



International Women's Club of Kinshasa, DRC

Presidents' Note

September 2011

Dear All,

Welcome to another IWC year! We are looking forward to the 2011/12 year being busy and successful with the help of each of you. Together we can achieve so much, together we can share so much. **A new year implies new impulse : first of them, our motto: JOIN, SHARE & BELONG.**

Membership fees have been reduced in order to give access to the club to many more members as well as to match the average fees of IWC clubs around the world. Do not hesitate to "join, share and belong". Read inside about numerous **welfare** activities that have been underway during June and August. Several project applications have been received during the last 3 months and will be discussed by Fatima, Pam and the welfare committee at their September meeting.

Fundraising plays a very important role within the club and is essential for our philanthropic activities. You can look forward to hearing from Linda about the club's fundraising endeavors as the year proceeds.

Our Club's social activities are always attractive and very popular. The monthly club lunch will be held at a surprise location Friday 16th September. Led by Dominique, the monthly activity outings to reveal the many places and talented people hidden in and around Kinshasa, will resume in October.

This year, we are hoping to be able to establish various 'groups' within the IWC that are focused on certain areas of member interest. So, if you would like to be involved in a 'mothers & babies' group, or perhaps a particular language speaking or a walking party, or in fact any group, please speak to Niru or send an email to the IWC (iwckinshasa@gmail.com).

As always, please do not hesitate to ask any members of the committee if you have any questions, or alternatively, send an email to iwckinshaa@gmail.com.

Looking forward for you to JOIN, SHARE & BELONG.

With kindest regards,
Marie-Agnès and Wyn

2011-2012 Executive Board

President:
Marie-Agnès Fontaine
Wyn Hawker

Past President:
Hanne Dokolo

Vice President:
Manuela De Boever,
Mona Ibrahim

Treasurer:
Hazar Azzam
Viviane Azemchap

Secretary:
Huguette Diakabana
Heather Posey (stand in)

Welfare:
Fatima Abdullahi
Pam Schmoll

Activities:
Dominique Ledoux
Niru Ishigooka

Hospitality:
Mumtaz Ladha
Paule Lemay

Fundraising:
Linda Vodak
Open position!!

ANNOUNCEMENTS

IWC MONTHLY COFFEE MORNING

Date: Tuesday 7th September 2011
Time: 9:30 am
Place: U.S. Ambassador's Residence, Nzongotolo No.2, Gombe.



NEWCOMERS COFFEE MORNING

Date: Tuesday 13th September 2011
Time: 9:30am
Place: Halle de la Gombe

Newcomers and members are welcome to attend this lovely opportunity to catch up and talk. There is no charge for this event, but coffee and refreshments will be available for purchase.

MONTHLY CLUB LUNCH

Date: Friday 16th September 2011
Time: 12:30 am
Place: Surprise! (Location details will be advised by email).

UPDATING OF THE IWC's "NEWCOMERS GUIDE TO KINSHASA" BOOK

This invaluable guide to finding things, people and places in and around Kinshasa is in the process of being updated. If you would like to provide the details of any discoveries that you have made which would be useful additions, please send them to iwckinshasa@gmail.com by *Monday 12th September*.

CONGRATULATIONS!

The IWC committee are thrilled to announce the safe arrival of daughter *KAILA ANTHEA AZEMCHAP* to Viviane and her family on 28 June 2011.



WELFARE COMMITTEE MESSAGE

CAMP LUKA, LUKUNGA SCHOOL, ACHAD AND SISTERS OF CHARITY

On Tuesday 14th June, a small group of IWC members delivered food items for malnourished children at the Kikenda Hospital Centre for delivery to Camp Luka. We then journeyed onto Lukunga School. With roads washed away, we were accompanied by our pre-arranged escort to guide us through the 'back roads' to actually reach the school. Having finished their exams, the Lukunga students weren't at school, however, we had the opportunity to meet some of the school staff and to inspect the school.

On Wednesday 15th June, a group of IWC members visited the Association of Handicapped Tailors (ACHAD) to view their work in finishing the housing accommodation for 12 families which they had begun with their own funds. Further assistance to this group will be discussed at the September welfare committee meeting.

On Wednesday 6th July, several IWC members visited the 'Sisters of Charity' to donate approved funds to assist the sisters in purchasing metal beds.

