

THE COUNTRYWOMAN

INTERNATIONAL MAGAZINE OF THE ASSOCIATED COUNTRY WOMEN OF THE WORLD

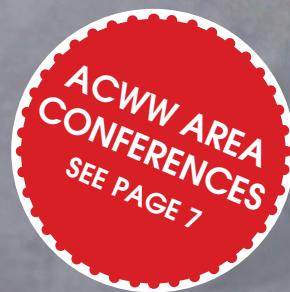
OCTOBER - DECEMBER 2014

BEANIES & BLANKETS FOR CHILDREN IN SOUTH AFRICA

WAU Mpumalanga,
Reaches Out to Local Schools

SIX TIPS TO ENSURE A SUCCESSFUL MEETING

HOW TO GROW BLACK-EYED PEAS

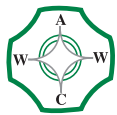




COVER: Children wearing knitted beanies in South Africa. See page 10

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



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DEADLINES

Please note the following deadlines for submitting articles and photographs to the Editor for 'The Countrywoman'.

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

Editor's guide on submitting articles & photos on page 4

THE EDITOR'S DECISION ON ACCEPTANCE IS FINAL

WORLD PRESIDENT'S MESSAGE



Left to right: Sheila Needham, Canada Area President; Ruth Shanks AM, ACWW World President & Marie Kenny, President Federation of Women's Institutes Canada

TIME FLIES WHEN YOU'RE HAVING FUN!

THEY SAY "Time flies when you are having fun" so I certainly must have been having fun for the past few months as I am not sure where the time has gone.

It seems to be that every time I write this letter to the magazine that I have news of further activity at Central Office. Now I have the news of telling you that our Office Administrator Laura Hoskins, who many of you would have emailed, spoken to or had correspondence from, left ACWW in early August. She is going to take up a position in Peru. Laura had worked in Peru previously, and was eager to return so we wished her well and hope she promotes the work of ACWW in that country.

By the time you read this letter, hopefully, Central Office will again have a full complement of staff and working well under the leadership of Tish Collins, the Operations Manager. She has certainly had a baptism of fire since she arrived, but is handling the pressure. We Skype every Tuesday evening so I am kept up to date with the happenings of ACWW. June was a very busy month, with a visit to Vancouver on my way to Kelowna, BC, Canada to attend the British Columbia Women's Institute Annual Meeting and then onto Camrose, Alberta for the Alberta Women's Institute Annual Meeting, immediately followed by the Canadian Area Conference. It was great to visit with these women, tell them of the work of ACWW in the wider community and hopefully promote what ACWW can do for them and what they can do for ACWW.

Meetings in London followed in June and then I left London with Henrietta Schoeman, ACWW Secretary/World Conference Chair, and we winged our way to South Africa for the Southern Africa Area Conference. This was again a wonderful conference with much input, entertainment and friendship from all the participating members in Southern Africa.

It is only by attending these meetings and conferences that one can really learn about the issues with which women are faced in their everyday life. Most women have a great capacity for work and it is only when they join an organisation and gradually learn through osmosis to take on leadership roles that they certainly excel. Women lead in many and varied ways and not one is right

or wrong and it is essential that we continue to grow our organisations so that there are women to take over and continue the legacy of our forebears.

We are continuing to seek opportunities for partnerships with like organisations and donor funders, so that we can grow our organisation and also take opportunities to market ACWW so that more people know about us and the work we do. The only way we can do this is promotion at its very best and I know the Communications and Marketing Committee are very involved with this work. I would like to add a special thanks to Jennifer Atigolo who is the Media guru at Central Office. It is amazing the work she does with The Countrywoman, the Website, our Twitter feeds and our Facebook page and group, and it is all done with a smile. Well done Jen!!

The South Pacific Area Conference will also have been and gone shortly and I know the Committee is working hard for a successful conference. (I don't have to go far this time as it is in my home town!)

The Ad Hoc Committee on the Legal Review is continuing with consultations and meetings and will shortly be able to bring some further information to you all. The UN "Year of the Family Farm" is almost at an end and I hope that many organisations celebrated this event in their community. Also the International Day of Rural Women will be celebrated in October and in conjunction with this there is the Tea Time Campaign, which is an easy way to raise funds for our continued work. Please have a cup of tea for those less fortunate than yourself. There was a great lift off in the July-September magazine, which is useful for promotion and publicity.

At this time I would like to thank you all for the continued support for all things ACWW and hope that you will continue to join with the Board and Committees in "Working Together for a Better Future"

My thought for this letter is:
 Turn your face towards the Sun so the shadows will fall behind.

Cheers

Ruth
Ruth Shanks AM



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CENTRAL OFFICE NEWS

By the time you read this we should be back up to full staff levels at Central Office. The response to our recruitment drive for the three posts of Office Administrator(OA), United Nations / Agriculture Administrator and Projects Development Administrator were overwhelming – in terms of both numbers and calibre. The OA job attracted an astonishing 1,092 applicants, which demanded many hours of reading! Details of the appointed persons will be given in the next issue.

I have recently re-joined the Women's Institute in London West End (Middlesex Federation). They gave me a very warm welcome and booked me to speak at the August meeting on my hobby, Morris dancing. This is a traditional form of dance from rural England and I spoke about the history and regional variations before teaching a dance from the village of Adderbury in Oxfordshire. My partner Mick accompanied us on his melodeon (squeeze box). Amid much laughter and live music members enjoyed dancing and clashing the metre long sticks and there is now a video link on their website. Having found out where I work, they asked me to give a talk about ACWW next year. I am not aware of an ACWW dance!

We are looking forward to our Tea Time Tea Party when staff and members of the Finance Committee will be joined by the Board of SOTE and our neighbours in Mary Sumner House -ResPublica and the Mothers' Union. Raising awareness of the challenges facing rural women, receiving donations and getting to know our neighbours seems a great way to spend a couple of hours.

Tish Collins, Operations Manager

SAVE THE DATE

18th - 24th August 2016

World/Triennial Conference

Warwick, England

WATCH THIS SPACE!

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. Please make sure that names of attendees mentioned in your article are spelt correctly, as well as names of groups, organisations, as well as the country/region it was held. 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 in your article, we will assume that the names provided are correctly spelt. We will also assume that your submitted written article is accurate. *Please note articles will be edited.*

Submitting Photos

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

When taking photo(s) **please make sure the 'date stamp' on your camera/smart phone is switched off.** 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/when the photo was taken. Please ensure that the names are spelt correctly, as previously stated, if we do not know who the people are, we will assume that the names provided are accurate. Also, please ensure that the correct photo goes with the correct name and caption.

Photo Use & Release Agreement

By submitting your photo(s) you agree to grant ACWW a perpetual, royalty-free, irrevocable, non-exclusive right to publish your photo(s) in The Countrywoman and on ACWW's website. To reproduce, modify, adapt and incorporate your photo(s) in ACWW's other works and publications in any form, media or technology now known, or later developed for the full term of any rights that may exist for your photo(s). By submitting your photo(s) you warrant that you have the right to grant this, or have obtained permission from the original owner.

Please follow these instructions, as ACWW cannot accept any responsibility for inaccurate articles, or mislabelled photos and will not be liable for any disputes relating to the rights of use of any photos from any third party.



FINANCE COMMITTEE

Alison Burnett, ACWW Finance Committee Chair & Treasurer

2013 Annual Report

The 2013 Annual report will be available at Central Office from the end of October. You should however have received your own copy in the post, if not, don't worry it will arrive very soon. Any questions regarding the Annual Report should be directed to ACWW's Finance Manager or Treasurer at info@acww.org.uk.

Reminders - Renewals

All Subscriptions will be due on the 1st January 2015 for all Societies and Individual members.

Ways to pay for your member subscription

You can pay for your subscriptions in the following ways: online through PayPal at acww.org.uk/become_a_member; by cheques (remember to write your membership number on the back of your cheque) and directly into your bank (ACWW bank details are below. Please add a reference). You can also give your subscription payments to your Area President, who should be coming to Central Office in March 2015 for ACWW's Board meetings. Please let Manisha Vora, Membership & Finance Administrator, at Central Office know if you decide to give your payments to your Area President - email: manisha.v@acww.org.uk.

GET READY FOR TEA TIME!

IT'S AS EASY AS ONE, TWO, TEA...



'Tea Time' has been launched by ACWW and Salt of the Earth to celebrate International Day of Rural Women on 15th October 2014. This campaign will bring people all over the world together to drink tea and raise money to reduce the deprivation of women living in rural poverty.

The money you raise will not only benefit the lives of some of the most disadvantaged, but also their families and communities. Let's raise awareness for this important day and help women less fortunate than ourselves.

Please join us and host a tea party on or around 15th October 2014 to celebrate International Day of Rural Women! For details please visit: http://acww.org.uk/tea_time

MEMBERSHIP PAYMENTS USING ONLINE BANKING

Account: **Associated Country Women of the World**
 Account number: **01244108**
 Sort Code: **56-00-33**
 Branch: **Westminster**
 Bank: **National Westminster Bank, 57 Victoria Street, London SW1H 0HP**
 Swift code: **NWB KGB 2L**
 IBAN number: **GB67NWBK 56003301244108**

WANTED! NEW ACWW PEN FRIEND COORDINATOR

Would you like to be a volunteer Pen Friend Coordinator for our European Area?

