

THE COUNTRYWOMAN

INTERNATIONAL MAGAZINE OF THE ASSOCIATED COUNTRY WOMEN OF THE WORLD

OCTOBER - DECEMBER 2013

WHERE TO
FIND TRIENNIAL
CONFERENCE
NEWS
SEE PAGE 4

Working Hard to Promote ACWW's Resolutions & Recommendations

Women's Institutes of Nova Scotia Celebrate One Hundred Years

MAY KIDD, ACWW WORLD PRESIDENT JOINED THE CELEBRATION

Reducing Malnutrition in Ghana

SHAPE LIVES FOUNDATION IMPROVE LIVELIHOODS WITH MORINGA TREES





COVER: Women in Agriculture and Business, South Australia, promoting ACWW's Resolution and Recommendations, Tree planting. See page 5

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



ISSN 0011-0302

Mary Sumner House
24 Tufton Street
London SW1P 3RB
England

Tel: +44 (0)207 799 3875
Fax: +44 (0)207 340 9950
Email: info@acww.org.uk
Website: www.acww.org.uk

EDITOR/ DESIGNER: Jennifer Atigolo
Email: pnp@acww.org.uk

CENTRAL OFFICE CONTACTS

Operations Manager: Lisa Barker
Email: info@acww.org.uk

General Enquiries: Laura Hoskins
Email: info@acww.org.uk

Projects: Juliet Childs & Mariana Meirelles
Email: projects@acww.org.uk

UN & Agriculture: Christine Ro
Email: un@acww.org.uk

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



Above: May Kidd, ACWW World President and her husband Neil Kidd walk the path of this year's 'Women Walk the World' event winners, WI of Nova Scotia. Right: May Kidd accompanying an accordionist on a harmonica Canada



Dear Friends

THE HIGHLIGHT of my summer was a visit to Nova Scotia and Prince Edward Island, Canada. The Women's Institutes of both provinces were celebrating their Centenary.

First, a few days in New Glasgow, Nova Scotia, where WI business mixed happily with formal events, including a grand evening banquet with the Lieutenant Governor and his wife as guests of honour.

Then a quick dash to catch the ferry for Prince Edward Island, then straight to a reception hosted by the PEI Lieutenant Governor accompanied by his wife, herself a WI member, in the grounds of the Governor's official residence.

It was a case of déjà vu when we visited the old church at Grand Pre, for this was the cover photo of the last magazine. We walked the same walk as in the photo, while accordionist Duncan Keppie played "Farewell to Nova Scotia". In no time, an impromptu ceilidh was underway, to the amazement of passing tourists!

Nobody will mind when I tell you the most memorable part of our trip was meeting again with Dr Ellen McLean, ACWW World President 1983 – 89, and her husband John,

in their home where we talked non-stop for most of the day. Dr McLean's quiet wisdom and sound judgement ensure she remains loved and respected by all.

Our thanks for their warm welcome go to everyone we met, and a special thank you to those with whom we stayed, whose hospitality was second to none.

Soon my term of office as World President will end. My successor will shortly be elected. I wish her, and ACWW, continued success and a bright future.

May we never lose sight of what we are striving to achieve – friendship, peace and working together to improve the quality of life for all people, through the relief of poverty and sickness, and access to education.

On her 16th birthday, Malala Yousafazi, the Pakistan schoolgirl shot by the Taliban, addressed the United Nations:

"One child, one teacher, one pen and one book can change the world. Education is the only solution... Education first"

Yours in friendship, today and always,

May Kidd

May Kidd MA JP



Left to Right: Linda Munro, Women's Institutes of Nova Scotia (WINS) President; Marie Kenny, Federated Women's Institutes of Canada President; May Kidd, ACWW World President; Dr. Ellen McLean, Past ACWW World President & Margaret Yetman, ACWW Canada Area President, Canada



May Kidd, ACWW World President & her husband Neil Kidd dance to the music. Canada

INSIDE THE COUNTRYWOMAN



2013 FAO Conference in Rome

7



South African WI gives 67 minutes for Nelson Mandela

14



Reducing malnutrition among women & children in Ghana

15



WI of Nova Scotia celebrate one hundred years

CENTRAL OFFICE NEWS

With the freight packed off to Chennai, flights booked and the Conference Programme finalised, here in Central Office we are busy with the final preparations for Conference. Although as you read this we will be back to work as normal in our London office, following what I hope will have been a very successful Conference.

As we head towards to end of the year I would like to encourage you to think about renewing your memberships as soon as possible for 2014 and also to check out our new website which will be launching this autumn. It will be packed full of information and resources to help you find out more about ACWW. On a final note I am delighted to welcome our new Office Administrator, Laura Hoskins. I am sure many of you will have already been in touch with Laura!

As always, please do not hesitate to contact Central Office at any time with any queries, stories or ideas you might have.

Lisa Barker, Operations Manager

WHAT TO LOOK OUT FOR IN THIS ISSUE

There is so much to read in this October- December 2013 issue. For example on page 7 you can read a report on the 2013 Food and Agriculture Organisation Conference by Anphia Grobler, ACWW's Deputy President and Agriculture Committee Chairman.

On page 5 find out how ACWW's Member Societies are working hard to promote ACWW's 2010 Resolutions and Recommendations. On page 11 read about the Women's Institutes of Nova Scotia, Canada, who celebrated one hundred years. Finally, page 14 shows how one South African WI gave up 67 minutes for Nelson Mandela. Enjoy...!

Jennifer Atigolo, Editor

IN MEMORY

4 A Legacy gift from Thelma Doreen Jones

FINANCE COMMITTEE

4 Year End message

ACWW RESOLUTIONS & RECOMMENDATIONS (R&R)

5-6 Societies work hard to promote R&Rs passed in 2010

A CREATIVE FUNDRAISING IDEA FOR 'WATER FOR ALL'

6 How you can help to raise funds

AGRICULTURE COMMITTEE

7 Report on the 2013 FAO Conference

International Year of Quinoa

AGRICULTURE CAMPAIGN

8 How to raise a bed garden

UNITED COMMITTEE

8-9 ACWW welcomes a new UN rep

8th Global Conference on Health Promotion

SOCIETY FEEDBACK

9-15 Ouklip VLU Branch WI has an Indian Afternoon

Food for thought

A historic event hosted by The Ladies' Circle

South Cave WI collects coins for ACWW's 'Water for All' fund

Mystery trip raises money for ACWW

WI of Nova Scotia celebrate one hundred year Anniversary

West Kings District WI of Nova Scotia welcome a new Pen Friend

ACWW supporter awarded the British Empire Medal

Inspired training in South Africa

Fundraising through recycled bags, Inspired by the 2013 Triennial Conference

Surrey County Fair attracts up to 40,000 visitors and ACWW were there!

Think healthy, Eat healthy & Live healthy - An event with a difference in South Africa

Walking in 'Rose the farmer's' footsteps!

Warrawee Matilda, 'G'day Mate'

South African WI gives 67 minutes for Nelson Mandela

Improving the treatment of women in India

PROJECTS

15 **Projects:** Progress and Monitoring reports: Cameroon | Ghana | Mongolia

BACK COVER

16 **Additional Information**

How to advertise your accommodation
Publicity material
Individual Membership and Donation form

IN MEMORY

A LEGACY GIFT FROM THELMA DOREEN JONES



Thelma Doreen Jones 1931-2012

Thelma Doreen Jones was honoured in a moving tribute by ACWW UN Committee Member Roma Patten, in a recent edition of The Countrywoman magazine, following Miss Jones' sad passing on Christmas Eve 2012. ACWW was both humbled and immensely grateful to discover that Miss Jones had remembered ACWW in her Will and had gifted the organisation the hugely generous sum of £59,228.82. The money will be used to support ACWW's work in connecting and supporting women and communities worldwide. Along with ACWW, Miss Jones also supported three other charities in her Will.

