 200 WOMEN, including delegates from around the world, attended the Area Conference for South East Asia and the Far East in Miri, Malaysia in January this year. Chief Minister Pehin Sri Abdul Taib Mahmud, the fourth Chief Minister of Sarawak, Malaysia officiated at the opening of the six-day conference. Among those present were the Minister's wife, Puan Sri Ragad Kurdi Taib; Welfare, Women and Family Development Minister, Datuk Fatimah Abdullah; HRH Princess Azizah Iskandar, Area President for South East Asia and the Far East and May Kidd, ACWW World President. There were also May Kidd's predecessor Datuk Ursula Goh and Aishah Edris, Chairperson for Sarawak Federation of Women's Institutes (SFWI), both of whom co-chaired the conference's organising committee.

Also in attendance were Anphia Grobler, ACWW Deputy President; Alison Burnett, ACWW Treasurer; Jo Almond, ACWW Secretary, as well as Dr Semane Bonolo Molotlegi Area President for Southern Africa; Henrietta Schoeman, Finance Committee member and patron Toh Puan Datuk Patinggi Norkiah of Sarawak Federation of Women Institutes (SFWI).

The conference, themed 'Voice of Women Worldwide – Empowering Transformation', saw four plenary papers presented, which could be used to help participants play a major role in realising the Millennium Development Goal of Empowering Women. The first paper was 'Education and Eradication of Poverty'; the second

'Mother and Childcare'; the third 'Sustainable Development for Balanced Development' and the fourth 'Women and Economy'.

Speaking at the Conference, the Sarawak Chief Minister touched on education, which he said had played a fundamental role in helping women in the country make a giant leap into all sectors. The Minister said "This success in education has been instrumental in women's lives, enabling women to play a vital role in Asia's inevitable transformation."

He added that women who dominated within the education system would automatically rise to the top as they had the ability. Women in Sarawak and Malaysia have become indispensable in Asia's economy over the past five decades, with women, especially in Sarawak, already being involved from the grassroots in areas ranging from commerce, agriculture and education through to political, governmental and volunteer sectors.

He described this transformation as "phenomenal" when compared to the pre-World War II period. He pointed out that women today who rise to the top are now seen as the norm rather than the exception, and some have even risen to become Prime Ministers and Presidents in such places as New Zealand, Australia, Thailand, Indonesia, South Korea and the Philippines.

During the conference, May Kidd said that even with the success in Asia, there were still many women with families in the world who did not have access to education, or even basic health care and nutrition. May said "By providing funds to initiate projects that could

empower women, ACWW aims to reach out to as many women in the world as possible, especially those in dire need."

She delivered some sobering statistics from the United Nations (UN) showing that 925 million people suffer from hunger and malnutrition worldwide, that every day one in three children went hungry and everyday 25,000 die of hunger related diseases. "This is not acceptable and everyone must try to improve the situation," said the World President.

The last day of the conference saw the 'International Night Dinner' held for all the participants. During the dinner, Princess Azizah said "The aim of the conference was to enhance the bond between members in South East Asia and the Far East regions

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Chief Minister Pehin Sri Abdul Taib Mahmud of Sarawak, Malaysia speaking at the South East & Far East Area Conference



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Dr Semane Bonolo Molotlegi ACWW Area President, Southern Africa & May Kidd ACWW World President

and the world and to exchange ideas, as well as forge new friendships. She added "In the last few days we have presented papers, which included education, sustainable development and mother and child care. When implemented, this will go a long way in helping women and their families.

ACWW and Women's Institutes have been playing their respective roles in empowering women in the world to be self-reliant and improve their quality of life, so this in turn will enable women to do just that. She concluded "We are here today merely as volunteers and not for personal glory or

personal gain but in all sincerity to carry out our duties to our society, to our nation and the world. As equals we should produce a generation that is civil, courteous, law abiding and benefits people of all nations." Princess Azizah stated one of the drives of the conference was to sign up as many Individual ACWW members as possible. She invited delegates to become Individual members, adding that as a member they would be able to attend the week-long ACWW's Triennial Conference in Chennai, India this year.

During the dinner, Princess Azizah presented a memento to Toh Puan Datuk Patinggi Norkiah and then thanked SFWI Sarawak and Miri for organising the conference despite having only four months to prepare. She also thanked Datuk Raziah Mahmud-Geneid – an entrepreneur and one of the shareholders of Miri Marriot Resort and Spa for sponsoring the dinner and transportation for the delegates in Miri and for the day trip to Brunei, where a tree planting ceremony took place.

Princess Azizah also thanked the state government and the Minister for supporting the conference. The Conference was then officially closed by May Kidd. It was a great success.



Left to right: Chief Minister Pehin Sri Abdul Taib Mahmud & HRH Princess Azizah, ACWW's South East Asia & the Far East Area President



HRH Princess Azizah, ACWW South East Asia & the Far East Area President, with Datuk Ursula Goh, former ACWW World President and delegates



Delegates and guests at the South East Asia & the Far East Area Conference

## MY TIME AS AN AREA PRESIDENT



**Beverly Earnhart**

Beverly is a member of the Country Women's Council, USA. Beverly became hooked on ACWW work after her first Triennial Conference in Australia in 2004.

During her time as

Area President, Beverly has enjoyed travelling all over the United States to visit societies. Beverly says 'It has given me a better idea of local situations and helped me learn more about my own country. I have met so many wonderful people who give a lot of volunteer hours to help their neighbours and others from around the world in so many different ways.'



**Dr Semane Molotlegi**

Dr Semane Molotlegi became involved with ACWW in 1982 when seeking help for her local organisation, Bafokeng Women's Club, who ran into trouble due to claims of being a political movement.

Dr Semane Molotlegi reports that she has enjoyed meeting and interacting with many women, learning from them, and realising there is still so much good in the world. She also says that she has learnt that 'people who are regarded as being poor are actually richer in humanity and morally intact. They care for each other much more than those who are privileged.'



**Margaret Yetman**

Margaret joined the WI in Canada 40 years ago. As Area President she has visited the many area societies in Canada. She has found these visits

inspiring, particularly when, after a giving a talk or presentation about ACWW, a lady approaches her to say 'I never knew about all the great work of ACWW. I want to take out an individual membership and support the work worldwide!'

# MY VERY FIRST TRIENNIAL CONFERENCE



Barb Keyes,  
President-Elect of  
Indiana Extension  
Homemakers (IEHA)

BARB KEYES, President-Elect of Indiana Extension Homemakers (IEHA) writes: ACWW's 2013 Triennial Conference is fast approaching. If you have not yet made the decision to attend, I encourage you to make that decision! Start your preparations now to attend this conference so that you will not only have a better understanding of ACWW but have the opportunity to make friends from around the world.

