

# THE COUNTRYWOMAN

INTERNATIONAL MAGAZINE OF THE ASSOCIATED COUNTRY WOMEN OF THE WORLD

ISSUE 2 - 2017



connects women across the globe  
to overcome isolation, exchange  
ideas and experiences, make new  
friends



Registered Charity no. 290367  
© ACWW 2017 | PUB17-2

## INTERNATIONAL FORUM ON RURAL WOMEN

ACWW launches the IFRW on International Women's Day

## MELBOURNE CALLING

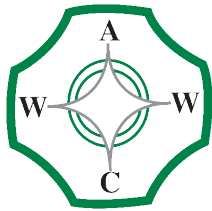
First details of the 2019 Triennial Conference inside

## A DAY IN THE LIFE

We follow Area President Irene Chinje







Associated Country Women of the World  
Mary Sumner House  
24 Tufton Street  
London SW1P 3RB

Registered Charity no. 290367

+44 (0)207 7993875

info@acww.org.uk www.acww.org.uk



facebook.com/acww.media



@acww\_news



@acww\_media

The Countrywoman  
ISSN 0011-0302

© ACWW 2017 PUB17-2

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

#### ACWW CENTRAL OFFICE CONTACTS

##### Chief Executive Officer

Tish Collins- tish.c@acww.org.uk

##### Media & Communications Manager

Nick Newland- nick@acww.org.uk

##### Projects Administrators

Juliet Childs- juliet\_c@acww.org.uk

Sarah Kenningham- sarah.k@acww.org.uk

##### UN & Agriculture Administrator

Dr Sam Page- sam.p@acww.org.uk

##### Finance Administrator

Manisha Vora- manisha.v@acww.org.uk

##### Office Administrator

Sydney Salter- info@acww.org.uk

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](mailto:nick@acww.org.uk) if you need any help in submitting.

July- September: 15<sup>th</sup> May 2017

October- December: 15<sup>th</sup> August 2017

January- March: 15<sup>th</sup> November 2017

April- June: 15<sup>th</sup> February 2018

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

# CENTRAL OFFICE NEWS

## Tish Collins, ACWW Chief Executive Officer

The last three weeks have been full of very productive meetings. The six specified committees settled into their work, driving the organisation forward, focussing also on the overall ACWW strategic plan. This was then approved in outline by the Board meeting – which, with the Area President's day and the Executive took up the entire second week.

After this, and then two days in the Office I went to the University of Oxford to participate in a Round Table Symposium on Women in Education. This was a good networking experience and an interesting return to the world of academia. There was much interest shown in ACWW. Whilst many had never heard of ACWW, Dr Pamela Turton-Turner of the University of Tasmania told me she had produced the CWA Tasmania magazine in the 1980's and Dr Lynne Byall Benson, a lecturer in Women's Gender Studies at the University of Massachusetts, had included a chapter on the Extension Homemakers in her last book. The Symposium also generated interest in individual membership, and our International Forum on Rural Women (see the article later in the magazine for more detail!).

ACWW's Outline Strategic Plan has the overall aim of an improved quality of life for women and their communities worldwide.

We believe this will be achieved by working:

1. To empower women through increased knowledge;
2. To raise the standard of living of rural women and their families; and
3. To enable the voice of rural women to be heard at United Nations and global levels, including in relation to the Sustainable Development Goals (SDGs)

This will be done by:

- i. Conducting a baseline survey of living conditions of rural women in 2018, implemented via member societies and partner NGOs; this to be reviewed and repeated triennially.
- ii. Attending meetings, gathering and responding to requests for information and communicating the voice of rural women to UN and partner agencies within the framework of the SDGs
- iii. Sharing and encouraging sharing of information and research findings with ACWW member societies and individual members through the use of talks, E- newsletters, *The*

*Countrywoman*, website, Conference and other means

iv. Awarding scholarships and grants to development projects requested by grassroots, women-led organisations in local communities, funded by women's organisations in more developed countries

#### Committee Focus within the Strategic Plan

##### Agriculture:

SDG 2 Nutrition & Women: SDG 12 Zero Hunger, Food Waste, Sustainable Consumption

##### Projects:

Prioritising grants to: Education & Capacity Building, Nutrition, No Poverty, Sustainable Water SDGs 2, 3, 4, 8; promoting networking at Country level between ACWW members & grant recipients; signposting groups to other funding organisations

##### Finance & Membership:

Maintaining and increasing Membership; Income growth

##### United Nations:

SDG 5 Gender Equality, FGM, Sexual & other Violence against Women; 50:50 by 2020

##### Communications & Marketing:

Disseminating information to members & non-members via *The Countrywoman*, Website, E-Newsletters, Social Media & other means

##### Triennial Conference:

Involve membership in democracy of major decision & policy making by organising Triennial World Conferences—raising knowledge & upskilling.

We will keep you updated with ACWW's progress on this, and you can of course read more about the last three months of our activities in this magazine.

As you'll read in the Finance Committee article, we have included additional copies of *The Countrywoman* for you this issue- please do pass these on to friends and colleagues you think would be interested!

A final reminder- with April 29 as ACWW Day, many of you will be Walking the World. Don't forget to send us your photos. The best photo will be shown on the cover of the next issue of *The Countrywoman!*

Tish Collins

Chief Executive Officer

# INSIDE THE COUNTRYWOMAN

## Welcome to the 2016-2019 Triennium

### 2 CENTRAL OFFICE NEWS

Updates from the Chief Executive Officer

### 4 DEAR FRIENDS...

A message from the World President

### 4 EDITOR'S NOTE

A reminder of Women Walk the World

### 5 FINANCE & MEMBERSHIP

Treasurer Heather Brennan discusses production of The Countrywoman and Membership for 2017

### 6 MELBOURNE CALLING

The Triennial Conference Committee introduce plans for the next Conference in Australia

### 7 A DAY IN THE LIFE...

Irene Chinje, Area President for East, West & Central Africa

### 8 RUN YOUR OWN RACE

Sage words from Magdie de Kock, Chairman of the Communications & Marketing Committee

### 9 IRON DEFICIENCY IN WOMEN

How to help prevent iron related issues in small-scale farming communities

### 10 IFRW IN MARCH 2018

Media & Communications Manager Nick Newland introduces the new International Forum on Rural Women

### 12 INTERNATIONAL WOMEN'S DAY

Nick Newland reports on the Networking Breakfast held by ACWW to celebrate IWD17

### 14 AREA FOCUS

Area President Sheila Needham introduces the Canada Area

### 15 PROJECTS UPDATES

Case studies and reports from our projects around the world

- Kenya / Ufanisi Women Group
- Malawi / Youth Active in Community Development
- Uganda / Files of Life
- Uganda / Kasese Women with Disabilities
- Ghana / Active Centre for Rural Development

### 18 SOCIETY FOCUS

We hear from you! Good news and updates from around the world



### COVER IMAGE

ACWW World President Mrs Ruth Shanks A.M. speaks at the International Women's Day breakfast hosted by ACWW in London on 8 March 2017.

Photo by Sydney Salter

**DON'T FORGET - YOUR 2017 MEMBERSHIP IS DUE NOW!  
PLEASE CONTACT CENTRAL OFFICE TO PAY NOW IF YOU HAVEN'T ALREADY**

## MAKING YOUR MAGAZINE SUSTAINABLE

We deliver The Countrywoman in an envelope rather than a plastic wrapper. This is because we 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.



# DEAR FRIENDS...

## A Message from the World President



Have you ever been so busy that you just want to stop the world and get off? Then, after a period of time being “unbusy” you feel there is something missing in your life!!

About the middle of December I was needing some time off so Greg and I spent some time “meeting each other again”. We celebrated Christmas and the New Year quietly and I had some time to enjoy my quilting machine and sewing room. Of course, whilst this was happening Central Office continued to function, especially as it was time for memberships to be renewed etc., so the Skype calls with the office continued anyway.

Every time we look at the news we see the devastation being caused by natural disasters around the world. Earthquakes, snowstorms, floods, heatwaves and bushfires have dominated all parts of the world. My thoughts and prayers are with all who have suffered and I hope that the future will be brighter soon.

During the last triennium much talk was had about how we can make more of our consultative status with the United Nations and how we can achieve more, as an organisation, for our members around the world. Therefore, two members of staff attended the International Conference of Non-Governmental Organisations at UNESCO in Paris, which was primarily to do with communication between the UN and NGO's, and how to make it more effective. Following this meeting, we had some in depth conversations as to what ACWW can do. We have started with a Breakfast function held in London held on International Women's Day at which we were able to let people know what we are about and the significance of the work we do around the world. The Breakfast was attended by Members of the European and British Parliaments, as well as other NGOs. The photo above shows me with Matt Anderson PSM, Deputy High Commissioner of the Australian High Commission in London. This was a hugely successful function and was the forerunner to an International Forum on Rural Women in March 2018. We have 4 | [www.acww.org.uk](http://www.acww.org.uk)

invited NGO partners to this event which will see the launch of the first Global Survey of the Living Conditions of Rural Women. This survey will allow ACWW and other organisations to gather clear and current data about the challenges faced by rural women across the planet, and then enable us to respond to the issues raised. This data will also provide benchmarks to evaluate the results of the work we carry out around the globe. This will be well publicised and we ask that all member societies take part in providing this data later in the year.