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. Also when taking photos, please remember to turn off the camera's date stamp.

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.



THE FINANCE COMMITTEE

Alison Burnett, ACWW Treasurer & Finance Committee Chairman

As we come to the end of another year I would like to thank all the societies and individual members who have supported ACWW financially over the last Triennium, especially through giving Pennies for Friendship (Pff). **The income from Pff has been a huge help in allowing ACWW to carry out its work of helping women worldwide.** Our investments have started to pick up again but it will take a few more years for our investment income to come back to where it was before the recession. However, overall I am cautiously optimistic for the next Triennium.

I am encouraged by the money raised through Women Walk the World and although the money in 2013 is not as much as 2012, it is still financially worthwhile, as well as being great publicity for ACWW worldwide. I hope that this event and possibly other worldwide fundraising events will continue over the coming years.

Margaret McMillan, ACWW Finance Committee member, has worked hard throughout the year, encouraging societies to give to Pff and I would also like to encourage the societies who may have never donated to Pff to do their best to donate in 2014. It does not have to be a huge amount, but **even small amounts can make a big difference to women's lives** throughout the world. Throughout the Triennium, the Finance Committee has worked hard to look at ways not only to increase income, but also reduce our costs and this is working.

Can I encourage members to think about becoming individual members, even if your society is already a member? This will help increase our print run of this magazine and, which may encourage sponsors and advertisers to use our magazine, this in turn will bring in additional income. Also, you will have your own copy of the magazine and will not have to share the one copy your society receives.

STOP PRESS



The Triennial Conference is finally here. To find out who has been elected to ACWW's Board, and also read highlights from the Conference, please visit our website at: www.acww.org.uk

ACWW MEMBER SOCIETIES WORK HARD TO PROMOTE THE RESOLUTIONS AND RECOMMENDATIONS PASSED IN 2010



Members of Women in Agriculture and Business of South (WAB), Australia, planting 1,000 native shrubs of 12 different species for their tree project, along with family and friends

IN 2010, at the 26th Triennial Conference in Hot Springs, Arkansas, USA, a total of six Resolutions and Recommendations were passed by ACWW members, five of which were actionable by Member Societies directly.

Member Societies have been working hard on the Resolutions and Recommendations over the past Triennium and activities have included awareness raising, government lobbying, competitions, debates, classes, educational materials and talks. Some highlights are mentioned below.

ACWW looks forward to hearing from Member Societies about future activities involving Resolutions and Recommendations approved at the 2013 Triennial Conference in Chennai, India.

What are Resolutions and Recommendations?

Resolutions are mandates, which must be worked on if passed by an adequate majority. A **Recommendation** is a suggested line of action, which societies might choose to follow.

Resolutions approved in 2010

111 WOMEN NEED ACCESS TO CREDIT
In view of the United Nations' first Millennium Development Goal calling for eradication of extreme poverty and hunger, and to improve employment for women, ACWW member

societies will call on their governments to make available access to credit for women.

In the USA, a General meeting of the Country Women's Council featured speakers on women entrepreneurs, financial management and credit. Finland's Martha Association carried out a microcredit project in Cameroon and the Twatonta Women Organisation did the same in Zambia.

The Mother Teresa Rural Development Society in India also worked to extend credit, by encouraging low-interest internal lending among poor rural women. These women organised themselves into self-help groups and used their loans to generate income and become self-reliant.

112 STOP THE USE OF PLASTIC BAGS AND REDUCE THE USE OF PACKAGING
'That All ACWW Member Societies urge their communities to restrict the use of plastic bags and to reduce excess packaging. Consumers need to be informed and governments need to offer incentives for voluntary recycling and use of biodegradable bags and packaging.'

Member Societies were active in encouraging the use of reusable bags made out of cloth, newspaper and even – in the case of the National Federation of Women's Clubs of the Philippines – plant leaves. Some

societies sponsored competitions to make bags from recycled materials, and the South African society NWWAU took part in a 'make a bag' silent auction. The National Association for Family and Community Education in the USA produced educational materials and classes on the topic of plastic vs. paper bags, among other matters.

The Dutch societies Vrouwen van Nu, Passage and NVVH made extensive efforts to reduce plastic bag use. They contacted concerned ministries, Dutch members of the EU Parliament and relevant organisations to promote the Resolutions and Recommendations, and their sustainability project 'Op de koop toe' ('what do you take for granted') included 'stop using plastic bags' as one of the actions. The Sarawak Federation of Women's Institutes in Malaysia advocated a more specific lifestyle change by declaring Saturday 'No Plastic Day'.

The Michigan Association for Family & Community Education gave out reusable 'goody bags' at meetings. Another creative American application of reusable bags came from the West Virginia Community Educational Outreach Service, which turned reusable plastic bags into sleeping mats for the homeless. Societies like the Missouri Association for Family and Community Education, also in the

CONTINUED ON PAGE 6

CONTINUED FROM PAGE 5



Member of The Ladies Circle planting a tree in South Africa

USA, worked to recycle glass, metals, plastic and paper, while the Women's Agricultural Union – North (South Africa) started a waste disposal project.

113 FINANCIAL MANAGEMENT

'That ACWW Member Societies encourage their members to:

- *Ensure that women have sufficient knowledge about financial management in their households*
- *Educate women to draw up a spending plan or budget to ensure financial security within the household*

Many societies, particularly in Southern Africa, provided training and workshops in financial management. For instance, *Solidarity Helping Hand Women in Action* worked specifically with day care mothers, the *Cape Women's Agricultural Association* brought special attention to domestic workers, the *Namibia Women's Society* aimed for women's financial independence and entrepreneurship, and the *Bafokeng Women's Club* focussed especially on budgeting. More than 1,000 women participated in the courses organised by the *South African Women's Agricultural Union*. All of the societies mentioned above, apart from the *Namibia Women's Society*, are located in South Africa.

114 RETENTION OF ARABLE LAND FOR FOOD PRODUCTION

'That ACWW Member Societies urge their Governments to ensure that, with reports of a coming world food shortage and the search for alternatives to fossil fuels, sufficient quantities of arable land are retained for food production and not diverted to growing crops for bio-fuel production.'

A number of societies promoted backyard and community gardens. *The North Carolina Extension & Community Association* in the USA combined this with a local foods initiative. In Sri Lanka, *Lanka Mahila Samiti* explored themes related to home gardens, nutrition, etc. Training was provided to the children attending the village nursery schools run by the society's members, as well as to the children's parents. Talks on these and other themes were also arranged by the *Norwegian Society of Rural Women*.

In Canada, the *British Columbia Women's Institute* called for the preservation of farmland, while the *Country Women's Association of Australia* provided practical input into new by-laws for the South Pacific Area. Along with growing their own food, members of *Jekesa Pfungwa Vulingqondo* in Zimbabwe and the *Trinidad and Tobago Federation of Women's Institutes* were trained in food preparation and preservation. Finally, food security and land security were debated at conferences of the *Queensland Country Women's Association of Australia*.

Recommendations approved in 2010

276 TREE PLANTING PROJECT

ACWW would urge all ACWW Member Societies worldwide (where possible) to plant trees as a contribution towards combating climate change. This could be an individual, or group project.

Member Societies were particularly dedicated to planting trees, with organisations like *Ceredigion WI* in Wales recognising the links between tree planting and fighting climate change. Trees were planted at schools, churches and homes for the elderly, along with other locations. The *Quebec Women's Institute* (Canada) got the children and grandchildren of members involved, and one county of the *Wisconsin Association for Home and Community Education* (USA) gave a seedling to each member.

