

THE COUNTRYWOMAN

INTERNATIONAL MAGAZINE OF THE ASSOCIATED COUNTRY WOMEN OF THE WORLD

APRIL - JUNE 2016



AILISH TYNAN

The Irish soprano speaks about inspiration and her concert with ACWW

ACWW GETS COOKING

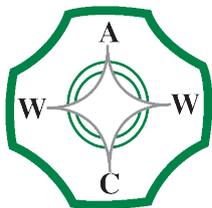
We visit Denman College and launch our new Cookbook

COUNTDOWN TO TCC

Your questions answered about the 28th Triennial Conference in Warwick



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The Countrywoman is the official quarterly magazine of ACWW, and was named by Mrs Alfred Watt MBE, the First President of ACWW in 1933.

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Please note the following deadlines for submitting your articles, updates and photographs to The Countrywoman. We welcome new contributors and those in areas not recently featured- please get in touch with nick@acww.org.uk if you need any help in submitting.

July- September: 1st June 2016

October- December: 1st August 2016

January- March: 1st November 2016

April- June: 1st February 2017

The Editor's decision on acceptance and inclusion is final.

DEAR FRIENDS...

A Message from the World President



◀ L- R: Tish Collins, ACWW Operations Manager; Magdie de Kock, ACWW Communications & Marketing Committee Chairman; Ruth Shanks A.M., ACWW World President; Henrietta Schoeman, ACWW Secretary and Alison Burnett, ACWW Treasurer; with Nick Newland, conductor of The Amadè Players at our recent International Women's Day Concert in London.

I can't believe it is time again to write this message to you all. Many things have happened in the first few months of the year and it is hard to keep on top of the time!

There were two Area Conferences held in January/February. One, in Cameroon, for East, West and Central Africa Area and the other in Dhaka for Central and South Asia Area. Unfortunately I was not able to attend either of these conferences (as advised by the Australian Government) but I did send a message to both Area Presidents. The reports which have been received indicate well organised conferences and an opportunity for member societies to gather together, to support one another and continue the theme for the triennium "Working Together for a Better Future". All Area Conferences for this Triennium have now been completed and many will already be working towards the next Triennium. Conferences are a time for renewing friendships, making new ones and providing guidance for the never-ending road ahead for this troubled world.

March was the time for all Committee meetings and the Board meeting. This was a very busy time with much discussion over a whole range of issues pertinent to the work of ACWW. Some of the members of the committees are finding the use of Skype an alternative to costly travel to London for the meetings. This augers well for the future, as interested members may be able to contribute without the expense of travel to London, although face to face meetings are an invaluable tool for interactive dialogue to take place.

The celebration of the United Nations International Women's Day on 8th March was recognised with an amazing recital by The Amadè Players in St John's Smith Square, just around the corner from the London Office. This was organised by Nick Newland, (our new employee) and was a great success, not only as a wonderful evening of entertainment, but also as a promotional event for ACWW.

Following the Board meetings, we travelled to Denman College, in Oxfordshire, for another promotional event for ACWW entitled "The World's Best Kept Secret". Denman College is a residential college run by the National Federation of Women's Institutes in England and Wales, and we thank them for allowing us this opportunity. This was a sold-out event and hopefully will now be followed by others in the UK, and maybe further afield.

The work of the Ad Hoc Committee on the Legal Structure of ACWW has now been completed and Societies will have received their copies of the document. Please take time to read these papers and the resolutions and recommendations which are on the agenda for the Triennial conference and be well prepared for the discussion and voting. I would like to take the opportunity to thank this committee for the hours of work involved in this exercise. The members of this committee did not volunteer, but were invited to take part and I am sure they did not realise what was involved in this complex issue. Many thanks ladies!

By now you will have taken part and finalised contributions from "Women Walk the World 2016". I hope the celebrations were all you wanted them to be. I imagine you are doing the final planning for your visit to England for the Triennial Conference and I look forward to meeting many of you in Warwick in August and continuing to "Work Together for a Better Future".

I have just had an amazing trip to societies in Papua New Guinea, and saw great improvements and work being done by the ladies in both the East Sepik and Jiwaka Provinces since my last visit in 2013. Hopefully in the next edition of the magazine we will be able to include an article from PNG. My thought for this edition comes from Maya Angelou: "Try to be a rainbow in someone's cloud".

Ruth Shanks, A.M.
ACWW World President

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COVER IMAGE

Irish soprano Ailish Tynan, special guest soloist at ACWW's International Women's Day Concert 2016 is this issue's cover image

MAKING YOUR MAGAZINE SUSTAINABLE

You will have already noticed that your new-look issue of The Countrywoman has been delivered in an envelope rather than a plastic wrapper. This is because we have switched to use Forest Stewardship Council approved sustainable paper for both the magazine and its packaging. For every tree used in the production of this issue, three are planted in its place. This is part of ACWW's commitment to a healthier planet, and Sustainable Development Goal 12.





CENTRAL OFFICE NEWS

Tish Collins, ACWW Operations Manager

We did it! For some time we had been talking about a new cookbook, aiming to have a collection of recipes representing the best of ACWW at the Triennial Conference in Warwick. In late February, with the Committee meetings, International Women's Day Concert and Denman Information Day looming, we compiled 87 recipes- one for each of ACWW's 87 years- from around the world. In record time these recipes were brought together and *The Countrywoman's Kitchen* was designed and sent off to the printers... it came back as a gorgeous, glossy book which is spiral-bound for easy use in the kitchen. It has already proved a hit at the Denman Information Day (alongside a bonus companion for those attending with extra recipes from HRH Princess Azizah of Malaysia), and will be available at the Triennial Conference. If you can't wait that long, get in touch with Central Office and order your copy now!

Shortly after sending the January- March issue of the *Countrywoman* to print, and after 5 years in post, Jen Atigolo resigned as Digital & Print Media Editor to take up a new full time job dealing with social media. We wish Jen all the best in her new role.

Having spent the last year helping ACWW with IT and computer consultancy, Nick Newland stepped in on a temporary basis to cover Jen's post, and has now been appointed full time Media and Communications Manager from the middle of April. This is his first solo edition of *The Countrywoman*, having already produced the cook book and souvenir concert programme for International Women's Day. Working with the C&M Committee, he has refreshed all our flyers as stocks were running low, produced promotional pop-up banners and our new-look website is taking shape- keep checking for new features and an enhanced Member's Area. Crucially, you can also complete any last-minute Conference registrations on the website- visit the Triennial Conference page for more information. Welcome Nick.



▲ ACWW's Board gather for an informal photo before the first Meeting in March 2016.

The annual Board meeting and the March Committees have now taken place. The normally 'quietly industrious' Central Office was buzzing with activity for a few weeks and it seems unnaturally quiet again. As I write, some staff are taking annual leave before coming back refreshed for the next stage and Committee follow up. Our focus is naturally turning towards the Triennial Conference in August, and the office staff are busy processing the many applications for registration that come in each day.

My work with the Ad Hoc Committee on the Constitution is drawing to a close and the Board have given their approval. It has been circulated to voting member societies and is available on the website (as Circular 12, with the earlier Conference Circulars for your information). The Resolution for it to be adopted by Conference has already been circulated with the other Resolutions and Recommendations. The point of the Constitutional review is to bring the document more in line with modern English charity standards, including limiting liability, and help ACWW develop in the future- including the structures necessary for us to secure funding from external sources and other bodies, thus improving our ability to carry out the work of which we are justly proud.

I look forward to seeing you all at the Triennial Conference, which will be my first at ACWW. I am anticipating with excitement the gathering of so many members of the organisation, many of whom I've already 'met' via email, Skype and letters. Until then, I wish you all the best.

Tish Collins Operations Manager

▲ L- R: HRH Princess Azizah of Malaysia, Area President Asia South East & the Far East and Ruth Shanks A.M., ACWW World President, sign copies of *The Countrywoman's Kitchen* and *The Princess's Kitchen* at the Denman Information Day.

EDITOR'S NOTE Nick Newland

The last few months have been rather exciting, as I stepped in to the role as Digital & Print Media Editor on a temporary basis, whilst also working elsewhere. This week- as *The Countrywoman* goes to print- I started in the ACWW office full time as the new Media and Communications Manager. I would like to thank everyone who has been so welcoming and supportive since I started, and I look forward to talking to, and meeting with, more of you as the year progresses.

Before I came to ACWW, my focus had been on IT and arts management, with a particular interest in media, design and the use of technology in communications. I am also a musician- my worlds collided when I conducted my orchestra, *The Amadè Players* at St John's Smith Square this March, for ACWW's International Women's Day concert. I spent the last five years working as a lecturer in historical musicology and arts management at Goldsmiths College, University of London. As part of this, I was awarded a Fellowship of the Higher Education Academy for my work on working with people in different learning environments, and helping those with different levels of access to technology to engage with learning organisations. I am very keen to use this experience to help ACWW members, and the new website is being built with worldwide accessibility in mind.

Over the coming months, I will be working to make ACWW's presence on social media (Facebook, Instagram, Twitter, etc.) more visible, more accessible and more welcoming to members and guests alike. I am always excited when I see our members using new technology in different ways, particularly because their innovations are often truly novel and outside the expected- harnessing this energy and enthusiasm is crucial to ACWW recruiting new members and sustaining our relationships with more established individual and society members. If you have any questions, thoughts or ideas, please feel free to contact me at nick@acww.org.uk

FINANCE COMMITTEE NEWS



Alison Burnett, ACWW Finance Committee Chairman

As I come to the end of my time of being ACWW Treasurer, I would like to say a huge thank you to all the members who donate to the Pennies for Friendship Fund (PFF). During the last 9 years there has been a huge economic downturn across the world, and ACWW suffered with returns on our investments and bank accounts greatly reduced. It is only the continued support of the members in raising funds for PFF that has allowed us to continue the work of ACWW throughout this difficult time. Congratulations for almost reaching the target set. The target will be kept the same for 2016 as I appreciate the impact all the extra costs of attending the World Conference will make to your finances.

I am always aware when making financial decisions for ACWW that ALL our money comes from the members; either through their membership subscriptions or their PFF. ACWW receives no financial support from outside agencies, in any part of the world, to help us carry out the work of ACWW. We will be making a concentrated effort in the next triennium to get all our data and records into a format where we are ready to apply to outside agencies for funding. In today's world where there is huge competition from other charities, for all sources of money, we have to be able to show how everything ACWW does makes a real, and positive, impact on rural women worldwide.