PLATEAU DE BATEKE

On 22nd of June, a group of members and guests visited Pere Guido ('Servants of Charity') at their premises at Bateke, a good 2 hours drive from Kinshasa. Meeting Pere Guido enroute, the IWC convoy was guided out to Bateke, enjoying beautiful scenery along the way.

On arrival, we had a tour of their extensive premises (including the housing equipment which had been purchased with funds donated by the IWC) and neighbouring school, followed by a 'pot luck lunch'. We were later introduced to the boys and were guided around their gardens where we had an opportunity to view their plantings, as well as their poultry and small piggery, before departing for Kinshasa mid-afternoon.

This lovely day out was an opportunity for members and guests to spend an enjoyable time together, appreciate the countryside beyond Kinshasa, and be enthused by the wonderful work being done by Pere Guido and his team at the Plateau.

Photographs courtesy of Anne Jullien



NEW PROJECTS

If you have a project that will leave a positive effect on the society and you are looking for funding, please contact Welfare Committee Chair, Fatima Abdullahi at faabdullahi@yahoo.com.

WELFARE COMMITTEE MESSAGE



BOYAMBI SCHOOL

On Sunday 7th August, a team of construction staff from the British Embassy and their 'support crew' spent a day working at Boyambi School, approximately one hour's drive from central Kinshasa. With a combination of materials donated by the construction company OSI (contractor working at the British Embassy) and those purchased by the IWC, the team managed to remove an old partially collapsed roof and construct a new one over the school toilet block, construct and connect oversized guttering to new pipework and connected to the new rainwater storage pit. They also checked the work recently undertaken by builders employed by the school to reline their water collection pits.



Unfortunately the British Embassy team weren't able to roof the area which they had identified as a new classroom on a previous site visit, due to last minute construction work being undertaken by the school. With the British Embassy donated and IWC purchased materials left behind for the school to finish this roofing work, the Welfare Committee look forward to seeing this new class room at the next site visit to Boyambi.



The involvement by the British Embassy team is thanks to Sue Garbutt. After attending an IWC welfare outing in March 2011 which included a site visit to Boyambi, Sue was inspired by what she saw and envisaged an opportunity for her husband and his building colleagues to become involved. Not only did they donate building materials (including all the roofing beams and rafters), but also the time and extensive skills of their experienced building team who worked on a Sunday at Boyambi which is normally their only day off each week.

The IWC is extremely grateful to Sue and the team from the British Embassy for all that they have done at Boyambi School which has approximately 700 students and 14 teachers, teaching taking place in both the mornings (primary schooling) and afternoons (secondary) in 7 classrooms, the quality work undertaken by the British Embassy construction team will contribute to the positive future of the school and its students, and will stand the school in good stead for many years to come!



Photographs courtesy of Sue Garbutt and Alex Pycroft.

MONTHLY RECIPE

VEGETABLE LASAGNE

Serves 6

Ingredients

8-10 slices of pasta for lasagne
500 gr carrots
500 gr aubergine
500 gr courgettes
1 litre of basic tomatoes sauce
Olive oil, salt & pepper to season
Parmesan cheese



1. Wash, clean and cut the vegetables in 4-5 cm strips.
2. Cook vegetables individually in a large pan with olive oil, season with salt and pepper to taste, but ensure they are al dente and not over cooked.
3. Take a dish that can go in the oven and at the table, put some tomatoes sauce, some Parmesan cheese, and cover with the slices of pasta ,
4. Cover this first layer of pasta with some tomato sauce, put on top some vegetables, + the cheese, repeat till the end of the ingredients
5. Finish the dish with the vegetables and another with cheese, then pop in the warm oven for about 30-40 minutes (depending of the size of the dish)

BASIC TOMATO SAUCE

500 gr of fresh tomatoes / tin
3 tablespoons olive oil
2 chopped garlic
2-3 basil leaves
salt, pepper

Put olive oil in a saucepan, heat, add chopped garlic and stir, fry and add the tomatoes, salt and pepper, cook for 15-20 minutes.

Buon appetito!!!!
Manuela De Boever

CLASSIFIED ADS

COME TO PILATES AND YOGA CLASSES!

Looking for a funny and challenging workout? Have back issues and bad posture? Wanna tone up your legs for a long and lean look? Dreaming about flat abs and toned arms? Wanna feel relaxed? Pilates and Yoga can help you to gain the aim.

Benefits of doing Pilates and Yoga

- * Increased Muscular Endurance
- * Increased Core Strength
- * Improved Posture
- * Improved Breathing
- * Increased Flexibility

When can you do it?