South Carolina Family and Community Leaders (USA) ran a project titled 'Native Plants in the Landscape'. The similar project of *Women in Agriculture and Business of South Australia* involved planting 1,000 native shrubs of 12 species to beautify an area providing shade, wind shelter and homes for native birdlife.

In South Africa, two societies celebrated national days by planting trees: the *Free State Women's Agricultural Union* on National Heritage Day and *The Ladies Circle* on Arbor Day.

In England, the *Derbyshire Federation of WIs* gave out information from the National Forest; in the USA, the members of the *Maryland Association for Family & Community Education* supported the National Park Service's efforts to plant trees.

Finally, for the *Brunei Women's Institute*, tree planting was one of the highlights to mark the visit of the ACWW World President to the headquarters in early 2013.

A CREATIVE FUNDRAISING IDEA FOR 'WATER FOR ALL'

How you can help to raise funds

2005 to 2015 is the United Nations decade of Water for All. However, so we can get clean water to all those around the world who need it, fundraising by NGO's will go on long after 2015. A great way to raise funds for ACWW's own 'Water for All' fund is to collect coins in recyclable material, such as in plastic water bottles. Below are instructions on the best way to make a collection container out of recyclable plastic bottles:

How to make a collection container out of recyclable plastic bottles

- Take a 2 litre plastic water bottle and remove the label (UK Sainsbury's own Scottish spring water comes in a very fetching ACWW green!!)
- If not empty, drink the contents and allow the inside to dry out thoroughly
- Glue the lid in place (this complies with charity regulations about sealed collections)
- Cut a very small horizontal slit, no bigger than your largest coin, in the shoulder of the bottle
- Download a large label from the ACWW's website and stick the label on the side.

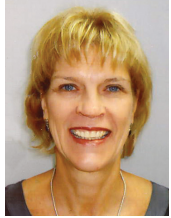
What's next?

Take the bottle to your next meeting and start filling it with coins. Each meeting a different member could take it home and pass it around to at least five friends at the same time giving them information on our 'Water for All' fund. If members are really keen they could each have a 330ml unsealed bottle to fill at home and bring to offload into the 'big' bottle.

When the bottle is full, take a photo with the full bottle, chop the bottom off the bottle, count out the coins, double check and bag the money then take it to your bank. Now you can post a cheque with the photo and a small article to ACWW Central Office address on the label. Include the name of your organisation and location. Your photo and article could appear in a future issue of *The Countrywoman* magazine. Also remember to say how much was raised in your article.

If anyone comments that it's a bit difficult to get the coins in the bottle, gently remind them that it's not nearly as difficult as trying to get water, clean or otherwise, in many places in the world. As the bottle fills and folk say it's getting too heavy to carry, gently remind them that it's easier than carrying a huge container of water on your head often in extreme heat, in hazardous areas possibly with a child on your back for many miles sometimes several times a day. If every group filled a bottle a year we could go a long way to alleviate the water problems of many communities in many countries.

ACWW DEPUTY PRESIDENT'S REPORT ON THE 2013 FAO CONFERENCE



Anphia Grobler, Deputy President & Agriculture Committee Chairman

ACWW'S DEPUTY PRESIDENT and the Chair of the Agriculture Committee, Anphia Grobler, attended the Food and Agriculture Organisation (FAO) Conference held in Rome from 15th -22nd June 2013.

Anphia writes: The conference theme was 'The State of Food and Agriculture: Sustainable Food Systems for Food Security and Nutrition'. In relation to this theme it was reported that 12.5% of the world's population is suffering from undernourishment, down from almost 50% in 1947. Although this is an amazing achievement, there are still 868 million hungry people in the world. Agriculture can help by making food production more nutrition-enhancing and environmentally sustainable.

Along with sustainable food systems, Quinoa, a grain-like crop grown primarily for its edible seeds, was a major topic at the conference, as the United Nations has declared 2013 the 'International Year of Quinoa'. The conference's opening speech was delivered by Dr Amartya Sen, an Indian economist and philosopher who won the 1998 Nobel Prize for economics.

Dr Amartya's work on famines shifted attention away from the traditional focus on food production. He looked at inequalities in the distribution of food instead. What he pointed out was, basically, hunger and starvation were not simply problems of lack of food. People can starve even while surrounded by food, if they lack employment, income and land. Indeed, hunger is a continuing problem in India in spite of a 15% growth in food production in the past 5 years.

Therefore it is critical to pay attention to expanding employment opportunities, as well as developing public health facilities and basic education to improve nutritional status.

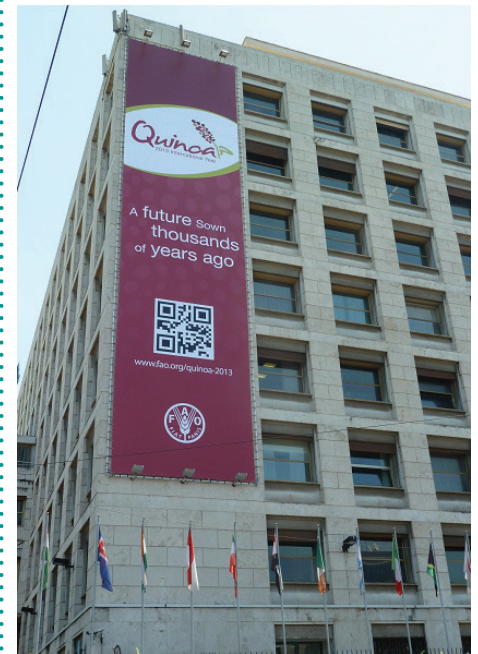
Dr Amartya concluded his speech by arguing that a much broader approach was needed than could be obtained from a narrow concentration of food production only. Many different things need to be done to fight hunger. In relation to this, it was pointed out that the principal purpose of FAO is to reduce hunger in the world.

Various awards were also presented at the conference. The 2012-2013 Jacques Diouf Award, which is presented to individuals or institutions working to improve global food security, was granted to two organisations: the Self Employed Women's Association (SEWA) and the European Commission. SEWA, which is based in India, has created business opportunities for women. In consequence these women have increased their income, gained control over their own finances, and improved their food security. The European Commission has provided a record €1 billion in emergency aid through the creation of the EU Food Facility.

A highlight of the conference was FAO's recognition of 38 countries for the first time for cutting the number of undernourished people in half. This is a target of the Millennium Development Goals. A different sort of highlight occurred when the conference delegates received an audience with His Holiness Pope Francis.

Alongside the speeches and awards were many side events hosted by non-governmental organisations (NGOs). Among the topics covered were: family farming, which is significant as 2014 will be the International Year of Family Farming; agroecology, a form of agricultural production that reduces environmental pressures and limits the use of chemicals; the importance of genetic diversity for food security; as well as the effects of climate change on farmers, especially African farmers. As ACWW has consultative status with FAO, it is of vital importance that we, as an international NGO, participate and become more active in the discussions and decision making processes of the FAO. In addition, ACWW should be one of the leading NGOs in the Ad Hoc Group of International NGOs (Representatives to FAO in Rome). ACWW is currently an observer of this group. Overall, the conference was very informative and enriching. Attending the conference and establishing contacts there were of immeasurable value to ACWW.

