

# THE DELEGATION NEWS

April 2016

## Delegation for Friendship Among Women

www.friendshipamongwomen.org Members password: women67

#### Mission Statement

"The Delegation for Friendship Among Women is a non-political organization that nurtures friendship between women from the U.S. and other countries and seeks nuanced understanding of women's work and lives throughout the world.

The Delegation accomplishes its mission primarily by self-funded study trips to countries where formal relations with the U.S. are often in transition. Delegates meet with a variety of notable women with whom we exchange ideas and solutions, as well as like to relevant resources. Upon returning to the United States, Delegation members continue the purposeful dialogue with the women abroad, and share knowledge and insights with other U.S citizens through speeches and articles."

#### Letter from President Beth Fluke:

Dear Delegates,

As we prepare for our Delegation's September trip to Mongolia, I am grateful for the leadership and networking of our founding Delegation members, 49 years age, and for those that have followed, including everyone in our membership today, as our Delegation continues to be an important organization in global friendship building.

With the development of global communication through technology, the world appears to have become smaller and the distant corners on the planet are less mysterious. We

can Google healthcare in Burma or Kenya and have an overview in minutes. Students in Turkey or Peru can research educational opportunities in the USA. I believe the Delegation is even more valuable than ever with our capacity to make vibrant connections of friendship over time with the countries we are visiting; they are no longer distant mystery lands, but planetary neighbors. Through technology and on the ground connection, with respect and understanding, we can collaborate in the larger arena of planetary issues: eradicating diseases, reducing global warming, developing crosscultural understanding and networking creative ideas and tools. Our Delegation's mission to develop friendship among women is a necessary goal to support our shrinking planet.

With this spring newsletter, we are looking forward to the technology that Delegates will use while in Mongolia as well as when we return and that our Counterparts there will use to share resources, mentors and information using their knowledge and connections. In this newsletter, we also have an update on our continuing connections with women in Rwanda and the also the newly formed Mary Pomeroy Legacy Award.

Next year we will be celebrating the Delegation's 50th birthday. I hope with the upcoming book about Mary Pomeroy, our founder, we will celebrate the mission and ongoing journeys of The Delegation for Friendship Among Women.

With gratitude, Beth Fluke President

### Excerpt from a Letter from a New Delegate:

We received the following letter from new delegate Caroline Olstad who we believe typifies the dedicated women who have accomplished so much professionally, are ethically motivated and have been attracted to the delegation since 1967. Delegates believe in our mission and have been enthusiastically exchanging friendships and networking with women around the world for almost 50 years. Caroline is in her twenties and has a masters degree in public health and a masters degree in social work. Welcome to the delegation Caroline.

"March 20th, 2016

To the Delegation for Friendship Among Women:

When I recently heard about this delegation I was very moved by the amazing work you are doing. During my years of studying social work and

public health I became interested in many different social issues. As I have begun my career one issue still consistently provokes me more than anything else - women's rights.

I have been very fortunate to have had several international experiences learning about women's issues. The first was a month long social work course in Trinidad and Tobago where I assisted at an HIV/AIDS clinic. As part of the course we would also meet with officials from various sectors of the government to learn about the social issues facing the population, particularly with women. This was eye opening to learn about on a national level, but it was the conversations I had with women in the clinic that were even more impactful about the hardships they had experienced.

..... Across all these experiences we always encountered that women were the most marginalized group.

.....These experiences were always in the back of my mind as I was completing my graduate degrees in social work and public health at Washington University in St. Louis. I became very interested and aware of how women living in poverty in the United States often are faced with the same situations as women in countries with developing economies. Something that connects a women in rural India cooking with a dangerous wood stove and a woman in north St. Louis living in an apartment with lead exposure is that in both situations education and resources are needed to support these women.

There is so much that women around the world can learn from each other to tackle these issues, which is one of the things that stuck out to me most about the Delegation for Friendship Among Women - the emphasis on relationship building and the exchange of ideas. It is so important to truly listen to the experiences of women, build trust among communities and share ideas and strategies. Every woman is strong as an individual in her own way, but together we are stronger, which is why I believe in the mission of the Delegation for Friendship Among Women. It is an honor to be considered as a future member.