As President-Elect of Indiana Extension Homemakers (IEHA), I was able to attend the 2010 Triennial Conference in Arkansas USA, with help from our organisation. This was my first ACWW Triennial Conference. Members of IEHA had talked about the previous conferences, sharing stories of the conference business meetings, workshops, tours and entertainment. However, their information did not come close to the reality of this conference! My excitement began as we packed the car to travel to Arkansas. I knew I would have opportunities that would be electrifying and magnificent, but those words hardly came close to my experience. I met

people from around the world; people who were just like me, with the same concerns about life and the happenings of our world. I heard about projects to help women and their families to thrive and move ahead in their community.

I heard about those very same women who were teaching what they learned to others. I saw a passion for the women in our world to have better education, safety in their lives, clean water, food security, economic empowerment, improved birth rates and help in HIV/AIDS education.

From the opening ceremony to the closing ceremony, it was a conference full of information, education and women coming together in friendship and working towards similar goals. I enjoyed meeting women from around the world, singing and dancing with the ladies from Africa, talking to the women from Wales - where my ancestors are from - and sharing ideas, concepts, hopes and dreams. I treasured the pins, postcards and gifts given to me from other conference attendees. Each time I look at the quilt squares displayed on my wall I think of the time spent with so many women who care about the lives of women and their families no matter where they live.

I was given the opportunity to carry a flag for the opening and closing ceremony, which was such an honour for me to represent a country as part of the Triennial Conference. I will never forget the conference nor the opportunities afforded to me that April in Arkansas. I hope you will attend ACWW's 2013 conference in Chennai, India. I am sure you will come away with a great understanding of ACWW and our world. It will be a time you won't soon forget.

## WHY ATTEND THE TRIENNIAL CONFERENCE?



Datuk Ursula Goh, former ACWW World President

DATUK URSULA GOH, former ACWW World President, writes of her experience of attending past Triennial Conferences: The 27th ACWW Triennial Conference is set to converge in Chennai in India from 26th September to 2nd October 2013. This Conference is very significant, as it is only the third ACWW Triennial Conference to be held in a developing country. The first ever was the 8th Triennial Conference held in Ceylon, now Sri Lanka in 1957. I am aware many of us are now beginning to get excited and are looking ahead and preparing to

## INFORMATION ON CONFERENCE REGISTRATION

Bethan Williams, ACWW Triennial Conference Committee, member writes: A reassuring smile and a warm welcome was just what delegates needed after a delayed journey (due to a volcanic ash cloud) to the ACWW Triennial Conference in Hot Springs in 2010. The people of India are equally renowned for their hospitality and the foyer of the Conference Centre will reflect their warmth and goodwill. May Kidd, ACWW's World President and Jo Ellen Almond, Chairman of the Triennial Conference Committee have already visited the venue and were most impressed with the facilities and arrangements offered.

The registration day, 26th September 2013, will be the time to make lots of new friends, renew previous friendships, get acquainted with different surroundings and familiarise ourselves with the conference venue in the enchanting coastal town of Chennai, on the southern tip of India. On the registration day, 26th September, lunch OR dinner will be provided depending on which registration session you attend: 10am-1pm or 3pm-6pm. Transport will be arranged to and from the designated hotels to the Conference Centre, for both of these sessions.

English, the official Conference language, is spoken widely in Chennai and there will be friendly assistance for the needs of multilingual people, such is the sociable atmosphere when people of many cultures get together. ACWW staff and stewards from DMI, our host organisation, will also be there to guide you.

A colourful conference bag, designed with a traditional Indian pattern and given to all delegates, will contain all the essential information needed, including the official conference programme, details of guest speakers and resolutions, and practical tips to make life easier including a plan of the centre, the conference timetable and details of entertainments. Your Conference Registration Number, printed on the Confirmation of Conference Registration form received in return for your payment of conference fees, is your essential tool. It is key to all ACWW business matters during working conference hours. You are asked to ensure that you bring this form with you to the Conference and have it with you to show at the Registration Desk. Delegation leaders need this number and their Official Credentials Form to obtain the voting cards, which are used on behalf of member societies to vote on all official matters. This multi-coloured collection of cards determine the decisions made and delegates often find ingenious ways to keep these handy and ready to wave at the chairman when asked to do so. If this will be your first visit to a World Conference, you will only wish that you had been to one before. We're on our way!

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attend. The feeling that there are going to be delegates from all across the 'ACWW global membership' is overwhelming. For those who have been fortunate enough to have been to past conferences, the cause of this excitement is that they are going to meet up again with old acquaintances, to strengthen the bonds of friendship with those they've met before and also, hopefully, make new friends.

I have been privileged to have attended eleven ACWW Triennial Conferences, dating back to my first one - the 16th Triennial Conference in Hamburg, Germany in 1980. The feeling each time I return from these conferences is that I have been enriched in every aspect, through knowledge and broadening my horizons. The ACWW Triennial Conference is, first and foremost, a bridge to better understanding of the primary objectives and the complex roles and works of ACWW. Equally important too, is that the Triennial Conference is the highest governing body of ACWW. At the Triennial Conference, important issues related to constitutional matters or policies will be discussed, debated and, if possible agreed before being acted

upon. Significant reports by the Board, Specified Committees, Area Presidents and Members' Societies from around the world will also be delivered. Hence, at this conference one is able to hear and get first hand feedback on what's been happening within ACWW since the last conference in Hot Springs Arkansas, USA in 2010.

During the Conference one will also get to hear various important reports regarding ACWW's financial status and reports of the Projects funded by members - either as individuals or as groups.

The reports from the nine Area Presidents will provide highlights of the work carried out in their respective Areas. This is always very interesting and enjoyed by delegates, as this is an opportunity to hear 'how and where' your valuable financial contributions have been spent.

The Conference programme will also offer opportunities for field visits - an opportunity to see firsthand the Host country's rich diversity. Chennai is full of enchanting historical sites and rich culture. I have been privileged during my term to have visited this

part of India, as there is so much to see and learn. Many projects have been funded, which have helped to empower the women to help themselves, their families, their communities. This is a great opportunity to see the results.

I also cannot forget to mention the opportunities to meet and interact with the delegates from diverse backgrounds and cultures, who have interesting stories to share about their families, cultures and countries. I always find this time as such a great opportunity to get to know many of our worldwide members. I have been privileged to have met many women since my first conference, some of whom I have kept in touch with to this day!

The DMI is a very capable Host Society, I am confident they have great side programme for everyone, and it's going to be somewhat different. Asia has a proud, rich and diverse culture, which they would like to show off to everyone, especially in Chennai. Come and join members from around the world! Get started with your preparation to attend now and we can reach out to women worldwide at the conference in Chennai together.