INTERNATIONAL YEAR OF QUINOA



We are now over halfway through 2013, the UN declared 'International Year of Quinoa'. This recognition has led to many articles, conferences and other events themed around Quinoa. One example is the side event on Quinoa held at the Food and Agriculture Organisation (FAO) Conference in June 2013, which explored Quinoa's nutrition, cultural value, environmental benefits and its adaptability to extreme climates. However, it has been noted that Quinoa has stirred up some controversy. It has increased demand in wealthy countries, which in turn has reduced Quinoa's affordability in the Andean countries where it has traditionally been grown. However, this rise in demand has increased the income of Bolivian farming families from about USD 35 per month to about USD 220. Therefore the living standard of local farmers has improved considerably. Another concern about increased Quinoa production is the effect on land. This has led organisations like the World Bank to incorporate sustainability considerations into its Quinoa farming agreements. The market for fair trade Quinoa is also growing. With the huge increase in Quinoa's popularity leading to shortages in some parts of the world, production is spreading to Lithuania, the US and other countries far from the crop's origins to meet demand. Clearly, the story of Quinoa is one that's still developing. If you'd like to expand your Quinoa cooking repertoire, the FAO cookbook 'Traditional High Andean Cuisine' may provide some inspiration: <http://tiny.cc/u29s1w>. You can also submit your own Quinoa recipes to the 'Chefs against Hunger' Recipe Book being supported by FAO. More details can be found at http://acww.org.uk/Quinoa_recipe_book_invitation.pdf.

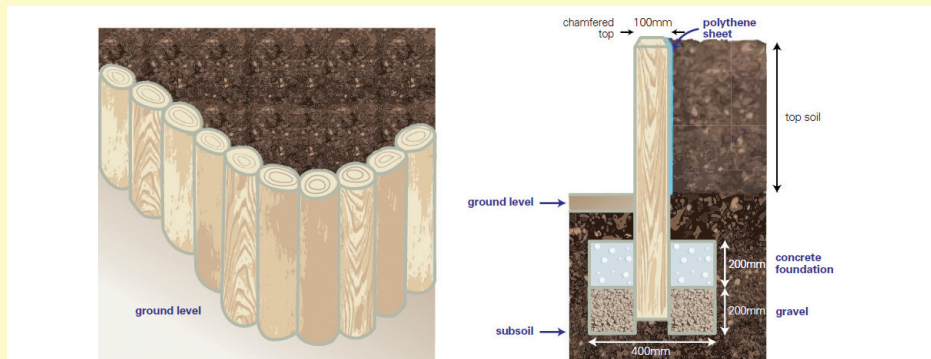


AGRICULTURE CAMPAIGN

HOW TO RAISE A BED GARDEN



IN RAISED BED GARDENS, the soil beds are raised 6 inches or higher. The frames can be made of wood, brick, paving, plastic or stone. Raised bed gardens have many advantages, including the ability to use high quality soil if your garden's soil is poor, variations in garden design, higher yields and extension of the planting season. Another useful benefit is that raised bed gardens can be easier to manage for people with disabilities or limited mobility, since they won't have to bend down so far. Raised bed gardening is therefore suitable for people in wheelchairs. Plants in raised beds require good quality soil or compost, regular watering and good drainage. Spreading plants should be avoided. You can purchase ready-made raised beds, or if you would like to build a raised bed or hire someone to do so, here is one example:



How to build it using timber posts

- Mark out the dimensions of your bed.
- Dig a 400mm wide trench and make it the same depth as the height you want the bed to be above the ground level.
- Your bed outline is the centre of the trench.
- Put in a 200mm layer of gravel.
- Set the upright posts in place in the middle of the trench, butted together.
- Check that they are level vertically and that the tops are flush and level.
- Pour in a 200mm layer of concrete to fix the posts in place.
- Put soil into the trench to ground level.
- Line the sides of the bed with a water proof membrane.
- Break up the soil surface with a fork.

Here are some links to more information on raised bed/no dig gardens that may be appropriate for people with mobility issues:

- How to build a raised bed for your garden: <http://tiny.cc/j89s1w>
- The benefits of raised beds: <http://tiny.cc/t79s1w>
- No-Dig Garden Beds: <http://tiny.cc/v69s1w>

To find out more about the campaign visit:

<http://acww.org.uk>

UN COMMITTEE

ACWW WELCOMES A NEW UN REP



Bettina Corke, Italy, new ACWW UN Representative

ACWW's recently welcomed Bettina Corke as a new UN Rep. Bettina has served the International Alliance of Women (IAW), as a Representative to the Food and Agricultural Organisation (FAO) for the past 13 years and has been supporter of women's human rights for at least 25 years. An expert in communications, she is a writer and film maker, having made 13 films on various topics, of which the most important was presented at the 3rd UN World Conference on Women in Nairobi in 1985 – "Another dimension in Development". Bettina is currently putting together a handbook and reference material on 'How to End Hunger'. With her impressive background and unique skills, Bettina Corke is a welcome addition as one of ACWW's UN Representatives.

8TH GLOBAL CONFERENCE ON HEALTH PROMOTION



Far Left: Joanna Koch ACWW's UN representative from Geneva, at the 8th Global Conference on Health Promotion in Helsinki, Finland

In June 2013, the 8th Global Conference on Health Promotion was held in Helsinki, Finland. The conference was sponsored by the World Health Organisation (WHO) and Finland's Ministry of Social Affairs and Health. ACWW's UN representative from Geneva, Joanna Koch, attended on behalf of ACWW.

The theme of the conference was 'Health in All Policies (HiAP)' which has different meanings for different groups. The aim of the conference was to review different approaches to addressing barriers and build capacity for implementing Health in All Policies, to identify opportunities to implement the recommendations of the Commission on Social Determinants of Health through Health in All Policies and support countries to develop policies and finally to contribute to the UN Post 2015 Development Agenda.

CONTINUED ON PAGE 9

CONTINUED FROM PAGE 8

ACWW, an active member of the Alliance for Health Promotion (the advocacy NGO to WHO), along with the International Federation of Medical Students, International Federation of Home Economists, the Afro-European Medical Research Network and the International Health Co-operative Alliance (IHCO), provided a civil society prospective and a contribution to the final declaration. This was very much a technical conference with speakers from WHO, World Bank, the European Union, Government Ministries, Education and Research representing all regions.

Dr Margaret Chan Director-General of WHO made a powerful opening speech condemning the effects of industry on global health, and asking us to challenge Big Food and Big Money. In her opening address Dr Margaret Chan said that one of the biggest

challenges facing health promotion is the business interests of powerful economic operators. It is not just Big Tobacco anymore. Public health must also contend with Big Food, Big Soda and Big Alcohol.

The sessions presented by the World Bank and the Davos World Economic Forum were greeted with much criticism, where questions were raised about whether their aims and programmes promoted good health. It was noted that unfortunately, the West Pacific was experiencing a tsunami of obesity caused by an invasion of fast food, processed foods and the globalisation of the food industry.

The area delegate called for global tools to deal with the undermining of health by the private sector and its powerful advertising. Interventions from delegates to the assembly included Dr. Mahler's passion for community involvement and the need for Governments

to enable, or empower communities to be responsible for their own health. It was noted that 20 years ago Female Genital Mutilation was called a taboo or a cultural issue but after much determination by Berhane Raswork from Ethiopia and an Alliance for Health Promotion member, the elimination of this practice was written into a resent WHO resolution. During the sessions Joanna Koch supported the need for young people, especially Medical Students to be included in health policies and promotion.

During the final plenary session she gave a spontaneous call to encourage the youth to speak up and speak out, which received a loud round of applause to end the Conference. The conference provided many opportunities to network and to promote the aims of ACWW and the Alliance for Health Promotion.