On my way to London for Committee and Board Meetings, I travelled via Kolkata to make a presentation on behalf of ACWW to an International Summit on Transforming Women's Lives: Achieving Economic Empowerment and Justice. This was organised by the Asian Institute of Poverty Alleviation and was held at the Grand Oberoi Hotel in Kolkata from 22-24 February. My subject was “Why Women? Inclusive Growth and Justice”, and the presentation was the keynote address of the closing ceremony.

This was a very prestigious event and was an acknowledgement that ACWW is seen as one of the leading organisations for women's development in the world, representing more than 9 million women. The Summit included many other international NGOs, and allowed me to network and connect with our colleagues around the world, promoting the good work of AWW.

After the Committee and Board meetings, the United Nations Committee Chairman, Kerry Maw-Smith, the Secretary and Chair of the TCC committee, Henrietta Schoeman (at her own expense) and I travelled to New York to attend some meetings at the Commission on the Status of Women. This was a good networking opportunity and experiencing some side events has enthused us to organise a side event at the meetings in 2018. We were able to see how this format works and to understand how ACWW can become more involved in the future.

There are a number of Area Conferences being held in 2017, so this is a busy time for all. If it is possible for you to attend an Area Conference, please do so, as this is a great place to learn, inform and network with others from your Area. The conferences are a place for you to have input into how ACWW works and what you feel is the best way for ACWW's presence in your own part of the world.

As you would be aware, we have increased our social media activities and this is connecting us with many more individuals and organisations around the globe. In the office we are receiving many more contacts and

invitations for our input into statements from other organisations which have similar aims and objectives as ours. This is then enabling us to reach out and promote our work to a wider audience. Further to this, our CEO Tish Collins was invited to represent us at the 2017 Oxford Round Table symposium ‘Women and Education’, hosted by the University of Oxford in mid-March.

Of course, ACWW is a UNIQUE organisation as it is possibly the ONLY global organisation which works for the betterment of Rural women, so there are now many others are seeking our expertise.

As we go about our daily lives, may we all think of others who are less fortunate than ourselves and hope that the assistance we give to many will make their lives brighter and give them the chance for a better future. My thought for today is: Don't worry that children never listen to you, worry that they are always watching you!

Ruth Shanks, A.M.  
ACWW World President

## EDITOR'S NOTE Nick Newland

Echoing the World President's thoughts, it seems that time has flown and this issue is upon us already. Its been a busy few months in Central Office, and we've had some wonderful opportunities to promote ACWW with our Networking Breakfast for International Women's Day, and preparing for Women Walk the World on April 29. Don't forget to send me your Women Walk the World photos for the next issue!

We have recently received several messages enquiring after cash donations that have been sadly lost in the post. Please don't send us donations of cash in this way, as we have no way of ensuring they will arrive safely. If you are unable to send a bank transfer or cheque, perhaps enquire with your bank to investigate Cashier Cheques as an option- or contact Central Office for advice. Don't forget to include your up to date contact details with any donations or communications, so we can ensure we respond.

Don't forget that the website password is: **acww2016portal**

As ever, my email is [nick@acww.org.uk](mailto:nick@acww.org.uk)



# FINANCE & MEMBERSHIP



Heather Brennan, ACWW Finance & Membership Committee Chairman

The March meeting of the Executive Committee took the decision to circulate extra copies of our flagship journal, *The Countrywoman*. Therefore the first thing that will be obvious when you read this is that we have sent you several copies! If you are an individual member, we hope you will pass your extra copy on to a friend or colleague who you think would be interested in ACWW - maybe they will be inspired to join us as an individual member. If you are a Society Member, we have sent you three copies. One of the comments that we often receive is that Societies only get one magazine, and that it stays with the Secretary or at the office... so we are experimenting with sending additional copies, and would love to hear your feedback.

If this proves successful, it will significantly enlarge the future print run of the magazine. You may have read in the last issue that the actual printing costs of the magazine are minimal and that the real cost comes with postage- but we are always working to minimise these costs. With a larger print run we have greater potential to attract advertising revenue and support for the costs of the magazine overall. If you, your company or someone you know would be interested in advertising in *The Countrywoman*, please do get in touch by emailing [nick@acww.org.uk](mailto:nick@acww.org.uk)

Membership renewals are coming in well but some individuals will have received an email from Sydney Salter as they paid at the old rate. The membership form on the back of this magazine has the new rates. Society rates are:

Category I	£105 + handling
Category II	£64 + handling
Category III	£53 + handling
Category IVa	£35 + handling
Category IVb	£25 + handling (1 year)
Category IVb	£65 + handling (3 years)

Following a recommendation from the Finance Committee, our title has been changed to Finance & Membership Committee.

Always remember Pennies and Friendship make the world go round- and make it a better place! Pennies enable ACWW to carry out its mission on behalf of all members. Thank you for your continued support!

Heather Brennan  
Chairman  
Finance & Membership Committee

## MEMBERSHIP PAYMENTS USING ONLINE BANKING

Account:  
Associated Country Women of the World

Account Number:  
01244108

Sort Code:  
56-00-33

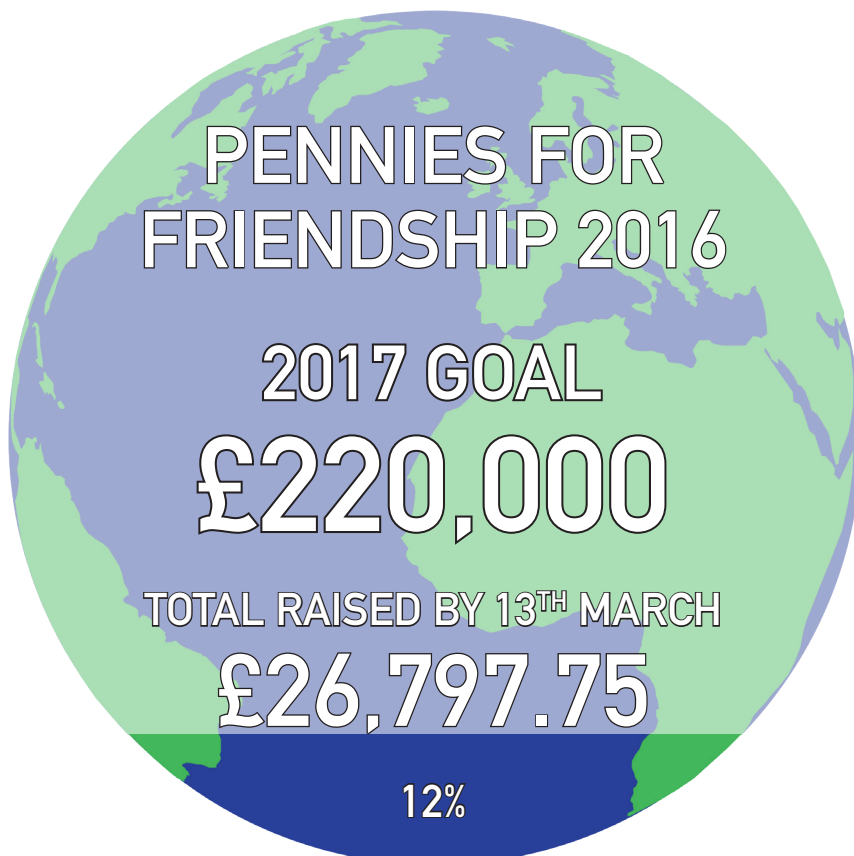
Bank:  
NatWest Bank, 57 Victoria Street, London  
United Kingdom, SW1H 0HP

Branch:  
Westminster

Swift Code:  
NWB KGB 2L

IBAN:  
GB67NWBK56003301244108

If you are sending a bank transfer, please use your name or membership number as a reference. Please don't send cash in the post!



## 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. Such legacies 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 please email [tish.c@acww.org.uk](mailto:tish.c@acww.org.uk) to receive a Bequest Information Pack.



# MELBOURNE CALLING

Henrietta Schoeman, Triennial Conference Committee Chairman

The dust has barely settled after the 28<sup>th</sup> Triennial Conference held in August 2016 at the University of Warwick, and here we are, already planning the next one.