## TRIENNIAL CONFERENCE FREQUENTLY ASKED QUESTIONS



Jo Almond, Secretary & Triennial Conference Committee Chairman

JUST THINK, in a matter of a few months we will be gathering for the 27th Triennial Conference in Chennai, India. It just seems like yesterday when we were all in Hot Springs, Arkansas. Time flies by doesn't it?

Registrations forms are arriving in Central Office and the numbers are growing. It will be so great to see our friends and sisters again from around the world. In the past few weeks I have been asked a few questions from individuals and societies. I thought this would be the best and most convenient way to answer these. My theory is that if one person is asking a question, then there are others wondering the same thing. So I have picked out a few to address in my article.

1. "What is included in the registration fee?" The registration fee covers lunch and dinner (27th September-2nd October) on each official conference day, teas, excursion/tour day, the Celebration Dinner, workshops and all plenary sessions. On the registration day, 26th September, lunch OR dinner will be provided depending on which registration session you attend: 10am-1pm or 3pm-6pm

2. "What about spousal tours?" The information, including cost and information

on how to sign up will be forwarded to individuals requesting these details.

3. "Will I need a Visa?" This will depend on where you are located in the world. An invitation letter from the Host Society for your Visa will be included in your registration pack along with a copy of your registration form. Check with your travel consultant to make sure you have all the information you need and if you will require a conference or tourist Visa depending on your travel plans.

4. "Will I receive a Registration Number and when will I need it?" You will receive a pink copy of your registration form in your registration pack, on it you will find a number stamped on the right top corner. This pink paper with the number on it will be required in order for you to pick up your voting registration packet at conference.

If you want to speak during a plenary you will be asked to say your registration number and name before any comments can be made. You will also need this number in order to make a hotel reservation - either online or through the booking form in this magazine. Your registration number is very important.

5. "Are there mosquitoes in Chennai?" Yes, I would take along mosquito repellent and if or when you are out at dusk or in the evening I would wear it. (I hate those pesky things!!)

6. "Will we have time to shop?" YES!

7. "How will we get to the Venue from our Hotel?" There will be buses that will transport you to and from the venue and your hotel (as long as it is an official hotel

booked through [www.acwwindia2013.com](http://www.acwwindia2013.com) or through the booking form in the Countrywoman magazine).

8. "How will we get from the airport to my hotel?" You will receive a 'Travel and Special Needs Form' in your registration pack. On the form it will have information for you on transportation and it also asks if you have any dietary requirements. This form has to be returned to the Host Society and NOT Central Office. Check with your hotel to see if there is a FREE shuttle service.

9. "Will I be safe?" Safety is of utmost importance with regards to delegates of the conference and shuttle buses will be running from the official hotels to the conference venue and back again. Travel is also arranged for the excursion days and Celebration Dinner. As with any country you might travel to, the key is to be diligent about your own safety and that of others. Delegates will always be in groups as they go about conference business so we have no reason to worry for any individuals' safety.

10. "Where do I find hotel listings, cost and how to book?" Go to [www.acwwindia2013.com](http://www.acwwindia2013.com) or the Countrywoman magazine for details and forms.

11. "What if I have other questions concerning the Conference?" Call or email Central Office in London, they will either have the answer or will find the answer for you. I do hope this helped answer a few of your questions. Now get hopping and register for the Triennial Conference. I can't wait to see you all in Chennai!

# TRIENNIAL CONFERENCE ACCOMMODATION FORM

PERSONAL DETAILS (Please use BLOCK LETTERS)

Title Mr  Mrs  Ms  Dr  Prof

Delegate's Full Name \*\* \_\_\_\_\_

Address \*\* \_\_\_\_\_

Country \*\* \_\_\_\_\_ Phone No. \_\_\_\_\_

Conference Registration No. \_\_\_\_\_ Email \*\* \_\_\_\_\_

## HOTEL PRICES

Hotel Name	Room Type & Rate Per Night			
Hilton	Single	9000/-	Double	10000/-
Rain Tree, Anna Salai	Single	6600/-	Double	7200/-
Le Meridian	Single	8000/-	Double	9000/-
The Checkers	Single	4100/-	Double	4600/-
Quality Inn Sabari	Single	4200/-	Double	4700/-
Fortune Park Aruna	Single	4500/-	Double	5000/-
Raj Park	Single	4500/-	Double	5000/-
Hotel Ambica Empire	Single	3560/-	Double	4050/-
Elegant Service Apartments	Single	2200/-	Double	2500/-
The Ashok Residency	Single	2000/-	Double	2500/-



**HOTEL DETAILS** - The rates mentioned on the website and presented above are on Per Room per Night and Inclusive of Breakfast & all taxes applicable. The Standard check-in & check out for the hotels is 1400 hrs. **Check in before 1400hrs will attract one night charge extra.**

Name of the Hotel \*\* \_\_\_\_\_

No of Rooms \*\* Single  Double

Check-In Date \*\* \_\_\_\_\_ Check-In Time \*\* \_\_\_\_\_

Check-Out Date \*\* \_\_\_\_\_ Check-Out Time \*\* \_\_\_\_\_

## NOTE

All the hotel bookings are on request with one night advance payment. The balance payment should be made before Date. **Only email cancellations may be accepted prior to deadline date mentioned above.**

## PAYMENT METHODS

The payment can be made by any of the following payment modes

**1. Bankers Cheque/Demand Draft:** Bankers cheque/Demand Draft can be drawn in favour of "Integrated Conference and Event Management" payable at Bangalore

**2. Wire Transfer:** Our bank details are as below:

Name of Bank:	Final Bank	Correspondent Bank in the USA
Address of Bank	HDFC Bank Ltd B-6/3, Safdarjung Enclave, Opp Deer Park, New Delhi 110 029, India	JP MORGAN CHASE BANK New York, USA
Account Number	05032320003106	001-1-406717
Beneficiary Name	Integrated Conference and Event Management	
Swift Code or ABA number	HDFCINBB	CHASUS33 0002

**3. Online:** You may pay us using your Visa / Master credit card through online booking link below:

<http://www.paygate.lpti.in/Online-Payment.aspx?Id=weNHPTba3Vw%3d>

(NOTE: Bank Charge @ 2.50% extra would be paid on the transaction amount through online)

Important note: **All cancellations / amendments must be received in writing ONLY and refunds will be made after deducting the retention charges if applicable as per cancellation policy.**

**\*\* Marked all fields are mandatory**

For cancellations, kindly refer to the Terms & Conditions mentioned in the conference website.