SOCIETY FEEDBACK

OUKLIP VLU BRANCH WI, SOUTH AFRICA, HAS AN INDIAN AFTERNOON



Left to right: Susan Kidson, Anphia Grobler, Joey Prinsloo, Lillian Naidoo, Mariaan Kruger & Kathy Erichsen. South Africa

The Ouklip VLU branch of Middelburg Mpumalanga WI, South Africa had an 'Indian' afternoon, which took place at their monthly meeting in the Presbyterian Church Hall Southern Africa, on 21st May 2013. Lillian Naidoo, a spokesperson and expert on Indian culture, spoke to the thirty attendees about Indian's culture, food and dress code.

Lesley Saayman Ouklip Liaison officer said, "As ACWW's conference is in India this year, we felt that the only way we could take part was to get Lillian to prepare some Indian dishes for us and explain the use of the different spices in these dishes".

Also in attendance was Anphia Grobler, ACWW Deputy World President, who is one of their branch members and a previous Chairperson. Lesley adds "Ouklip is very proud of Anphia and the fact that she is ACWW's Deputy World President, an achievement in itself.

Every time she returns from an overseas visit, she takes us members, who could not attend, on a journey to experience these various countries and cultures through her words. She has made us aware of poverty, nutrition, work ethics and projects that ACWW has initiated".

FOOD FOR THOUGHT



Photo: readersdigest.com.au

LEMON SLICE

Ruth Teasdale, New South Wales, Australia

Slice base

- 175g plain flour
- 50g ground rice
- 85g golden caster sugar
- 140g cold butter, diced
- 1 tbsp milk

Topping

- Zest 3 lemons, plus 200ml / 7fl oz juice (about 4 lemons)
- 3 eggs
- 200g caster sugar
- 25g flour
- icing sugar, to dust

Heat oven to 200C/180C fan/gas 6. Line a 21 or 22cm square, shallow baking tin with baking parchment. Put the flour, ground rice and sugar in a bowl with the butter and rub in until fine crumbs form. Stir in the milk with a cutlery knife. Tip into the tin and press down evenly. Bake for 15-20 minutes until golden.

Remove the tin and lower oven to 180C/160C fan/gas 4. Mix the lemon juice and eggs, then sieve into a bowl with the sugar, flour and zest. Whisk to combine, pour over the base and then bake for 10-15 minutes until the top is just set. Cool in the tin, dust with icing sugar and then slice.

A HISTORIC EVENT HOSTED BY THE LADIES' CIRCLE



Above: from left to right: Anglican Bishop of Swaziland, Reverend Ellinah Wamukoya; Mignon Smit, President of 'The Ladies' Circle' & Mmemogolo & Dr Semane Molotlegi, ACWW Area President Southern Africa. Below: The human chain on National Women's Day, South Africa

On 3rd August 2013, The Ladies' Circle hosted their 'National Women's Day', which is celebrated yearly in South Africa, to bring awareness to the struggles of South African women throughout history.

The government theme for this year's event 'A centenary of women's collective efforts towards sustainable development and empowerment' inspired two thousand women from all walks of life and various cultures to form a two kilometre human chain on the Reconciliation Road, which links two Southern African historic monuments in Pretoria.

Mignon Smit, President of The Ladies' Circle welcomed the women and explained the significance of the event. An Opening Prayer and moment of silence was held by Chaplain Reverend Fredolene Manganye of the South African National Defence Force. Bishop Ellinah Wamukoya (Anglican Bishop of Swaziland) delivered a message of peace and reconciliation.

After the official proceedings, Lynn Kruger (member) gave the order to proceed. Dr Semane Molotlegi (Queen Mother of the Bafokeng Royal Family and ACWW Area President of Southern Africa) was the first person to start the chain on Reconciliation Road towards the monument at Freedom Park, two kilometres away.

Zelda le Grange (PA to former President Nelson Mandela) led the participants towards Voortrekker Monument on the Reconciliation Road. Three shots were fired by a canon to indicate the completion of the chain and to mark the end of a historic day for South Africans, and especially the women of South Africa.



SOUTH CAVE WI COLLECTS COINS FOR ACWW'S 'WATER FOR ALL' FUND

During Hazel Armstrong's, presentation on the work of ACWW's 'Water for All' fund, Hazel, the East Yorkshire ACWW Rep, suggested the WI collect coins in recyclable water bottles for the fund.

Thinking it was a good idea, all the members started collecting coins in empty recycled bottles ready for Hazel to take away with her after her talk. After explained she was not authorised to do this, the Treasurer and Cynthia Cray, President counted the coins. After banking the money, they sent in a cheque for £113.28 to ACWW's Central Office, but not before snapping a photo. Thank you ladies!



Meg Wellard, Secretary of East Chinnock WI

MYSTERY TRIP RAISES MONEY FOR ACWW

Meg Wellard, Secretary of East Chinnock WI, announced that for her next committee meeting instead of holding her annual ACWW lunch party at her home, she wanted to take members on a mystery day trip.

Caroline Hockey, President, East Chinnock WI said "About twenty four of us took up her most generous offer and set off from East Chinnock at 10am on 4th July 2013, destination unknown. First stop was the Axe Valley Wildlife Park at Axminster. A lovely hour and a half was spent enjoying a vast array of different animals and birds, especially a peacock that put on a wonderful display for our enjoyment.

Back on the coach and on to Sidmouth Connaught Gardens for a superb lunch, with desserts the size of which had to be seen to be believed. There was a short tour of the gardens and then it was back on the coach for a visit to a Donkey Sanctuary, near Sidmouth. Over £500 was raised from donations given on the day from those who went on the mystery trip and from other members of Meg's WI, who couldn't attend. Meg has always been a very generous person and loves to give. Thank you so much Meg on everyone's behalf for providing us with a memorable day".



WOMEN'S INSTITUTES OF NOVA SCOTIA CELEBRATE ONE HUNDRED YEARS



Left to right: Judy Parks, Cambridge WI, Nova Scotia (NS), new Pen Friend co-ordinator for ACWW based in Canada; Margaret Yetman, New Foundland, ACWW Canada Area President; May Kidd, ACWW World President; Lynn McLean, NS, ACWW P&P Committee member & Joyce Hiltz, Cambridge WI, NS



Left to right: Lieutenant Governor of Nova Scotia, His Honour John James Grant with Past ACWW World President Dr. Ellen MacLean (1983 -1989)

Approximately 130 WI members welcomed May Kidd, ACWW World President, to 'New Scotland', Canada to help celebrate the 100th anniversary of Women's Institutes of Nova Scotia (WINS).

Life for the women in Nova Scotia was so different 100 years ago. Many rural women lived a life of isolation, often on small family farms. Just imagine a world without computers or mobile phones. Back in 1913, a group of women in the small community of Salt Springs, Pictou County realised they wanted to come together to improve their lives and to learn from each other.

On 17th July 1913 the first Women's Institute in Nova Scotia was formed, and today there are ten large active branches throughout the province.

Sheila Richards, Public Relations Officer (WINS) said "There were four excellent guest speakers at our ceremony, one being May Kidd, from whom everyone learned so much about visits to ACWW projects, travelling to

remote places and the conditions that May found there. May presented our President, Linda Munro, with a beautiful yellow shawl from her last trip to India as Linda is unable to go to Chennai this year. Thank you May for the musical interludes and celebrating with us, come again anytime".

Also in attendance were Dr. Ellen Maclean Past ACWW World President ; Margaret Yetman, ACWW Area President, Canada; the Lieutenant Governor of Nova Scotia, His Honour John James Grant and Her Honour , Joan Grant and Mayor Barrie MacMillan.

The Mayor welcomed all the attendance on behalf of the Town Council in New Glasgow to celebrate the 100 years of Women's Institute in Nova Scotia.

The Mayor said "It is remarkable to learn that there are ten active branches of the Pictou District Women's Institute celebrating with us here today and that you have carried this impressive legacy for a century.