ACWW's Pen Friend and Society Link Scheme gives members the opportunity to exchange letters, or emails and is a great chance to learn about other cultural ways of life and, most importantly, to make new friends!

If you would like to become a coordinator, or would like to find out more about what the role entails then please contact Central Office at info@acww.org.uk.

HOW TO GROW BLACK-EYED PEAS



Photo credit: Cowpeas California Black-Eye www.rareseeds.com

ROSE RAJBANSEE member of ACWW's Agriculture Committee and the Federation of WI Inc, in collaboration with Usam Stephen from the Ministry of Food Production, Land and Marine Resources and Prematee Ramnarine (NAMDEVCO), Trinidad and Tobago, brings a guide on what you should do when growing black-eyed peas.

The black-eyed pea or black-eyed bean, a legume, is a cultivar of the cowpeas also known as southern peas, grown around the world for its medium-sized, edible bean. It is pale-colored with a prominent black spot. The common commercial one is called the California Black-eye.

It adds nitrogen to the soil and has high nutritional value. Black-eyed peas contain calcium (41 mg), foliate (356 mcg), protein (13.22 g), fiber (11.1 g) and vitamin A (26 IU), among other nutrients.

PLANTING

Land preparation

When preparing land plough and rotary hoe to get a good seedbed and establish proper drainage. Remember that good land preparation is essential to reduce weed growth. Spacing within the rows should be about 18 – 24 inches (0.5m - 0.6m) and 12 inches (0.3m) apart at a 1 inch (3cm) in depth.

Please note that seeds should be planted in temperatures of 230-250 Celsius.

As long as you are getting regular rainfall, you do not need to water your plants very often. If your plants become dry, water them regular without soaking them; frequent and light watering is better. Black-eyed peas are extremely drought tolerant, so excessive watering should be avoided. The black-eyed pea can create its own nitrogen under the soil, so be careful not to provide any high-nitrogen fertilizer during the growing season. If using manure, it must be well-aged for this same reason.

Pests and Diseases

The crop is relatively free of pests and disease but one of the most common problems with black-eyed peas is root-knot nematodes that attack the roots and can go undetected if plants are not carefully watched. When your plants stop growing for no apparent reason, dig one up and see if the roots are swelling or knotted. Unfortunately there is no treatment, so you should dig up the affected plants immediately to prevent spreading. Plant your black-eyed peas elsewhere next year, or try nematode resistant varieties. Bean mosaic virus can also strike your peas, but again there are resistant varieties that you can grow so it doesn't become a concern.

If your plants aren't resistant, make sure to keep the aphids away as they spread the disease. Aside from plant diseases, many insects can wreak havoc on black-eyed pea leaves. Various leaf-eating insects need to be removed as soon as you find any, such as bean beetles, all kinds of caterpillars and grubs, grasshoppers and others. If you pick them off yourself that is usually sufficient but larger insect populations may need pesticide sprays.

The blossom produces lots of nectar, and large areas can be a source of honey. Because the bloom attracts a variety of pollinators, care must be taken in the application of insecticides to avoid label violations.

Growing in Containers

If land is not available you can plant in containers. Your pots should be around 12- 18 inches deep and 12 x 12 inches in width with very good drainage (holes at bottom). Soil in a container will dry out faster than outside garden soil, but you still want to make sure you are not over-watering your plants. Only water when the soil is dry to the touch.

Harvesting and Storage

Harvest your black-eyed peas only when the pods and peas have thoroughly dried. Wet weather at maturity can and will keep your peas from drying and risk mold damage. If the weather is not suitable, pick all the pods and bring them indoors for their drying period. For drying, leaving them on the vine is best. Spread the pods out where they won't be disturbed, in a warm area with good air movement. Whether dried inside or outdoors, they can be shelled out of their pods when the peas are hard enough that you can't bite into them.

As long as the peas are completely dry, they will store for a long time without special conditions. Keep them in an air-tight container to keep out any insects, and you will be able to keep using your peas for up to a year. If you want a little harvest before your peas mature, the very young green pods are edible but they do get tough quickly. You can pick a few very small ones for use in salads or in a stir-fry.

PLAYING AN IMPORTANT ROLE IN THE WORK OF THE UNITED NATIONS



Sharon Hatten, ACWW
UN Committee Chair

Through the work of ACWW's UN Representatives, ACWW is a Non-Governmental Organisation (NGO) functioning as an advocate to the United Nations (UN). There are many NGOs and non NGOs around the world working with and playing an important part in UN deliberations. These organisations range from local bodies responding to grassroots needs to networks of large well-known international organisations. They may establish working relations with particular UN agencies based on shared fields of interest and potential joint activities. Below are a few examples provided by Sharon Hatten, ACWW's UN Committee Chair.

Commemorating the 70th Anniversary of the United Nations Organisation 2015

Governments around the world will commemorate 70 years of achievement since 1945 with many activities next year. We can also celebrate ACWW's active participation at the UN since 1947. If you have a story about your society and the UN please share it with us at un@acww.org.uk



UNITED NATIONS
HUMAN RIGHTS
OFFICE OF THE HIGH COMMISSIONER

NEW HIGH COMMISSIONER FOR HUMAN RIGHTS

Zeid Ra'ad Zeid al-Hussein of Jordan takes office as UN High Commissioner for Human Rights at the end of August. Sadly, in many regions, defenders of human rights who promote democracy and development whilst preventing and exposing violations, face worsening restrictions and attacks. This should be his key priority.



World Health Organization

WORLD HEALTH ORGANIZATION

'The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being.' WHO Constitution

For six days in May the World Health Organization (WHO) met in Geneva for the 67th World Health Assembly. Decisions were made on key global issues which tie in closely with ACWW Resolutions including:

- Efforts to prevent and control non-communicable diseases such as diabetes, heart disease, cancers and chronic lung disease;
- A new global strategy and targets to prevent and control tuberculosis;
- Proposals to improve the health of patients with viral hepatitis;
- A draft action plan for newborn health;
- Progress on WHO's global strategy for maternal and young child nutrition;
- Progress towards the Millennium Development Goals and the role of health on the post-2015 development agenda;
- Ways to tackle antimicrobial drug resistance;
- Efforts to improve access to essential medicines and strengthen the systems that regulate medicines;
- Management of autism;
- Protecting more people from vaccine-preventable diseases.

More details are available on the WHO website.

Our UN representative in Geneva works with the Alliance for Health Promotion Group that supports the work of WHO by encouraging involvement in health care at community level.

ACWW member societies have a progressive record of improving healthcare in communities through support of health facilities, encouraging healthy living, maternal and child health programmes and providing access to information.

If your society has a programme that promotes the key issues as set out by WHO, we would like to hear from you.



SAVING EVERY WOMAN EVERY CHILD

Canada has made a commitment to reduce maternal and early childhood mortality rate in poor countries by designating \$2.85 billion. These funds, leveraged by donations from other nations and partners, will make a big impact on achieving the Millennium Development Goals to reduce child mortality and improve maternal health. According to WHO, nearly three million newborn babies die every year, and another 2.6 million are stillborn. On a positive note, the maternal mortality rate has dropped by nearly 50% in the last 15 years and newborns are being born to healthier mothers. This initiative will focus on the critical issues of:

- Strengthening health systems
 - Building civil birth registration and systems for collecting and reporting statistics;
 - Reducing the burden of disease on developing countries;
 - Scaling up nutrition as a foundation for healthy lives;
 - Building new partnerships with the private sector to leverage innovation and financing.
- While the focus is on Africa, such good health practises can be adopted by other nations in need.



END SEXUAL VIOLENCE IN CONFLICT

The UK recently hosted a global summit "To end Sexual Violence in Conflict" which was the topic of a successful resolution at ACWW's 27th Triennial Conference in Chennai. The Summit agreed on practical steps to tackle impunity for the use of rape as a weapon of war, and to begin to change global attitudes to such crimes. The debate addressed four key areas for change:

- Improve accountability at national

CONTINUED FROM PAGE 6

and international level, including through better documentation, investigations and prosecutions; and better legislation implementing international obligations and standards;

- Provide greater support and protection to survivors of sexual violence, including children;
- Ensure sexual and gender-based violence responses and the promotion of gender equality are fully integrated in all peace and security efforts, including security and justice sector reform, military and police training;
- Improve international strategic co-operation.

The Summit also:

- Highlighted the important role that women have to play in maintaining international peace and security.
- Noted that women's groups have played an important role in both calling for an end to violence and in local mediation and reconciliation efforts.
- Recognised that women often have more access and legitimacy than official negotiators, yet remain largely excluded from formal processes. Participation of women in peace processes must become the norm.

Learn more from the UK government website via bit.ly/lv9t3zN or www.gov.uk and follow the links. Many of our ACWW member societies actively participate in Nordic societies, which are very proactive on these issues. You can read their statements at: bit.ly/lv9t3zN

In June Malaysia hosted a multi-stakeholder meeting: Violence against Women "Engaging Youth as Agents of Change".