Looking forward, please make a note in your diary that the 29<sup>th</sup> Triennial Conference will be held in Melbourne, Australia from Wednesday 4 April 2019 to Wednesday 10 April 2019. We will be guests of the Country Women's Association of Victoria. The venue is the very modern and centrally located Melbourne Convention and Exhibition Centre. You can find out more about the venue by visiting their website at [www.mcec.com.au](http://www.mcec.com.au)



The convention centre opened in 2009, and is a purpose-built facility in the heart of Melbourne. Located on the Yarra River, the convention centre's facilities are supported by the wonderful city around it, and the both the Country Women's Association of Victoria, and the city itself, have made it clear that we will receive a very warm welcome.



With 700 or more delegates expected at this event, the Triennial Conference Committee (TCC), the hostess society (CWA of Victoria), the Central Office staff and the Executive are in constant correspondence and planning mode. The first TCC meeting of this triennium was held in October 2016 at which insightful and informative feedback from members

and staff were heard. All this is being taken into consideration during the planning of this big event.

During the next two and a half years, the TCC, CEO and Nick Newland will regularly pass relevant information relating to the forthcoming World Conference to you by means of the Countrywoman, Circulars, our ACWW website at [www.acww.org.uk](http://www.acww.org.uk), our Facebook page and Twitter. Since we now know and understand social media, the message can more easily be spread amongst our members.

We extend a warm invitation to all members and member societies to plan ahead and attend the ACWW Conference in 2019. Encourage and try to get as many as possible first timers there and for the old timers, please come back to meet up with friends again. The ACWW World Conference is the place where all the work done worldwide by our members gets recognized, where policies are decided and where Resolutions and Recommendations are submitted and discussed. This is the stage from where we can get our message out to the world.



More importantly, it is also the place where we learn from each other, where we share compassion and knowledge but also where life-long friendships are built. Meeting up again after three years with ACWW friends is like a tonic for laughter and good times. The theme for this triennium is "90 Years of Achievements, Building 90 Years of Opportunities". Let us look forward and optimally utilize every day to live up to this theme. We hear so much positive feedback after every conference, and know that friendships forged at these events can last a lifetime.

Our fondest wish is to see many ACWW members and member societies in Melbourne where CWA ladies are already hard at work to make it an unforgettable and memorable event. They will welcome all with open arms and friendly smiles.

We are also proud to introduce the new Conference Badge, which has just been approved by the Triennial Conference Committee at their meeting in March. It is a map of the state of Victoria, with the Honeyeater bird sampling Pink Heath (*epacris impressa*).



See you in Melbourne!

Henrietta Schoeman  
TCC Chairman



# A DAY IN THE LIFE...

## We follow Area President for East, West & Central Africa Irene Chinje



My day started when I arrived in Bamenda, Cameroon from Yaoundé at 6.00am and by 8.30am we took off for Oku which is about one hundred kilometres from Bamenda. The trip took me through Kumbo Bui division and then to Oku whose roads were a nightmare. Despite this, I was so keen on visiting the project and I was not feeling at all tired.

The actual visit started as I arrived at the office of Cameroon Gender and Environmental Watch (CAMGEW). This was about 11am and I met six staff including the director and the project coordinator. There was a warm welcome and brief introduction by the coordinator of the project. We immediately went on to business and a brief summary of the project was given as it was executed. I had a chat with some of the staff including those not involved in the project to learn more about how they operate as a team. This was basically to find out if the projects sustainability is assured, given the coordinator may be absent at one time or another for unforeseen reasons. Next we examined the paperwork and equipment and how apt and realistic they were for the project.

I left to visit the beneficiaries, which started off with meeting the youths in one of their village projects. I was introduced and I chatted generally with them but then identified one of the youths whom I had a long chat with and her story became a pathetic one which led me to visiting the family. I realised that in monitoring projects you get really involved in touching lives and knowing some personal stories. This young lady at age thirteen has a child of two years old. She was trafficked (given out as a "baby sitter") and experiencing violence had to escape; being far from home she now was hanging out in the streets. She was then identified by someone and taken back home but was already pregnant. Her story is pathetic because her family is really helpless with no home and a drunk, violent and irresponsible father. She expressed her appreciation to CAMGEW and expressed her wish to learn a skill. Moved with emotions I got committed to granting her wish. I then discussed with the coordinator of CAMGEW and have sent her to be trained in sewing and dressmaking on a two year programme.

We then travelled some five kilometres to the next project. This was interesting because not only did I meet the beneficiaries, but I met some law officers and health personnel who assured me of the success of the project given the positive impact they are experiencing. The women were so delighted telling me of the legalisation of marriage and how this has given them some actual security and esteem.

It's a boost to their independence as they carry out their micro businesses without the husband grabbing the finances to go and drink.



We carried on to the the next project and this was another six or seven kilometres, but it felt like a hundred. It was a real challenge going on roads that were just cow tracks. At one point I was wondering if the road was passable and my heart was in my mouth but eventually we got there and I was happy we made it because this group caught my heart. With cultural differences I met the Bororo (Walled Women or Wanderers) women's group who had been waiting since midday and we finally got there at four pm. I was so elated to find the women beautifully dressed in their uniform still waiting. The culture requires you meet the head of the family before going into the area of the women. After being introduced I was surprised at his word of welcome when he expressed his satisfaction of the knowledge the women received. He pointed out that there had been great changes in the family in the food preparation, care of the family, health, education of the girl child and violence. This was most reassuring.

I was taken to the inner section where the women live and was warmly welcomed. Communication was not easy but I had one of the daughters who helped as an interpreter. There was open talk with them as a group, giving their experiences and responding to the questions. During the course of this I identified one of the women who was so quiet, calm and silent with whom I had a good chat to elicit the impact of the project and realised she got something from the project.



*I was very impressed by the advertising methods used when selling Palm Wine (above), and how well kept the home businesses were when I visited them; clean, organised and productive!*

She was able to tell me some food preparation tips which were new, and how this could be prepared to make a balanced meal using cheap local foodstuffs they were not used to consuming but giving to the animals for food. They sang and danced with joy. They explained the song was special and sung rarely as it's reserved for special occasions as an expression of gratitude. We were invited by the family head to eat food prepared the new way. This was good and tasty and really practical demonstration of what was learnt. Then to bed!

Day two was not as arduous as day one as the terrain was more friendly. We took off at 9.00am on really dusty roads into the hinterland. It was a wonderful experience meeting women in a village setting with their micro businesses feeling empowered and satisfied. They each had their stories to tell but I also learnt from them the spirit of determination and their desire to improve themselves. One thing that really impressed me was the format of advertising their product which was quite easily understood by the potential customers. Business is always more lucrative based on your approach and disposition. We don't all have to go to the open market or city centre to succeed. Most of these women cut their costs by doing the businesses in their family homes which cut out rents and other expenses. It was so impressive to see the men quite involved in the business.

With the process having come to an end it was time to go back home. It was not an early night because the journey was again a long one on bad roads but I went straight on to bed after a hot bath. The night was not as peaceful as I thought but my whole body was completely exhausted and I felt like a heavy load was on me.

Despite all these, it was a wonderful experience. I learnt much and am happy I have so much to share with others. I look forward to visiting more projects in the area soon.



# RUN YOUR OWN RACE

Magdie de Kock, Communications & Marketing Committee Chairman

It is so easy to lose yourself in this world. Our true inner selves, our true desires and dreams are so often suppressed by the words of others. It is only once we can accept our true selves and once we realise our limits can we go beyond them.

What is holding you back to be the best version of you? You may not be living to your full potential – not because you do not have the talent or the determination, but because you do not truly believe that you were destined to live a life of greatness. Inscribed in the vestibule of the Temple of Apollo at Delphi are two words by Greek philosopher, Socrates: “*Gnothi seauton*”, meaning “*Know thyself*”. We should call upon this advice when questioning our actions and contemplating decisions that will have a significant impact on our lives.

Are you aware of your own strengths, dreams and goals? We all think about the areas we’d like to do better at. Instead use these few tips to recognise your innate strengths.

## Unlock your ambitions

We all have desires that make us unique, but often we hide them or they get buried. The first step to feeling fulfilled is identifying your own unique ambitions. Doing this will boost your confidence, and you will discover a new and more interesting life. List your ambitions and then divide the list according to those you live by and those you keep hidden. Go through the list and unearth one buried ambition you can start trying right away.

## Be in control of your emotions

Never underestimate how powerful our emotions are. It is often the emotion of fear that prevents us from being happy and successful. A study has shown that 60% of our fears are totally unfounded and will never happen. 20% are based on things in our past that were completely beyond our control. 10% are based on things that are so irrelevant that they will not make a difference to our lives. Of the rest, less than 5% can be justified. We will occasionally experience fear; it is a real emotion, but we do not need to give in to the debilitating effect that it causes. When your internal voice tells you that you can’t do something or that you’ll fail if you try, acknowledge your fear, but don’t allow it to control you.