Your theme, 'A Century of Women's Voices for Progress and Change' reflects the strength of your organisation and its role in providing leadership for both rural and urban communities. Thank you for providing opportunities for women to enhance their quality of life through education and personal development".

He concluded by saying "The Women's Institutes of Nova Scotia have enabled the voices of women to be expressed and to be heard for a century, preserving traditional arts, crafts and agriculture, and family life while meeting the demands of the 21st Century. Congratulations on this incredible anniversary. We are honoured to be a small part of your special anniversary event. May you continue to thrive, prosper and flourish".

WEST KINGS DISTRICT WI OF NOVA SCOTIA WELCOMES A NEW PEN FRIEND



Sandra Adam (wearing her gift of a blue WINS apron) with Betty Quartermain on her right and on her left Clarice Pottie, Judy Parks and Heather Kellock

Judy Parks, ACWW Pen Friend

Coordinator from Cambridge Branch, West Kings District, WI of Nova Scotia, Canada, welcomed Pen Friend Sandra Adam from Dunfermline, Scotland (of the Dunduff branch of West Fife Scottish Women Rural Institutes), to a garden tour and dessert party when she and husband Bob were visiting in the Annapolis Valley for a few days. Judy said "It was great fun to have her with us. During her visit she was presented with a few little gifts including our WINS apron. Sandra is pictured second from the left wearing the blue apron. The Pen Friend scheme is going wonderfully for us and it looks like it will bring us great friendships in the future".

During this time ACWW World President, May Kidd was in Nova Scotia to help the Women's Institute of Nova Scotia celebrate their 100th anniversary in New Glasgow; whilst in Canada she visited the Annapolis Valley and attend a coffee party. Judy said "It was very appropriate for someone from Scotland to come to 'New Scotland' for the festivities. We were fortunate to see May here in the Annapolis Valley at a coffee party at the lovely home and grounds of the Port Williams (member) Carol Buckley. May spoke to us about ACWW's projects and her involvement in it. We felt privileged indeed in having her with us".



Group photo of East & West Kings District guests with May Kidd, ACWW World President (Centre - third from left)

ACWW SUPPORTER AWARDED THE BRITISH EMPIRE MEDAL



Anna May Wharry, Carnlough WI, Northern Ireland (pictured left) was awarded the British Empire Medal in the 2013 Queen's Birthday Honours. Well into her 80's, Anna May, a lifelong supporter of ACWW, continues to use her talents and skills to fundraise not only for ACWW but also for local charities.

Over the years Anna May has raised thousands of pounds through running bazaars, charity fairs and exhibitions of her exceptional collection of needlework. She sets herself tough targets, one of which is every night before going to bed, she goes into her craft room and makes at least five cards to sell. Many around the world who have never had, or ever will have, the opportunity to meet her have been touched by her kindness and compassion. Congratulations to Anna May, a dedicated and inspiring supporter of ACWW.



FUNDRAISING THROUGH RECYCLED BAGS INSPIRED BY THE 2013 CONFERENCE

WI members of Avon Federation have been using their ingenuity to fashion bags made from recycled fabrics. Plastic shopping bags, video tape, old denims, skirts, curtains and even ties have been used to make some pretty spectacular bags. Libby Lockyer, ACWW Representative, Avon Federation of WIs says "We hope to auction the bags at our Federation's Annual General Meeting (AGM) in Weston-super-Mare in September 2013 to raise funds for ACWW. We had the idea after reading that Delegates to the Triennial Conference in October were being asked to take a bag with them to the conference. Bags are still being received, so we hope to have a good selection on offer".

INSPIRED TRAINING IN SOUTH AFRICA



Above: Members of the Mpumalanga Women's Agricultural Union (WAU) with trainees. Below: trainees holding up their craft work

A Nelspruit Financial Literacy training session conducted on 4th May 2013 by Loshini Govender from the Financial Service Board (FSB) was attended by four trainees from the Nelspruit area.

Rina Potgieter, President of the Mpumalanga Women's Agricultural Union (WAU) co-ordinated this meeting to highlight this life skill as one of the six promoted by the Makhosikazi Project. This work also relates closely to ACWW's 2010 Resolution 'Women need access to Credit'.

The session was preceded by a practical session on the craft of making flowers out of newspapers in order to promote an awareness of recycling and handcrafts.

Loshini briefed them on the FSB's role, managing money, needs and wants, budgeting, savings, retirement funds, insurance, the role

of the ombudsman, tips for the consumers and the credit bureau. She motivated and inspired trainees to go back to their communities and share the knowledge they had gained and share the training material they had received.



SURREY COUNTY FAIR ATTRACTS UP TO 40,000 VISITORS AND ACWW WAS THERE!



Tina Cox, Cheam WI member, Surrey, England and ACWW Rep (pictured above) and her WI put up a display of crafts and awareness information leaflets about their WI and ACWW at the Surrey County show.

The Surrey County show is the largest one day agricultural show in the UK, attracting up to 40,000 visitors. It takes place annually on the late May Bank Holiday Monday at Stoke Park in Guildford. In a beautiful setting, the fair brings the best of the countryside right to the heart of the town. Tina reported that her display was well received and the day was enjoyed by all who attended.

THINK HEALTHY, EAT HEALTHY & LIVE HEALTHY AN EVENT WITH A DIFFERENCE



From left to right: Pam van Rensburg (Regional Chair, Platina Region); Dr Semane Molotklegi (ACWW Area President, Southern Africa); Cecelia Du Plessis (Member, Mosaiek Branch, Platina Region) & Judy Steynberg (President, North West Province)

The theme for the 18th Annual Conference of the branch of the Platina Region, North West Province, South Africa was: 'Think healthy, Eat healthy and Live healthy' with the keyword being on "Health".

There were 131 guests and members. There are 9 provinces in South Africa and the North West Province is one, which has been divided into 3 different Regions. Platina is one of 3 Regions and there are 12 Branches in that region. Platina conferences differ from the usual concept of a conference, in the sense that it is an opportunity for regions to reward members for their outstanding

achievements in different categories, such as baking, arts and crafts and knit wear during the year in their Branches. The members being rewarded participated in various competitions during the course of the year. Platina call what we know as a Conference, a 'Congress', an annual event where all 3 Regions come together. Sienie van Vuuren, PRO North West Province

said "During these 'Congresses', we also award members with 'Membership Medals' for 20,30,40,50 and even 60 years for their participation and membership. '10 year' medals are only handed out during a Congress". No topics were discussed as they see this gathering more as a 'social come-together', with guest speakers and artists. The guest speaker this year was Dr Quintus Smit who discussed the topic 'Terminal Health'. The duration of the event was only one day, so they served only morning and afternoon tea with sandwiches and snacks and lunch, in which everyone was welcomed.

WARRAWEE MATILDA G'DAY MATE



Hello everyone,

I just thought I would introduce myself and let you know how things are going. My friend Ruth Shanks, ACWW Area President, South Pacific, brought me home from London in October 2012 and I have had an

interesting time since then. I have travelled to Penrith, Sydney, Armatree, Dubbo, Toowoomba, Armidale, Ipswich and all the way to Papua New Guinea.

I went (courtesy of Australia Post) to Adelaide to visit the ladies over there.

Then after visiting Moree in May, I flew to Melbourne for a short visit. Later, it was off to Alice Springs to see what those girls are doing up there.