Monday 1-2pm, 6-7pm Pilates
Tuesday 7-8pm Yoga
Wednesday 12-1pm, 1-2pm, 6-7pm Pilates
Thursday 7-8pm Yoga
Friday 1-2pm, 6-7pm Pilates

Where can you do it?

"Take Care" center, 87, avenue de l'Equateur (close to City Market)

How much?

\$100 per month (12 classes)

Contact: 099 338 3902, ekaterina.grebtsova@gmail.com

THERAPEUTIC MASSAGE @ BELLE VUE

Contact: Sylvie Sereshgi, 081 267 8643, sylvies2002@yahoo.fr

CATERING

SAMOSAS & SPRING ROLLS at a reasonable rate - as enjoyed at the 2010 Christmas Bazaar.

Contact: Papa Tiala , 099 870 4035

ASSISTANCE WITH SETTING UP, PACKING UP, WASHING DISHES, FOOD SERVICE

Joyce ably assisted the IWC during our monthly coffee mornings and 'pot luck lunches' at the SA Embassy Recreation Centre, as well during our 2010 Christmas Bazaar in a professional manner.

Contact: Joyce Katende, 089 725 8331

A NEW MEDICAL CLINIC has been established by an Indian Doctor and laboratory technicians from Bangalore. He has imported brand new laboratory equipment, scanning, ethnography, X-ray machines etc to ensure the provision of good medical services. He has specific specialisms and invites anyone with health related issues to contact him.

Contact: Dr. M. Mannan Sharieff, M.D., 0818095363 / 0854106950

Pulse Africa Sprl Medical Laboratory and Clinic, Avenue de la Gombe, No. 8, Commune de la Gombe

ABOUT US

THE INTERNATIONAL WOMEN'S CLUB OF KINSHASA (IWC) is a social and philanthropic membership based organization comprised of women and men from the local and international communities.

In addition to providing a social space for women and men from all over the world, the Club also provides assistance to local community projects. The IWC is considered an English-speaking Club, however the language needs of non-English speakers are accommodated when possible.

Regular monthly activities are our monthly coffee mornings which take place the 1st Tuesday of the month -where we usually have a speaker-, newcomers coffee mornings, our monthly lunch, cultural and welfare outings in Kinshasa. Different groups are created on voluntary basis and differ each year. These activities are free for members however open to non-members for a small fee. All are welcome!

The Club by-laws state the IWC's purpose as:

- To provide an opportunity for women and men of all nationalities to meet and to promote good relations within the community.*
- To conduct activities for the benefit and welfare of such persons or groups of persons of Congolese nationality as may be designated by the Club.*
- To provide information and understanding of our host country through speakers and trips and to help newcomers become integrated into the international community.*

Whilst Club members are mostly expatriates based in Kinshasa, it also includes members from local business, academic, artistic, social, government and international circles. It is a good networking and support space for people and can add value to any newcomer or resident of the city!

2011-2012 membership fees are as follows:

Members joining in September 2011 to February 2012: \$75

Members joining in March to June 2012: \$35

***These memberships** are valid from the date of payment until end of June 2012. Monthly memberships are available for **\$10** and entitle the member to activities until the next Coffee morning (primarily for use by temporary residents of Kinshasa).*

***Full membership** entitles the member to join in all the activities, browse the website version of the Kinshasa Newcomer's Guide, place articles and notices in the newsletter, and more.*

Only a nominal % of membership fees are used for administrative and social activities of the club. The major administrative expenses are donated by volunteer members, especially the IWC Board. The majority of fees collected go to the welfare budget which supports organizations and projects working toward development of communities in Kinshasa.

IWC AND PHOTOS

We thank you in advance for respecting the following requests regarding members' privacy:

No photos should be taken at any residence the IWC is invited to, unless permission is given by the hostess. No photos taken during outings, lunches or any club event should be shared on Facebook (or the equivalent) unless permission given by all persons concerned.



International Women's Club of Kinshasa Activities Calendar – September 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
			1	2	3/4
5	6 9:30am IWC Coffee Morning	7	8	9	10/11
12	13 9:30am Newcomers Coffee Morning	14	15	16 12:30pm Club Lunch	17/18
19 9:30 am Welfare Meeting	20 9:30 am Board Meeting	21	22	23	24/25
26	27	28	29	30	

Priority given to members where places are limited, activity charges may apply for non members