## Be persistent and know when not to quit

If something is not working out, it’s tempting to assume you should stop wasting time trying. But persistence is a valuable trait that many successful people share. There are various messages that tell us to give up, for example: you don’t have time at the moment; you deserve to relax; you can try another time, and so on. Be ready for those close-to-quitting moments and seek out support from friends and family members who will encourage you to keep going. Think about what you will get, apart from the end result, from trying to follow your dreams – whether that’s learning important skills or helping others. When you come up against failure or disappointment, remind yourself that it’s an important part of succeeding, and see what you can learn from it.

## Be in tune with yourself – understand your personality

It is hard to follow your dreams or to live a successful life if you don’t fully understand your own personality. Review your personality traits, thinking particularly about how you act when you’re under pressure at work, stuck in a traffic jam, speaking in public or having an argument with your partner – stressful situations tend to reveal our weaknesses. We can all be over-sensitive, picky, impatient or negative at times, don’t be too hard on yourself. The point is simply to understand some of the traits that might undermine you, so that you know when to make a special effort to speak less and listen more or, conversely, know your strengths and speak out, for example.

## Accepting yourself

Accepting yourself has two interesting implications for overcoming emotional problems and personal development. Firstly, you’re equal in worth to other human beings just as you are. Secondly, because you’re not distracted by beating yourself up, you can focus better on coping with adversity and self-improvement. A common reason for people persistently putting themselves down is that they hope they can become better by calling attention to their mistakes, flaws and failings. You need to accept yourself as an imperfect human being, while at the same time taking constant steps for self improvement. We all have had disappointments and unfair situations, but do not make the mistake of living in a negative

frame of mind. In the science of positive psychology, gratitude has been shown to be amongst the most positive attitudes to cultivate. Recent studies have proved that gratitude has a uniquely powerful relationship with wellbeing.

In order for us to run our own races, we need only draw on more wisdom from Socrates: “*The secret of change is to focus all of your energy, not on fighting the old, but on building the new*”.

Compiled by Magdie de Kock  
Chairman of the Communications and Marketing Committee

### References:

*How to be successful by being yourself*-  
David Taylor

*A life of success*- L Beer

## ACWW DATES for 2017-2019

29 April 2017

ACWW Day- Women Walk the World

30 April - 3 May 2017

South Pacific Area Conference  
Taranaki, North Island, New Zealand

23 - 25 June 2017

Canada Area Conference  
Ottawa, Canada

4 - 8 September 2017

European Area Conference  
Târgu Mureş, Romania

2 - 4 October 2017

USA Area Conference  
Huntsville, Alabama

17 - 19 October 2017

Southern Africa Area Conference  
Pretoria / Johannesburg, South Africa

6 March 2018

International Women’s Day Concert  
London, United Kingdom

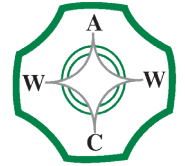
4 - 10 April 2019

29<sup>th</sup> Triennial World Conference  
Melbourne, Australia

Don’t forget to let us know about your ACWW events so we can help promote them in *The Countrywoman* and online.



# IRON DEFICIENCY IN WOMEN



## Can we help prevent it in small-scale farmers?

According to the World Health Organisation, WHO, Iron deficiency is the most common and widespread nutritional disorder in the world. As well as affecting many children and women in developing countries, it is the only nutrient deficiency which is also significantly prevalent in Industrialised Countries. The numbers are staggering: 2 billion people – over 30% of the world's population – are anaemic, many due to iron deficiency. This is frequently exacerbated by infectious diseases such as worm infections, malaria, HIV and tuberculosis. Iron is critical for producing haemoglobin, a protein that helps red blood cells deliver oxygen throughout your body. Without it, extreme tiredness and lethargy can take over, leading to problems during pregnancy and child-birth. In developing countries WHO estimate 1 in 2 pregnant women and about 40% of pre-school children are anaemic. In contrast, in the United States, the prevalence of iron-deficiency anaemia is estimated at 2% to 5% in females and 1% to 2% in males. Anaemia in infants had fallen below 10% in most Canadian cities by the 1990's.

Iron is essential for biochemical functions in the body at every stage of life. Physiological manifestations of iron-deficiency anaemia include reduced immune function and resistance to infection, impaired cognitive performance and behaviour, decreased thermo-regulatory performance and energy metabolism, diminished exercise or work capacity, and increased incidence of pre-term deliveries and low birth-weights. Anaemia contributes to 20% of all maternal deaths.

In developed countries, iron deficiency and iron-deficiency anaemia may be caused by inadequate intake of dietary iron in the form of animal protein or diminished iron absorption due to dietary inhibitors. Increased demands for iron because of growth, menstrual losses, or pregnancy may also be factors.

In many developing countries women and children rarely eat red meat and iron deficiency anaemia is also aggravated by infections and diseases leading to reduced school performance and work capacity of individuals and entire populations, bringing serious economic consequences and obstacles to national development. Overall, it is the most vulnerable, the poorest and the least educated who are disproportionately affected by iron deficiency, and it is they who stand to gain the most by its reduction.

As a result, the World Health Organisation has developed a comprehensive package of public health measures addressing all aspects of iron deficiency and anaemia:

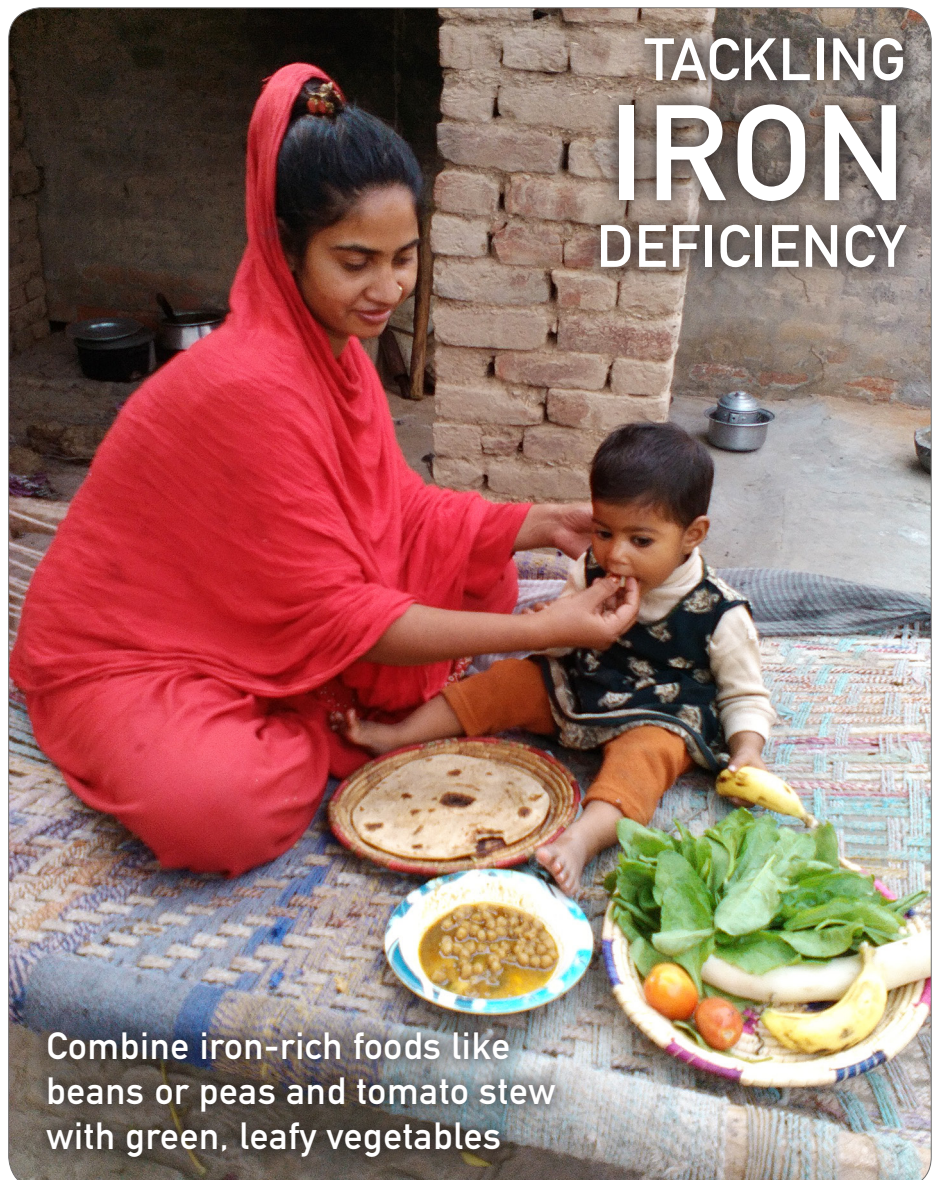
- **Increase iron intake**  
Dietary diversification including iron-rich foods and enhancement of iron absorption, food fortification and iron supplementation.
- **Control infection**  
Immunisation and control programmes for malaria, hookworm and schistosomiasis.
- **Improve nutritional status**  
Prevention and control of other nutritional deficiencies, such as vitamin B12, folate and vitamin A.