As you know I am one of 15 dolls travelling around the world, with our eventual destination being Chennai, India. As ACWW does not have a lot of excess funds, I thought I would try and raise enough money to fly to India and also pay for my registration and accommodation whilst I am there. This would amount to about \$3,000. The good news is that I have so far raised almost \$1,500, which is halfway there! I have a lot of postcards to take with me to tell people where I am from and where I have been. Maybe I'll be able to sing that well known song "I've Been Everywhere Man". If you would like me to visit, let my friend Ruth know and we will see what we can do. I am enjoying the lovely area known as the South Pacific and I will be full of stories to tell my mates in Chennai. **Cheers for now and I hope to see you soon**

PS: I want to thank you for the funds you have provided for my trip to India (really for Pennies for Friendship). Ruth has just sent \$2,100.55 to London and I know there is a little more to come. Women Walk the World: as well as the funds that some societies have sent straight to London, Ruth has also sent \$10,336 for our efforts this year. She will be able to finalise the amount at the Area Meeting in Chennai. **What great effort!!**

WALKING IN 'ROSE THE FARMER'S' FOOTSTEPS!



Margaret McMillan, ACWW Finance Committee member with Rose Rajbansee, ACWW Area President, Central & South America & Caribbean. Trinidad

After ACWW's Finance Committee meeting in London took place in June of this year, Margaret McMillan (committee member) travelled to Trinidad to visit ACWW Area President of Central and South America and Caribbean, Rose Rajbansee's farm, as well as attend the annual Mango Festival.

Margaret wrote: At the beginning of July 2013, I accepted an invitation from Rose Rajbansee to attend the Mango Festival at the Agricultural College in Port of Spain in Trinidad. The festival was organised by the

Rural Network of Women Producers in their centre named the 'Rose Rajbansee Centre for Training and Rural Development' in honour of Rose as founder member.

Rose has been ACWW's Area President for Central and South America and Caribbean for the past six years and has served her area well bringing projects to Haiti, Dominican Republic and Grenada.. She has monitored them, sometimes travelling by motorbike or horseback, in remote areas. Rose, who is also a farmer in Brigand Hill Valley, had several products, which she give me to sample, like coconut water and fudge, mangoes, fruit bread, plantain, avocado and yam, as well as a delicious upside down mango cake. At 6am on 7th July 2013, we left Rose's farm loaded down with all her different mango produces before travelling to the festival to set up our stall. At the festival I spoke to Margaret Browne, the past Area President, who sends greetings to all ACWW friends. At the opening ceremony I was able to bring greetings from ACWW and the Network said how pleased they were to be ACWW members. The ambassador from Suriname and some rural women were also present and due to Rose's influence, they too wanted to be members of ACWW. Rose will be bringing some mango products from the Network for sale at ACWW's Worldwide Bring and Buy Sale at the Triennial Conference in Chennai.

SOUTH AFRICAN WOMEN GIVES 67 MINUTES FOR NELSON MANDELA

The 18th July 2013, marked the 5th annual 'Mandela Day', since its inauguration in 2009 on Nelson Mandela's birthday (18th July 1918). The 'Mandela Day' website states that this day, like each year previous, is a call to action for people everywhere. The objective being to inspire individuals to do something proactive, this would make this world a better place and build a global movement for good. It ultimately seeks to empower communities everywhere. As the slogan goes: "Take Action; Inspire Change; Make Every Day a Mandela Day..."

For 67 years Nelson Mandela devoted his life to the service of humanity, so by sparing 67 minutes of their time, two Women's Institutes in South Africa joined others, sparing 67 minutes, in celebrating the spirit of Mandela's legacy and taking up the challenge to make this world a better place, well at least in South Africa. We bring you one of their stories here:

Volmoed Branch: Participating in '67 minutes for Nelson Mandela'



Volmoed Branch in the North West Province, South Africa, which is situated East of Rustenburg, in a rural and farming area, had five members of their branch hold a two day skills workshop in July 2013. Thirty two girls from the local Kloofwaters Primary School attended the workshop. The workshop was to commemorate Nelson Mandela's birthday and a pledge to him, like all South Africans to use 67 minutes of their time for community service. Since the girls had difficulty in understanding English, five Setswana speakers assisted them. To start the course the girls were divided alphabetically into seven separate groups.

Each group's activity, which lasted for 67 minutes, included cooking, baking, embroidery, sewing, knitting, weaving, painting still life and decorating pre sewn hessian bags. The

girls used strips cut from old plastic bags, newspapers, or old stockings to weave between ear buds that they inserted in holes on prepared base. The girls were given certain items, like glue, paper, clay and whatever else they could find in the area, to make a hut and garden on a drawing board. Their finished projects were judged by Judy Steynberg, North West Province, President and Pam van Rensburg, Platina Region Chairman, when they visited on the last day.

The girls wrote letters to Nelson Mandela wishing him good health. All the girls received certificates of attendance. In addition to these rotational activities, all the girls cooked "sausage stokbrood" (it is dough wrapped around a sausage) over ember for lunch on the first day.

During the Volmoed Branch of the Women's Agricultural Union's Girls Skills Course, some trainers taught the girls an ingenious way to bake scones. This new style of baking consisted of a metal cased brazier, which had holes pierced for ventilation and hot embers in the bottom.

There were also two baking tins with sand between to prevent the scones from burning underneath. The baking tins were suspended by wires with notches in them to adjust for the variable heat. A reflector was suspended above the tins, to allow for the raw scones to be placed on baking paper in the upper tin, before being covered with the reflector.

The girls were given the scone recipe in both English and Setswana, which they followed to the letter to produce beautifully baked scones.



IMPROVING THE TREATMENT OF WOMEN IN INDIA



Above: These women and their families have benefitted from group loans and training. They now earn an income at home by making and selling 'ink blue', a bleaching dye used for keeping clothes white. Their roles in the family have shifted significantly, they have increased income and all their children now attend school.

Salt of the Earth (SOTE), a UK charity founded in 1988 and Social Change and Development (SCAD) a non-profit, non-governmental organisation in Tamil Nadu, India and member society of ACWW, who work in partnership with SOTE, have been working towards improving the way India treats its women. For years SCAD has seen women as the solution to breaking the cycle of poverty in rural Tamil Nadu. By investing in women SCAD is investing in the health, education and well-being of the whole community, as SCAD recognises that women hold the key to development.

Women's Self Help Groups, established and supported by SCAD's Women's Development Team, which have transformed the lives of thousands of women, have become the breeding grounds for women's leadership and strength. 3,150 women's groups have now been established with the help of SOTE, who funds the majority of SCAD's projects. The women have been trained in legal issues, income generation, human rights and leadership skills, resulting in more women than ever now representing their communities.

Members of one Women's Self Help Group have even started standing up against domestic violence in their community. Members have started wearing whistles round their necks. The idea behind it is if one of their husbands began to hit them, a quick blast on the whistle would bring the other group members running. Faced with a group of neighbouring women the individual man hopefully would not be able to continue to beat his wife. SOTE and SCAD are working to ensure that over time women will come to perceive themselves as capable and entitled to make decisions.

PROGRESS REPORT



CAMEROON

Clean Community, Safe Water

Organisation: : Destiny Women of Excellence (DEWEX)

Supported by: Staffordshire FWI

This project titled 'Clean Community, Safe Water', which is being carried out by Destiny Women of Excellence (DEWEX), a women's organisation created with a vision for the welfare of the woman and the child in Cameroon, have reached 2,000 women; 1,500 men and 2,500 children in the Nchembin community, who have benefited from the Clean Community, Safe Water project. Contaminated (unclean) water has been the cause of many deceases and death amongst women and children in this area.