Youth, government representatives and civil societies from 15 countries met to discuss, learn and reaffirm agreement to decrease violence against women and ensure participation by children and youth in decision making. Their newsletter can be accessed by the following short link: bit.ly/lynxPJF

INDIA - PREVENTING VIOLENCE AGAINST CHILDREN

Schools in the Indian city of Bangalore are teaching young children how to protect themselves against sexual abuse, following the rape of a six-year-old girl at school by a member of staff. Part of the new curriculum will teach children the difference between a "good" touch and a "bad" touch through the use of pictures, cartoon videos and counsellors. Until now, few schools in India have taught children any form of sex education. More details can be found via the following short link: <http://on.wsj.com/1A82Sfg>

The Indian state of Odisha has a new campaign which seeks to bring sexual abuse of children out of the shadows by raising awareness of the extent of the problem in the state.

WOMEN MOTIVATE THE FUTURE



Above - Left to right: Dr Ellen McLean, Past World President; Margaret, Yetman ACWW Deputy President; Ruth Shanks AM, ACWW World President. Below left - Ruth Shanks AM; Margaret Yetman; Beverly Earnhart, USA Area President & Delegates gather round Sheila Needham, Canada Area President. Below right - Ruth Shanks AM with Marie Kenny, President Federation of Women's Institutes Canada



Sheila Needham, ACWW Area President Canada wrote: Planning Committee Chair, Faye Mayberry and members of Alberta WI are to be congratulated for a well-planned ACWW Canada Area Conference held in Camrose, Alberta in June 2014. The Area Conference was pleased to welcome Ruth Shanks AM, ACWW World President, Margaret Yetman, Deputy President and Dr. Ellen McLean, Past World President, as well as Beverly Earnhart, USA Area President. Also in attendance were two ACWW Agriculture Committee members, Christine Reaburn and Joan Brady who along with the Chair of the Agriculture Committee, Margaret Yetman, gave a brief overview of the important work of this Committee. Lynn McLean, ACWW World/Triennial Conference Committee (TCC) member, gave brief descriptions of the work required for the TCC, and explained why ACWW's Publication & Promotions Committee had been changed to the



Communications and Marketing Committee. Lynn also facilitated delegates filling in ACWW's membership survey. The highlight for me was hearing all of the comments from the 'Round the World Table Discussions', where many of our distinguished guests helped by acting as moderators and leading the discussions at the tables. Ideas were put forth for resolutions and recommendations for the upcoming 2016 World Conference in Warwick, England; an ACWW project was adopted and members discussed how "Women Motivate the Future" of ACWW, which was also the theme of this Conference, which fitted very nicely in support of ACWW's 2013 Triennial theme of 'Working Together for a Better Future'. Altogether it was a heart-warming and uplifting, energising and enabling Conference to be remembered.

WORKING TOGETHER FOR A BETTER FUTURE



Front row: Ruth Shanks AM, Mabel Moyo, Henrietta Schoeman.
Back row: Vanda Gagiano and members of the hostess society at the South African Area Conference

FOR THIS YEAR'S Southern Africa Area Conference, there was a different take on reporting. Written by Anna Boshoff, past Southern Africa Area President on behalf of the current Area President Mabel Moyo, this Area Conference report was submitted completely in rhyme.

Reporting in Rhyme

It was mid-winter in Southern Africa on 24-26 June 2014

Yet a pleasant and fulfilling event was foreseen
'Working together for a better future' was the theme

Of our Area Conference hosted by the South African Women's Agricultural Union team
From Zambia, Zimbabwe, Swaziland, Botswana, Namibia, Lesotho and South Africa all 150 of us came

To meet both the new World President and Area President in name

The Weesgerus holiday resort was an excellent choice

Where we could meet, laugh and debate to raise our voice

Mabel Moyo our Area President was very well prepared

And the hostesses only too keen to show us with whom we shared



Mabel Moyo, Area President & Vanda Gagiano on the dance floor

World President Ruth Shanks AM officially opened and inspired us to work together for a better future for all souls

And congratulated us on the three-day programme based on the Millennium Development goals

Tammy Peyper introduced the services and courses of the Financial Services Board, which are presented for free

Since so many women in Southern Africa need financial guidance, especially budgeting – MDG Three.

Ina Wilken, patron of the hostess society and doyenne of consumer affairs

Challenged us to submit resolutions, demanding better living conditions for all, often and in pairs

During a practical beadwork workshop – MDG8 – most of us felt very apprehensive
Yet, what a wonderful achievement when the small completed beaded article actually looked quite expensive!

Violence is what the loss of the young Nancy Kalebe's eyesight was about.

She reminded us of our rights as women and urged us to speak out.

Food security – MDG1 – was discussed by Monsanto

Who stressed that female farmers get most foods to grow.

Sue Simpkins' informative and lively talk on Protocol touched on how strangers should be introduced and addressed

As well as how correct social and meeting skills could be accessed.

Entertainment was offered every evening by young male voices



Evening's entertainment at the Southern African Area Conference



Delegates at the Conference

And we could not have hoped for better choices.

No less than four Board members and three Exec members were in attendance:
Ruth Shanks, World President, shared with us ACWW's aims of importance.

World/Triennial Conference 2016 will be held in Warwick, United Kingdom and Henrietta Schoeman, ACWW Secretary Managed to wet our appetites by sharing with us the itinerary

Alison Burnett, ACWW Treasurer, promoted individual membership
But also stressed ACWW's need for and use of Pennies for Friendship

Magdie de Kock, Chair of the Communication & Marketing Committee

Said that with more and better marketing ACWW better known would be
Since most of the attendees had not been to an Area Conference before
The information which Board Members shared helped them understand ACWW's lore

The value of tape aids for the blind is a new field

This could become part of our annual project's yield

All 27 – out of 41 – societies present delivered short reports on their activities performed

It was heartwarming to hear that so many projects could help communities to be transformed.

Our 2-litre collection bottle for Pennies for Friendship did its rounds

And was soon filled with coins and notes to the value of sixty-six pounds

For the precise wording of the two resolutions that were adopted
Our Area's site on the ACWW website could be visited

The World President's summation of the conference motivated
That ACWW should be more professionally communicated

Thank you to our hostesses for creating a splendid ACWW picture –
We made many new friends and left enriched and inspired to 'work together for a better future'

UPDATE ON SECURE SUSTAINABLE ENERGY!

THE UNITED NATIONS General Assembly unanimously declared the decade 2014-2024 as the Decade of Sustainable Energy for All, underscoring the importance of energy issues for sustainable development and for the elaboration of the post-2015 development agenda. In adopting the resolution, the General Assembly reaffirmed its determination to make sustainable energy for all a reality.

In response to this, Susan Jonas, ACWW Representative, Wiltshire Federation of WIs, UK, wrote: This resolution 'sustainable energy for all' was passed unanimously at ACWW's 2014 European Area Conference in Bergen, Norway and will be taken to the next World Conference in 2016.

Climate change is happening now! A new UN-backed report suggests that global warming could be limited but only through 'broad co-operation and bold action'. By the time you read this, UN Secretary-General, Ban Ki-moon would have invited global leaders from all walks of society to New York on 23rd September for the 'Climate Summit 2014'. This is the opportunity to champion climate action and create change.

On 21st September 2014, many people would have taken part in a Global Day of Action on Climate Change to show their support for Ban Ki-moon's vision. Colourful demonstrations and weekend marches would have been used to draw attention to the problem. But what can we do to tackle climate change? By supporting the resolution 'Secure Sustainable Energy', member societies of ACWW could be part of the solution! The question is – what projects are out there? At the Ashden 2014 International Conference (www.ashden.org), themed 'Fully Charged:

Sustainable Energy for Women and Girls', presentations were made by this year's Ashden Awards winners, where 14 trailblazing sustainable energy organisations were presented with an Ashden Award worth £5,000–£40,000 at a prestigious ceremony in London. Prizes were given to pioneering social enterprises both in the UK and the developing world who share Ashden's vision of sustainable energy for all. Two projects were particularly memorable. Off Grid Electric in Tanzania uses 'mobile money' (using a mobile phone is a common method of payment in many parts of Africa) to sell solar power as a daily service at an affordable price - much cleaner and no more expensive than kerosene. Customers do not own their equipment but the price includes exceptional customer service and support from a local agent.

Despite rapid economic growth and the uptake of consumer goods like televisions and mobile phones, most Indian women still cook with wood. This is seen as 'women's work' – the presenter thought that men should spend at least one day a week in the kitchen!

Greenway Grameen was founded to make and sell affordable and desirable cook stoves. 'Smart Stoves' reduce smoke, cook more quickly and stay cleaner for longer, dramatically improving the quality of life for women and girls. Household air pollution from dirty cook stoves and kerosene lamps kills more women each year than malaria. We can do something to change this! I ask member societies of ACWW to promote and support the '2014-2024 UN Decade of Sustainable Energy for All', by supporting community energy projects that provide access to sustainable energy for all.