How do these public health measures help the millions of small-scale farmers who grow their own food? These women rarely buy fortified food or food supplements.

ACWW recently raised this important issue with the FAO Committee on World Food

Security (CFS), as a result of problems of 'chronic fatigue' and 'slow healing wounds' being flagged up by project partners in Kenya and Pakistan. Our recommendations for addressing iron deficiency among small-scale farmers are to increase the availability of seed for iron-rich pulses, such as pigeon pea and chickpea. These pulses must be eaten together with dark green, leafy vegetables or other vegetables that are high in vitamin C to ensure maximum iron absorption.

In order to raise awareness of the value of this vital food combination we suggested that a poster, showing a mother and child sharing a bean and tomato stew, be freely distributed with bed-nets that are distributed to control malaria. These recommendations will be considered at the October 2017 meeting of the FAO's Committee of World Food Security.



TACKLING  
**IRON**  
DEFICIENCY

Combine iron-rich foods like beans or peas and tomato stew with green, leafy vegetables





# IFRW IN MARCH 2018

## Nick Newland introduces the International Forum on Rural Women

The two main strands of ACWW's work are advocacy and projects. Our advocacy role is ever-expanding, and we are aware that by raising ACWW's profile as an international Non-Governmental Organisation (NGO), we can more effectively represent rural women at global levels.

ACWW's recent representation at the Women's Dialogue: Infinite Charity Forum in Ufa, Russia in November 2016 and the UNESCO International Conference of NGOs in December 2016 allowed us to network with women's organisations and international charities, identify channels for future communication, avenues for collaboration, partnership and promotion of the work of ACWW. There is no other global organisation representing rural women.

Building on this, and the success of our Networking Breakfast on International Women's Day 2017, ACWW will host an International Forum on Rural Women (IFRW) in London in March 2018. This one day event will be the launch point for the first global survey of the living conditions of rural women. It will build upon existing data and research, combined with new surveys and reaching those whose quality of life are not routinely monitored. The data from this survey will be published, presented at key international fora, reviewed and refreshed on a three-year cycle.

The Forum itself is the opportunity for NGOs and other partners to have input into the best ways of implementing the global survey and, crucially, commit to its fulfilment. The intent is not to create a 'talking shop', but rather use the Forum as the launching point for the survey's execution. The forum and following survey will give a ground-breaking data pack on conditions of rural women; data will support funding bids (for both ACWW members and partners); help set the agenda

for rural women for UNESCO and other global bodies and policy makers. It is also linked to the reporting mechanism for the UN's Sustainable Development Goals. The review and 3-yearly cycle builds data, and allows us to identify changes over time as well as the impact of projects and global funding.

We are agreeing endorsement by the UNESCO NGO Liaison Committee, giving full access to the administrative support of the Committee, and raising awareness of the survey. NGOs involved in this area of work, the UN FAO, and other agencies who focus on other work but are active in rural areas will all be able to engage with this process. Participation in the forum offers the opportunity for input in the detail of the survey, and thus secures full commitment to implementation.

The forum, and all its documentation, will be presented in English, French, Spanish and Russian (reflecting the majority of expected attendees). The ensuing survey will be conducted using a range of methodologies and technologies, so as to reach as many rural communities as possible – input is being sought from all attendees regarding these methods, but currently includes a website, email, SMS, physical paper, personal interview and social media. The intent is to provide the survey in formats accessible to those with disabilities, those living in remote areas, and marginalised populations and encourage partners to offer versions in local languages wherever possible so as to reach linguistic minorities. Rural communities in the developed world are just as important to this process as those in Africa and Asia.

The programme of the forum and schedule of the survey is built around the cycle of International Women's Day and International Day of Rural Women (15 October). The data gathered will inform and respond to indicators for many of the SDGs, with particular emphasis on SDG1 (No Poverty), SDG5 (Gender Equality), SDG 6 (Clean Water and Sanitation), SDG 9 (Industry, Innovation and Infrastructure), SDG 11 (Sustainable Cities and Communities), SDG 13 (Climate Action), SDG 15 (Life on Land) and SDG 16 (Peace, Justice and Strong Institutions). It will also continue the existing reporting process on ACWW's Zero Hunger Challenge commitments.

We are currently discussing extending the reach of the survey via social media platforms with Facebook's global research department. The Forum was announced at the Networking Breakfast for International Women's Day, and we have already had a very positive response from members of the UK Parliament, the Department of International Development, the House of Lords, as well as members of the European Parliament and NGO partners.

More information will be announced in the coming months, and ACWW will act as the host and facilitating NGO for our partners around the world. This is truly a revolutionary step forward for our organisation, and will help us to influence policy makers globally. Please visit [www.ifrw.org.uk](http://www.ifrw.org.uk) to get more information.

*Nick Newland announces the International Forum at the Networking Breakfast on International Women's Day in London*





# COMMITTEE FOCUS

Moira Hammond, Communications & Marketing Committee

## Statistics to consider

Girls and women spend **90%** of their income on their families, while men spend only **30-40%**

United Nations Foundations / Why invest in Adolescent Girls

**Pneumonia** is the top killer in children under 5. Nearly **1 million** children die from pneumonia every year; more than malaria, measles and HIV/AIDS, combined. In the last **15 years**, pneumonia has received less than **2%** of health development assistance. **99%** of all childhood deaths from pneumonia occur in the developing world

Every Breath Counts / Stat Panel 2016

When **10%** more girls go to school, a country's GDP increases by an average of **3%**

USAID / 2011

**380 NGOs** have Consultative Status at UNESCO, representing **50 million** people globally. ACWW represents more than **9 million women**, which is **18%** of this total representation

UNESCO / ICNGO Paris December 2016

Globally, **263 million** children, adolescents and youth between the ages of 6 and 17 are currently out of school... This number includes **61 million** aged 6 to 11, **60 million** aged 12 to 14, and **142 million** aged 15 to 17

UNESCO / UIS: Leaving no one behind Policy Paper 27 / Fact Sheet 37, July 2016

Closing the gender gap in agriculture could lift **100-150 million** out of hunger

FAO / The State of Food and Agriculture 2011

**266,000** women die of cervical cancer each year, the vast majority in developing countries

Cervical Cancer Free Coalition / Global Crisis Card 2013

Learn more at  
[www.ifrw.org.uk](http://www.ifrw.org.uk)

## A perspective on serving on an ACWW Committee

### COMMITTEE FOCUS

Name: Moira Hammond

Country: United Kingdom

Role: Member, C&M Committee

Term: 2016-2019

The Communication and Marketing Committee, as its name suggests, deals with every way in which ACWW is promoted. Not only is it responsible for publications such as 'The Countrywoman' and publicity material, but it also deals with correspondence, oversees the ACWW website and issues press releases. In addition, it arranges activities intended to raise the profile of ACWW.

When I was invited to serve on the C & M Committee, I was enthusiastic. However, I was totally unprepared for the sheer excitement it would bring me.

This committee is the absolute 'hub' of ACWW and, as such, is probably one of the busiest because it deals with such a wide spectrum of ACWW's affairs. This said, with Magdie de Kock and Nick Newland at the helm, it runs like clockwork.

Before I had even attended, the e-mail welcome I received from Magdie made me feel part of a very special team. Then, at my first meeting, this proved to be the case. Guided by 'old hands' Magdie and Marie O'Toole, I soon felt very comfortable in discussing the various topics on the agenda. Business was conducted in a formal, yet fun way and although it was a full day, the time flew by and soon I was travelling back home, fired with ideas to pass on to my ACWW supporters in Suffolk.

I have now attended my second meeting and I am no less energised. It is so exhilarating to be part of the birth of new ideas and events that are going to benefit a charity that is so dear to my heart.

*“ So, if you feel as strongly as I do about supporting ACWW, why not offer your services to one of its very worthwhile committees: you will never regret it. ”*

*Moira Hammond (left) with Communications & Marketing Committee Chairman Magdie de Kock*





# INTERNATIONAL WOMEN'S DAY 2017

## ACWW hosts a networking breakfast in London

As people awoke on 8 March 2017, ACWW was already putting the final touches to our celebration of International Women's Day. Organised by Nick Newland at Central Office, ACWW hosted a networking breakfast at The Emmanuel Centre, just around the corner from our Westminster offices.