Please visit the website for more details.  
[www.acwwindia2013.com](http://www.acwwindia2013.com)



**ICE** - Integrated Conference and Event Management (A division of Le Passage to India)

**D. Balaji**

Old No.29, New No.59, Vijaya Raghava Road, T.Nagar, Chennai - 600017, India

Mobile: +91 9551211555

Fax: +91 44 309090001

Email: [balaji@iceindia.in](mailto:balaji@iceindia.in)

Visit us at: [www.tui-ice.in](http://www.tui-ice.in)

## WOULD YOU LIKE TO BECOME AN ACWW PEN FRIEND?

ACWW runs a Pen Friend scheme, with coordinators based all over the world who can arrange your pen friend link. We are delighted to announce Judy Parks will be joining the coordinators list. Based in Canada, Judy, a retired Public health and Victorian Order of Nurses nurse, joined her WI in 1966 and has been secretary and/or president of her branch at many different times over the years.

Judy lives in Cambridge with her husband Bob and they have three grown up and married offspring: two live in the province and one daughter lives in Madison, Wisconsin. Judy's daughter accompanied her to meet one of her Pen Friends in Scotland in 2011 where the West Fife Rural gals treated them royally - they've been keeping in touch with them regularly since! Judy has English, Scottish and Irish roots and strives to keep traditions alive; one way is through her 'Clan Donald' group. Judy loves to write letters...electronically or via snail mail!

**To become an ACWW Pen Friend yourself, please contact one of the Co-ordinators listed below.** Please let them know the age group you would like to correspond with. Members enjoy exchanging newsletters, photos, recipes, craft patterns and items of this sort; or family news. ACWW will arrange a link as soon as one becomes available in the country of your choice. If you send your application by post, please enclose a stamped self-addressed



Judy Parks, new ACWW Pen Friend Co-ordinator

envelope so that the Coordinator can respond more quickly. You could also contact your chosen Co-ordinator by email. *All correspondence is carried out in English, the official language of ACWW.*

**Eileen Hurd**  
Moors Farm,  
Marchants Hill,  
Gurney Slade,  
Radstock BA3 4TY, **UK**  
Email: eileenhurd@btinternet.com

**Dr Dorothy M Secomb**  
4 Whaites Street,  
Nambucca Heads  
NSW 2448 **AUSTRALIA**  
Email: dotsecom@oneseniors.com.au

**Debbie Czarnopys-White**  
27284 South Dakota Rd,  
Dubois, Illinois 62831-1662 **USA**  
Email: bdcw@frontiernet.net

**Thelma Klipp**  
P.O. Box 334,  
Dalton S236, **SOUTH AFRICA**  
Email: ronald@klipp.co.za

**Judith A. Parks**  
5873 Highway 1 Cambridge,  
Nova Scotia B0P 1G0 **CANADA**  
Email: judithanne@eastlink.ca

## SOCIETY FEEDBACK

# FOOD FOR THOUGHT



Photo: tasteofglasgow.com

### GINGER CAKE

Barbara Skein, Australia  
1-3/4 cup plain flour (sifted)  
3 eggs, lightly beaten  
3/4 cup caster sugar  
1/3 cup golden syrup  
1-3/4 tsp. baking powder  
125g butter, melted  
3/4 cup sour cream  
1/2 cup chopped glace ginger

Preheat oven to 180 degrees C. Place flour, baking powder and sugar in a bowl. Combine the butter, eggs, sour cream, golden syrup and ginger and mix until well combined.

Add the butter mixture to the dry ingredients and stir until just combined. Spoon into a 20cm (8") square cake tin lined with non stick baking paper.

Bake for 50 minutes or until cooked when tested with a skewer or knife, Ginger cake can be served with thick cream. Serves 8-10.

## IN MEMORY



### Sister Virgin 1959-2013

It is with great sadness that we announce the sudden passing of Sister Virgin in January of this year. Sister Virgin was a Sister with the Society of Daughters of Mary Immaculate and Collaborators (DMI), India, which she joined on the 1st June 1985. She held the post of President twice during a period of 15 years. She then became a Trustee for the DMI Foundation Trust.

The DMI are a union of committed women, who dedicate their lives to serving the poor and underprivileged unconditionally.

Through their organisation, the DMI want to create a world where love, peace, equality, justice and sisterhood are ensured for all. Sister Virgin was a dedicated woman who ACWW came to know and respect through her involvement in the preparations for ACWW's 2013 Triennial Conference in Chennai, India.

On behalf of DMI, she presented the successful invitation to ACWW to host the Triennial Conference and then became the President of the Host Society Conference Committee. The conference owes a lot to her inspiration and leadership. Her presence there will be sadly missed. Sister Virgin's funeral was held in January 2013 and was very well attended.



### Thelma Jones 1931 - 2012

Thelma Jones, who worked for ACWW when Central Office was located at St Vincent Square in London, sadly passed away on Christmas Eve 2012. Roma Patten, an ACWW NFWI Representative, remembers Thelma fondly: I kept in touch with Thelma after she left ACWW as she continued to attend many of the Triennial and European Area Conferences

over the years. When I attended meetings in Central Office, the first person I usually saw on arrival was Thelma - she would come out of the stationary room with a smile on her face and a cheerful "hello" and any request for leaflets, or other promotional material would be ready and waiting. After leaving her post at ACWW, Thelma maintained her interest and enthusiasm for the organisation. This was demonstrated when she attended the 2007 Triennial Conference in Turku.

Travelling by land from the UK to Finland was not the quickest or easiest journey and, once there, she had to arrange regular medical attention.

Despite this, she continued to chat and smile all through the conference.

Thelma would talk to anyone who would listen about ACWW and after leaving ACWW, she kept her own Women's Institute branch up to date with ACWW news and materials. She was the best kind of ACWW ambassador.

# LOYAL SUPPORTERS TAKE A BACK SEAT AFTER YEARS OF FUNDRAISING

ACWW IS VERY LUCKY to have so many great supporters who have fundraised for and promoted the organisation. Two such individuals who have supported ACWW over the past several years are Rita Ward from the Lancashire FWI and Jean Wilson from Llandysul WI, Carmarthenshire FWI. After years of promoting, fundraising and donating, they have informed ACWW that they will now be taking a back seat.



Rita Ward - Lancashire FWI

**Rita Ward**, who has been involved with her WI for nearly 20 years and who became a rep for Lancashire back in 2006 says: My involvement with ACWW has grown steadily over the years, with a visit to Vienna as well as Turku, Finland in June of 2007 for an ACWW Triennial Conference. The European Conference in Dublin 2011 left a lasting impression and confirmed my earlier views that ACWW was the charity I would like to support. Its targeted and monitored projects were just the type of activities I favoured.