WANTED ALL STORIES ON VALERIE FISHER AO, OBE

*Past ACWW World President 1989 - 1995, Past ACWW Deputy World President
Past ACWW South Pacific Area President*

The Country Women's Association of Victoria Inc (CWA) is currently working towards creating a book on Valerie Fisher's community service life with a large focus on her work within ACWW.

ACWW's Communications and Marketing Committee is also looking for similar information to keep on record. We would be delighted to hear from any ACWW members/Member Societies who have stories and photos they are willing to share.

These can be sent to:

To: CWA office at 3 Lansell Rd, Toorak, 3142, Victoria, Australia.

Email: cwaadmin@cwaofvic.org.au

You can also contact Mabelle Crichton, Deputy State President, CWA of Victoria via ACWW's Face Book group.

It can also be sent to:

ACWW Central Office at Mary Sumner House, 24 Tufton Street, London SW1P 3RB, UK
Email: cm@acww.org.uk

You can also contact Jennifer Atigolo, ACWW's Digital & Print Media Manager/ Editor via ACWW's Facebook page or group.

We look forward to receiving your emails and letters soon and reading about the life of Valerie Fisher AO, OBE.

TEA TIME CAMPAIGN GETS OFF TO A GREAT START

In the lead up to International Day of Rural Women on the 15th October 2014, when members have been asked to be a part of ACWW's Tea Time event, two WIs have already successfully held their own tea parties.

WI Stubbs Cross of the Mission Hall and WI Meeth of Canterbury Road, both located in Ashford, England, requested that Savannah Charitable Trust, in conjunction with the London Beach Hotel, send in their cheques in support of ACWW's Tea Time campaign. Both WIs held afternoon tea parties on different days, one on the 8th August, which raised £199.50 and the other on the 11th August, which raised £283.50, giving a combined total of £483. ACWW would like to thank both WIs for such a generous amount towards our worthwhile cause helping women and their families who are less fortunate than us around the world.

DERBY BRANCH, SOUTH AFRICA, LEARNS MORE ABOUT ACWW



Back from Left to Right: Hansie TerreBlancé, Annemarie van Niekerk, Annerie Schönefeldt, Susan Erasmus & Ellen Muller
Front: Jackie van Wyk

A meeting was held by the Derby branch of WAU of the Platinum Region of North West WAU, South Africa, to focus on bringing more ACWW awareness to members. They focused on ACWW's Agriculture Committee projects namely 'Grow locally, benefit globally', in an attempt to encourage rural women to grow vegetables in their own gardens. They also designed shopping bags from recyclable materials. During the meeting money for Pennies for Friendship was collected, which amounted to R172.10.

BEANIES & BLANKETS FOR CHILDREN IN SOUTH AFRICA WAU MPUMALANGA, REACHES OUT TO LOCAL SCHOOLS

Sabie is a forestry town situated on the banks of the Sabie River in Mpumalanga, South Africa, an area with extreme low temperatures during the winter months. These photos were taken from an outreach project for local pre-schools and primary schools, where beanie hats, teddies and blankets were distributed in May 2014. Lorinda Jordaan, liaison officer for the local Visarend (Fish eagle) branch and also the coordinator of an organisation called Knit a Square (KAS), an international organisation, said "Members of Visarend branch joined KAS who donated crocheted blankets, soft toys and a large amount of beanies, some of which Visarend members knitted, for the children of local pre and primary schools and other members of the community. Both the children and the community were grateful for everything they receive".



Photo credit: Lorinda Jordaan, Visarend branch, WAU Mpumalanga, South Africa

NORTHAMPTONSHIRE FEDERATION CELEBRATE ACWW DAY & PROMOTE RAIN WATER HARVESTING PROJECT AT THEIR LOCAL CRICKET GROUND



What better way to celebrate ACWW Day, than with an old fashioned tea party. This is how Northamptonshire Federation of WIs celebrated on 29th April 2014. Not only were they celebrating ACWW Day, but the completion of their latest supported ACWW project to supply funds to build rain water harvesting equipment for areas in Sri Lanka.

Keeping to a Sri Lankan theme at the tea party, Rochelle Mortier, a descendant

of the founder of Mortier's Fine Ceylon Teas, gave a presentation of her business in Sri Lanka, from the planting to the packing of the tea, to the way the workers are looked after from the cradle onwards, as well as explaining the health benefits of drinking tea. Jean Bates, ACWW Representative for Northamptonshire said: "WIs in Northamptonshire raised most of the pledged £2,454 for this project over a two year period. At the tea party three WIs, Barton Seagrave WI, Great Billing WI and Stowe IX Churches WI, all presented cheques. But with only one of the cheques being needed to make up the final pledged amount, it meant

that the other cheques were seen as surplus. It was then decided by both Great Billing WI and Stowe IX Churches WI that their cheques would go to ACWW's 'Water for All' fund; this totalled £372. We also sent an additional £220 to ACWW from donations raised at the tea party itself. And, at present like most WIs we have been collecting donations for ACWW's Pennies for Friendship fund, and so far this amount has reached over £450".

After finding out a couple of months later in June that a Sri Lankan Cricket team was coming to the area of Northamptonshire to play their local team, the Federation decided to attend so they could promote their successful fundraising campaign. Barbara Bentley – Trustee and PR Officer Northamptonshire County Federation of WIs said: "Even though we had raised the pledged amount, we decided to go to the cricket grounds after hearing that a Sri Lankan Cricket team would be playing our local Northamptonshire County Cricket team, the Steelbacks.

We asked to have a stand at the cricket ground, which would give us an opportunity to promote not only our WI, but to also give out details of the Sri Lanka project.

Our photo shows members of the Sri Lankan Cricket Team behind the stand and some of our members.

From left to right is: Diana Babb, Chair of Campaigns & Concerns and Board of Trustees member; Maureen Coles, Newsletter co-ordinator - who did the negotiations for us to have a stand at the cricket club; four of the Sri Lankan Cricketers and Sue Kendall, County vice Chair. The match between the Sri Lankans and the Steelbacks ended in a draw because of disruptions from bad weather, which is a shame, given the great summer we've been having".

FOOD FOR THOUGHT FOR YOUR TEA PARTY



Photo credit farmstyle oatmeal cookies www.yummly.com

FARM- STYLE OATMEAL COOKIES Cheryl Ettinger, South Carolina, USA

Ingredients

- 2 c. brown sugar, packed
- 1 c. shortening
- 1/2 c. buttermilk
- 1 tsp. vanilla
- 4 c. quick cooking oats
- 1 1/2 c. all-purpose or wheat flour
- 1 tsp. baking soda
- 3/4 tsp. salt

Note: c = cup

Instructions

- In a bowl mix together brown sugar, buttermilk, shortening and vanilla. Stir in the rest of ingredients.
- Form 1 inch balls on ungreased cookie sheet; flatten cookies with bottom of a glass dipped in water.
- Bake until golden brown, at 375 degrees for 8 to 10 minutes. Immediately remove from cookie sheet.

Makes 7 dozen cookies

CREATIVE FUNDRAISING IDEA PART 4

Hazel Armstrong brings another creative fundraising idea to our readers. This is a good fundraiser for ACWW projects for around Christmas if you are having a large gathering of ladies. Everyone is asked to bring a small present or even two, (could be an unwanted gift to you or a good charity shop find but with a value of around £2.00). Wrap the present in pretty paper and place it in a CLEAN SOCK!!

Take the present (with the clean empty matching sock) to your gathering. All the filled socks are hung on lines around the room...looks like Santa has just been!! All the matching empty socks are buried in a wood shaving or bran filled tub. Each person is invited to 'donate' (these ladies priced it at £3.00) then they dip in and pull out a sock and go and find the matching sock and claim the gift off the line. This raised £600 in one afternoon and folks got rid of old socks too.

FOLLOWING IN HAZEL ARMSTRONG'S FOOTSTEPS

WI MEMBER CARRIES OUT CREATIVE IDEA



In the January-March 2014 issue of The Countrywoman, Hazel Armstrong gave readers a great idea to raise funds for ACWW, by asking them to find themselves a diary, which they didn't need, or to buy one at a low price. Next, write a piece about the work of the ACWW and stick it firmly to the front outside cover, then go and ask friends and family to choose a date. On that date they would write the name and telephone number and ask them to donate a pound (£ sterling).

Later the reader would phone ACWW Central Office and ask for a random date, whoever chose that date would be the winner! The fundraiser would give around £50.00 to the winner and the rest of the money raised would go to ACWW.

Pam Schermuly, a member of both Gloucestershire Federation of WIs and Worcestershire Federation of WIs, decided

to try out this idea for herself. Pam asked friends to sponsor a date in her diary and when all dates had been sponsored, she asked an ACWW member of staff to nominate a date and the person who had sponsored that date won a proportion of the sponsorship money, the rest went to ACWW. Pam raised over £290, of which half was to be presented to ACWW on behalf of the Worcestershire Federation of WIs, and the other half on behalf of Gloucestershire Federation of WIs.

Doreen Jeeves ACWW Federation Representative at Worcestershire said: "I was very pleased to be able to thank Pam for her truly wonderful contribution, which she asked to be used to fund either of the ACWW projects Worcestershire Federation is currently supporting. Pam's donation has gone to ACWW project no 0927 'Provision of Water and Sanitation in Bangladesh'".