I encourage you all to become INDIVIDUAL MEMBERS. This enables you to attend the World Conference in your own right, and of course secures your own copy of The Countrywoman! Most importantly, it maximises the benefit of your support of ACWW, and increases your involvement in the democratic process. If the Resolution relating to individual membership is approved at the next Triennial Conference in Warwick, the Individual Member will be able to vote on Resolutions & Recommendations at World Conferences and so allow the member to be more involved in ACWW work.

In 1933 Mrs Dorothy Drage, ACWW Treasurer, suggested we should have a Million Member Fund where each paid up member would give 1 penny more than their subscription to help take the organisation forward. Today, 83 years on we have only around 1,500 Individual Members but, through the 460 societies who are members, we represent 9+ million women. If even 1% became individual members, think what a difference that would make to the finances and work of ACWW!

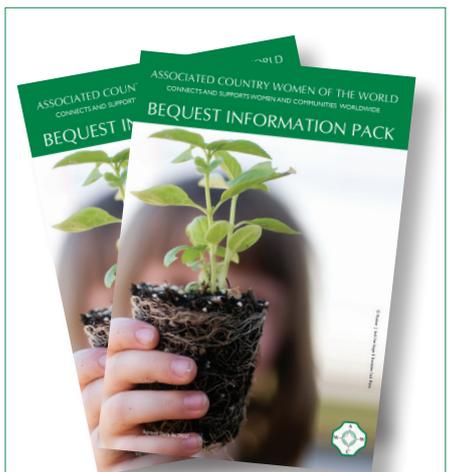
I hope that I will see all of you in Warwick, especially the members from the UK who for once do not have huge travel costs to attend a World Conference – don't just come for a day, come for the whole time and meet the ladies from all parts of the world and see and feel the FRIENDSHIP part of ACWW and hear all that happens throughout the world in the name of ACWW.

REMINDER – All membership subscriptions (both societies and individual members) should have been paid by now!



MEMBERSHIP PAYMENTS USING ONLINE BANKING

Account:
Associated Country Women of the World
Account Number:
0124 4108
Sort Code:
56-00-33
Bank:
NatWest Bank, 57 Victoria Street, London
United Kingdom, SW1H 0HP
Branch:
Westminster
Swift Code:
NWB KGB 2L
IBAN:
GB67NWBK56003301244108



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 tish.c@acww.org.uk to receive a Bequest Information Pack.



UN COMMITTEE: CSW60

Cynthia DeWindt, ACWW UN Representative

Achieving the SDGs together, 14-24 March 2016

The Commission on the Status of Women (CSW) is the principal global, inter-governmental body exclusively dedicated to the promotion of gender equality and the empowerment of women.

The CSW is instrumental in promoting women's rights, documenting the reality of women's lives throughout the world, and shaping global standards on gender equality and the empowerment of women.

During the Commission's annual two-week session, representatives of UN Member States, civil society organizations and UN entities gather at UN headquarters in New York. They discuss progress and gaps in the implementation of the 1995 Beijing Declaration and Platform for Action, the key global policy document on gender equality, and the 23rd special session of the General Assembly held in 2000 (Beijing+5), as well as emerging issues that affect gender equality and the empowerment of women. Member States agree on further actions to accelerate progress and promote women's enjoyment of their rights in political, economic and social fields. The outcomes and recommendations of each session are forwarded to ECOSOC for follow-up.

This year the CSW held its 60th session and had 'Women's empowerment and its link to sustainable development' as its priority theme.



'Parallel events', hosted by civil society are encouraged so that speakers and participants can discuss topics related to the priority theme. The Network of Rural Women Producers of Trinidad & Tobago (NRWPTT) and the Jamaican Network of Rural Women Producers (JNRWP) hosted a parallel event at CSW60, entitled: "The Engagement of Rural / Grassroots women is needed for the SDGs to succeed". UN Committee Chair, Sharon Hatten and UN Representative, Cynthia de Windt both spoke at this event and were joined by Graciela Coy Maas from the Asociacion Ak' Tenamit (Guatemala) and Gia Gaspard Taylor of the NRWPTT.

The first question they posed was 'Which Sustainable Development Goals relate specifically to rural women producers & agriculturalists?' SDGs 1, 2 and 12 were said to be the most relevant:



SDG 1 - End poverty in all its forms everywhere

1.4 By 2030, ensure that all men and women, in particular the poor and the vulnerable, have equal rights to economic resources, as well as access to basic services, ownership and control over land and other forms of property, inheritance, natural resources, appropriate new technology and financial services, including microfinance.



SDG 2 - End hunger, achieve food security and improved nutrition and promote sustainable agriculture

2.3 By 2030, double the agricultural productivity and incomes of small scale food producers, in particular women, indigenous peoples, family farmers, pastoralists and fishermen, including through secure and equal access to land, other productive resources and inputs, knowledge, financial services, markets and opportunities for value addition and non-farm employment



SDG 12 - Ensure sustainable consumption and production patterns

12.3 By 2030, halve per capita global food waste at the retail and consumer levels and reduce food losses along production and supply chains, including post-harvest losses.

Each speaker then highlighted different ways of meeting the needs of rural women and posed the following questions for participants to reflect on:

1. How can we allocate more resources to Grassroots women leaders' organisations?
2. Who inspired your sense of empowerment?
3. How will we work together?
4. How will implementation of the SDGs take into account: the priorities of and the participation of rural/ grass roots women?

The 25 workshop participants formed 4 break-out groups to reflect on these questions. They decided that development activities should never be imposed but take into account the particular needs of rural women and foster empowerment by enabling them to take ownership of the process.

By the end of CSW60, governments, UN stakeholders and NGOs had resolved to:

- Strengthen normative, legal and policy frameworks.
- Foster enabling environments for financing gender equality and the empowerment of women and girls.
- Strengthen women's leadership and women's full and equal participation in decision-making in all areas of sustainable development

You can find out more about the Sustainable Development Goals by visiting www.sustainabledevelopment.un.org/sdgs

MINDFULNESS

Magdie de Kock, ACWW Communications & Marketing Committee Chair



“*let mindfulness become a habit and you’ll have an easier and more manageable life*”

Being mindful opens you up to new ideas and fresh ways of doing things, reducing stress and increasing your enjoyment of life.

“How we spend our days is, of course, how we spend our lives” – Annie Dillard

Too often life races by and there is no time to experience what’s happening now, because one is too busy thinking about what needs to be done tomorrow or what did or did not happen yesterday. Mindfulness is about knowing where you are (being in the moment) but also having an awareness of – but not getting stuck in – where you have been (reflection) and where you are going (anticipation).

Mindfulness reminds us to focus on the journey, not the destination. Try to become aware of all that is here now, and enjoy it. Mindfulness is finding the incredible in the commonplace. It means really being present with many simple daily activities. It’s an openness to the experience of taking a walk, really listening to the birds, feeling the gravel underfoot, hearing the wind through the trees.

Being mindful is to discipline and train our minds to let go of worries and desires, returning to these concerns when the actual moment has come to do something about them. In this way we can know happiness. It draws our consciousness to a central choice: we have the power to determine what we focus our attention on. Will it be the half of the glass that is empty or the half of the glass that is full? In that choice lays either suffering or contentment.

Mindfulness suggests another approach. Stop the mindless wishing that things would be different. Rather than wasting time and emotional energy in explaining why we don’t have what we want, we can start to pursue other ways to get it. Mindfulness says, “I will become aware of my thoughts, I will exercise my power to choose my thoughts, and I will choose thoughts that bring happiness and contentment”.

There are many ways in which you can practice mindfulness and many ways in which you can anchor yourself to any given moment. Here are a few tips and techniques to inspire you whenever or wherever mindfulness can help slow things down, provide perspective

and a sense of calm control in the moment and moments of your life:

Creating a mindfulness habit:

“Habit is a cable; we weave a thread each day, and at last we cannot break it” – Horace Mann

It isn’t necessary to be mindful in all your waking hours, but unless you make a concerted effort to be mindful on a daily basis it’s easy to get distracted by myriad things that divert your attention through the day. What to do? You need to make mindfulness a habit, something that you do on a regular basis until it becomes your normal, everyday practice. Set a timer on your phone (with a soothing tone) to remind you to be mindful at random times of your day. It rings periodically during the day to give you the opportunity to pause for a moment and consider where you are, what you are doing and what you are thinking. Put a note on your bathroom mirror or your fridge saying: ‘Be mindful’.

Keeping on top when the pressure is on:

“You can do anything but not everything” – David Allen

At one time or another most of us experience busy periods at work or home life. There’s much to do and much to think about. You’re doing several things at once and life just races by.

Acknowledge and accept the feeling of being overwhelmed. This doesn’t mean you have to accept and resign yourself to difficult stressful situations. You simply accept how you feel and how things are at this moment before thinking about what you can do to manage them. It is a strategic acceptance. You may not like what’s happening but, instead of fighting it, by accepting it you can engage the reasoning, thinking part of your brain and find a solution.

Get some breathing space. Simply take two or three minutes to stop what you’re doing and focus on breathing. It will help calm you down, collect and clarify your thoughts and will help to engage the rationalizing reasoning part of your brain.

Slowing down:

“There is more to life than increasing its speed” – Mahatma Gandhi

Take time to do what you’re doing instead of constantly looking for ways to save time so that you can fit more in. Instead of trying to cram too much into every day, move at a slower, more relaxed pace and get the most out of what you’re doing at that moment.

Do less. Prioritize: work out what’s important, what really needs to be done. Do one thing at a time and let go of what’s not important. Reduce your commitments. Stop over committing yourself at work, with friends, family and interests. Learn how to say no gracefully.

Be mindful- choose where you focus, and focus on thoughts that nurture. Mindfulness enables you to experience and appreciate your life instead of rushing through it. Mindfulness is simply a shift in your awareness of your life – your routines and habits, work and relationships. You’ll see the results of mindfulness in your health and your life.

Compiled by Magdie de Kock.

Acknowledgements

Laws of Wellness by Greg Anderson and Emotional Intelligence by Gill Hasson.