As well as celebrating International Women's Day, the breakfast event was the perfect opportunity for our guests to meet members of ACWW's Board who were in London for the annual series of meetings held in March. Each table was hosted by two of our Board members, and guests began arriving at around 8.15am.

The breakfast was intended to promote ACWW with members of the 'new wave' Women's Institute branches in London and the surrounding area, as well as introducing our work to new audiences. Alongside members of three young WI groups, the event was attended by 9 Members of the UK Parliament, and 5 Baronesses from the House of Lords. We were also pleased to welcome the Chair of the Equalities and Human Rights Commission, representatives from the Australian and Cameroon High Commissions and the US Embassy in London.

All the catering was done 'in house' by ACWW's Central Office staff, with Office Administrator Sydney Salter baking more than 120 muffins (blueberry, chocolate chip or cinnamon spice), and Nick baking a selection of pastries.

The breakfast opened with a brief history of International Women's Day from Chief Executive Officer Tish Collins, before World President Ruth Shanks made a speech which outlined ACWW's role in the world community, and how much remains to be done to improve the lives of rural women globally. After reminding the gathered guests that those in the developed world must not forget that issues like Female Genital Mutilation and Domestic Violence affect those in almost every country, and not just developing societies, the World President pointed out that 'boys must respect girls, and girls must respect themselves'. All the guests were then invited all to raise their cups and join in a toast to 'celebrate the Wonderful Women of the World'.





After a chance to re-load their plates and cups, the guests were given an introduction to the International Forum on Rural Women that ACWW will host in March 2018.

The event was a great success for ACWW as it introduced many new and influential people to our work, but also created quite a buzz on social media. The World President's speech was filmed and broadcast live on the internet, and in just seven days more than 2,700 people have watched it (with more than 1,100 watching the full 19 minutes!). We have also received pledges of support from other Non-Governmental Organisations and several of the politicians who attended.

If you would like to watch the video from the breakfast, please visit [www.facebook.com/acww.media](https://www.facebook.com/acww.media)

**1.** Freshly baked pastries and homemade muffins from the Central Office staff

**2.** The Australians were well represented! ACWW Treasurer Heather Brennan with Deputy High Commissioner Matt Anderson of the Australian High Commission, World President Ruth Shanks and South Pacific Area President Gail Commens

**3.** World President Ruth Shanks AM with Jessup Taylor, 2<sup>nd</sup> Secretary of the United States Embassy in London, and USA Area President Jo Almond

**4.** ACWW Secretary Henrietta Schoeman, South Pacific Area President Gail Commens, UN Committee Chairman Kerry Maw-Smith and Area President for South East Asia and the Far East, Maria Abdul Karim

**5.** BBC News Anchor Maxine Mawhinney talks with Ruth Shanks AM and CEO Tish Collins

**6.** ACWW Area President for Canada has a chat with Genevieve Ellis, Chorusmaster of the Royal Opera House, London

**7.** Media & Communications Manager Nick Newland introduces the new International Forum on Rural Women

**8.** Irene Chinje, Area President for East, West and Central Africa with Marthe Tsogo, Naval Attaché of the High Commission of the Republic of Cameroon

**9.** Area President for Southern Africa, Maybel Moyo hosts ACWW Representatives and WI Members at the breakfast

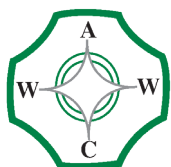
**10.** Mary Tilki, CEO of Irish In Britain, talks with Irene Chinje

**11.** Kirsty Blackman MP with Communications & Marketing Committee Chairman Magdie de Kock and Janice Langley, Chair of the National Federation of Women's Institutes.

**12.** In the centre of the room, table 7 are deep in discussion. Gail Commens talks with Kate Hoey MP and Ann Gould of Irish in Britain, whilst Sheila Needham talks with Genevieve Ellis and ACWW Representative Philippa Croft







# AREA FOCUS

## Sheila Needham, Area President - Canada



### AREA FOCUS

**Name:** Mrs Sheila Needham  
**Country:** Canada  
**Role:** Area President, Canada  
**Term:** 2013- 2019  
**Member Since:** 1989

The Canada Area involves just one country but it is a vast area with most members living in the lower half of the country and involved with Women's Institutes, the National Farmers Union or Les Cercles de Fermières du Québec, which is a very large French speaking women's organization very similar to Women's Institutes.

There are some Canadian members who visit branches near and far from home and they talk up ACWW, collect donations and help in a big way to promote ACWW in towns and villages that I don't get a chance to visit as Area President. Just a quick shout out to Cecilia Maines, Evelyn Peck, Donna Russett of Ontario Women's Institutes and Elena Latrille of Les Cercles de Fermières.

Thank you to these ladies and the many others who are out there every day promoting ACWW and also to the many newsletter editors and local newspaper reporters who make space and ask me for a few words about ACWW. These people are so important to the ACWW organization.

I have been an Individual member of ACWW since 1989 because I was bound and determined to attend the world conference in The Hague and, back in the day, you had to be a member for 3 years prior! I did get to The Hague in 1992 and brought my 18-year-old son with me and have a photo of him at a reception, surrounded by ladies from Africa in which he sort of stood out! I was thrilled to meet people from around the world and have just attended my 9<sup>th</sup> World Conference at Warwick; I still like to meet up with friends that I have made over the years at each of the World Conferences.

At past World Conferences I have always had the privilege of being a voting delegate and I have also had the privilege of representing both my own society, Quebec Women's Institutes as well as the Federated Women's Institutes of Canada as President and also as ACWW Canada Area President.

This June I will have the opportunity to chair my second Canada Area Conference and I look forward to welcoming the World President, Ruth Shanks to Pembroke, Ontario. I am counting on her *joie de vivre* and extensive knowledge of ACWW to inspire our members in their ongoing support of ACWW.

For quite a few years now I have been part of our local Heritage Association as board member and Treasurer and feel that I must give an acknowledgement to Canada's 150<sup>th</sup> Anniversary as a country.

I live within an hour and half of Montreal and this great city is celebrating 375 years! So if you are making any travel plans, come to Canada and, "Be here for our Big Anniversary Year"!





# PROJECTS UPDATES

## Progress Reports and Case Studies from the Projects Team

### PROGRESS REPORT: KENYA Ufanisi Women Group Supporting Young Mothers through Dairy Goat Farming

**Project 1009:** At the start of this project, Ufanisi Women Group carried out a baseline survey to find out about the incomes, nutrition status and agricultural outputs of the beneficiaries, as well as details about their personal circumstances. A meeting was held to explain the proposed project activities. UWG then held a 3-day training workshop in dairy goat farming, basic accounting, revolving loan theory and micro-credit management; this was attended by 20 young beneficiary mothers and seven members of the Project Implementation Committee (PIC) of UWG. There was a significant problem in that the original partner organisation for the project, KARI Dairy Goat Improvement Centre, had suddenly relocated, and so UWG identified another suitable organisation, Mabanga Farmers Centre, who were able to step in and provide the training.

Dairy goat houses have been constructed by 15 of the beneficiaries at their homes, using local construction materials and the assistance of family members, neighbours and community women's groups. Some took considerable time to complete the goat houses, but as beneficiaries finished constructing theirs, they offered their support to those who had not finished.

15 female dairy goats and one mature male were purchased via the Mabanga Farmers Centre. The Toggenburg breed was chosen because it is well suited to the micro-climate of Kisiwa district. Dairy goat experts from Mabanga Farmers Centre and the PIC have visited the beneficiaries regularly to monitor progress and offer advice and assistance. The goats were about to give birth to kids at the time of reporting, and it is expected that the beneficiaries will use about 30% of the milk produced for their families' needs, and sell the remainder to other residents in the district. They are also able to use manure from the goats in their kitchen gardens, and so boost their yield of nutritious vegetables in order to feed their families.

Although there have been some challenges with this project, UWG has communicated very clearly with ACWW at every stage and sought pre-approval for any changes which have been necessary. Alice Ligunya, ACWW Resource Person, has monitored this project and reports that the goats are being well fed and looked after, and that she believes the project will be sustainable.



▲ Project consultant Alice feeds Ruth's goat as Ruth and Dolphin look on



▲ Monica Biketi and her family outside their home



▲ Violet's goat shed constructed from local materials



▲ Judith Sibolo (in white skirt and blue blouse) leaning on her goat house, talking to Alice Ligunya

#### Case Study

Monica Biketi is a 32 year widow, who married at the age of 13 and has 8 children aged 1-20 years. She was doing casual agricultural labour and small-scale maize farming and she and her family were suffering from severe malnutrition. The PIC selected Monica to be one of the beneficiaries of this project. She says:

*'participating in the dairy goat farming project has made me respected in the community, and also given me manure for my garden, empowered me with vital skills and motivated me to engage in gardening of highly nutritious and profitable, fast-growing traditional vegetables, which have earned me additional income.'*

#### Case Study

Judith Sibolo was prioritised as a beneficiary as she has a health condition whereby she retains water in her stomach. Goat's milk has been recommended as a remedy. She is now using the manure from her goats to grow vegetables in her kitchen garden and she is achieving a very good harvest. She says the manure from the goat is a big benefit because she now can get a good harvest. She has also planted bananas using the manure from her goat, and her farm is doing well. She was waiting patiently for her goat to produce milk at the time of reporting.