WHY YOU SHOULD BECOME AN ACWW INDIVIDUAL MEMBER!

Maggie Simons, member of ACWW's Communications & Marketing Committee wrote: "I have been a member of ACWW for twenty five years through my Women's Institute Society membership. The problem was that I was only vaguely aware that I was a member - I didn't personally receive any information or magazine. I did donate to Pennies for Friendship each year but didn't really know what that was. Occasionally I heard a speaker at our council meeting talking about ACWW or had the rare opportunity to see a copy of The Countrywoman.

As the years passed I learnt a little more about the organisation but it was only two years ago that I found out I could be an Individual Member in my own right by paying a subscription, which helps ACWW and in return I receive my own copies of The Countrywoman and suddenly I really feel part of this Charity. I have now been to the Triennial Conference in Chennai, the European Conference in Bergen and am also on the Communications and Marketing Committee and am learning more about ACWW every day.

Why didn't I become an individual member earlier? Because I didn't know I could!"

If you are reading this article there is a good chance that you are also an individual member receiving your own copy of the magazine but if not, think about becoming an individual member, supporting the organisation, as well as learning so much more about projects, conferences, fund raising ideas and much more through the pages of your own copy of the magazine. To become an individual member and receive all the benefits just visit http://acww.org.uk/get_involved/become_a_member.

SIX TIPS TO ENSURE A SUCCESSFUL MEETING

Magdie de Kock, ACWW Communications and Marketing Committee Chair, is a Motivational Speaker and Life Coach, who motivates and equips women through knowledge and skills to develop attitudes and ways to discover a personal purpose to enrich their own lives and those of others. She is also a freelance training consultant who offers a range of courses on international meeting procedure and etiquette. Here she brings you tips on how to have a successful meeting. This will be helpful especially for any WI or Federation who have committee, general or annual meetings coming up.

Magdie writes: There's nothing more annoying than a meeting that goes on and on and on. As a chairperson it is your job to make sure that people don't go off on tangents, or give endless speeches. But how can you keep people focused without being a taskmaster, or discouraging members to participate?

The good news is that meeting management isn't difficult and as a member of an ACWW society you probably already know what you should be doing. The bad news is that keeping your meeting on track takes discipline and preparation, and few people make the effort to get it right. The fact is people haven't thought about how to run a good meeting, or they've never been trained.

So whether you're getting ready for a monthly meeting or convening a larger group to discuss your society's strategy, it's important to put in the effort. Here's how to make your next meeting your most productive one yet.

1 Clarify the purpose of the meeting

You can prevent many problems by stating the reason for getting together right up front. Send an agenda and any background materials ahead of time so that people know what you'll cover. It is sometimes helpful to list agenda items as a question – rather than “Discuss fundraiser”, write “How will we tackle the fundraiser?” Next to each item, you can also indicate participant's roles – are they sharing information, contributing ideas, or simply making a decision?

2 Set the right tone

It is the responsibility of a chairperson to ensure that people feel comfortable enough to contribute. Set the right tone by modelling a learning mindset. Instead of using the time to convince people of your viewpoint, be open to hearing other's perspectives. Explain that you don't have all the answers, nor does anyone else in the room. Be willing to be wrong. It

is often a matter of participants seeing the meeting as a puzzle – their role is to get the pieces out on the table and figure out how they fit together.

3 Manage ramblers

People often tend to give speeches instead of asking questions or raising ideas. It's tough to cut a rambler off, but sometimes it's necessary. Consider saying something to the rambler like, “OK, you're absolutely right, and if it is fine with you, could we talk about that later?” Getting them to buy-in will ensure that they don't return to their speech at the next opportunity. Talk to anyone who might monopolize meeting time or is prone to long-windedness ahead of time or during a break, and ask that they keep their comments to a minimum to allow others to be heard as well.

4 Control tangents

Often it's not that an individual goes on too long but they raise extraneous points. If two or three people bring up things that are contiguous but not really related, the meeting can degenerate. Try to refocus them on the stated agenda.

On occasion, someone may intentionally go on a tangent. Maybe they feel territorial about a decision you're making, or are unhappy with the direction you're taking the conversation. Rather than accuse the person of trying to derail your meeting, ask what's going on. Say something like, “You've diverted us several times. Is there something that is bothering you?” Addressing the underlying issue head-on can help appease the dissenter and get your meeting back on topic.

5 Make Careful Transitions

Typically leaders go from topic to topic, moving ahead when they're ready to. But people don't always move with you and they may get stuck in the past. Before you transition from one agenda item to another, ask if everyone is finished with the current topic. You need to give people enough air time. This will help keep the conversation focused.

6 End the meeting well

A productive meeting needs to end on the right note to set the stage for the work to continue. It is always a good idea to ask the following questions before adjourning the meeting. “What do we see as the next steps? Who should take responsibility for the areas that we have agreed? And what should the time frame be?” Make sure to record the answers in the minutes and even send

out an email to remind everyone about some particular decisions, so that everyone is on the same page. This helps with accountability, too. No one can then say they're not sure what really happened during the meeting.

In conclusion: Meetings fall into one of two categories – the one-off and the regular. Meetings are generally held to spread information, to discuss issues, to solve problems and to decide on future action.

A meeting can be a positive or negative experience, depending on the skill of the chairperson and the attitude of those attending. Follow the basic suggestions above and ensure you have a successful meeting.

400 SCHOOL CHILDREN LEARN THE SKILL OF MAKING KOEKSISTERS



Een van Dasha Skool se kinders

Members of WAU Mpumalanga in South Africa reached out to children with special needs and disabilities by teaching them to bake “koeksisters”, a traditional sweet treat.

Children with ages ranging from 6 to 18 years from two schools were involved in this project and within a couple of days more than 400 disabled children mastered the difficult technique under the skilful guidance of the enthusiastic WAU members. This project will be rolled out to more schools for the disabled as well as a school for Adult Learners where adults who have never attended formal education, are being cared for. Sunette Barnard, member of WAU says: “It keeps us humble to work with children and adults with special needs. By doing this we are trying to improve the quality of children's lives”.

DESIGNING RURAL AFRICA ON CLOTH



The **Mapula Embroidery Club** was established for women who are unemployed in the poverty-stricken areas of Soshanguve and Winterveld to the north of Pretoria in South Africa. They design and embroider cloths, cushion covers, carry bags, placemats and small handbags with traditional African designs for their livelihood and their children's schooling. These designs depict animals, plants, rural life and newsworthy events, such as the World Cup, Nelson Mandela's funeral, and political issues. The embroidery has been done mainly on black cloth, but the women are now also using white cloth. The main workshop is located at the Sisters of Mercy Training Centre in Winterveld, where the final finishing

touches are applied and then packaged. At the centre the women also receive training sessions on finance and on how to market the finished products. The items are distributed to gift shops, including gift shops at O. R. Tambo International Airport. Orders are often placed by organisations and companies, such as the annual order from the South African Bureau of Standards for 450 conference bags. Mapula Embroidery Club is extremely proud of a wall hanging, which was presented to President Obama in Washington DC. The members of the club pursue their creative work with enthusiasm. A Board of Management has been elected as the club is planning to establish a co-operative soon.

SOCIETY CELEBRATES 85TH ANNIVERSARY



Left to right Erika Lubbe, President of CWAA and Ludwig Taschner, celebrate the naming of the CWAA Rose

Cape Women's Agricultural Association (CWAA) which is an affiliated society of ACWW is a South African women's organisation offering its members the opportunity for personal growth, advancement and community service.

On 6th February 2014, CWAA celebrated its 85th anniversary in style when 320 members gathered together at Eensgezind, an upmarket venue near Cape Town.

This lustrous event was marked with the introduction and the naming of the CWAA Rose, which was cultivated by Ludwig Taschner, a world-famed nurseryman specialising in growing roses. The association which was established in October 1929 observes the needs of women to be encouraged to become more knowledgeable and to help identify and resolve problems in their own community. Happy anniversary!

ADAMS COUNTY HCE CELEBRATE ACWW DAY



On the evening of the 29th April 2014 members of Adams County Home and Community Education (HCE), USA, gathered not only for their 51st Annual Meeting, but to celebrate ACWW Day. As Adams County HCE members arrived at Paloma Community Centre for their "Been Cook'n for 96 Years" gathering, they also took part in Women Walk the World, which drew awareness and support for their partnership with ACWW.

INTERNATIONAL WOMEN'S DAY CELEBRATED IN TRINIDAD & TOBAGO



Gia Gaspard Taylor, Network of Rural Women Producers Trinidad and Tobago wrote: "52 Years ago a group of 11 women marched down the main street of our capital city in observance of International Women's Day (IWD). They were jeered and laughed

Gia Gaspard Taylor, second from the left & Prime Minister Kamla Persad-Bissessar center of photo along with other delegates at the International Women's Day Celebration, 2014

at but they held onto their belief of creating awareness of this day. Now in 2014 it is a national event involving national government, local government municipalities, professional women, private sector, religious sector and civil society annually during the month of March. This year on 8th March thousands came out in the eastern municipal city of Arima, Trinidad Tobago to march with banners in support of our women, in collaboration with the Gender Affairs Division, trade unions, NGO's and individuals. During the rally many carried banners with inspiring messages. It turned out to be a very successful event!