GET IN TOUCH

Nick Newland Media & Communications Manager

Hopefully, you like the new look of your copy of The Countrywoman. As I’m new in the office, I haven’t yet had the chance to meet most of you or hear about your involvement with ACWW. I’d like that to change!

I’m very keen to make The Countrywoman reflective of all ACWW’s membership- if you haven’t seen your area featured for a while, why not send something in to me?

Email nick@acww.org.uk

Note that if you send us images or text, you grant ACWW a perpetual, royalty-free, irrevocable and non-exclusive right to publish them. All this means is that we can use them in the magazine and on our website- which is why you send them!

INTERNATIONAL YEAR OF PULSES

Some fantastic recipes for you to enjoy in 2016 from the Agriculture Committee

CARROT & RED LENTIL SOUP

"In 2016, the UN Year of Pulses, I thought it would be appropriate to introduce pulses to some of my existing recipes. Pulses are high in protein, fibre and vitamins, fix nitrogen in the soil and need less water to grow than most other vegetables.

Leeks are a favourite winter vegetable in Wales, its national emblem and Welsh symbol, worn on St David's Day, March 1st."



Ingredients

400 g tin red lentils
2 large carrots; peeled and finely chopped.
25 g (1oz) butter
1 Tbsp olive oil
1 large onion; finely chopped
1 leek; cleaned and finely sliced
1 medium potato; chopped
500 ml (1½ pints) vegetable stock
Salt and freshly ground pepper
Chopped parsley and a little yoghurt to garnish.

Preparation

Heat oil and butter in heavy based pan. Add onion and leek, and cook until they soften. Add the lentils, carrots, potato and stock. Season and bring to the boil.

Simmer for 30 minutes. Can be puréed if you prefer a smooth texture.

Serve, sprinkled with parsley and add a swirl of plain yoghurt- or cream.

Bethan Williams (Wales)
ACWW Agriculture Committee

Bethan has also created a fact sheet that can be downloaded from the ACWW website on the Year of Pulses.



VEGGIE CHILLI *Inspired by Sarah Brown's Vegetarian Cookbook!*

Ingredients

2 Tbsp olive oil
1 large onion
2 cloves of garlic
4 celery sticks
4 large carrots
1 pepper (red, green or yellow)
5 mushrooms
1 tin kidney beans (including water)
1 small tin sweetcorn (including water)
2 tsp dried basil
2 tsp cumin seeds
1 tsp turmeric
½ tsp chilli powder (or more!)
2 tins chopped tomatoes
250 ml vegetable stock
1 Tbsp tomato puree
1 glass red wine (optional)
2 splashes hot pepper sauce (optional)
3 heaped Tbsp dried, cracked bulgur wheat
1 splash lemon juice
Salt & pepper (to taste)

Preparation

Heat the olive oil in a large pan and then add the onions, garlic, celery, carrots, pepper and the mushrooms. Cook for 5-10 mins, then add the kidney beans, sweetcorn, basil, cumin, turmeric and chilli powder and cook for a further 10 mins. Add the tomatoes, stock, tomato puree, red wine and hot pepper sauce.

The vegetables should be covered by the liquid so add more water if required. Then add the bulgur wheat, stir, cover and simmer on a low heat for 30 mins. Stir the chilli then add the lemon juice, salt and pepper. The bulgur wheat absorbs the liquid as it cooks so add more water if required. Cover again and simmer for a further 30 mins.

Delicious on its own or with bread, potatoes, rice or a wrap on the side. Dairy lovers can add grated cheese on top!

Sarah Kenningham (UK)
ACWW Central Office Projects Administrator

BAKED BEANS

"This is a favourite meal that I prepare for my family- and an ideal side dish in celebration of the International Year of Pulses"



Ingredients

2 cups of dried white pea beans
1 onion, chopped
¼ cup of molasses
¼ cup ketchup
½ cup salt pork, finely diced
½ tsp dry mustard
2 Tbsp vinegar
1 Tbsp brown sugar
1 tsp salt
Pepper to taste

Preparation

Wash beans thoroughly. Soak beans in cold water overnight. Place beans in bean pot or casserole dish; add all other ingredients. Mix well. If needed, add boiling water to cover beans. Cover pot and bake in a slow oven at 250°F to 300°F for 6 to 8 hours, removing cover during last half-hour of baking.

Add boiling water, 2 to 3 times to keep beans moist and covered with liquid; stirring occasionally. Do not add water during last half-hour of baking.

Margaret Yetman (Canada)
ACWW Deputy President and
Agriculture Committee Chairman

1 Etymology



Pulse
The word pulse originates directly from the Latin *puls* meaning "thick gruel, porridge, mush."

2 Pulses vs. Legumes



Legume
refers to the plants whose fruit is enclosed in a pod.



Pulses
a subgroup of the legume family; refers only to the dried seed.

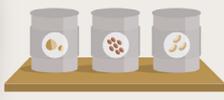
3 Crops of ancient origin

Pulses have been an essential part of the human diet for centuries.



The agricultural production of **beans, chickpeas & lentils** dates back to 7000 - 8000 B.C.

4 Versatile ingredient with long shelf life



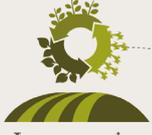
Pulses can be **stored for months** without losing their high nutritional value, providing **increased food availability** between harvests.



A key ingredient in many national and regional dishes such as:

- Baked beans
- Chilli
- Daal
- Falafel

5 Part of the vital web of biodiversity



Intercropping with pulses increases farm biodiversity and creates a more diverse landscape for animals and insects.



6 Foster sustainable agriculture and soil protection



N₂



The **nitrogen-fixing properties** of pulses can improve soil fertility, which improves and extends the **productivity of farmland**.

Surprising facts about
Pulses
you might not know

7 Highly water efficient

Water efficiency of pulses compared to other protein sources:

1 kg Daal <i>(split peas or lentils)</i>	1 kg Chicken	1 kg Mutton	1 kg Beef
 50 litres	 4 325 litres	 5 520 litres	 13 000 litres

8 Unexpected ally against climate change



Pulses species have a **broad genetic diversity** from which climate resilient varieties can be selected.



By producing a smaller carbon footprint **pulses indirectly reduce greenhouse gas emissions**.

9 Economically accessible and multipurpose



Farmers who cultivate pulses have the option to both **eat and/or sell their harvest**.



Pigeon peas & Bambara beans
Can be cultivated in very poor soils and semi-arid environments.



Crop residues from grain legumes can also be used as **animal fodder**.

10 A powerful superfood

- Zero **cholesterol**
- High content of **iron and zinc**
- Rich in **nutrients**
- Gluten free**



Rich in **minerals and B-vitamins**

- Source of **protein**
- Low glycaemic index**
- Low fat content**
- Source of **dietary fibre**



Food and Agriculture Organization of the United Nations

#IYP2016
fao.org/pulses-2016





TRIENNIAL CONFERENCE

Henrietta Schoemann, ACWW Triennial Conference Committee Chairman

With the 28th ACWW Triennial Conference at the University of Warwick, Coventry not far away now, some frequently asked questions need answering...

What is included in the Registration fee?

This fee covers the attending of all plenary sessions and other activities to do with the business of the Conference as well as tea/coffee and lunches every day of Conference.

The Gala Dinner on Sunday 21 August is also included if you pay the full registration fee.

Spouses, partners and friends paying the registration fee also have access to the Conference centre if they would like to attend some sessions, it includes lunches and refreshments, the Gala dinner and the three day visits. They also have use of the gym and other facilities on campus.

The Day Delegate fee includes tea/coffee and lunch on the day and access to Conference.

The Mystery Tour on 23 August is not included in the Registration Fee. Part D of the Registration Form allows for booking this tour. The cost is £50 per person.

On the ACWW website the complete Registration Form is available with all costs shown.

Please take note that Early Bird Registration is until 30 April 2016, after which it will go up by £25 to £415. The final cut-off date for registering is 1 July 2016.

What is included in the Accommodation rate?

This amount includes dinner, bed and breakfast. Conference Park bedrooms are modern student style accommodation. Most rooms have single beds and the two options are to have your own bathroom (en-suite), or to share a bathroom with up to 5 other women.

Rooms include towels and toiletries; free high speed wireless and wired internet connection, tea and coffee making facilities*, hairdryer, iron, ironing board and trouser press*.

Note: **In some cases, these might be in the kitchen rather than the room itself.*

All rooms are within easy walking distance to the Conference venue, the Butterworth Hall in the Arts Centre. Twin and double rooms are now all booked so no longer available.

10 | www.acww.org.uk



How do I book my accommodation?

Please book accommodation as part of your registration process, using the online Registration Form (www.acww.org.uk/triennial-conference.html) or by using the paper form and returning it to Central Office.

What meals are included?

For those who pay the full registration fee and have booked accommodation, all breakfast, lunch, dinner and daytime teas/coffees are included, as well as the Gala dinner on Sunday 21 August.

The caterers at the University are very experienced at preparing meals for all. Let us know on your 'Special Requirements' form if you have any allergies (such as dairy, eggs, gluten/wheat, nuts or shellfish), if you want vegetarian or vegan, or Halal, or Kosher or other special diet and you will be catered for.

Will there be much opportunity to talk with friends and socialise?

There definitely will! All accommodation is on the same campus and lunch and dinners are taken together. Breakfast is also communal. There will be tea / coffee breaks during the day too. There are some evening entertainments organised by the Hostess Committee and some 'free' evenings for you to socialise. The University of Warwick campus is wonderfully well equipped with places to sit and talk (indoors and outside if the weather is nice), there are cafes, coffee spots, even a pub (serving alcohol and soft drinks).

What is the nearest city to the University of Warwick?

Coventry, about 5 km (3.5 miles).

How far from London is the University of Warwick?

The University of Warwick is in the middle of England, London is about 167 km (104 miles) away.

What will the weather be like?

The minimum temperature is around 10°C (50°F) and up to 22°C (72°F) according to Mr Google. August is usually the warmest and sunniest month of the year. The possibility of rain is not excluded, being the UK. Be sure to bring a light jacket if you come from a country with a warm climate- if you tend to find yourself feeling cold, bring an extra layer or cardigan- if you're warm at home, don't forget there will be a collection for the local homeless of clothes you don't want to take home!

What else is available on campus for delegates?