Thank you, Caroline Olstad"

### **MONGOLIA**

September 2016



Mongolian Embassy January 2016: Left to Right: President Beth Fluke Board member Kim Harms Vice President Holly Jobes Mongolian Embassy: Zolzaya S Past President: Linda Hoeschler

Afar magazine named Mongolia as one of the top 5 ethical travel destinations in 2016

\*\*\*\*\*\*WE ARE HOLDING TWO PLACES FOR ADDITIONAL DELEGATES WHO WOULD LIKE TO GO. \*\*\*\*\*\*\*

### **Delegation Trip to Mongolia September 6-17, 2016**

Day 1 Sept 6 ARRIVAL

Shangri-La Hotel Horizon Club Room

http://www.shangri-la.com/ulaanbaatar/shangrila/

The contrast between ancient traditions and a 21st century democracy is most visible in Ulaanbaatar, where traditional gets (aka yurts) and Buddhist monasteries sit side by side with modern high - rises.

Upon arrival a the airport you will be welcomed by your private Nomadic Expeditions guide and driver and transferred to the deluxe Shangri-La hotel, luxury hotel located just steps from various museums and shops.

Day 2

**ULAANBAATAR** 

B, L

This morning visit Gandan monastery, the seat of Buddhism in Mongolia. Woven through Mongolia's nomadic culture is a rich Tibetan Buddhist tradition in which ancient shamanist practices are still evident. Although Buddhist monasteries were either destroyed or converted into museums during the Stalinist purges of the 1930's, Gandan Monastery continued to operate as a show piece for government officials. However, in spite of the governments efforts to suppress Buddhism and other religious beliefs, Mongolias's spirituality persisted and significant resurgence of Buddhism began in 1990 when Mongolia became a democracy. Monasteries across the country are again opening their doors to worshippers, and the few lamas who survived the purges are training the new generation. Enjoy a private blessing ceremony.

Next visit the Sukhbaatar Square named in honor of the revolutionary leader who commanded the Mongolian army to fight for the nation's

independence from Manchuria with the help of the Russian army in 1920's. It is also the site of the Great Khans Memorial built in celebration of the 800th anniversary of the Mongolian Empire. After 80 years of Soviet domination, a time during which it was forbidden by the government to utter the words "Chinggis Khan", many Mongols now celebrate their pride in their great ancestors.



Explore the National History Museum for an excellent overview of Mongolia's history and culture.

Tonight, enjoy a welcome reception dinner at the United States Embassy to Mongolia. Ambassador Jennifer Zimdahl Galt will meet the Delegation of Friendship Among Women. Special guests will be invited to join our group for the reception as well.

Day 3-4 Ulaanbaatar Sept 8-9 B, L Shangri-La Hotel Horizon Club Room

We will continue to explore the city of Ulaanbaatar for these two days and special meetings will be organized on these days as well to familiarize you with the political, economic and social climate in Mongolia.



Visit Choijin Lama Temple, which was originally built by the order of the last king of Mongolia the Bogd

Khaan dedicated to his brother and the state oracle Luvsan Haidav Choijin Lama. Consisting of the group of 5 temples, the Choijin Lama Temple museum houses various Buddhist artifacts dating back to 1800-1900's including the masterpieces of the famous Mongolian sculptor Zanabazar, some fine thanks and the best collection of team masks for the religious ceremonies in the country.

We will visit the Bogd Khan Palace, home of Mongolia's last theocrat, Bogd Jabtzan Damba Hutagt VIII, which displays elaborate ceremonial robes, other personal effects of Mongolia's "8th Living Buddha".

OUR CURRENT PLANNED LIST OF SPECIAL GUESTS TO MEET AND ORGANIZATIONS INCLUDE:

Mrs. Oyungerel Tsedevdamba <a href="http://www.oyungerel.org">http://www.oyungerel.org</a>

Zorig Foundation <a href="http://zorigfoundation.org">http://zorigfoundation.org</a>

Mrs. Oyun Sanjaasuren Member of the Parliament, Former Minister of Environment, Green Development and Former Minister of Foreign Affairs of Mongolia.

### Mongolian Women's Fund <a href="http://www.inwf.org/our-members/asia/mongolian-womens-fund-mones">http://www.inwf.org/our-members/asia/mongolian-womens-fund-mones</a>

Day 5 Fly Ulaanbaatar - Gobi Sept 10

BLD Three Camel Lodge <a href="http://www.threecamellodge.com">http://www.threecamellodge.com</a>

In the morning private transfer to the airport for your flight to the Gobi. Contrary to the sterile sameness that the word "desert" suggests, the Gobi is a diverse and fascinating region, and includes sites of some of the most important paleontological discoveries of the 20th century. For the next few days, explore the stunning landscapes of the Gobi, habitat for Bactrian camels, Argali mountain sheep, goitered gazelle, Golden Eagles, Saker Falcons, jerboas (similar to kangaroo rats) and many endemic reptiles. The Gobi is also home to some of the Northern Hemisphere's most rare and elusive mammals, such as the dhole, snow leopard, and Gobi bear, known in Mongolian as Mazaalai.