▶ Monica Biketi's goat in its house





## PROGRESS REPORT: MALAWI Youth Active in Community Development (YACODO) Naotcha Sustainable Livelihoods Development Project

**Project 1013:** Youth Active in Community Development (YACODO) reports that 20 marginalized women beneficiaries were successfully trained in pig rearing and business management. Because there were many other potential beneficiaries of this activity, the training was adapted to become a 'Training of Trainers (TOT)' so that those who were trained can pass on their knowledge to others.

10 groups of 10 women were formed and each was provided with four 3 month-old pigs (1 male and 3 female). The first piglets from these pigs were to be distributed among the women's group members as 'seed pigs', and the piglets from the second birth would be distributed to another group of beneficiaries. 10 pig houses were constructed using cement, river sand, stone, timber and other materials. The pigs were vaccinated and pig feed provided to the women's groups. The project beneficiaries will be linked with market stakeholders and helped to sell their animals for meat, thus increasing their families' income.

Training has been carried out in organic manure preparation and this was also adapted so that those trained can impart their knowledge to others. There is great demand for organic manure because artificial fertilizers are expensive to purchase. Four Area Development Committee members have been engaged to impart knowledge about the project activities to further members of the community. The project is going well and with the second instalment, the plan is to distribute agricultural inputs to 20 elderly beneficiaries, so that they can increase production in their kitchen gardens.

## FINAL REPORT: UGANDA Fields of Life (FOL) Drilling of 2 boreholes in Northern Uganda

**Project 946:** This project benefited Ongunai and Oyomai communities in Soroti District located in the North Eastern part of Uganda, where access to clean water was not available. The communities were mobilised jointly by FOL officers and the Local Council leadership of the villages. Land was offered for the construction of the boreholes following discussion between the local authorities, FOL and the land owners about the benefit of the project, and contracts were drawn up and signed. A hydrogeological survey was completed in each of the communities and the community members helped with site clearance, opening access roads and providing security to the team during siting and drilling. After the drilling, they also participated in digging soak pits at the boreholes to drain off the excess water from the boreholes.

Two boreholes were sunk, with very high water yields of 1500 litres per hour and 8700 litres per hour in Ongunai and Oyomai respectively. Two water user committees, each comprising nine members, were trained on basic sanitation and hygiene practices to ensure that water keeps safe. The training also included borehole operations and minor maintenance and repairs, record keeping, collecting and keeping of water user fees. The boreholes were then handed over to the beneficiary communities, under the care of the water user committees.

The yield of the boreholes has been high and stable, making clean water available to the village members through the year, even during the dry season. During focus group discussions, the water users (mainly women) revealed that on average they would spend thirty minutes or less to access water from the boreholes, a significant improvement from when girls and women would travel for close to an hour to collect water from unsafe sources. This translated into more time available for productive activities like tilling the gardens in the predominantly agrarian communities.

All local government officers, from the district water officer, to the health assistants at sub county level and local council members at the village level worked together to monitor the status of the boreholes and build the capacity of the water user committees in sanitation and hygiene education e.g. encouraging communities to construct latrines in the two villages. At the sub county level, the water user committees were also linked to the hand pump mechanics who could carry out more major repairs to the boreholes.

In total, 641 women, 605 men and 1154 children have been provided with increased access to safe, clean water as a result of this project.



▲ Plaque installed on the Ongunai village borehole





## FINAL REPORT: UGANDA Kasese Women with Disabilities (KADIWOD) Prevention of HIV/AIDS, Maternal and child mortality rate in Kasese District

**Project 999:** With this project, KADIWOD aimed to decrease mother and child mortality rates by educating the community on the prevention of common health problems and improving access to maternity services and healthcare facilities for women with disabilities and their families. They also wanted to engage in dialogue with local leaders and the community as a whole, to dispel stereotypes and encourage a more positive attitude towards people with disabilities.

By the end of the project, 25 Community Health Workers (CHWs) had undergone residential training and according to their field reports, each one had educated 13 families, on average, about the rights of women with disabilities and the legal framework. In addition, 90 women with disabilities had taken part in workshops on their reproductive health rights, including maternal health, HIV/ AIDS and gender-based violence. A dialogue was conducted with 48 health personnel in order to implement the recommendations passed during these workshops at local health facilities. As a result, temporary measures have been put in place to construct wooden steps for access to delivery beds whilst awaiting procurement of adjustable, disabled-friendly beds. The district Health Department has also agreed to construct ramps at every health facility to improve accessibility.



After sensitisation on the equal treatment of women and children with disabilities at health facilities, the monitoring of nurses by their superiors has begun and patients helped to report cases of concern. It was reported that care at health facilities has improved where equal treatment of women with disabilities has been practised.

Fifteen meetings were also conducted with 180 local leaders, including 100 cultural leaders. Discussions were held about cultural practices and beliefs that impact on people with disabilities in an attempt to reduce stereotyping and prejudice. During the meetings, commitments were made by traditional healers to stop harmful practices, and by local leaders to take up the issues they learned about in other settings. For example, religious leaders promised to include issues concerning women with disabilities in their weekly sermons and during pastoral visits, and local leaders undertook to guide civil servants to take better account of disability-related issues at all levels of development and in their plans.

Positive outcomes include an increase in the number of women with disabilities referred by Traditional Birth Attendants for appropriate treatment and screening for HIV/AIDS, Hepatitis B, TB and other diseases; a mapping exercise that resulted in the establishment of four mobile clinics to reach remote and inaccessible mountainous areas; and the involvement of women with disabilities in the local government financial planning process at sub-county level.

## MONITORING REPORT: GHANA Active Centre for Rural Development (ACRUDEV) Beekeeping Skill Training Project for Poor Women Farmers at Santrokofi-Bume

**Project 970:** ACWW Resource Person Mabinty Bangura visited this project, the aim of which was to tackle the high unemployment levels of women farmers in the region by training 20 of them in beekeeping skills and providing them with bees and the facilities required.

Mabinty met ACRUDEV staff and volunteers at their office where she was informed that the project activity was still ongoing thanks to additional funding from Combined Services Third World Fund and Bees Abroad UK, and that bee products were bringing a good income to ACRUDEV. The organisation had done a lot to promote the income-generating benefits of beekeeping in the community and supported local farmers with the marketing and sale of their products.

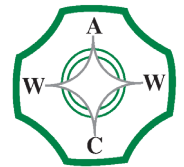
Project 970 had included training for women farmers to become more active in beekeeping and Mabinty found that the community members she met were very committed to learning and were able to give her a good demonstration of their knowledge and skills. She was very impressed by the income-generating potential of beekeeping, as this was the first time she had come across such a project in the region. Records had been kept of monitoring visits to project beneficiaries and the main challenge that had been faced was transportation of products to market because of long distances.

She had some recommendations for improvement that included securing a vehicle to transport farmers to the forest; restriction of the environment where bees are kept to reduce exposure to children and other nearby inhabitants and a more accessible location for the business in order to attract additional customers.