As a member of Euxton WI (NW England) I soon gained the support of the group and its members and Pennies for Friendship gained momentum, supplemented by funds from craft sales, lunches and afternoon teas etc.

In the year prior to the Dublin Conference I was appointed ACWW Representative for the Lancashire Federation of WI, who has shown real commitment to ACWW over the years and continues to do so.

Being a practical northern lass, I have tried to enthuse and involve others to use their talents and never underestimate their own potential to spread the message and raise funds for ACWW's projects.

Unfortunately due to continued ill health, my organisational involvement has had to be



Jean Wilson - Llandysul WI, Carmarthenshire FWI

reduced but I shall continue to use my craft talents to raise funds whenever possible to support ACWW's charitable work and that of my other charities. I will end with one final question – Why do I (we) raise money, just to give away? For me at least it gives a purpose and also a good feeling inside.

‘Work together and share the load’  
Best wishes to one and all. Rita Ward

**Jean Wilson**, whose garden was featured on the front cover of the April-June 2012 issue of *The Countrywoman*, reports that she is taking a back seat because she wants to devote more time to her growing family, including her new grandchildren.

Jean says: It has been a great pleasure fundraising for ACWW and in particular for the Girls Vocational Common Initiative Group in Cameroon and for the Magek Women Group in Kenya.

Most of the money has been raised through opening my garden to Sir Gar Carmarthenshire Women's Institute groups, as well as a local walking group and a stroke group. I have also given a couple of talks about ACWW and its history.

I formed a sewing group of Llandysul WI members who meet once a week. The number is limited only by the size of my table! We make items such as shopping bags, aprons, bunting etc. out of recycled materials, which are sold at garden openings. I also make preserves and bread which prove to be great money makers. Garden visitors are given tea - as many cups as they want - and four different cakes as part of the entry fee. The teas are served on Bone China with pretty tea pots bought from charity shops, as I try to make tea an event. The great thing was I was always helped by my WI friends.

My garden is informal, I grow mostly perennials and there are lots of perfumed roses amongst the plantings. Part of my garden was a farmyard so I have raised beds with gravel paths affording easy access even in wet weather. We also have a meadow filled with wild flowers, which grow naturally and have not been planted. In the past couple of years our family has grown and my husband and I now have four grandchildren less than three years old. Arianwen, twins Idris and Madoc and Lolo. I love being

Mamgu (Grandmother in Welsh), so visits to my daughter in London and son in Swansea are frequent to see the babies and to help. That is the main reason why I am taking a break from opening my garden. However if you or any WI, or any of your colleagues at ACWW are in this beautiful corner of Wales please do visit. The kettle is always on!

## AMAZING SUPPORT FROM THE FEDERATION OF WOMEN'S INSTITUTES OF NORTHERN IRELAND

Each year ACWW thankfully receives cheques from many WIs and FWIs and this year, just like many others, ACWW received a very impressive cheque from the FWI of Northern Ireland, who sent in funds in the amount of £13,120 for Pennies for Friendship, including £7,681.53 for Women Walk the World. Apart from Pennies for Friendship and Women Walk the World, FWI also wanted some of the money raised to go towards the following ACWW projects:

Project 0901 - Food Production for Healthy Living in Tonga

Project 0896- Economic Empowerment of Women and Youths through Capacity Building for Self-reliance in Four Communities in Cameroon

Project 0878- Building the Capacities of Women to have influence on local development policy in Mali

THANK YOU!

## LIFE MEMBER STILL HAS TIME FOR CRICKET



Above: Sue Pather playing cricket & at an award ceremony  
Below: Sue with the Collegians Club girls she coaches

One of ACWW's life members, Sue Pather, shows no signs of stopping. While Sue is adept at such things as manoeuvring a helicopter, the energetic 72 year old also makes her presence felt on the sports field, playing cricket for the Durban based Collegians Club in South Africa.

While many women her age would prefer to see out their remaining years at a sedate pace, Sue has such a spring in her step that she is still able to play a mean game of cricket. Sue is the only woman in the world to have played cricket for the under 19 age group as a wicketkeeper, been a cricket coach and cricket scorer and she is the first sports woman in South Africa to become an Umpire at the age of 72.

Though she gave up the wicketkeeper's position age 70, she has no qualms whatsoever about fielding in the potentially dangerous short-leg position. Sue, who puts her good physical condition down to a good diet and exercising regularly, formed and coached the first Collegians Women's cricket team 8 years ago, which included players from some disadvantaged areas in Durban.

When Sue is not playing cricket for the women's league, you can often find her coaching girls every Saturday at the Collegians Club grounds for free.

## INTERNATIONAL CONFERENCE IN RUSSIA 'RURAL WOMEN – FACTOR OF NATIONAL STABILITY AND WELLBEING OF THE COUNTRY'



Delegates from the National Council of Women of Kazakhstan



Delegates from the Women's Organisation -Women's Society of Lithuania

On 18th October 2012 in Moscow, the Women's Union of Russia held their annual International Conference, this time named 'Rural women – Factor of National Stability and Wellbeing of the Country'.

The conference was dedicated to 'International Rural Women's Day', which is seen as a practical way to get public recognition and support for women who are making a significant contribution to the development of the rural economy, the welfare of their regions and community.

The Conference was attended by delegates from women's NGOs from Belarus, Kazakhstan, Latvia and Lithuania, which are a part of the World Association of Rural Women; representatives from 39 regional branches of the Women's Union of Russia; women leaders of trade unions; agricultural enterprises; agricultural cooperatives; social workers and representatives for Moscow's ministry. The purpose of the conference was to obtain information directly from the regional offices on the economic situation and social well-being of rural women in these regions. The most pressing issue raised at

the conference was the worrying decline of rural families. The conference featured disturbing facts about the closure of rural schools, health centres, rural clubs and libraries. In the absence of the social sector, families were forced to leave their villages in search of a better life. The conference participants shared the view that the solution to the problems was that there needed to be an improvement in living conditions; this would need better access to health care. There was also a discussion on how to keep young people in villages and to help vulnerable rural women. Some solutions were to improve the quality of education in the villages, to allocate resources for the needs of rural residents, to limit social disruption, to end discrimination against women and to ensure the participation of rural women in decision-making. The conclusion was that conditions in the village had to become a priority in public policy. The International Conference highlighted that the issue raised by the Women's Union of Russia, also related to rural women and their families all around the world.



Ladies of Barford WI

## JEWELLERY RECYCLING FOR ACWW

The ladies of Barford WI in Warwickshire, UK have been enthusiastically delving into their jewellery boxes and were delighted to collect 30lbs (13.6kgs) of jewellery for ACWW's Jewellery Recycling scheme to raise money for the ACWW projects. At their recent coffee morning, which also raised £105 for Warwickshire Federation's adopted project, the ladies enjoyed packing items of their jewellery into the freepost envelopes, knowing that 82.5% of the value would be going to further the valuable work of ACWW.