There is also an excellent choice on campus where you can eat or drink at reasonable prices – restaurants, bars and café's that provide anything from a sandwich to a main meal. On campus you will also find a grocery store, post office, hair and beauty salon, banks (Barclays and Santander), a laundrette and a bookshop. You can use the gym, swimming pool and sauna facilities free and there are over 700 acres of landscaped areas where delegates can enjoy walks.

Wi-Fi is freely available across the campus.



How do I get to the University of Warwick from the Airport or mainline train station?

Birmingham: The Shuttle Bus arranged by the Hostess Committee will run back and forth all day between **Birmingham International** train station and the Conference Centre only on the 16 and 17 August. The journey is about 34 km (21 miles). The shuttle costs £30 and has to be booked in advance through Central Office.

There is not a return shuttle planned at the end of your stay but local buses, trains and taxis will be well signposted from the Conference.

Heathrow: The distance to the University of Warwick is about 144 km (90 miles) and there are 2 main options available to get there. If travelling by train you have to go via London and change lines as trains to Coventry leave from London Euston.

Train: Heathrow Express offers the fastest journey between the airport and central London. Non-stop trains run every 15 minutes. The journey between **London Paddington** and **Heathrow Terminals 1, 2 & 3** takes 15 minutes (a few minutes more for Terminals 4 or 5). From **Paddington** take the tube to **Euston Square** and walk to **Euston** mainline station (5 minutes). From here, take a train to **Coventry**.

Underground: take the **Piccadilly** (dark blue) line to **Kings Cross** and change for one stop to **Euston** (journey time about 1 hour). From here take a train to **Coventry**.

London Euston: Take the mainline train to **Coventry**. Tickets can be booked in advance on-line and will be cheaper than on the day.

Alternatively, take a **National Express Coach** direct from the airport to **Coventry** (tickets can be booked on-line in advance and this will probably be cheaper option than the train).

Coventry: Take a taxi (cost £7- £10) or a local bus (cost £2- £3) to the **University of Warwick Conference Centre**.

For more information see our ACWW website at www.acww.org.uk/triennial-conference.html

What else must I bring along to the Conference?

Your Registration form and number (sent to you from Central Office).

Delegation leaders will receive information about the documentation they need to bring along. Without this vital piece of paper your delegation will not be able to vote!

There will be a clothing collection for local homeless people and the women's refuge in Coventry. Please bring a warm coat or jacket or other warm garment that you are willing to donate.

As a bit of fun there will be 2 competitions for you to enter. Please bring your entry and hand in on Registration Day, 17 August.

1. Make a cell phone (mobile) cover for any design or style of phone and using any craft skills. These will be voted on and purchased at Conference (raising money for Pennies for Friendship).
2. Take a photograph to illustrate 'We are ACWW'. There will be a popular choice winner and a judges favourite.

Old and unused costume jewellery may also be handed in as this will be resold to contribute to Pennies for Friendship.

Serendipity means a "pleasant surprise". The Finance Committee are asking Delegates and Observers to bring any small gift from their country, which they have wrapped up, to put on the Finance Committee table for other participants to buy for £2. When they unwrap their purchase members will have a pleasant surprise. All monies go to Pennies for Friendship.

Finally, don't forget your talent! There will be an Entertain the World / Open Mic (microphone) night organised by the Triennial Conference Committee. That is your opportunity to perform to a friendly audience and share your favourite song or show piece.



AILISH TYNAN

The Countrywoman catches up with one of the busiest opera singers in the world

Irish soprano Ailish Tynan has had a meteoric rise to fame. Since winning the Rosenblatt Recital Prize at BBC Cardiff Singer of the Year in 2003, she has appeared at every major opera house in the world singing repertoire from Handel to new commissions, as well as releasing several discs of solo songs alongside her recording output with groups such as the Academy of Ancient Music and London Symphony Orchestra.

On March 8th 2016, ACWW hosted a very special concert at London's St John's Smith Square to celebrate International Women's Day with historical instrument group The Amadè Players which featured Ailish as guest soloist. Ahead of this performance, The Countrywoman editor Nick Newland sat down with Ailish for afternoon tea and a chat...

NN: Ailish, thank you for taking the time to meet with me. We are very excited about the concert, and having you involved. Tell me a little about how you got started as a singer.

AT: Thank you Nick, I'm very much looking forward to the concert, and meeting members of ACWW at the event- it's been great to learn more about what the organisation does and it's a pleasure to be celebrating International Women's Day in London.

I would say that the breakthrough events were winning the Rosenblatt prize at Cardiff singer of the world in 2003, and that combined with becoming a Vilar Young Artist at the Royal Opera House, Covent Garden and BBC New Generation artist, all at the same time was very powerful. That, and a little of the old Irish leprechaun luck thrown in!

Things have gone very very well since that, and I've made a nice career – but I never had any real targets. When I landed my first role at La Scala, somebody said to me *"I bet you can't wait to go to Milan"* and I replied *"oh, when am I going to Milan?"* – it was all a bit of whirlwind. If you have an ability and a talent, even if you don't come from a musical family, or have your whole life planned out, great things can come if you work hard and believe in yourself.

When I first started singing in Ireland, because I had come to it quite late, and I didn't come from a musical family who could connect me in the right places, people didn't really believe in me. There was one elderly



woman teacher at the College of Music Jennie Reddin and she thought I had something. She used to give me extra lessons and really coached me in a very musical, almost old fashioned approach and I think that early musicality she engrained in me has really stuck with me over the years, and been a huge benefit.

NN: Did you have a back-up plan, if singing didn't work out?

AT: Originally I wanted to study law, my oldest brother is a solicitor. He said *'far too boring'* and that *'I was far too lively and I'd never stick it'*. Still convinced that becoming an opera singer was not a real job, I decided to compromise and did a degree in music teaching – to become a secondary school teacher. Four years later I qualified and got a lively job teaching, then two weeks later decided I should have become an opera singer. I gave up teaching and started my quest to get where I am today. It's been a fantastic path that I've gone on.

NN: Your husband, Keith, is Principal Bass Trombonist at the Royal Opera House, Covent Garden. It's always a joy to see your dog Jack too... is it difficult to balance a busy work schedule and your family life?

AT: The first ten years of the career were very full on, travelling to countries all over the world for 8 months a year. When I got married a couple of years ago I decided that that level of travelling was too big a sacrifice

for having a home life so I started to focus on opportunities for performing closer to home. Because I had established myself quite well in that first ten years in the UK and Ireland, it has worked out very well. I did sacrifice having a life, and now I prioritise the life and family, and if the career suffers a little for that, I can live with it. I think women sacrifice too many things for this job, often children etc., leaving it too late. Keith bought me Jack for my birthday – that's what makes him the best husband ever... I'm dog mad! Ever since he was 6 or 7 weeks old, he's been sat on my knee as I've learned repertoire – he sings along! (*NN: He really does, I was hugely entertained to witness this!*).

NN: Do you have a daily routine to keep your voice in shape?

AT: No. Definitely not precious like some others, nothing is off limits apart from cigarettes, but I smoked enough of those in my youth! The biggest vice is actually talking, I have to be careful with a busy schedule coming up not to talk too much. 20 years ago I was absolutely wild and had the time of my life, and I'm so glad I did – the workload now is so heavy I have to be careful and rest and keep myself in tip-top form. It's being sensible, a little older and a lot wiser!

NN: Who are your favourite singers?

AT: Ella Fitzgerald, Tina Turner, Billie Holiday, Nina Simone - outside the classical world. In the classical music world – I love real song singing... two great exponents from whom I've learned a lot from over the years are Elly Ameling (also known as 'The Dutch Nightingale') and Dietrich Fischer-Dieskau.

NN: If you could sing any role, what would it be?

AT: I'd maybe love to sing Mimi... (from Verdi's *La bohème*) and my voice is heading in that direction these days. That character, with my Irish Catholic background, would suit me! I could pretend to be a very demure Mimi! It will be interesting to see what the future brings.

NN: Ailish, thank you so much for your time and your enthusiasm for ACWW's work. It will be a pleasure working with you for International Women's Day.

You can read more about Ailish Tynan here: www.ssartists.co.uk/artist/ailish-tynan



28th TRIENNIAL WORLD CONFERENCE



CONFERENCE INFORMATION SHEET TO BE HELD AT UNIVERSITY OF WARWICK, COVENTRY, UK 17-23 AUGUST 2016

WORKING TOGETHER FOR A BETTER FUTURE

WEDNESDAY	17 AUGUST	Registration at University of Warwick. Meet and greet. Outgoing Board Meeting. Briefing of Returning Officer, Tellers, Stewards, and Scrutineers. Area Meetings with Conference Briefing.
THURSDAY	18 AUGUST	Opening Ceremony , guest speaker(s). Plenary (<i>for all, general</i>) sessions. Elections.
FRIDAY	19 AUGUST	Thanksgiving Service (non-denominational). Plenary sessions including Resolutions, Constitution, Area Presidents' Reports, Committee Reports in concurrent sessions. Entertain the World / Open Mic Evening .
SATURDAY	20 AUGUST	Plenary sessions including Resolutions, Committee Reports in concurrent sessions, Area Presidents' Reports. English Cultural Evening .
SUNDAY	21 AUGUST	Plenary sessions including Guest Speaker on Non-Communicable Diseases (WHO) , Area Presidents' Reports, Resolutions. Invitation to host 2022 Triennial World Conference. Election results. Gala Dinner .
MONDAY	22 AUGUST	Plenary sessions including presentation from Melbourne for TC 2019. Closing Ceremony . Area meetings. Incoming Board meeting.
TUESDAY	23 AUGUST	Excursion Day - Mystery Tour (optional at £50 per person).

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

- **TRAVEL** Participants must make their own travel arrangements
- **INSURANCE** All participants are advised of the importance of arranging comprehensive cover for personal accident, personal liability, medical expenses, baggage, cancellation charges etc. as soon as they register
- **VISAS** Participants must check whether a visa is required for the UK and apply for any necessary visas in due time

PLEASE ALSO NOTE:

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

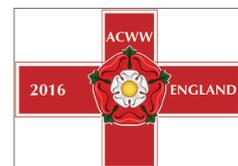
ATTENDANCE AT MEETINGS AND VOTING RIGHTS

- The Officers of ACWW
- Maximum of 5 voting delegates from each Category I Society
- Maximum of 2 voting delegates from each Category II Society
- 1 voting delegate from each Category III Society
- Chairmen of Specified and Ad Hoc Committees
- Category IV (a) and IV (b) members as space allows
- Past World Presidents
- ACWW UN Representatives
- Visitors invited at the discretion of the Executive Committee

Fully paid-up Member Societies may send voting delegates according to membership category. Fully paid-up individual Members of ACWW may attend as observers as space allows. The Hall is large - all welcome!