# SOCIETY FOCUS



We hear from Members and Member Societies around the world

## WAU NOCTURNE MAKES A DIFFERENCE

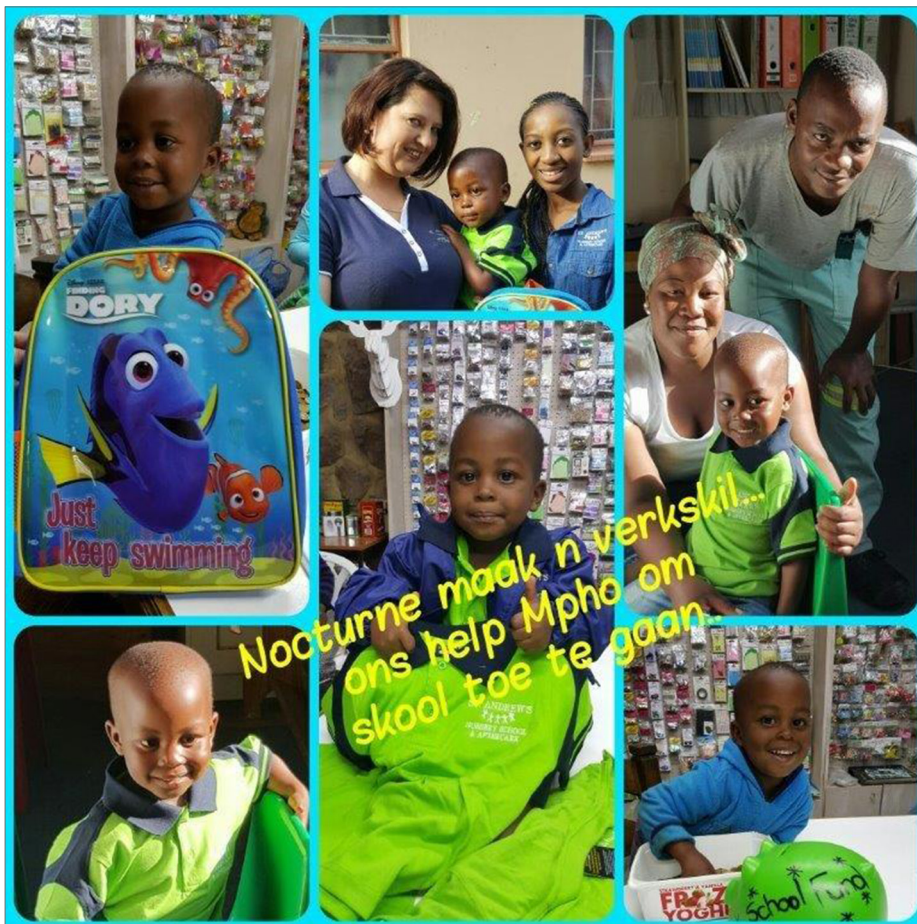
### Lizette Pansegrouw reports on Little Mpho's Birthday

In August 2016, the WAU Nocturne members decided to host a birthday party for little Mpho who is 3 years old. The ladies made a cake, goodie bags and some gifts. Mpho is the grandson of Rebecca, who has been working for Robyn (member of Nocturne) as an assistant at Robyn's Nest for many years.

Small Mpho is a friendly child and every time one arrives at Robyn's Nest, he is so happy to see the ladies, as a result, he crawled deep into our hearts. Mpho has always played in and around the store, but could not go to nursery school, as the funds are lacking, his grandmother and mother tried to keep him busy at home.

Lizette (one of our members) is a teacher at St. Andrew School and with some discussions with the principal, they decided on a special rate, the school sponsors him for half his fees and WAU Nocturne assists with the other part, thus his school career began. There was some money paid into his school account and the wonderful members decided to personally add money every month and so in January 2017 Mpho went to St. Andrew School.

Money was collected and Mpho could also get school clothes, some of the ladies have contributed towards a bag, stationery and food. Little Mpho is doing so well in school, he doesn't want to stay at home on Saturdays and Sundays. His face tells a story of fun, happiness and willingness.



## WOMEN'S CRICKET SOUTH AFRICA

### Sue Pather

ACWW Life Member Sue Pather recently sent through photos of her attendance at a conference held in Taipei, Taiwan by the National Council of Women, Taiwan.

Sue lives in South Africa, and reports that she is 'the only 76 year old woman cricket wicket keeper and cricket umpire that can play with girls under 18 years. In December I played amongst the men as Wicketkeeper too! I have no illness and I'm very healthy and energetic. As our late President Nelson Mandela stated: "Sports have the power to change the world and the power to unite people".'



## TELL US ABOUT YOUR SOCIETY NEWS

We want to know what you do in support of ACWW and we'd love to see pictures. Please include some basic information so we can make sure we get the article right:

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



## ANNA MAY WHARRY Federation of Women's Institutes of Northern Ireland

Mrs Anna May Wharry of the Federation of Women's Institutes of Northern Ireland, who has just passed away in her 90<sup>th</sup> year, was a keen and very active member of the WI and ACWW. A member of Carnlough Women's Institute since its formation in the 1970's, she held many offices throughout her membership. She served for a considerable number of years on the International Committees which led to her involvement in ACWW. She was greatly inspired by this outreach work and its ability to help women and their families worldwide to enjoy a better quality of life.

Anna May was one of the most inspiring individual fundraisers within the ACWW membership around the world. She had a compelling desire to help others and used her talents as a craftswoman, needlewoman, card maker and cook to raise money for ACWW, the WI and other local charities. She made numerous exquisite embroideries, countless quilts for raffles, and thousands of fireside quiz sheets and greeting cards. Anna May's bazaars, charity fairs and exhibitions of her exceptional needlework were all social fund raising events not to be missed.

A truly wonderful lady who will be greatly missed by her family and her many WI and ACWW friends.

Sent by Hilda Stewart, OBE, MSc, FRAGS

## INTERNATIONAL STUDY Sara Faddy, Queensland Country Women's Association

Queensland Country Women's Association has studied a different country since 1945 and 2017 started our study of Nepal. 95 ladies from across the state gathered to hear speakers, joined in activities and gathered information which they then took back to share with members.



We were very lucky to have South Pacific Area president Gail Commens and ACWW Treasurer Heather Brennan join us and share lots of information about ACWW and UN Goals.

## MORE ON NEPAL Merinda Hewat-Cameron, Sydney City Branch, Country Women's Association

Continuing the focus on Nepal, Sydney City CWA branch member Merinda Hewat-Cameron reports that representatives of Nepal attended the CWA International Conference. You can see Merinda above (2<sup>nd</sup> on the left, wearing a white sleeveless top), pictured with Nepalese diplomats, family and staff.



## ADOPTION OF ACWW PROJECTS Moria Hammond, Chelmondiston Women's Institute

Did you know that you can adopt (or partially adopt) ACWW projects?

Initially, ACWW provides the necessary money for the funding, but recipients will be informed of the donations received to cover this. Adopting societies will be kept informed of the project's progress and, where possible, be provided with photos of it.

In December, the Suffolk East (England) Federation of Women's Institutes (SEFWI) pledged at least £2,500 towards a project to help head-load fish vendors of Tamil Nadu in India - and WI members in the little village of Chelmondiston wasted no time in supporting this. At its Christmas Meeting, a generous £70 was collected, then their entertainers, 'Vivo', decided to contribute their fee in order to make the total £100! Plans are now afoot to arrange an ACWW Lunch and many other events to raise the promised amount.

Could YOUR Group follow their example and offer financial support for an ACWW project? Maybe you could organise a quiz or coffee morning - or even arrange a 'Women Walk the World' walk, as several Suffolk groups are doing?

(The photo shows proud Chelmondiston WI members holding flags representing some of the countries that have ACWW member societies.)



## WANT TO KNOW MORE ABOUT ACWW'S PROJECT ADOPTION OPTIONS AND SUPPORTING ACWW?

If your group would like to support a project or adopt one, please contact our Projects Administrator Juliet Childs by email at [juliet\\_c@acww.org.uk](mailto:juliet_c@acww.org.uk) or by calling Central Office in London on +44 (0)20 7799 3875.

There are a wide range of options for supporting ACWW's Project work, and Juliet will be very happy to talk you through the different ways you can get involved.

We have Projects around the world, which help empower women and their communities in many different ways. Why not connect your group with other women and work together to improve the quality of their lives? We look forward to hearing from you!



# Associated Country Women of the World

ACWW CONNECTS AND SUPPORTS WOMEN AND COMMUNITIES WORLDWIDE

## APPLICATION / RENEWAL OF INDIVIDUAL (Category IVb) MEMBERSHIP IN ACWW

- An individual interested in the work and activities of ACWW
- She may attend Triennial Conferences, Council and Area Conferences, space permitting.
- She does not have a vote, but may speak with the permission of the Chairman.

### PLEASE COMPLETE IN BLOCK CAPITALS:

Mrs/Miss/Ms Surname:  First Name:

Address:

Postal / Zip Code:  Country:

Telephone:  Email:

ARE YOU A NEW MEMBER OR RENEWAL Membership Application Date:

### Individual Membership Fees:

(Renewable from 1st January of each calendar year, please refer to your Individual Membership Card)

1 year membership £25.00

3 years' membership £65.00

Includes a copy of The Countrywoman magazine each quarter, and an Annual Report

If paying by cheque (which should be made payable to ACWW), please send your fee and application form to: ACWW, Mary Sumner House, 24 Tufton Street, London SW1P 3RB

To pay by Credit or Debit card, please complete the following:

Credit / Debit card number:  Start Date:

Expiry Date:  Verification Number:


Please note: There is a 3.8% charge levied by the bank for payment by Credit Cards, and 0.99 pence for payment by Visa Debit card. Your card details will be deleted immediately after payment has been taken.

Associated Country Women of the World  
Mary Sumner House  
24 Tufton Street  
London SW1P 3RB

Registered Charity no. 290367

+44 (0)207 7993875  
info@acww.org.uk www.acww.org.uk

 facebook.com/acww.media

 @acww\_news

 @acww\_media