# VISIT TO EAST TIMOR



Above: from left to right - Ruth Shanks (ACWW Area President, South Pacific), Elsa Fernandes De Oliveira & Heather Brennan. Above right: At the Alola Foundation Head Office from left to right- Angelina da Costa Fernandes, Therese Alita Verdial (CEO) & Alzira Freitas dos Reis

RUTH SHANKS, ACWW South Pacific Area President writes: At the South Pacific Area Conference in Tonga in September 2011, we had two attendees from 'The Alola Foundation, East Timor', a society who had joined ACWW in the previous Triennium and who was founded by Kirsty Swords-Gusmao, the Australian wife of East Timor's Prime Minister, Xanana Gusmao.

They provide services which include maternal and infant health care, leadership and governance for women, pre-school and education facilities. They also translate English language books into the local language of "Tetun" to preserve the local language. They provide child care at their workplace, which enables women they employ to take their children to work.

We also had two women from 'CTKDS' roughly interpreted as 'Centre for Sustainable Development'. This women's weaving group joined us as guests to investigate the work of ACWW and to learn of the opportunities they could gain from becoming members. By the end of the conference they had completed a membership form and begun the process of becoming a member society.

Both of these organisations were introduced to ACWW by the Country Women's Association (CWA) of Victoria and we thank them for this. Whilst we were in Tonga these members suggested that as Area President I should visit their societies, as this would be the first time societies from East Timor would be involved with ACWW.

I was able to organise a trip in early June 2012 and so set off from home. First I had to fly one hour from Dubbo to Sydney, this was followed by a four hour flight to Darwin. In Darwin I was met by Wendy White, a member of Darwin CWA and also Heather Brennan, who is my Area Assistant. We stayed

the night in Darwin and then travelled to Dili, East Timor. Wendy had a contact in the Australian Embassy, which proved very fruitful and over the weekend we were given a great deal of historical and local knowledge of East Timor. The country of East Timor has been acknowledged as the poorest country on earth and this is easy to believe when you are there. The country has had a troubled history and the people are still struggling to come to terms with it.

The good news is the country will receive a large amount of royalties from resources in the near future. However, with these royalties come challenges. For instances with the knowledge they are now an independent nation and need to be able to manage their own affairs, how will the East Timorese manage these funds, as well as benefit from it. The average wage of the East Timorese is \$1-\$1.50 per day, although a lot earn less than this.

The United Nations (UN) has a big presence in East Timor. Almost every second vehicle that is seen in the street is a UN vehicle and therefore the number of UN employed people must be extensive.

The UN is expected to leave East Timor in November of this year and this, in itself, will cause extreme economic problems, particularly in the case of the amount of commodities that these staff access. On discussion with some of the Peace Keeping Forces, they have been training locals in police work, but they still have a long way to go. To keep tradition alive in East Timor, the women are taught to sew and make garments, which are given to pregnant women when they attend medical facilities to give birth. There are volunteers coming into the workplace to document the patterns used in their weaving, as most of the patterns are just in



the women's heads and there is a chance the patterns will be lost if younger women do not take up the art of weaving.

Infant mortality is also a major problem in the country and the East Timorese government is trying to encourage women to attend facilities, which could help to reduce infant mortality rates. Women who do attend are given a pack containing cross-over tops to encourage breast feeding, nappies and other items essential for the health and welfare of themselves and their babies.

The people of East Timor are resilient and have survived some remarkable conflicts in the past. There will be many opportunities for assistance to be made to these people and I hope that ACWW can be part of this assistance. There are more than 750 NGO's in East Timor at the moment and, with a concerted effort, we could help this country to improve their education and living conditions in the future. The people are generally happy with their lot in life and are always smiling. I am grateful for the opportunity to have visited this nation and their welfare will continue to be foremost in my hopes and dreams in the future.

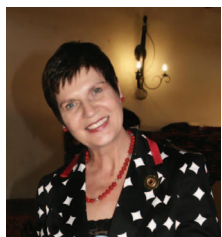
## UNWANTED COINS RAISE FUNDS

The Berkshire Federation of Women's Institutes, UK raised £318.66 for ACWW. The sum was raised by the conversion of foreign coins sent in by their members – an amazing sum from unwanted foreign coins.





# HOW TO MANAGE UNAVOIDABLE STRESS



Magdie de Kock ACWW  
P&P Committee member

**Magdie de Kock**, a member of ACWW's P&P Committee, is also a public speaker and life coach. She

*motivates and equips women through knowledge and practical skills, which help to develop new attitudes and a new way to enrich their own lives and those of others. One of the biggest concerns that many people face today, especially women with demanding lives, is uncontrollable stress. Magdie points out that stress in our lives is unavoidable but we can all learn to manage it. She states that there is good stress and bad stress and we can learn to turn bad stress into good stress. This article is meant for awareness purposes only and any suggestions are merely an attempt to share some information on coping with stressful situations, which you may find interesting and useful.*

## Understanding stress

Magdie writes: Understanding stress and managing stress can help us to cope with it and coping with stress can even turn it into a positive force. We can manage stress so that it increases our productivity rather than lessening it. Many people thrive on challenges, while others react with fear, anxiety and worry. The effect of stress on a person's life depends on how they respond to it. We all differ in how we react to stress.

People who don't handle stress well live shorter lives, so dealing calmly with it is a trick worth learning in order to ensure a longer and happier life.

Life's problems have an impact on us all. One useful device is to think of stress as energy generated by change. As we all know that life without stress of any kind would be a non-event. Too much stress on the other hand, particularly if it never lets up, can cause serious health problems. Few people realise that the fast-paced lives they are living; the increasing demands on their schedules and the way that they cope with stressful situations, is bad for their health.

There are many common causes leading to daily stress in life: bad news; physical illness; divorce; financial worries and many more. These are factors which interfere with our ability to cope and are known as stressor stimuli. If these stimuli are not dealt with promptly, one can be on a permanent stress rollercoaster, chronically worried and unable to function.

We must constantly be on alert to spot the danger signals indicating a stress overload. Learn to relax during stressful periods, try

breathing slowly and keeping calm and this conscious effort may help significantly.

## Recognise the signs

In your own daily life ask yourself honestly: Am I happy, or am I constantly worried about problems? Be honest with yourself, are you trying too hard to keep up with the Joneses? Are you constantly chasing a jet set life style? Is the acquisition of assets your dominant motive for living?