28th TRIENNIAL WORLD CONFERENCE



HOW TO REGISTER

All fees (registration, day excursion, accommodation and shuttle bus) will be payable to ACWW. To reduce costs, please pay in one transaction, itemising your requirements in the appropriate section of the form. **Please fill in one form per person.**

ONLINE REGISTRATION

- Go to the Triennial Conference page of the website (www.acww.org.uk/triennial-conference.html)
- Complete the Registration Form, filling in all sections and details as appropriate, indicating if you are to be a Delegate or Observer
- etc.
- Click 'Submit' - this will email your form directly to Central Office
- If you prefer, you can also download the PDF or Word.doc versions of the form, complete them and scan/email or post to us
- Pay for Registration and Accommodation and the Shuttle Bus (if appropriate) together by;
 - Cheque, credit or debit card. A surcharge is levied by the bank on all credit and debit card, bank, international cheque, and PayPal transactions, averaging 4%. Please add this to your payment. Thank you.
 - Alternatively, pay by bank transfer with the following details:

SWIFT details for Associated Country Women of the World

BIC	NWBK GB 2L
IBAN	GB67 NWBK 5600 3301 2441 08
Sort Code	560033
Account Number	01244108

REGISTRATION BY POST

- Complete the Registration Form, sign and date it.
Send to **ACWW, Mary Sumner House, 24 Tufton Street, London SW1P 3RB, United Kingdom**, together with all fees payable by bank draft / transfer, credit card, cheque or PayPal including bank transaction charges to arrive at our London Central Office no later than the cut off date.
- All cheques and bank drafts should be made payable to the "Associated Country Women of the World". If you wish to pay by credit card, please download and complete the Card Payment form on the website - www.acww.org.uk. (Please note that a surcharge is levied by the bank on all credit card transactions). Please ensure to reference with your FULL NAME.

REGISTRATION FEES

- EARLY BIRD conference registration of £390 per person closed on 30 April. **The standard fee is £415 per person.** The last date for registration is **1 July 2016**
- The Day Delegate / Day Participant rate is £85 per person, per day. The cut of Date for Day Delegates / Day Participant is **1 July 2016**. No more than 3 days as a Day Delegate / Day Participant will be allowed
- The Day Excursion is £50 per person, to be booked in advance
- Optional visits will be arranged for registered spouses, partners and friends - **this is included in their registration fee**. Details will appear on the website and be sent to registrants

ACCOMMODATION - book through ACWW for University Campus. Fees per person (unless otherwise stated)

- En suite accommodation with dinner, bed and breakfast at £73 per night
- Shared bathroom facilities (**females only**); dinner, bed and breakfast at £58 per night (limited availability so will be allocated to those travelling furthest)
- **Please note that there are no more twin or double rooms available.**

CONFERENCE SHUTTLE BUS

The Shuttle Bus will run throughout the day from **08.00 to 20.00 on 16 and 17 August 2016 (one-way to University of Warwick only)**. From Birmingham Airport you can reach Birmingham International Railway Station by monorail. Members will be met at the airport and station by representatives of the Hostess Committee. **The fare is £30 per person, one way.** Please pay with the your Registration Fee, or send to Central Office as soon as possible, indicating that the payment is for the Shuttle Bus. This **must** be booked in advance and will not be possible to book on the day. There is no return Shuttle Bus, but options will be well signposted at Conference.



28th TRIENNIAL WORLD CONFERENCE



REGISTRATION AND ACCOMMODATION FORM

Full Delegates/ Observers: Complete Parts A, B, D, E and F
Day participants: Complete Parts A, C, D, E and F
Spouse/Partner/Friend: Complete Parts A, D, E and F

Conference No.
(Office use only)

PART A FULL DELEGATE, OBSERVER, DAY PARTICIPANT, SPOUSE/PARTNER/FRIEND

Title (Miss/Mrs/Ms/Mr/Dr/Other): Membership Number:

Surname: First Name(s):

Street name and number:

Town/City: Province/State:

Country: Post Code / ZIP:

Telephone (including country and area code):

Mobile (Cell) phone number:

Email Address:

Home Language:

CONFERENCE FEE PAYABLE BY Full Delegates, Observers and Spouses/Partners/Friends (for whom some special visits will be arranged).
Non refundable, but transferable. A fee of £10 will be requested if transferred.

I enclose £415 for registration

PART B FULL DELEGATES and OBSERVERS (PLEASE DELETE AS APPROPRIATE)

Society Name and Membership Number:

PART C DAY PARTICIPANTS ONLY

Day Participant / Day Delegate - I will attend on the following day(s) at £85 per day, up to a maximum 3 days

Thursday 18 August: Friday 19 August: Saturday 20 August:

Sunday 21 August: Monday 22 August: Total Days:

PART D DAY EXCURSION TOUR

I wish to book the Day Out Tour on Tuesday 23 August @ £50 (please tick)



28th TRIENNIAL WORLD CONFERENCE



REGISTRATION AND ACCOMMODATION FORM

PART E ACCOMMODATION (Dinner, bed and breakfast per person per night):

If Day Participants or Spouses/Partners/Friends wish to make use of the accommodation, they must also complete this part.

Please book me the following accommodation - Date In: Date Out:

Total Number of Nights: At £73 per person per night, single en-suite - I enclose:

Total Number of Nights: At £58 per person per night, single en-suite - I enclose:

PART F SHUTTLE BUS FROM BIRMINGHAM INTERNATIONAL STATION

16 and 17 August, 08.00-20.00 only (one way from Birmingham International Station to University of Warwick campus only)

£30 per person (tick): Date and time of arrival:

PART G PAYMENT INCLUDED

REGISTRATION FEE:

DAY PARTICIPANT FEE:

DAY EXCURSION FEE:

ACCOMMODATION:

SHUTTLE BUS:

Bank / Credit Card/
Paypal charges @ 4%:

TOTAL PAID:

FINAL DATE FOR REGISTRATION IS 1 JULY 2016

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

SIGNED:

DATE SENT:

ACWW will send confirmation that you have been registered for the Conference.
PLEASE BRING THIS CONFIRMATION TO THE ON-SITE REGISTRATION DESK WHEN YOU ARRIVE FOR THE CONFERENCE

I REQUIRE A LETTER OF INVITATION FROM ACWW TO SUPPORT MY VISA APPLICATION.
ACWW CENTRAL OFFICE WILL FORWARD THIS TO YOU (Please tick)

ACWW GETS COOKING...

We host an Information Day and Cookery Demonstration at the WI's Denman College

I think all ACWW supporters know that our charity is doing wonderful work being committed to improving the health and standard of living of rural women and families around the world. However, we also find it difficult to understand why more people don't know about ACWW. On Saturday 12th March 2016, 'The World's Best Kept Secret' event was held at Denman, the WI College in Oxfordshire, England, to try and redress this problem. It was also an opportunity to meet and talk with all four ACWW Executive Officers who come from Australia, South Africa, Scotland and Canada. Over 70 WI members came from across England, Wales and the Islands- meeting for coffee and pastries in the Georgian Mansion which is the centre of the college. We then walked the short distance to the meeting room which has floor to ceiling windows overlooking the gardens and was set out with round tables laid up for lunch.

The morning was spent learning more about the history, work, projects, and finances of ACWW with talks from Ruth Shanks our World President, Alison Burnett our treasurer, Henrietta Schoeman our Secretary and Margaret Yetman our Deputy President. Here it was stressed that we do not give "Handouts" but we do give a "Hand Up" which enables women to get started in earning some money which in turn can help their families and communities.

After a delicious hot lunch was served and enjoyed there was plenty of time to talk with old friends as well as meet new ones, collect extra packs of literature, buy a copy of the new *Countrywoman's Kitchen* cookery book, view the main prizes and buy raffle tickets for the upcoming Triennial Conference in August before settling down to a cookery demonstration by HRH Princess Azizah of Malaysia who prepared Stuffed Crab, Chicken Rice and Sago Pudding which were available for tasting at the end.

At the end of the afternoon Magdie de Kock, the Chair of Communications and Marketing Committee gave some brief suggestions on how we can let more people know about ACWW and all the delegates left with information, ideas and leaflets so that they can spread the word to ensure ACWW is no longer 'The World's Best Kept Secret'.

Maggie Simons



▲ ACWW's Executive, joined by HRH Princess Azizah of Malaysia, Communications & Marketing Committee Chairman Magdie de Kock and Operations Manager Tish Collins

▼ WI and ACWW members at Denman for the Information Day.



THE COUNTRYWOMAN'S KITCHEN ACWW's new cookbook with 87 recipes for 87 years

The day at Denman also provided the perfect opportunity to launch our new cookery book, *The Countrywoman's Kitchen*.

The hope was to have 87 recipes to reflect 87 years (1929 – 2016) of connecting and supporting rural women and communities worldwide. The response was overwhelming!

A sincere 'Thank you' goes to all who sent us a recipe, for taking the time and trouble to do so. Recipes we couldn't squeeze in here may well appear in future issues of *The Countrywoman*.

Excitingly, those at Denman also received a bonus publication, *The Princess's Cookbook*, which included the four recipes shown in HRH Princess Azizah of Malaysia's cookery demonstration.



The Countrywoman's Kitchen is available now from ACWW

£9.95 + 5 pennies for Friendship

Please email info@acww.org.uk or call +44 (0)207 7993875 to order your copy.

www.acww.org.uk | 17

INTERNATIONAL WOMEN'S DAY CONCERT - 8th MARCH 2016

ACWW teams up with The Amadè Players to celebrate with a special event in London

The Amadè Players were founded in 2010 by Nick Newland, and perform music of the 17th and 18th centuries on historical instruments, aiming to better discover the magic of this music through research and performance.