Upon arrival, drive to Yol Valley National Park, cradled in the foothills of the

Altai Mountains. An ancient river carved this surprisingly green valley and its remnant streams create ice formations at the base of the valley that sometimes persist as late as July. A hike or optional horse back riding through the valley leads to the habitat of indigenous vulture like Lammergeiers, Altai snowcocks, ibex, yaks and Argali mountain sheep.



Later drive to Nomadic Expeditions award winning Three Camel Lodge ger camp located at Bulagtai Mountain on the edge of Gobi Gurvan



Saikhan National Park (5 - 6 hours). Spend the rest of the evening at leisure or explore the surroundings on your own. The lodge offers a wide variety of activities to travelers from reading a book on Mongolia to watching a documentary about nomadic culture and from learning traditional Mongolian games to enjoying a relaxing massage. Overnight in gers.



Day 6 Nomadic Family Visit/Moltsog Sept 11

B,L,D Three Camel Lodge

In the morning visit a nomadic family and learn about a nomadic way of life and customs and traditions that have existed for centuries.

In the afternoon, drive to the Molts Els and visit with a camel here family and visit the area on foot or on camelback.

Day 7 Bulgan Town/Flaming Cliffs Sept 12

B,L,D Three Camel Lodge

Rise in the morning, and drive to Bulgan to meet with an agricultural cooperative and women who grow vegetables. Visit the local school before driving back to the lodge.

After lunch begin driving to the legendary Flaming Cliffs named for the red orange sandstone that glows brilliantly at sunrise and sunset. It was here in 1923 that Roy Chapman Andrews and his exploration team from the American Museum of Natural History found the first nest of dinosaur eggs the world had ever seen. To the trained eye, the ancient formations of the Flaming Cliffs are rich with fossils and paleontological expeditions continue to make significant discoveries at this site.

Day 8 Gobi - Ulaanbaatar Sept 13

B, L Shangri-La Hotel Horizon Club Room In the morning, drive to the airport for your return flight to Ulaanbaatar.

Todays meeting will be dedicated to the health matter in Mongolia and we will visit WHO and local hospitals:

World Health Organization's Mongolia Office: <a href="http://www.wpro.who.int/mongolia/en/">http://www.wpro.who.int/mongolia/en/</a>

(editor's note: we are also working on setting up meetings with the National Center Against Domestic Violence, a local clinic, a local hospital and a representative from Nomadicare which combines modern health care with traditional holistic and ceremonial healing)

Day 9-10-11 Ulaanbaatar Meetings B, L Sept 14-15-16 Shangri-La Hotel

A series of meetings will be arranged for the delegation and these are some of the organizations and experts we plan to meet:

Mrs. Undraa Agvaanluvsan

Executive Director of The Strategy Academy, former visiting professor at Stanford University, former Ambassador-at-large at the Ministry of Foreign Affairs.

The nature Conservancy's Mongolia Office <a href="http://www.nature.org/ourinitiatives/regions/asiaandthepacific/mongolia/">http://www.nature.org/ourinitiatives/regions/asiaandthepacific/mongolia/</a>

Made in Mongolia <a href="http://www.madeinmongolia.net">http://www.madeinmongolia.net</a>

Lotus Orphanage <a href="http://ww.lotuschild.org">http://ww.lotuschild.org</a>

National University of Mongolia <a href="http://www.num.edu.mn/en/">http://www.num.edu.mn/en/</a>

Arts Council of Mongolia <a href="http://artscouncil.mn">http://artscouncil.mn</a>

Day 12 Departure B
Sept 17 In the morning transfer to the airport for your flight home or

start Eagle Festival Extension

### **Extension to Eagle Festival September 17-21, 2016**



Day 1 Ulgii/Golden Eagle Festival Sept17 Saturday B,L,D Local Hotel or Homestay

Ulgii, capital of Bayan - Ulgii, Mongolia's westernmost province. Dominated by the Mongolian Altai Mountains, the highest mountains in Mongolia, this isolated area has preserved the language, culture, and traditions of the Kazakh people found here.