Do a simple stress audit on yourself. Prevention of overwhelming stress clearly is better than cure. It is recommended that we should set aside time to address the stressful situations of every day by doing one, if not all of the following:

**Hobby time** – take time to enjoy your favourite hobby, listen to music, read a book etc.

**Exercise time** – time to keep fit. Go for a walk, go jogging outside (weather permitting), or join a gym. This is one of the very best methods you can find for combating the negative effects of long term stress, as well as getting rid of that awful pressured feeling when you are worried, overworked or anxious.

**Mental time** – time to meditate, time to think, to relax and to prioritise your problems so that you can find solutions to them. With a quiet mind comes a sense of peace and an absence of stressful feelings.

**Family and friends time** – make time to spend with your family and friends. Make and build friendships, which will one day prevent loneliness, which is a major factor that causes stress in the elderly.

**Giving and sharing time** – make time to do voluntary work and use your skills to enrich the lives of other people.

**Laughter time** – time to smile, joke and laugh with your colleagues, employees, family and friends. When we smile it acts as a trigger to the mind and body and releases chemicals that induce pleasant emotions.

As ACWW aims to uplift, to empower and to motivate we should strive to help people manage stress. Motivation is the biggest force that can be applied against mental stress.

This philosophy applies not only to individuals but also to the disadvantaged and poor living within countries, who have been exploited.

If you have been 'battered and bruised' by a stressful situation, either physically, or emotionally, you must always remember that a healing process occurs but only through the process of discussion, understanding, reconciliation, tolerance and forgiveness.

This healing could result in the healing of the psyche of an entire nation, so that the future can be faced with both confidence and courage.

## PLANTING A TREE IN OREGON



Giddy up Go Study Group Members from left to right, Maxine Haines, LeeAnn Baastad, Mary VanEtta, Marlene Currin-Study Group President, Donna Evans, Glenna Maine - Oregon State FCE District VII Director, Gay Lee Rasmussen, Shirley Hollibaugh & Tom Currin (who dug the hole for the tree)

The USA Oregon Family and Community Education "Giddy up Go" Study Group from Pendleton, Oregon, planted a tree at West Hills Secondary School, in Pendleton on 16th November 2012. The study group did this in conjunction with ACWW's 2010 recommendation of planting trees to help combat climate change. While at the school, members of the study group discussed climate change with the 4th and 5th grade classes who were in attendance.

The children thought the tree planting was a wonderful idea and promised to protect the tree. They thought that everyone should do this for the environment.



## PILLOW CASE DRESSES

Shirley Burgess, Director of Community Outreach of the Lee County (Illinois) Homemakers Education Association, along with several other members, have been making girl's dresses from pillow cases, all destined for Africa. Last year, Shirley's granddaughter visited an orphanage in Costa Rica. She took along five of Shirley's dresses and as you can see from the photo that they were quite a success!

## HAZEL ARMSTRONG SHORTLISTED FOR INTERNATIONAL AID COURAGE AWARD



Hazel Armstrong (third from left) & Mary Rema Sree (left) with Kanikkar tribal women

The annual UK Charity Staff Foundation Awards took place on 7th March 2013 in Central Hall Westminster. The awards celebrated outstanding dedication and achievements made by charity staff and volunteers across the UK. ACWW are delighted to announce that Hazel Armstrong, ACWW Representative and Projects Resource Person, was shortlisted for the 'International Aid Courage Award'.

Hazel was one of just 3 shortlisted nominees in a competitive category and we are delighted that her work for ACWW has been recognised in this way. Hazel has worked tirelessly to monitor and evaluate projects on

behalf of ACWW, in countries such as India and Bangladesh and does so in her own time, using her own resources. She asks searching questions and does not just accept what she is told by the beneficiaries at face value. Without Hazel's dedication, the effective monitoring of projects, often in isolated and difficult areas, would not have been easy and ACWW is delighted that Hazel's hard work and courage has been recognised. The award went to Stuart Palmer of Cure International for his excellent work in Malawi.

## KNITTING TO SUPPORT THE ELDERLY

The South African Women's Agricultural Union (SAWAU), of which Henrietta Schoeman, ACWW Finance Committee member is President, had a triennial congress at the end of 2012.

Henrietta wrote: Members from all seven affiliate organisations attended and we decided to keep them busy between plenary sessions. I asked a company in South Africa if they would donate wool/knitting yarn, which

they distribute. They were happy to provide us with all we needed and sent boxes of yarn, as well as knitting needles. The members were so enthusiastic about this project that they knitted during congress. But as you all know, we ladies can do more than one thing at a time. Squares, strips etc were completed and now we will be joining them all to make knee blankets, which we plan to hand over to old age homes around Gauteng (Johannesburg and Pretoria). At this stage we are not sure yet how many will be completed as we are still awaiting some finished squares from members who took theirs home to finish.



From left to right: Sienie van Vuuren; Breggie du Plessis; Elsa van Rooyen & Elaine Smith - Northwest Province

## PRETTY IN PINK



Sylvia Draycott, a member of West Bridgford WI in Nottinghamshire, organised an exhibition of a Christmas tree in her local Methodist Church Tree Festival. As you can see in the photograph above, the

tree was not the usual colour of green, as most Christmas trees are, but was pink and decorated with a range of small animals, namely goats, sheep and pigs. Sylvia, who is supporting one of ACWW's Projects named 'Leadership and Business Skill Development of Dalit Women and Children', organised the event in the hopes of raising awareness of the project's small animal rearing programme.

The festival, which ran over two consecutive weekends in mid-December 2012, hosted 40 trees in total, all for charitable causes, ranging from local community to international charities.

The festival attracted a large number of visitors over the two weekends, and also school visits during the intervening week. Great interest was shown in all the trees, but especially in the pink Christmas tree, as the school children found the animals and tree appealing. In total, £70 was raised by WI members, friends and by visitors to the Church. Helen Crowder, ACWW Rep for Nottinghamshire FWI visited the exhibition on the second weekend and said "The tree was delightful and was drawing a lot of interest. This is the second year that Sylvia has supported our projects with a Christmas tree at the festival and I know she has enjoyed creating this eye-catching one."



Back: Anna Dannhauser, Connie Eloff. Front: Judy Steynberg, Dr Semane Molotlegi ACWW Area President Southern Africa & Hettie Liebenberg

## MOTHER & DAUGHTER DAY

A mother and daughter day was held by a Intermediate School in Reagile, a township next to Koster in the North West Province of South Africa. In attendance was Judy Steynberg, President of the North West WAU, who showed the participants how to make flowers from fabric, along with four other members of the WAU of the Koster branch.

Area President, Dr Semane Molotlegi of Southern Africa, addressed the daughters on how to show respect to older people and to look out for and to take care of neighbours and children, especially in regards sexual abuse, drug abuse, kidnapping and daughters sold into the sex-trade.