In March 2015, ACWW Marketing & Communications Committee Chairman Magdie de Kock attended an Amadè concert at London's Foundling Museum and soon after it was agreed that Amadè and ACWW would collaborate on a concert for International Women's Day 2016. We booked St John's Smith Square, a beautiful venue just around the corner from ACWW's central London office, and the stage was set!

Irish soprano Ailish Tynan led a cast of young professional performers including soloists Rebecca Ramsey, Eleanor Ross, Felicity Hayward, Judy Brown, Olwen Foulkes, Katie Holmes and Dominika Fehér - supported by the instrumentalists and conducted by Nick Newland. Performers from eleven countries, including France, Iran, Canada, Hungary and Poland were on stage, and we were delighted to be joined by representatives of the South African High Commission in London and the Irish Embassy in the audience. The concert was a great success, and helped to promote the good work of ACWW worldwide. More than 1.6 million listeners heard promotional broadcasts on BBC Radio and London's Classic FM in advance of the concert, and several journalists were at the event to write reviews and follow-up pieces. The concert was featured on the BBC Classical Music website's Home Page, and listed as No.3 in the BBC's 'Top 5 Ways to Celebrate International Women's Day'.

The evening's music was all by Antonio Vivaldi, and included the following pieces:
Kyrie in G minor, RV 587
Recorder Concerto in C minor, RV 441
Double Violin Concerto in A minor, RV 522
Introduzione al Gloria, RV 642
Gloria in D major, RV 589

A great evening was had by all those involved, and the audience- we hope you'll enjoy these pictures by photographer Ella Haller Zwierzchowska and a review by Maggie Simons...



ACWW Media & Communications Committee member Maggie Simons reviews the concert for The Countrywoman:

“ACWW celebrated International Women’s Day in a very special way this year and I was lucky enough to be there. The venue was the beautiful St John’s Smith Square in London and the concert programme was all music written for female performers by Antonio Vivaldi. I am not very musical, or indeed very knowledgeable about music, but I could not help be moved by the purity of the singing by the Voices of The Amadè Players and their soloists as well as by the musicians, the majority of whom are young and all are very talented.

I was fascinated by the soloist, Olwen Foulkes, in the Recorder Concerto in C minor. The recorder was the only instrument that I learnt at school, but the notes I managed to make were nothing like Olwen whose beautiful fingers danced along the recorder producing the most wonderful music. She is a real inspiration to all new recorder players.

Another highlight for me was the Double Violin Concerto in A Minor with two very talented violin soloists, Katie Holmes and Dominika Fehér, - their contrasting styles added to the whole experience of being part of this very special event in this very special venue.

I don’t know if ACWW is planning to hold another concert here in London in the future but, if they do, I know I will apply for tickets and would certainly recommend you to try and go if you possibly can.



All images © Ella Haller Zwierchowska, 2016

1. Nick Newland conducts The Amadè Players at St John’s Smith Square
2. Olwen Foulkes performs Vivaldi’s Recorder Concerto in C minor
3. Nick Newland rehearses with the band
4. George Clifford and Nicky Enderby (*violin*) with Laura Agut (*sackbut*)
5. ACWW World President Ruth Shanks with Baroness Walmsley, ACWW Secretary Henrietta Schoeman (*left*) and Operations Manager Tish Collins (*right*)
6. ACWW’s Board after the concert
7. ACWW Central Office staff member Manisha Vora sells our cookery book *The Countrywoman’s Kitchen* during the interval
8. Guest soloist Ailish Tynan with Nick Newland
9. Pennies for Friendship donation

PROJECTS UPDATES

Progress reports and Case Studies from the Projects Team

PROGRESS REPORT: UGANDA Maganjo Farmers Association (MAFA) Promotion of Increased Household Food Security and Incomes among 100 Rural Poor Women-led Families Supported by Avon FWI and Wiltshire FWI, England

Project 983: Maganjo Farmers Association (MAFA) has provided training for 100 women from the rural Luwero district in sustainable agriculture techniques; crop and animal production; agribusiness and savings and credit management. Their target is for 50% of the women to apply what they have learned in practice and they report that to date:

- 42 women have applied sustainable agriculture practices
- 27 women have adopted good agronomic practices
- 35 women have adopted good animal management practices
- 23 women have started up small income generating projects
- 58 women are saving while 22 have acquired loans under the Village Savings and Loan Association methodology

In addition, ten Community Based Agriculture Trainers (COBATs) were turned into model farmers with each of them mentoring four other women farmers and welcoming visitors to see the benefits of the training techniques in practice. The women farmers were advised to plant early to compensate for abrupt changes in climate and as a result, average acreage under food production has already increased from 0.5 to 1 acre with average household savings increasing to UGX 10,000 per month.

They are still working towards the goal of the women collectively selling their produce and have found two potential markets as well as setting up five marketing committees to work with MAFA on identifying more. MAFA are concerned that women are still being exploited by middlemen but 23 women have sold produce to the identified markets in spite of this. The next phase of the project will provide further training for the women farmers on agroforestry, nursery beds and the use of energy saving stoves.

After the training, Halima Nyanzi (36) successfully applied for a loan to cultivate two acres of improved maize, which she then sold collectively with other members to schools in the area.



"I used the money to pay back my loan, school fees for my three children and to expand my garden of maize from 2 to 4 acres. I am expecting to double my yields and this money will help me to begin a poultry enterprise so that I don't depend on one source of income. I am so grateful to Maganjo Farmers Association (MAFA) and ACWW for the technical and financial assistance provided to us with the aim of improving our livelihoods."

Halima Nyanzi

MONITORING REPORT: SOUTH AFRICA FWIs of Kwazulu Natal Drilling a Borehole for 'Yenzanathi Community Upliftment Project' Garden Supported by FWIs of Northern Ireland

Project 980: Southern Africa Area President Mabel Moyo visited the Yenzanathi Community Upliftment Project Garden in October 2015. She was accompanied by Bernadine Hay who is coordinating the project on behalf of the FWIs of Kwazulu Natal, South Africa. She reported that the well had been drilled to 120m to reach water. However, this was deeper than anticipated and the hand pump was not working well and needed to be replaced. The dropping water level was a huge setback for the organisation, as more funds had to be used to pay the survey team. Natural disasters such as the heat wave were also challenging the implementation of the programme. Nevertheless, Mabel found the organisation to be very hard working and as a result of their activities, most of the people affected by poverty were doing much better than before. Children with malnutrition were now getting balanced meals and their health status had improved significantly. Clinics visited the group to raise awareness about the most nutritious and beneficial vegetables, especially for those living with HIV and children affected by kwashiorkor (a form of malnutrition that affects children where there is famine or a limited food supply). Door-to-door home visits were being used to identify nutritional deficiencies, and disadvantaged individuals.

In the community garden, members were learning how to properly grow and nurture vegetables as well as how to start and manage a small enterprise. Mabel hoped that these skills would be handed down to their children and their children's children, ensuring that the cycle of poverty is broken and a promising future is built. The community now looks no further than Yenzanathi when they want to buy vegetables and by showing maximum support, they are promoting growth of the group. They are very excited about the project as they will also benefit from the proximity of a new water source and are volunteering in many ways to help it become a reality.

Mabel recommended the group for further funding and future monitoring should ensure that the pump is able to pump out sufficient water.

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PROGRESS REPORT: KENYA Hope for Children and Development (HCD)

A Roadmap to Better Health for Women with Disability Supported by Staffordshire FWI, England

Project 975: Hope for Children and Development reports that in implementing this project, to improve access to health services for vulnerable women, they have carried out the following activities so far:

- The mobilisation of participants by two community mobilisers, to create awareness in the community about the project.
- The training of 50 women with hearing and/or speech impediments, in awareness of issues such as HIV/AIDs and rape; the availability of reproductive health services and how to access these, was another major topic covered in the training. A mixture of visual aids, discussion and group work was used to ensure the involvement of all participants.
- The training of Community Health Workers in sign language, so that they can work with these vulnerable women and help them to access health and other services.

The group noted certain challenges that had significant impact on delivery of the project- namely the difficulty of teaching sign language (requiring more training than initially envisaged) and heavy rains and flooding which caused delays in progression. However, effort has been undiminished and the participants have been called together once again to complete their training. HCD is working hard to carry out the remaining activities, which include encouraging the authorities to make health centres more accessible and friendly for those with disabilities.



FINAL REPORT: GHANA Shape Lives Foundation (SLF) Provision of Clean and Safe Drinking Water for Santrokofi Community Supported by Jersey FWI; Hampshire FWI, Nottinghamshire FWI, England; FWI's of Northern Ireland

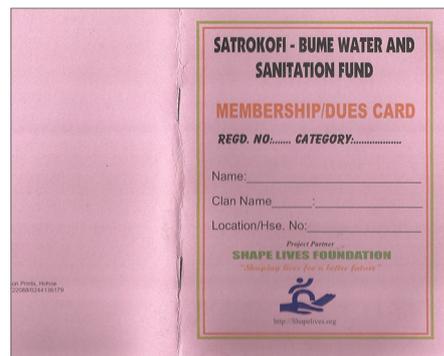
Project 965: Shape Lives Foundation has successfully repaired 3 water catchment tanks and 20 taps from a dilapidated system installed to provide water to the 5,100 inhabitants of Santrokofi Community in 1992. The community now has access to a much improved local water source that is being managed by a newly trained Water and Sanitation Management Team (WSMT).

The WSMT bylaws have been approved by community chiefs and elders and allow for monthly dues to be collected from users, which are kept in a separate account for future maintenance and repairs to the facility.

A Community Hygiene Promoters Committee has also been raising awareness and it is reported that they have achieved their targets with:

- 75% of the population now able to demonstrate effective hygiene practices
- 75% of the population now able to cite three key hygiene behaviours
- 75% of households having soap at point of use
- 75% of households having hand-washing devices

Shape Lives Foundation believes that the sustainability of the project will be assured thanks to the Community Ownership Approach, whereby community members were educated to understand their roles and take over responsibilities. Currently the WSMT is chlorinating the water and advising users to boil it before drinking.



PROJECTS UPDATES

Progress reports and Case Studies from the Projects Team

FINAL REPORT: INDIA PACHE Trust

HIV/AIDS, Sexual and Reproductive Health for Adolescent Girls and Women Supported by Cornwall FWI, North Yorkshire East FWI, England

Project 0967: PACHE Trust targeted this health education project towards adolescent girls and women from high risk behaviour groups such as migrants, female sex workers, HIV/AIDS widows, construction, quarry and mill workers.