An important part of the prevention of cholera and many other illnesses is to make sure that drinking water is safe. Fortunately DEWEX took this as a challenge and put up a project proposal to remedy the situation in Nchembin Village, Fontem Sub-Division, and the surrounding villages to provide clean drinkable water for the people and eliminate water related illnesses. The objective of this project, which was approved by ACWW back in October 2011 was:

- To provide treated and potable water for the people of Nchembin community and other surrounding villages on a permanent basis
- To promote hygiene and healthy living
- To provide water for vegetable cultivation in communities suffering from droughts
- Decrease water borne diseases through the provision of safe potable water

At the beginning of the project, a decision was made to speak to community groups, to first establish the best ways to have a water source and to identify the proper point for the construction of water tanks. Once this was done all the necessary items for the project execution were purchased.

The build stage consisted of a technical study of the catchment's potential to supply enough water all year round and the availability of all resources requisite for the realisation of the project.

Local materials from stones, sand and gravel, which the villagers carried, were put in place at a dedicated catchment's tank site, where the position for a constructed public fountain had been mapped out.

The work on implanting the catchment tank with a main supply pipe being implanted right in the central of the village lasted for three months from January- November

2012. Unfortunately due to a very difficult and serious rainy season work on the site had to stop several times. A resource person from the Department of Health taught the participants how to take care of the environment and waste management. It was apparent during the sensitisation exercise that most of the health problems witnessed by most of the villagers in this area were largely due to the lack of clean drinking water and very poor hygiene management system.

The health officials highlighted the importance of keeping their immediate surroundings clean to reduce the spread of water related illnesses.



GHANA

'Improving livelihoods & reducing malnutrition among women & children with Moringa tree'

Organisation: Shape Lives Foundation

Supported by: Zurich Insurance, Somerset FWI

The overall aims of this project titled 'Improving livelihoods and reducing malnutrition among women and children with Moringa tree', was to replant 1,200 Moringa trees, which were destroyed by the 2010 heavy rains. The project saw the planting of trees over 2.5 acres of Moringa farmland, as well as renovate a processing centre, to promote the cultivation, processing and consumption of Moringa. The objective would be the result of Moringa becoming a self renewable healthy food source for women farmers in Santrokofi, Ghana and would aid in the reduction of malnutrition among children and mothers in the Santrokofi community.

This project implemented by Shape Lives Foundation (SLF), a registered NGO Charity in Ghana, were able to renovate a Moringa processing centre that was dilapidated and, together with their participatory husbands, were able to acquire skills in Moringa cultivation and processing. So far they have renovated a Moringa processing centre, repaired a broken down mill and replanted 650 Moringa trees.

SLF have always known the enormous health benefits of Moringa and how it could improve their lives. They acquired skills to develop the Moringa farm, so that they could produce more Moringa powder for their health and to sell to generate income to support their children's education and other family members. During this project, SLF proposed a two-tier evaluation. The evaluation looked to see if the objectives of the project were being met. The first aspect of the evaluation was done within six months. The evaluation involved all

stakeholders, including community members and Moringa consumers. The data collected, which was analysed has helped in writing an interim report to ACWW. SLF will use the experience gained to cultivate more Moringa projects in their community. SLF have shared their experience with other women groups and organisations in their communities.

MONITORING REPORT



MONGOLIA

Green Streets

Organisation: Mongolian Women Farmer's Association (MWFA)

Supported by: Lancashire FWI

The Mongolian Women Farmer's Association (MWFA), formed in 1999 is run by the Mongolian women agronomists whose aim, through relevant and community-based education, is to help families obtain an adequate supply of food, improve their diet and gain a sustainable livelihood by providing training in agriculture and animal husbandry.

The short-term purpose of the project named 'Green Streets' was to train a small community of six families' in general agricultural techniques and more specifically to grow and sell tree cuttings.

These initial six families were then trained to be trainers who would eventually pass on the knowledge to more families.

It was believed that the training of other families would take a long time to filter down, as agriculture in the area faced a serious setback with below freezing temperatures from very long winters and extremely dry summer months.

However the Director of MWFA, Byatshandaa Jargal, who is a social activist and the driving force behind all the work at MWFA, said that as long as she is there she will aim to get support from fundraisers, researchers and rural women alike, to make a difference in the marginalised agricultural economy of rural women in Mongolia.

With this aim in mind, it has been reported that with backing by the government in a 'Go-Green campaign to plant trees to combat pollution', more than 700 households have benefitted from the training and planted trees in their own gardens.

The awareness rose for this project and the government's campaign has resulted in three main training centres being constructed, while smaller ones exist around GER districts in the outskirts of Ulaanbaatar.

Training is still being very actively undertaken and countless books, leaflets and documents have been produced and distributed throughout Mongolia.

FOR SALE

VAT REG. NO 240 0467 05.

All prices are exclusive of postage & packing.

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

Overseas orders will be sent by surface or 'small packet' rate. (If remittance not sterling, please add sufficient to cover bank charges)

PUBLICITY MATERIAL

Leaflets are available from Central Office.
Please state quantities required and date needed.

- ACWW Bookmarks
- 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 A3 & A4 Projects Posters
- All about ACWW leaflet
- ACWW Tri-fold promotional leaflet
- ACWW Projects & Funding leaflet
- ACWW United Nations leaflet
- You can make a difference leaflet
- Pennies for Friendship labels available at <http://www.acww.org.uk/>
- Louis Van Nieuwenhuizen Supporting ACWW- Pipe Mania CD £10

ADVERTISE YOUR ACCOMMODATION WITH US

Delegates, members and representatives all round the world are always on the look out for accommodation, especially in the lead up to conferences.

If you have a room to rent in your Bed and Breakfast (B&B), Hotel or Guest House, why not advertise it in

THE COUNTRYWOMAN.

For more details call: +44(0) 20 7799 3875

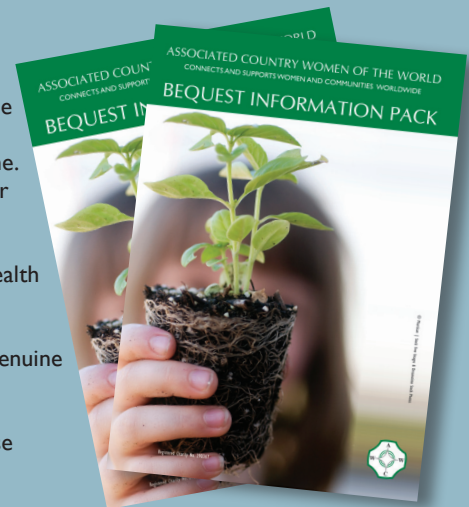


LEAVE THE WORLD A BETTER PLACE

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 to receive a FREE Bequest Information Pack.



INDIVIDUAL MEMBERSHIPS & DONATIONS

Please use this form (or fax/copy if you don't want to cut your magazine) to make donations, join ACWW or renew individual memberships.

PLEASE PRINT IN BLOCK CAPITALS

To: **ACWW, Mary Sumner House, 24 Tufton Street, London SW1P 3RB, UK.**

Mrs/Miss/Ms Surname: _____ First name: _____

Address: _____

E-mail: _____ Post/Zip Code & Country: _____

I enclose my cheque/credit/debit card payment for (amount): _____

(Cheques, in any convenient currency, should be made payable to ACWW. If paying in other than sterling, please add sufficient to cover bank charges. International Money Orders or Bank Transfers are also accepted.)

PLEASE COMPLETE BELOW:

Amount

(1) New/Renewal of Individual Membership (Category IVb) at £20 p.a. Number of years: _____

Three years for £50 _____

(2) A gift membership at £20 p.a. for _____ years _____

Name: _____

Address: _____

(3) Donations – Pennies for Friendship _____

TOTAL _____

Please quote membership No. _____

Credit/debit card no. _____ Expiry Date _____ Security no. (on back of card) _____

(There is a small charge for using this method of payment)

FOR OFFICE USE ONLY