Transfer to the airport for a morning flight to Ulgii (3 hours), capital of Bayan - Ulgii, Mongolia's westernmost province. Ninety percent of the population of Bayan - Ulgii is Kazakh, and there will be ample opportunities to meet local families and experience Kazakh culture. Our journey will also take us past ancient stone men statues, reminders of Mongolia's rich ancient history.

The official opening ceremony commences with the participants parading in on horseback with their eagles. The competition begins with each Kazakh hunter displaying his hunting outfit and accessories, the most elaborate and beautiful of which receive the highest points. In the afternoon the Golden Eagles will be evaluated for their speed and agility. The eagles will be released from a cliff while their owners stand below, signaling for them to land upon their arms, as they do while hunting. Those with the fastest times and best technique will be awarded the highest scores.



In the evenings gather around the place of honor - the Kazakh table - learning traditional Kazakh songs and enjoying tea and bortdsig (fried cakes.)

Day 2	Golden Eagle Festival/Award Ceremony	B,L,D
Sept 18		Local Hotel or
Sunday		Homestay

In today's competition, the Golden Eagles will be released from a cliff to attack fox skins being dragged by their owners on horseback. The eagles will be judged on speed, gripping techniques, and success in grabbing the fox. As the points for the competitions are being tallied, the Kazakh hunters will compete in a traditional game called kukbar, a tug-of-war on horseback that tests horse riding skills, strength, and agility. There will also be the horse race and displays of various traditional horseback Kazakh games,

including Tenge IIu, which involves picking a bag of coins up from the ground in a full gallop, and kyzguar, which young men and women play as a way to better get to know each other. In the late afternoon, the winners of the festival will be announced at the awards ceremony. Enjoy a celebration dinner in the evening

Day 3	Tolbo Lake	B,L,D
Sept 19		Local Hotel or
Monday		Homestay

Drive to crystal clear Tolbo Lake, which mirrors the dramatic Khunguin Mountains. This saline lake attracts numerous birds such as swans and gulls and is home to over eight different types of fish. Spend the day trekking along the eastern shore of the lake, visiting Kazakh families along the way.

Day 4	Ulaanbaatar	В
Sept 20		Shangri-La Hotel
Tuesday		Deluxe Room

In the morning transfer to the airport to catch a flight back to Ulaanbaatar. Upon arrival check into your hotel.

Day 5	Departure	В
Sept 21		
Wednesd	lay	

In the morning transfer to the airport for departure home.

FOR THOSE WHO ARE PARTICIPATING IN THE TRIP or THOSE WHO ARE INTERESTED IN LEARNING MORE ABOUT MONGOLIA

### PLEASE GO TO OUR WEBSITE, GO TO MEMBERS AND PUT IN PASSWORD:

www.friendshipamongwomen.org Password: women67 Click on Mongolia 2016

Editor's note: (From Cathi)

There is an extensive reading list on the website.

I highly recommend a book that was recommended reading by Nomadic Expeditions: "Mongolia Nomad Empire of Eternal Blue Sky" by Carl Robinson; the 240 photographs are magnificent and the writing comprehensive and captivating. The book is formatted unlike other travel guide I have ever read.



Tonto Verde, AZ 3/26/2016: Left to right: Founding Member MARY POMEROY, AND THREE RWANDAN DELEGATES JUDY TIEDE (MPLS), PAST PRESIDENT CATHI SMITH (AZ) AND SECRETARY/TREASURER JILL CHRISTIANSEN (IL/AZ)

#### **50th ANNIVERSARY NEWS**

Mary Pomeroy, one of the founding member of the Delegation, is completing her interviews with the author of the book that will be published in her honor. Publication date is not known but is anticipated to be before the 2017 50th anniversary of our organization.

### **Mary Pomeroy Legacy Award**

Members of the Delegation for Friendship Among Women have traveled the world together fulfilling our mission for nearly 50 years since an inaugural trip of U.S. based women traveling in 1967 to the Soviet Union and Czechoslovakia.

While in our destination country and afterwards, Delegates are often inspired to help to fund a group they have visited. The board of directors established the Mary Pomeroy Award in honor of one of our founding (and continuing) members so we will be able to provide funding where the Delegation sees a need. The Mary Pomeroy Legacy Award will be given to notable women and their organizations in countries where the Delegation

travels in honor of Mary and our other founding members whose legacy lives on.

Donations may be made to <u>The Delegation for Friendship Among Women</u>, a tax-exempt 501(C)3 nonprofit organization. Make the check out to the Delegation and notate that it is for the Legacy Award Fund.