Five staff and over one hundred volunteers were trained to deliver outreach education activities and as a result, around 380 women and 200 adolescent girls received first-hand information to improve their knowledge about sexual and reproductive health. The target women are now better able to protect themselves from sexually transmitted infections; have increased their use of condoms; are more able to defend themselves from sexual exploitation and violence; have improved their negotiation skills within the family and have improved their self-confidence and self-respect.

Support groups for both women and adolescent girls have been formed and are now functioning effectively. During the meetings, participants shared their questions and knowledge and discussed issues such as trafficking, the protection of child rights and child sexual abuse. The adolescent girls who actively participated in the programme are now able to understand and differentiate between “good and bad touch” in order to defend themselves from sexual abuse and trafficking. Over 130 male youths were also sensitised about women’s problems and their rights.

PACHE Trust report that women are now more able to participate in public meetings and that women local body leaders are acting as efficient administrators with courage and confidence; women and adolescent girls are raising their voice in unity against gender discrimination and are taking up the issues affecting their lives.



As a member of the District AIDS Advisory Committee and a women’s development group, PACHE Trust has many established links with organisations at the district level. The number of referrals and linkages increased over the course of the project, in which 80 representatives from government and 60 other stakeholders participated. A good rapport was established with private and government health care providers for treatment and follow up, which will ensure that the project impact is strong in the longer term.

In addition, other associations such as the Lions club and Rotary club are motivated to support project activities in future. Local body leaders and the Self Help Group federations have been motivated to mobilise resources and incorporate some project activities and there are sufficiently large numbers of trained volunteers available to continue with outreach.

PACHE TRUST has learned many vital lessons from this project and will incorporate suggestions and feedback from the various stakeholders into any future proposals to widen the reach of the education programme.





COMMITTEE FOCUS

Anne Marit Hovstad, ACWW Projects Committee Chairman

ACWW Projects promoting maternal health and combating violence against women



COMMITTEE FOCUS

In the first of a new series of guest articles, we introduce one of the ACWW Committee Chairmen, and explore their role, work and focus.

Name: Anne Marit Hovstad

Country: Norway

Role: Chairman, Projects Committee

Term: 2013-2016

Previous Role: Member of Projects Committee, 2007-2013

Member Since: 2002

Background:

In 1996 she was elected as board member of FOKUS (an umbrella organisation in Norway with more than 70 women's groups and organisations), and from 1998 was President of FOKUS. From 1987 to 1991 she was a local politician. She has attended several ACWW Triennial World Conferences and also European Conferences. Since 2001 she has held the position of NWF's project leader and as such is responsible for projects in Asia, Africa and Eastern Europe. She visits the projects once or twice a year.

Two photos from Anne Marit's time in Uganda on Project Monitoring trips. The top image is from Project 0982, the Kituntu Women's Association, whilst the second is from Project 0919, Kasese District Women with Disabilities.

Sustainable Development Goal 3 is Good Health and Well-Being, and relates directly to many of the projects we support.

The ACWW Projects Committee meets twice a year to consider applications for funding from grassroots member and non-member organisations. Over the past Triennium we have received in the region of 600 applications for project funding and have approved 61 of these with grants totalling £288,550. This money has been raised by ACWW members and supporters through regular donations to the various projects funds and via the "adoption" of projects by societies once they have been approved.

When we last met at the 2013 Triennial Conference in Chennai, India, resolutions were approved calling on ACWW members to focus on the situation of girls and women who are victims of different forms of violence; further access to quality maternal health education and services; and campaign together to end the practice of Female Genital Mutilation (FGM). The Projects Committee has also endeavoured to be mindful of these issues during its decision-making process.

All of the projects funded by ACWW benefit women and communities in need of safe water and sanitation, healthcare, education, civic awareness, skill training or income-generating opportunities. Improved maternal health in particular is an outcome of any project that permits access to safe drinking water, promotes sexual and reproductive health and gives women the means to supplement their incomes and improve their diets by growing nutritious vegetables or milking cows and goats.

However, some of the projects funded recently have had more specific goals related to these recommendations from the outset: Kasese District Women with Disabilities in Uganda is being supported to decrease high regional maternal and infant mortality rates through a health education project. They are also meeting with local leaders to discuss prevalent health problems and the lack of maternal health services by mapping those areas in need of the most attention. It is hoped that as a result of the project, women in the region will have better access to maternity services and also better healthcare facilities for their families.

Cameroon Gender and Environment Watch aims to empower teenage girls by improving their awareness of reproductive health. The organisation found through their research that



many girls are forced into early, illegal marriage resulting in frequent pregnancies (some dealt with by unsafe abortions) and children whose basic needs are not met. These young mothers often become victims of domestic violence and lead very restricted lives. ACWW is currently funding a project that offers counselling services, health education and computer literacy training to these girls with the goal of reducing early marriages and improving their skills and future prospects.

The essential work of these women-led community organisations is made possible thanks to the generosity of ACWW members and their societies and so if you would like more information about making a donation or "adopting" a project, please contact the Projects Administrators at Central Office.

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AREA FOCUS

Beverly Earnhart, ACWW Area President - United States of America



Area President's Report, February 2016

Several ACWW Executive members attended and presented information about the work of ACWW. World President, Mrs. Ruth Shanks, from Australia, presented a program that was lighthearted and very informative on the financing of ACWW and how the money is used. She further explained the duties of the Area President and the importance of the position for ACWW, to share the workings of ACWW with the members. She spoke of projects she has recently visited and how they are monitored. We were honored to have her as our featured program.

ACWW Deputy World President, Margaret Yetman, from Canada, was also in attendance. She serves as the chair of the agriculture committee and governs subjects related to agriculture and ACWW.

ACWW World Secretary, Henrietta Schoeman, from South Africa, attended to promote the next triennial conference. She was accompanied by Chris Trewick from England who is serving as the local chair of the Triennial event. ACWW's 28th Triennial World Conference will be held at the Warwick Conference Park at the University of Warwick, Coventry, England from 17th- 23rd August 2016. Please check out acww.org.uk and the box on right hand side of home page that has all the triennial details to register and attend. See you there.

I was honored to have the ACWW Canadian President, Sheila Needham attend along with her husband Neil. She spoke to our group about what Canada does to promote ACWW and how our organizations are similar in what we do.

Country Women's Council had adopted Project 0973 to fund Greenhouses for Mongolia. We have been thrilled at how successful this project has been. There was the first project to participate in the "Zero Hunger Challenge" after the papers were signed by Mrs. Ruth Shanks. The two groups at Sain Tus Center have done a great job of keeping us informed with the progress of the project, sending pictures and reports. This information was put into a power point presentation and is posted on the Country Women's Council website for viewing by our members. cwcusa.org After the Tulsa meeting, Ruth Shanks came home with me. We visited several attractions on the trip back to Indiana, following the old "Route 66" and seeing restored visitor

sights, Meramec Caves, stopped in Hannibal, Missouri, the home of Mark Twain, saw the Mississippi River and then the "Farms at Fair Oaks", in Indiana where they have an educational center that shows firsthand what it takes to raise cows and pigs. Visits to quilt shops were also on the list of places to see.

A reception was held at Kosciusko County Extension Homemakers for Ruth and she talked about her visits to projects and what ACWW is all about. The following night she again presented to a group in Elkhart County at the Fairfield Extension Homemakers meeting with several guests in attendance from other clubs. Thank you Ruth for being a gracious guest and we loved having you share your experiences. Other visits I have made the past few months include doing a program "All about ACWW" and updates on Triennial information, for the National Association of Family and Community Education in Blue Springs Missouri in July, 2015. Thank you for the opportunity to share about ACWW.

Their focus this next year is on "Human trafficking" within our country and around the world.

The members had collected many toiletry items that were distributed thru a local organization. This group is working with local individuals who have been or are victims of trafficking. The goal is to let them know someone cares and is there to help them redirect and change their lives for a better one.

A visit to Central office in March for my last board meeting as Area President is with mixed emotions as I will miss seeing all the people I have gotten to know over the past 6 years. The opportunity to travel to other countries and all over the United States to promote the work of ACWW has been phenomenal. I am scheduled to make at least three more visits to societies during the summer before my term is over in August; Indiana Extension Homemakers, National Master Farm Homemakers Guild, and National Volunteer Outreach Network.

Thank you to all the USA members for their support.

I'm looking forward to Triennial World Conference. Hope you are making your plans now to attend and join us.

Beverly Earnhart

AREA FOCUS

Name: Beverly Earnhart

Country: United States of America

Role: Area President, USA

Term: 2010-2013, 2013-2016

Previous Role: Co-Chair, USA 2010 ACWW Triennial Conference Committee.

Member Since: 2002

Background:

Beverly has been active in the Indiana Extension Homemakers Association for 43 years, served as State President from 2003-2004, and was State Vice President and District Representative. A member of the National Volunteer Outreach Network, she served as the NVON "VISION" Newsletter Editor from 2002 to 2012. Though retiring from ACWW's Board this year, she maintains active participation in many local organisations.

Snow is on the ground but warm temperatures are coming this weekend with a promise that spring can't be too far away. I am so ready for warm, spring green grass and flowers. The USA Area meeting in Tulsa, Oklahoma, September 2015, was a grand event celebrating Country Women's Council USA 75th Anniversary, hosted by the Oklahoma Home & Community Education members. Celebrations complete with a "75" ice sculpture and cake and lots of special visitors. (special visitors would include all who came to help celebrate!) There were 129 attendees at the area meeting in Tulsa, with 50 of them being at an area meeting for the first time. Four countries were represented and 18 states by those attendees. Great job ladies!
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SOCIETY FOCUS



We hear from Members and Member Societies around the world

LENT LUNCH

Sheila Goater, Hampshire

For at least the last decade, Sheila Goater has hosted an annual 'Lent Lunch', raising significant funds for ACWW to sponsor projects. This year's lunch is supporting project No.1009 in Kenya, 'Lifting socioeconomic status of young mothers through revolving dairy goat farming', implemented by the Ufanisi Women Group.