CONGRATULATING THE MEMBERS IN NORTHERN IRELAND



Elizabeth Warden, International Chair, Federation of WIs in Northern Ireland

At a recent Annual General Meeting of the Federation of WIs in Northern Ireland, their International Chair,

Elizabeth Warden, congratulated members of the Federation for their generosity, which enabled the Federation to raise a total of £3,000 in 2013. This generous amount went towards four ACWW projects in Bangladesh, Romania, Sierra Leone and Sri Lanka; together with a donation of £1,700 to a Fields of Life project in Uganda. The Ladies of Gracehill and Galgorm Institute had also adopted one specific project in the Philippines and had forwarded a tremendous total of £4,115 to that project during last year. The members were also congratulated on having sent in £8,790 to ACWW's Central Office for Pennies for Friendship also in 2013, part of the money being raised through the Federation's 2013 Women Walk the World events. The Federation also used the Woolly Hat competition from the 2014 ACWW European Area Conference in Bergen, Norway as a theme for their 'Mary Boyd Competition' and were delighted to congratulate Barbara Huss of Drumbeg WI as the winner and Eileen Slater from Ballymoney as the runner-up.

These entries together with several other entries and contributions to the Conference's Bring and Buy Sales were taken by 17 delegates from Northern Ireland who attended. Elizabeth congratulated the 6,000 strong members of the Federation for continuing to maintain their reputation as one of the most generous member societies of ACWW and encouraged them to continue giving to ACWW's worthwhile work.

WELCOME TO YAKUTSK!

ACWW EUROPEAN AREA PRESIDENT VISITS MOSCOW & SIBERIA



Valerie Stevens, ACWW European Area President (Centre) on her visit in Yakutsk

Valerie Stevens, ACWW European Area President wrote: The first six months of my Area Presidency have been a time of accelerating activity, talking and travel. From the two preparation and planning meetings in Norway for the European Area Conference followed by the Conference itself; to the cruise down the Danube where I met Magdolna in Budapest and Afrodita and Jetta in Bucharest; to three planning meetings in the Midlands for the 2016 ACWW World/Triennial Conference in Warwick University; to coffee mornings, lunch parties and afternoon teas raising money and awareness in Devon, Derby and Hereford; to Federation meetings of the WI in Hampshire, Huntingdon and Peterborough and at the National Federation of Women's Institutes in Leeds, and last, but by no means least, to local Dorset WIs, including Sutton Poyntz Village WI whose members have supported me throughout. I have now just returned from the longest of my journeys. I was invited by members of the Women's Union of Russia, whom I met at ACWW's Triennial Conference in Chennai in October 2013. I spent four days in Moscow, two days at each end of a most memorable five day stay in Yakutsk, Siberia. It is easy to make a list of the visits and experiences planned for me:

- Visits to diamond and silver showrooms
- The circus filled to capacity by families watching their children and young people perform in competition

- Inside the permafrost tunnels cut into the hillside, once the town's refrigerator, now an exhibition
- Three family farms
- The holiday centre for children from far north communities where the post may come four times a year
- Interviews with three ministers of government, the deputy president, the minister for youth and family policy and the deputy minister for agriculture and food policy, all of whom had supported my visit financially, supplying a car and driver throughout, paying my hotel and all costs
- A visit as a VIP to the folk/cultural festival with a show comparable to the opening ceremony of the Olympic games – more than 10,000 there, a great gathering of families and communities

But it is much less easy to express here the warmth, generosity and affection with which I was greeted throughout my visit. I have never been a VIP before; met as such at the airport by minibus at the foot of the aircraft steps; seated under the only canopy at the festival with the President of the Republic; one of a hundred dining in the President's tent with 99 other VIPs, escorted by the deputy minister; next to the Japanese cultural attaché amongst others. I have some wonderful pictures and stories to tell. Please invite me to your institute, I promise you a fascinating presentation. Ten ladies from Yakutsk and at least one from Novgorod are planning to be at the ACWW World Conference in Warwick, England in 2016.

The opportunities which ACWW presents to join with women from all over the world are not to be missed. I will be in Estonia in October for the Baltic Women's Conference and with several more Federation meetings in my diary, there is still much to be done. Without the support from local institutes, it can't happen. Sutton Poyntz Village WI – my thanks to you.

BINEGAR WI GATHER FOR AN ACWW COFFEE MORNING



Reidun Sanne; Anitra Lockwood; Eileen Hurd, ACWW Rep, Somerset; Valerie Stevens, ACWW European Area President; Maggie Simons, NFWI ACWW Rep & Asti

On the 6th August members of Binegar WI, Somerset, England, gathered to prepare for their visitors from Dorset, Devon and Wiltshire who were joining them for a coffee morning with a good variety of speakers, plus Fair-trade stalls/ACWW display/ bric-a-brac/ raffle/quizzes all to entertain them.

Eileen Hurd, ACWW Representative, Somerset said "Our first speakers, who both attended ACWW's recent Area European Conference, were two Norwegian ladies, Reidun Sannes and a lady called Asti, who both live in Somerset. They wore their national costumes and told us of life in Norway, highlighting different foods, festivals, customs and crafts. They told us how to knit their country's wonderful Norwegian sweaters and brought a special ring cake for us to taste. Our second speaker was Anitra Lockwood from Devon who spoke passionately about FGM.

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Asti & Reidun showing guests a 64 year old cardigan knitted by Reidun's grandmother - still in perfect condition

Anitra presented the resolution on this subject at Chennai, which was accepted unanimously. It's not an easy subject and some of the details Anitra presented so concisely and compassionately brought a new awareness of FGM to the ladies. This is a subject that should be discussed more widely, as we seek a resolution to the suffering it presents to so many women worldwide. Our final speaker of the event was Valerie Stevens, ACWW's European Area President from Dorset – she told us about many of the areas she had visited in her first year in this role, including the many different hats she has worn. We learnt so much about Yakutsk in Siberia, Russia which amazingly, was having a heat wave when she visited. Valerie displayed many

gifts and souvenirs from her travels including two mare's milk jugs and a shaman's necklace to ward off evil spirits. She also showed us the lovely silver jewellery presented to her in Russia. Members then had their packed lunches – cakes and quiches were also available for sale, plus lovely fair-trade items. Members chatted and even tried their hands at our quizzes. The afternoon ended with the quiz result, the winner of which was Anitra Lockwood. Then the raffle was drawn and Anitra won a prize here as well. The event collected £547.45 for our Somerset ACWW project in Tamil Nadu. Many members commented on what interesting speakers we had arranged – our thanks to them all for such an enjoyable and thought provoking day”.

MEMBERS KNIT AND CROCHET FOR SCHOOL KIDS IN NAMIBIA, SOUTHERN AFRICA AREA



School children with Elna Brink a member of Namibian Women's Society (NWS)

During 2013 employees of First National Bank (FNB) of Namibia visited a school in Windhoek, which was housed in tents. The circumstances were bad and the children suffered from the cold. An employee of FNB, being also a member of the Namibian Women's Society (NWS), saw the opportunity to get involved and motivated other societies to join in to provide the children with warm clothing. Some FNB employees and NWS members decided to knit scarves and beanie hats for the children.

Marina Muller, President of NWS said “At the beginning of April 2014 FNB distributed 400 skeins of wool to their various branches where we had societies waiting to start knitting and crocheting. Patterns for sets of scarves and beanies to fit children aged from 6 to 10 years were distributed. We have 250 members. Whilst not all participated in the project, some members kept their families and even their friends busy. The FNB foundation received 380 sets in May and in June the pupils of Havana Primary School were the recipients of the beanies and scarves. The nine members of Walvis Bay branch deserve my gratitude for using 80 skeins of wool to finish a tremendous 84 sets of beanies and scarves”.

INTERNATIONAL YEAR OF FAMILY FARMING

Bethan Williams, member of ACWW's Agriculture Committee wrote: ‘2014 UN Year of Family Farming’ is an important year for many farming families, so it was fitting to visit an agricultural show. There are many different shows with a variety of activities to attract farming families and members of the community. The animals give them drama; the cattle well washed and behaving beautifully, the horses were parading, or jumping over fences.

The Young Farmers Clubs, for ages 10 - 26, offered competitions and entertainment at the Vegetable and Fruit Exhibition, which attracted a different audience from the Food Hall in the Royal Agricultural Show of Wales (RWAS), held in Builth Wells, Mid Wales. In small village shows, such as our local Pontgarreg Annual Produce Show near Llangrannog or at the WI's Spring Rally in Tregaron, Ceredigion, friendly contests centered on the longest carrot, or the best fruit cake.

These represent both ends of the food chain and in larger shows were supported by official bodies.

At RWAS far more people than usual buzzed around the Vegetable Society stand, with many requesting information and having discussions with the experts. Growing your own vegetables, with its many advantages, is becoming an increasingly popular activity.