The Delegation for Friendship Among Women c/o Jill Christiansen 18926 Latigo Lane Rio Verde, AZ85263

Thanks to Mary Mattson Kenworthy who headed the Award committee.

### **Delegate updates Rwanda January 2015 Trip:**

Kim Harms:

March 2016

"Hello Delegates!

Last month I spent a week in Rwanda and saw lots of activity associated with the Delegation's visit last year. I will try to summarize as best I can! The most amazing part was meeting new delegate Jane (Mary's sister) who introduced me to Clare (see NY Times article <a href="http://www.nytimes.com/2014/10/23/us/from-a-rwandan-dump-to-the-halls-of-harvard.html?\_r=0">http://www.nytimes.com/2014/10/23/us/from-a-rwandan-dump-to-the-halls-of-harvard.html?\_r=0</a>) who is running a culinary and sewing school for students considered the "poorest of the poor" in Rwanda. Her adopted son Justus had worked with Tom Allen and Bridge to Rwanda (Justus is now at Harvard) but Tom and Clare had not yet met. We were able to bring Clare to Musanze to see Tom's library. It was all pretty incredible.

### Other highlights include:

1. Akilah Institute: We were able to visit Akilah to introduce Patrice Doral who is our local contact for book and computer delivery. She is the headmistress of The White Dove Foundation, a technology school for

girls. I was able to meet my new mentee and also deliver communications from Holly to her mentees. Akilah was grateful for the donations from the Delegation (MaryMK)sponsored a computer library and additional donations from the Delegation took care of shipping and custom fees) which will bring them 10 computers. The computers are expected to arrive in a few months.

2. Tom Allen/Bridge to Rwanda: Tom had just finished building his village library and we were able to tour it while the front porch was being completed. It is an unbelievable place and I hope you can all return to see it. He will be receiving 5,000 books from Books for Africa to fill it up. The is part of a community center and we were able to see the area next to the library being prepared for a playground. The library also includes built in risers for lectures, movies and sporting events.



Kim Harms, Board Member with students in a local village library donation site 2016



- 3. Clare's Library: Clare was also able to meet Patrice and through some creative wrangling we were able to find some room in Patrice's soon to be delivered pallet of books for some culinary and sewing books for Clare's students. Books for Africa typically does not accept cooking books, but Jane miraculously found over 100 cooking and sewing books for Clare's students that we could send in Patrice's pallet. You would not believe how excited Clare's students were in anticipation of these books. This project alone was worth the trip!! Thanks Jane!! We hope to raise some funds for a bigger culinary and sewing library for Clare in the future.
- 4. Dental Loans: In January Linda Hoeschler was able to arrange a meeting with the Rwandan Ambassador to talk about the problems we were having in trying to work with bank in Rwanda to give CD secured loans to dental professionals who were trying to start practices.

Through the advice of Linda, the Ambassador and Ceeya Bolman (editor's note <u>www.teamheart.org</u>)

all came together and the first loan (through The Oral Health Care Foundation of Rwanda, not a bank) has been awarded. We hope to use this as a starting point to provide sustainable funding for future loans. The first class of Rwandan Dental Surgeons will graduate next year (the loan recipients were dental therapists) so the timing on this is great!

Also I wanted to thank Carol Heen as well for her valuable advice in helping with the dental project.

I also wanted to mention that Beth Fluke is working with a group of jewelry makers in Rwanda and I was able to transport some bracelets for her.

April 15, 2016 Update from Kim:

Kim is promoting a Dental Handpiece Drive through the Oral Health Foundation Rwanda. The dental clinic that will serve Southern Rwanda is funded and up and running. The problem is they don't have enough hand pieces (drills, drill bits and other hand held dental instruments) to continue to see patients consistently as despite serving a dental population at that clinic of 360,000 as dental care is delayed as the equipment must be sterilized in between patients.

If you have any connection to new or used dental equipment (your dentist?) please let Kim know if they or you would be able to contribute same. Her email address is: <a href="mailto:kimh04302@gmail.com">kimh04302@gmail.com</a>

If you or someone you know has a donation for this very worthwhile cause she would like them sent to her at her address so she can ship them all together. She states probably the easiest way to ship them is through the "if it fits it ships" boxes at the post office.