Sheila says "we do a very simple lunch of lovely home made soups (a choice of seven!!), fresh bread, fruit and cheese which the hostess and helpers provide for free and the people attending are asked to make a donation for the charity they are supporting. We have a bring-and-buy stall and In addition my family are very supportive and my daughter knitted around 60 little rabbits which had chocolate eggs inside, my son-in-law made some delightful items out of horseshoes (key holders, flower pot holders, welly removers etc) and I planted up a number of unusual containers with spring plants which we had available for people to buy. What didn't sell on the day we sold later. Around 60 people came to the lunch and a good number who couldn't come generously sent donations."

Sheila's donation of £450 has been boosted by GiftAid (meaning that the UK government will add 25 pence for every pound donate by a UK tax payer). This means that ACWW has now received a fantastic £562.50! Thanks go to Sheila and all her donating guests!



JEWELLERY JAMBOREE Lancashire FWIs

We have recently received a very generous donation from Lancashire FWI, after they hosted a Jewellery Jamboree in support of ACWW. The event was held at the WI office in Leyland, and Elaine Cuzner reports that; "Mr Paul Atkinson of Atkinsons jewellers in Leyland came and valued everything. He didn't charge us anything at all which was fantastic- pictured with Mr Atkinson is Sandra Senior, who was a great assistant to him (and on the Board of Trustees!)"

The donation from Lancashire FWI totalled a huge £1250! Thanks to all involved.



WALES WI CONFERENCE Bethan Williams

ACWW Agriculture Committee member Bethan Williams attended the Wales WI Conference in April 2016 with a stall of the new ACWW publicity materials which proved very popular. Bethan notes that "It was a worthwhile exercise arising from a chance discussion on the forthcoming display of the WI Centenary Panels in the World Conference." The annual Wales WI Conference was hosted by Powys-Radnor Federation of WI's and was held this year in Builth Wells. Four hundred members attended the Conference, chaired by Ann Jones of the Ceredigion WI Federation.

TELL US ABOUT YOUR SOCIETY NEWS

We would love to hear from you! We want to know what you do in support of ACWW, what your local groups are doing, we want to know about your Area Conferences and Meetings and we'd love to see some pictures. So that we can share these things with other ACWW supporters, we would like you to include some basic information so we can make sure we get it right:

- Date of the event / conference / meeting
- Where was it?
- Roughly how many people attended?
- How much money was raised for ACWW?

Send Society News to nick@acww.org.uk



INTERNATIONAL WOMEN'S DAY International Group, Suffolk East FWIs

Within the Suffolk East FWIs, six WIs form an 'International Group' which meets alongside their normal activities to plan ACWW and international activities. This year, on 8 March, 34 members visited Playford WI to celebrate International Women's Day. Over lunch, readings and poems were presented, including from the local Women's Refuge and from Malala Yousafzai's speech to the UN in July 2013.

Maureen Staines (Woodbridge WI) reports: "Everyone had been given a green 'leaf' on which to write their expressions of solidarity and words of love and friendship to women around the world and then hang them on the tree provided. The final leaf was black and was presented with some solemnity as it was for those women in the world who still have no voice. The photo shows the group and the tree with some of the leaves. It was good that in this way everyone was able to have their say and to express their feelings in this celebration of and for women. We are really pleased to be able to enclose our cheque for £224.05 from this event".

Thank you to Maureen, and all the members of the International Group!



ACWW INFO PACKS

Re-stock your local groups with ACWW brochures and flyers

New publications from Central Office

We have recently refreshed all the ACWW publications, bringing them up to date and reflecting new aspects of our work.

If you would like to order supplies of these publications for yourself, or for local groups and societies, please get in touch with Central Office.

You can order them using the following codes- please specify how many of each you would like:

- PUB16-02 ACWW Pocket Guide (Small)
- PUB16-03 ACWW Bookmark
- PUB16-04 ACWW & The UN
- PUB16-05 ACWW & You
- PUB16-06 ACWW Pocket Guide (Tiny!)

These publications are shown on this page at their real, full size- you can see how handy the Pocket Guides are in particular! Ideal for slipping a couple in your handbag so you always have some information with you if people are curious about ACWW.

THE COUNTRYWOMAN'S KITCHEN

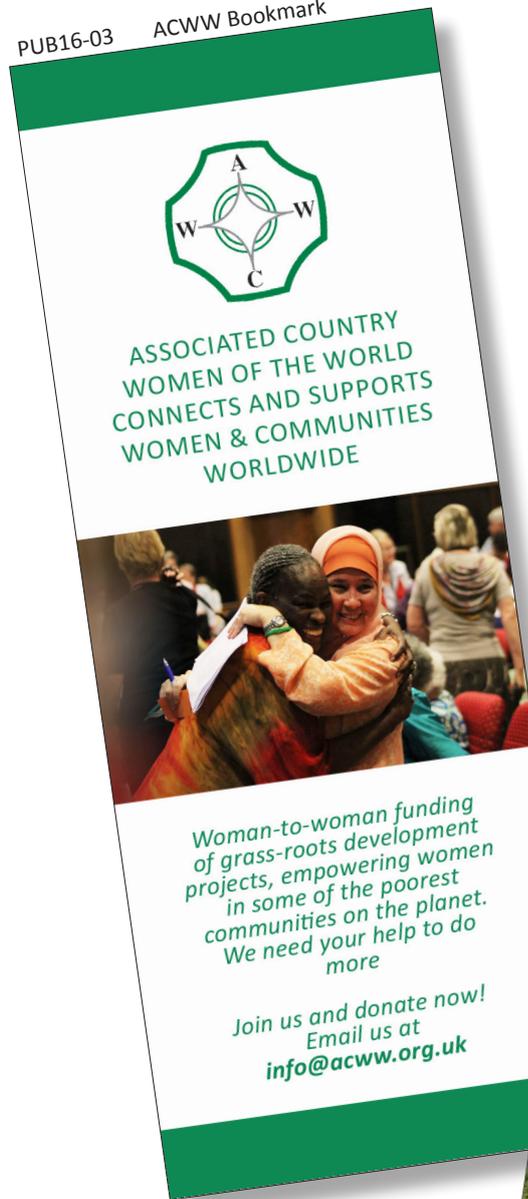


The Countrywoman's Kitchen is available now from ACWW

£10 + P&P

Please email info@acww.org.uk or call +44 (0)207 7993875 to order your copy.

PUB16-03 ACWW Bookmark



Woman-to-woman funding of grass-roots development projects, empowering women in some of the poorest communities on the planet. We need your help to do more

Join us and donate now!
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PUB16-05 ACWW & You

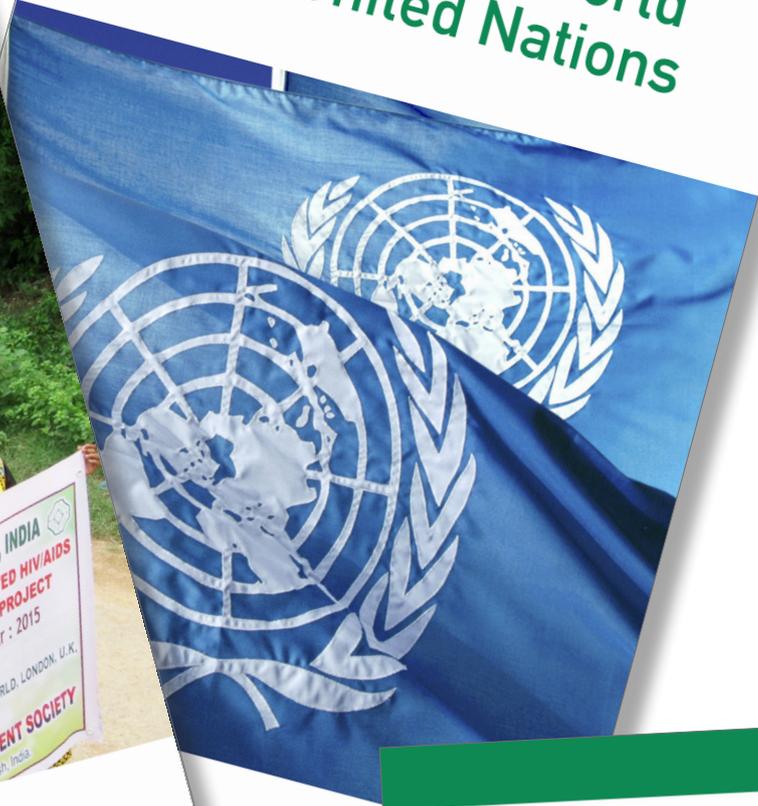


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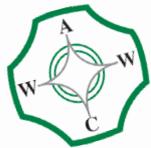
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PENNIES FOR FRIENDSHIP

You can also order our fantastic Pennies for Friendship collecting boxes- they come flat packed for convenience. Once you've folded it together you're ready to start collecting. Wait until its full, then send the donations to ACWW!



Associated Country Women of the World

ACWW CONNECTS AND SUPPORTS WOMEN AND COMMUNITIES WORLDWIDE

You can cut this Membership Application Form out from the magazine and send it in to Central Office or, if you prefer, photocopy it and then send it to: **ACWW, Mary Sumner House, 24 Tufton Street, London SW1P 3RB, United Kingdom.**

Title (Miss/Mrs/Ms/Mr/Dr/Other):	<input type="text"/>	Membership Number (if renewal):	<input type="text"/>
Surname:	<input type="text"/>	First Name(s):	<input type="text"/>
Street name and number:	<input type="text"/>		
Town/City:	<input type="text"/>	Province/State:	<input type="text"/>
Country:	<input type="text"/>	Post Code / ZIP:	<input type="text"/>
Telephone (including country and area code):	<input type="text"/>		
Mobile (Cell) phone number:	<input type="text"/>		
Email Address:	<input type="text"/>		

PLEASE COMPLETE BELOW:

- I wish to become a new member (1 year Individual Membership - Category IVb at £20 per year)
- I wish to become a new member (3 year Individual Membership - Category IVb for £50)
- I wish to gift the membership fee for a Category IVb Individual Member at £20 per year

Recipient Member name:

Recipient Address:

- I wish to make a Pennies for Friendship Donation

Donation Amount:

TOTAL Amount to be debited:

I enclose my cheque* / credit card / debit card payment for the total amount shown above. I acknowledge that a small charge will be applied to cover the cost of bank transaction charges.

Credit / Debit Card number:

Expiry Date: CVN / 3 Digit Code:

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

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