After donating a piano, the Area President promised to negotiate with the authorities to upgrade the facilities of the school.

# PROJECTS REPORTS

## MONITORING REPORTS



### KOREA

#### Income Generation Skill for 40 Handicapped Women

The International Social Welfare Association (ISWA) of Korea, which was founded in 1982, became a member of ACWW in 1983. They have a lot of experience with ACWW funded projects, having successfully implemented 2 projects (in 2001 and 2006) and receiving a scholarship for Joori Imm to attend a Social Welfare Course in 2002.

The purpose of the project entitled 'Income Generation Skill for 40 Handicapped Women' was to help handicapped women acquire basic and useful skills, in order to be self reliant, more independent economically and to build up their self confidence and self-esteem, which would lead to normal lives in the community. The project, which has clearly achieved its goals, has grown over the last three years under the very dedicated personal guidance and direction of Marcia Imm, the Director. The Project undertaken at the ISWA Bethel Centre Hallim, Jeju Island of South Korea, has a multipurpose hall that is used for tailoring class. It also has a very large garden area for flower and vegetable cultivation. The initial 40 beneficiaries, all handicapped women, have progressed very well and are staying at the Bethel Centre along with many others.



### MONGOLIA

#### Rural Women Business Development

This project, which was in line with the mission statement of the Foundation for the Empowerment of Rural Women's (FERW) who ran the project, was to promote women's participation in social life; improve their independent status; encourage their active involvement in self governance and, more importantly, develop and maintain small community business groups for income generation. The project which was initially planned to develop sixty economically disadvantaged participants, started with

## FINAL REPORT



### INDIA

#### Social Upliftment and Economic Empowerment of 40 Dalit Widows at Karai and Jampothei Village

The aim of this project run by the Nutrition Network of Tamilnadu (NNT) Trust in India was to improve the economic and social conditions of forty poor Dalit widows, by providing them each with a dairy milk cow as a source of nutrition and income. During the project the women who were trained on livestock management and milk vending, increased their family income and are now socially respected. The income acquired has been used on food, family health expenses, and for 163 disadvantaged Dalit children. It has given them a chance to have an education. The women have also kept a portion of their income, which will be used for unforeseen expenses. With the children returning to school, the school dropout rate in the village has been drastically put to an end.

Chronic poverty and hunger have been eradicated in the forty under privileged families through this income generation activity, not only for the women but for their families.

training thirty low income and unemployed rural women in Baruunburen soum, Selenge Aimags, Mongolia. Training, that included dairy products management, baking, vegetable growing, business development skills, savings and micro credit management and capacity building, resulted in small businesses in twenty Aimags, which stands for a subdivision of a district of Mongolia. More than 400 rural women have since benefitted from those trained earlier, resulting in an improved quality of food. About three hundred kindergarten children and five hundred secondary school children have bread and milk products in their diets due to the knowledge gained by their mothers.

The training aspect has greatly benefitted the rural women, which has resulting in more training centres being set up. Household incomes have increased as families are less dependent on buying food from Darkhan and Ulaanbaatar. Communities are very scattered in Mongolia and it takes seven to ten hours to travel to Ulaanbaatar on the small dirt roads. Becoming self sustaining in food production is a very big advantage economically. The success of rural communities has attracted a lot of funds from

### Case Study

Vijaya, age 41 (left), belongs to a very poor Dalit family. She worked as an agricultural labourer for a living, which was not regular and was dependent on the season. The daily wage earned by her was barely enough to cover her and her family's basic needs. Due to her family being outcasts in the village, they faced many problems. They were discriminated against, isolated and dehumanised by the caste people. Through the regular field visits by NNT field staff, she joined the Dalit widows self help group and learned more about other self help groups in her area. While attending she learned the importance of savings and internal loans.

In 2011 Vijaya was selected as an ACWW beneficiary and was given money to buy a hybrid milk cow. Later she was given a young calf; with both she gets 5 litres of milk per day (morning 3 litres, evening 2 litres), which she sells to her neighbours and to the co-operative milk society. She still also works daily in the field and earns a daily wage.

This is great area for her to work in as she can graze her cows in the field. Today she is very happy and satisfied with her family income. Before this project her three children had to stop school, but now all three are back at school and are attending regularly. After meeting all the basic expenses for her family, like education, health and food, Vijaya is saving a sum of INR 500/- every month for her eldest daughter's wedding. Now Vijaya is very proud and happy to say "My family is empowered, educated and socially respected by the community and I have to say thank you to ACWW and the NNT Trust for helping me and my family."

various United Nations (UN) bodies. There is a very strong presence of volunteers related to UN and research bodies that are helping FERW. FERW members who despite being employed full time, are very dedicated social workers. They travel over twelve hours to reach communities to bring awareness on matters related to personal hygiene, nutrition and education. There are some challenges: Mongolia is a landlocked country bordered by Russia to the north and China to the south, east and west. The population is 2.8 million with more than a million living in Ulaanbaatar and half a million in Darkhan, which is more than ten hours away by road from the capital city. The rest lead nomadic lives living in tents called Gers all over the Gobi Desert. Building communities and facilities with limited resources in this spatial arrangement is indeed a challenge.

The ladies involved in FERW are very strong advocates for social and community development and dedicated volunteers. The Nation's history and harsh weather conditions have moulded them to be very resilient and confident. With future help from ACWW, they are keen to build mobile toilets for the nomadic communities.

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

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

## Publicity Material

Leaflets are available from Central Office.

Please state quantities required and date needed.

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- Resolutions & Recommendations booklet
- Working with Women Worldwide – Highlights of 75 Years of ACWW £5
- Individual & Society Membership forms
- ACWW 2010 Constitution £3
- Pen Friend Scheme form (via email)
- ACWW Stickers
- ACWW Tri-fold promotional leaflet
- ACWW Projects & Funding leaflet
- You can make a difference leaflet
- Pennies for Friendship labels available at <http://acww.org.uk/acww-label.html>
- Louis Van Nieuwenhuizen Supporting ACWW- Pipe Mania CD £10

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## LEAVE THE WORLD A BETTER PLACE

Bequests are incredibly valuable to the work ACWW does – not just for the women and communities who benefit from projects and the connections made globally through our work now – but to women and communities to come. Bequests enable ACWW to continue to deliver a broad vision of seeing generations of women empowered through the relief of poverty and sickness, the protection and preservation of health and the advancement of education.

You can be assured that your gift will make a genuine difference to our work.

To find out more about leaving a bequest please email [lisa.b@acww.org.uk](mailto:lisa.b@acww.org.uk) to receive a FREE Bequest Information Pack.



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