Kim Harms 8151 33rd Avenue South #208 Bloomington, MN 55425

Below is the invitation sent for a talk and appeal she will be giving April 30, 2016:

### DENTAL HANDPIECE/INSTRUMENT DRIVE FOR ORAL HEALTH FOUNDATION RWANDA

Dear Members of the ICD/MN Chapter, (editor note: ICD/MN is International College of Dentistry Minnesota Chapter; hand pieces are the drills)

Our fellow member, Kim Harms, has been instrumental in providing financial resources to establish a loan program for dentists in Rwanda to set up their own private practice with the benefits of a non-profit status through the organization, Oral Health Foundation Rwanda. Kim will be present at our Annual Meeting in April to share the details of the project. The first loan has been granted!

Rwanda has several dental clinics set up around the country. One established clinic in the southern area serves 350,000 people. Care is drastically limited due to a shortage of hand pieces.

ICD-MN would like to collect any instruments, extraction forecast and working hand pieces (high and low speed) that you are not using and would like to donate to a very worthwhile cause. The Oral Health Foundation of Rwanda will provide a receipt for tax purposes for your donation.

Thank you for your assistance in helping private practicing dentists in Rwanda to provide dental care to those in need in their home country. Come to hear more about this exciting project from Dr. Kim Harms at our ICD-MN annual meeting, Saturday, April 30, 2016."

#### Beth Fluke:

Beth was able to make a Washington D.C. connection for the Rwandan group headed by Clementine (editor's note: not our guide in Rwanda) that made the bracelets mentioned above by Kim Harms to assist with production and distribution of their products.

### Holly Jobe:

"During our 2015 visit to Rwanda, members of the Delegation for Friendship Among Women visited the INEZA Sewing Cooperative, met the women, saw their work and heard their stories. The women demonstrated such a positive life view and exhibited joy when sharing how important the cooperative has been in their life that the delegation was profoundly touched remembering the devastation, violence and violation these women witnessed and experienced in their lives.

I was inspired to help the women of the cooperative expand their inventory by creating vests and jackets through offering patterns and sewing lessons. With several tries, they have created long and short vests that are lined and with pockets out of the colorful African fabrics we found in Rwanda. I ordered forty vests and all but seven have sold. I will be ordering more and will let delegation members know when they are available. We need to have them carried by hand since shipping is next to impossible.

How the INEZA Sewing Cooperative came to be:

The INEZA cooperative is part of We-ACTx, an international community based HIV/AIDS initiative focused in Rwanda. In the 100-day genocide of 1994, an estimated 250,000 Rwandan women experienced multiple episodes of brutal rape, torture and violence. Many of these women contracted HIV, likely as a result of this brutality. In late 2003, survivors learned that the perpetrators of their rapes, who were jailed while awaiting trial at the International Tribunal, were receiving antiretroviral therapy

(ART) -while the women they had infected died of AIDS. Women's Equity in Access to Care and Treatment for HIV (WE-ACTx) was created in early 2004 in response to a request from these women for help in accessing ART. Working collaboratively with five local genocide survivors associations, the Rwandan Ministry of Health and the Rwandan National AIDS Program, WE-ACTx founding members mobilized resources to develop a treatment program for the survivors. The first patients received comprehensive primary care by June of 2004. Since then, programs have expanded in both size and scope, but WE-ACTx deep commitment to helping Rwandan survivors of genocidal rape and sexual violence, and empowering HIV-infected and affected women and children to take charge of their lives and become leaders in the fight against AIDS, guides the vision and continuing efforts.

WE-ACTx's income generation projects seek to address two major barriers in fostering health and wellness for Rwandan women, children and families struggling with HIV: poverty and lack of sufficient nutrition. For many patients, generating sufficient income to feed themselves and their families is an ongoing struggle-which can increase vulnerability to disease and negatively influence adherence to HIV treatment regimes.

The INEZA sewing co-operative is one of three unique co-operatives that draw on a system of collective decision-making and management to generate much needed income for employees and provide them with a community of mutual support and opportunities for continuing education.





Holly Jobe and friends modeling sample products.

### FOR MORE INFORMATION ON ORDERING CONTACT: Holly.Jobe@gmail.com



INEZA friends with: (left to right: Holly Jobe, Vice President, Dr. Kim Harms, Board Member and Dr. Cathi Smith, Past President; Kigali, Rwanda January 2015 on the front porch of their small sewing site.

OUR NEXT NEWSLETTER WILL BE AUGUST 2016. WE WOULD LOVE CONTRIBUTIONS AND UPDATES FROM OUR DELEGATES.

YOUR EDITORS, Cathi Smith dr.cathleensmith@gmail.com

Carolyn Moats <a href="mailto:carolyn.Moats@gmail.com">carolyn.Moats@gmail.com</a>