Competitions form an important part of shows, large and small. Every vegetable at the show including the potato is shown at its best. Varieties big and small and those potatoes with pink colouring around the ‘eyes’ with markings that resembled faces caused much amusement. Garden fruit such as raspberries, gooseberries, blackcurrants are arranged on plates to tempt the taste buds and there is even a competition for children to make the funniest looking animal from fruit and veg.

Cookery items, preserves, jams and chutneys inspire many, and demonstrations



show how it is all done. The Food Hall with a variety of stalls gives an opportunity to those who were setting up small businesses to be innovative with new versions of old favourites by introducing and selling their special products to the public. Education messages to the public are part of such events - where did your breakfast come from? Posters and leaflets on ‘love food, hate waste’, safety with farm machinery or the health of animals and ‘what do astronauts eat?’ These questions and information encouraged all ages to find out more. Did you know that Captain Cook took sauerkraut, a dish preserving cabbage in brine, on his long voyages and saw it among the secrets of his success owing to its good nutritional value?

Information on training, marketing, food safety and security was given out with nutrition and health messages. The benefit of sharing and promoting knowledge in this way is valuable to the whole farming family. Food producers and consumers are partners in the food chain and are responsible for ensuring a fair share for all. What better way to spend a summer's day, and going home motivated to ‘love food, hate waste’ and encouraging others to do likewise?

SOCIETY FEEDBACK

OVER 150 YEARS FAMILY FARMING

MEMBERS OF THE Agriculture Committee agreed at their March meeting to send success stories on family farming succession for The Countrywoman, in line with this year's 'International Year of Family Farming'.

Lester's Farm Market

For over 150 years, the Lester family have been family farming on Brookfield Road. During this time, they have supplied the St. John's, Newfoundland, Canada, surrounding area with high quality fresh products.

Milk, eggs, poultry and a great variety of fresh vegetables and small fruit have all been produced on the farm. The 7th generation of the Lester family are now working on the farm with the 8th generation taking an interest as well. The family farm is split into two separate operations; dairy farming, milking over 200 Holstein cows being one, and the farm market being the other.

After a short stay in Prince Edward Island, Canada, the 7th generation of the Lester family moved back to the family farm in 1983 to concentrate on vegetable production. For ten years the focus was on growing lettuce, broccoli, some cabbages and turnips for wholesalers. In 1994, the Lester family constructed a small structure to sell some of their produce directly to the consumer. That was perhaps the best move the family ever made. While still tending to the wholesale market, they started to grow a wider variety of vegetables. Over the next five years, the small market was expanded to meet the fast



Juanita Lester owner of Lester's Farm Market standing by the sign. Juanita is an ACWW Individual member and has attended many ACWW World Conferences. She is a great supporter of ACWW.

growing customer base that their friendly service and fresh vegetables were attracting.

During December 1999, they moved into their current market. They decided to open a dairy bar, and were able to carry a better selection of produce. Since 1994, where mostly everything they grew was sold through their farm market, they have been growing a little over twenty acres, but by 2005 this had increased to them using nearly sixty acres of land. More recently, a petting barn was constructed because they wanted families and children to experience a little bit of the joy that they felt every day on the farm. The petting barn and the animals have become extremely popular with many families coming to spend a few hours going through their

corn maze, trailer rides, petting the animals, or just sitting back and enjoying the overall farm atmosphere. In 2002, they also decided to plant two acres of strawberries for a 'u-pick' (pick-your-own). It has since become the largest 'u-pick' in the St. John's metro area, requiring the Lester's to plant more and more every year. Currently, the Lester's are growing and selling over 100 varieties of fruits and vegetables on 100+ acres of the farm. They operate a Nursery offering 400 different varieties and/or colours of annuals and perennials, as well as, a variety of vegetable, herb and tomato transplants suitable for the home gardener. Their farm market has experienced considerable growth every year since 1994, a trend they hope to continue!

PROJECTS REPORTS

PROGRESS REPORT

INDIA

Construction of Eco-San Toilets for Leprosy Patients and AIDS-affected People and Children

Organisation: Fathima's Educational & Charitable Trust

Supported by: Cambridge FWI, England; Irish Countrywomen's Association, Republic of Ireland
A total of 70 women, 17 men and 63 children have benefitted from the 'Construction of Eco-San Toilets for Leprosy Patients and AIDS-affected People and Children' project.



As a result of local people acquiring skills, they have constructed low cost Eco-San Toilet units using locally available materials to build the infrastructure of the units.

The project run by Fathima's Educational & Charitable Trust, passed to the beneficiaries and locals knowledge of water management and compost. They learned how diseases

related to poor sanitation were spread and about personal hygiene. There is now good sanitation at the leprosy home and hospital, where the beneficiaries feel protected. With the success of this project Fathima's Educational & Charitable Trust is more capable of helping others who are in need of Eco-San Toilets.

PROGRESS REPORT



THE GAMBIA

Awareness creation on the Negative Effects of FGM in Lower River Region

Organisation: Women Advancement and Child Care (WACC), The Gambia

Supported by: Dorset FWI and Surrey FWI, England

Women Advancement and Childcare (WACC) members of ACWW based at Misera, Brikama, The Gambia, applied to ACWW's Projects Committee for funding to raise awareness of Female Genital Mutilation (FGM) to women in the Lower River Division. Their success in obtaining funding was announced by Margaret MacKay, past Projects Committee Chair, at the 2013 Triennial Conference Chennai, India following the resolution on FGM.

In setting up their awareness project WACC obtained the services of a team of practitioners to assist them, which included a doctor and other health professionals.

Initially it was reported by health professionals that women became upset by being told that the practice of FGM had to stop. From then on WACC's approach was to be gentler. The team spoke to women to find out what their views and opinions were on the subject of FGM and listened to what the women had to say in regards to their fears about sexual relationships. WACC and the practitioners also learned more about the women who underwent the surgery and the reasons for participating. They discussed the pros and cons of FGM so that the women and girls could understand why it was a good idea to stop.

The women who perform the surgery, the cutters, were not included in this project. Stopping the practice would mean the end of these women's livelihoods. Lamin Saidu Bah, Executive Secretary of WACC, thinks that these women need to generate income from another profession. For this to happen, these women need to be trained in other occupations to replace the current, which will take time and money.

The Executive Secretary stated that the most interesting thing to come from the project was the fact that the men on the Committee were unaware of the side effects of FGM, which could cause infertility, adhesions, chronic pelvic infections and genito-urinary problems. This project was designed to create awareness among women, male leaders and activists on the negative effects and the impact of FGM. This is done through face-to-face workshops, reaching

out to people and their families and peers. So far over 500 women in the Lower River Division had been involved in the project. At the time of reporting, almost three quarters of all the planned activities have been carried out. These activities consist of: a stakeholder meeting at WACC office to discuss the project and ways to implement it, a series of three day face-to-face workshops in four of the six selected districts of the region; Kiang Central, Jarra West, Kiang East, and Jarra East respectively, and a series of open forums and discussions held in all the selected villages. WACC is also embarking on a bi-monthly radio programme on the topic of FGM.

Although there has been some resistance to engage in this topic, which is considered 'taboo' by many, the effects of the project are already being noticed. Women themselves are now aware of the negative effects of FGM and have been speaking out about their own experiences. FGM is now being discussed more openly in third world countries such as The Gambia, but there is still a long way to go. Only the future holds the key to whether this project will be completely successful in achieving its aims where the practice of FGM is phased out completely.

PROGRESS REPORT



INDIA

Women Empowerment – Training in Weaving to 10 Women of which 3 are handicapped

Organisation: Country Women's Association of India

Supported by: Oxfordshire FWI, England

The aims of this project run by Country Women's Association of India (CWA) was to train ten economically impoverished women in weaving, so that they grow in confidence and status and are able to help their families financially. The ten beneficiaries of this project received information about the different parts of the weaving machine (loom), the different types of thread, making bobbins and 'nail' (rolling thread on a wooden and paper cone), and the practice of weaving. They were trained to make swabs, dusters, table mats, table cloths, runners and shawls, as well as how to embroider on different woven fabrics.

They were also taught how to repair the weaving machines. CWA's volunteer members, trainers and staff who are in charge of the project regularly monitor it to ensure each participant is following the course. The beneficiaries are examined by an experienced examiner and if successful, each receives a certificate. CWA are aware that it would have been beneficial to include

literacy training in the project as well, as the beneficiaries are illiterate. Nevertheless, the women have been very enthusiastic about the training and are growing in self-confidence. In their free time the women work on weaving machines owned by others, which is helping them to earn a small income.

PROGRESS REPORT



INDIA

Dairy Cooperative Income Generation Project for Poor Rural Dalit Women

Organisation: Victory Rural Development Society (VRDS)

Supported by: West Kent FWI, England

The 'Dairy Cooperative Income Generation Project for Poor Rural Dalit Women' had the following aims:

- To create women's self-help groups in order to carry out activities to generate income and end poverty.
- To utilise the unused potential of rural women for income generation, whilst making use of locally available resources such as grass and natural vegetation to aid animal husbandry
- To implement a dairy cattle project run by/ for poor rural Dalit women
- To create a revolving loan fund to help deserving rural women carry out income-generating activities.

To make this happen, open meetings were held in the villages where training in dairy farming was conducted and women's self-help groups were set up. With the help of a veterinary surgeon, ten women were selected by a village committee to receive a female Murrah buffalo, through a micro-credit loan from Victory Rural Development Society (VRDS). VRDS is responsible for the milk to be collected and to be sold to enable the beneficiaries to pay back the loan, thereby enabling VRDS to extend its help to more women. VRDS also assists the women to maintain proper accounts. With vegetation freely available to be used as fodder and access to free veterinary services provided by the local government, these women are well on their way to financial independence. The beneficiaries and other self-help group members have learned about cattle rearing methods, animal husbandry, vaccinations and animal diseases, marketing of milk products, the use and sale of animal dung as natural manure, microcredit management as well as teamwork. The project is regularly monitored by a committee, which consists of two community representatives, a local female social activist, three VRDS members and one elected lady from the local government.

PROJECTS REPORTS

PROGRESS REPORT



SOUTH AFRICA

My Name is Woman

Organisation: South African Women's Agricultural Union (SAWU)

Supported by: Cheshire FWI, England

The volunteers of South African Women's Agricultural Union (SAWU) are working with groups of rural women to train them in the following areas:

- Health (hypertension, nutrition, food safety, HIV/AIDS awareness and prevention).
- Social literacy (substance abuse, gender-based violence, parenting, conflict resolution).
- Leadership (leading a family, values and responsibilities, strengths and vulnerabilities).
- Education (the value of education, the school system, how to help your child and your school).
- Financial literacy (how to budget, how to save, why to save).
- Business skills (saving opportunities, costing and pricing, quality of goods, marketing, record keeping).

In addition to these, the volunteers are teaching the beneficiaries and their children skills such as embroidery, knitting, beadwork and other crafts.

The aim is that the beneficiaries will be able to manage their personal and family lives better, and start small businesses to improve their financial situation. They are also expected to share their newly acquired knowledge with others in their communities. However, it is a challenge to find suitable venues – sometimes the beneficiaries have to be transported over large distances to the nearest town for the training.

SAWU report that they are currently working with 260 women, 140 men and a large number of children. Once training has been completed with one group, another group is started off.

FINAL REPORT

CAMBODIA

*Rural women livelihood development**Country: Cambodia*

Organisation: Hope Association for Development (HAD)

Supported by: Isle of Wight FWI and Cheshire FWI, England

The aim of this project is to improve the living conditions of the poorest women-headed families and vulnerable groups in order to give them opportunities for knowledge and to generate an income. The project is run by Hope Association for Development (HAD) and 440 women and 14 men from 24 villages benefited from it.

The following activities were carried out during the first six months of the project:

- 125 people attended 15 HIV/Aids training courses.
- 150 people attended 6 training courses to care for livestock and gained skills in raising chickens.
- 20 women received financial aid from the project to start their own businesses.

Achievements of the project

Women from the poorest locations benefited most from the project. The direct benefit from this project was the reduction of discrimination towards people affected by HIV/AIDS. Women have gained knowledge on prevention of infection by HIV/AIDS, the correct way to use condoms, the value of blood tests, and access to antiretroviral therapy (ART) at the health centre.

Regarding livelihood and income generation, the women have gained skills in livestock techniques. The project has also provided advice and mentoring on small business development. In all, 440 women have benefitted from the project, with 135 having received training in chicken-raising and so far, 20 of them have started small businesses.

**Case Study 1**

Heng Hourt, 42 years old, and her husband are farmers living in Ta Pon village.

They have 4 children. Heng has participated in the chicken-raising training course conducted by HAD. Through her good work she was chosen by the people to be chief of her Village Development Committee (VDC). Before attending the training course on livestock-raising her chickens became ill and died. As a result of the training Heng gained knowledge on how to build cages, correct feeding and preventative health care. She received a loan from the Project to buy 32 chickens and 15 ducks. At the end of the Project Heng received help from HAD to gain general primary health and hygiene education, she established a home vegetable garden which is nutritious and cheap to run, according to the UN Human Development Initiative Extension.

Case Study 2

Sor Sokny, 34 years old, is a widow because her husband died of HIV/AIDS. She has now married a widower, whose wife was also an HIV/AIDS victim. She has 4 children. Before attending HIV/AIDS health education Sor didn't go to the health centre, didn't use medicine and lacked knowledge of general hygiene and nutrition. But after the HIV/AIDS health education provided by the Project she gained knowledge of how HIV/AIDS was transmitted and the correct way to use condoms. She has received ART medicine from the health centre and gained knowledge on home care, hygiene and nutrition. She also gained experience on techniques of how to successfully raise chickens and ducks. She now has 35 chickens and 24 ducks for sale to support her family.



Sor Sokny with her chickens & ducks

FINAL REPORT



GHANA

Teaching Programme for Traditional Birth Attendants in Ghana (Phase 4)

Organisation: Akpafu Traditional Birth Attendants Women's Association

Supported by: Devon FWI, England; Ceredigion FWI, Wales; Royal Oak WI, BC, Canada

The organisation 'Akpafu Traditional Birth Attendants Women's Association (ATBAWA)' reported that 38 women and 2 men had received training on the project called 'Teaching Programme for Traditional Birth Attendants in Ghana (Phase 4)'.

The project aim was to target untrained birth attendants who had delivered babies, women willing to become birth attendants, but had no practical experience, traditional healers and those who had been trained by the Ministry of Health (MOH) during the early 1980s.

Untrained practising traditional birth attendants

Many of the participants who helped deliver babies in their communities and villages were untrained traditional birth attendants. They learned how to assist in deliveries from their mothers and grandmothers who were practising but did not receive any formal training from either Ghana Health Service or AKPAFU. The communities and the Ghana Health Service asserted that even though untrained traditional birth attendants perform a critical role in contributing to a reduction in maternal and infant mortality in their communities and villages, they can put mothers at unnecessary risk through lack of experience and formal training and not referring their patients to hospitals and Health Centers in good time.

They also do not practise comprehensive aseptic techniques in their work, contributing to high maternal and child morbidity and mortality. Hence the need to train traditional birth attendants in order to minimize the risk in pregnancy, childbirth and post-natal care in the communities.

Non practising birth attendants

The second targeted group were participants who were willing to be trained, but who had no experience of practising as traditional birth attendants. AKPAFU organisation in collaboration with the Ghana Health Service through the stakeholders of project beneficiary communities selected candidates for initial training in their villages. This category of participants came to learn midwifery, safe motherhood, and how to assist pregnant women in pre-natal and post-natal health care.

Traditional healers

The third group is the traditional healers who are mostly involved in traditional ways to treat infertility as well as conducting deliveries in their villages. These healers were also recommended by their village chiefs and elders for training.

Trained by the Ministry of Health

The fourth group of people who benefited from the project were those who were trained by the Ministry of Health (MOH) in the early 1980s. They were selected to be trained on current issues of mother and child health care, especially delivery and midwifery. They updated their knowledge and were also provided with equipment.

Priorities emphasised during the training included: effective hand washing; proper palpation of the uterus (womb) and general examination; skillful delivery of baby and the cutting of the cord; communication skills and good interpersonal relations; timely referrals to hospital, or to health professionals.

The women and girls, who participated in this project, have been empowered by gaining experience in 'how to practise safe midwifery' and in learning other health care practices.

In addition to being trained as birth attendants, they received training on subjects such as malaria and diarrhoea.

ATBAWA has become aware that there is a need for education on HIV/AIDS and

particularly the prevention of mother-to-child transmission during delivery. One way to prevent this is to ensure that trained birth attendants always have gloves available for use during deliveries; which is not always the case at present. It is expected that the birth attendants who have received the training will be called on more frequently by pregnant women in their communities, and they will therefore receive more income than before.

FINAL REPORT



INDIA

Safe Water and Safe Health

Organisation: Mother Teresa Rural Development Society (MTRDS)

Supported by: Zurich Financial Services; Guernsey FWI, England

This project has been implemented by the volunteers and staff of the Mother Teresa Rural Development Society (MTRDS). Throughout the duration of their project titled 'Safe Water and Safe Health' the following was carried out:

- MTRDS organised awareness camps in the target villages, at which beneficiaries were identified and selected, after which MTRDS conducted group meetings in the target villages, where the need for awareness training of sanitation and the use of de-fluoridation water filters was identified.
- MTRDS set up self-help groups (SHGs) where members of these were encouraged to pay in 50 Rs each per month into a microcredit savings account. Once this account is built up, they can then apply for a loan in order to start an income-generating activity, such as sheep or goat rearing or a ladies clothes shop etc.
- 66 women took part in results-based management training. They learned how to visualise results, process documentation and facilitate meetings. They are using these in their community activities including savings and credit programmes.
- 16 beneficiaries received a grant for the construction of a household toilet.
- De-fluoridation water filters were installed in two villages. These plants are being maintained by the womens SHGs'. One woman has been employed to be in charge of each plant. The entire population of the two villages is benefitting from the safe water produced as a result of these plants.

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