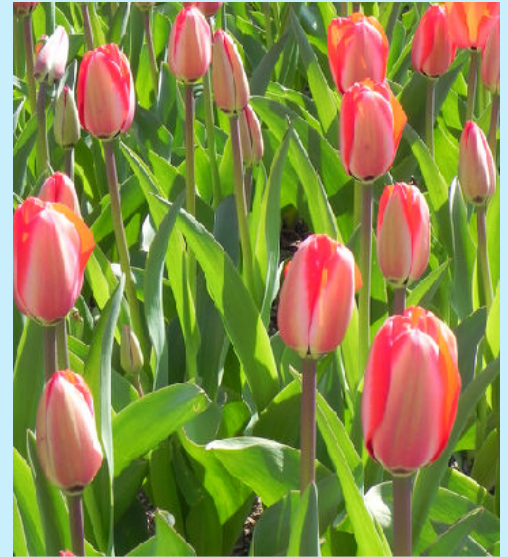




UNITED NATIONS WOMEN'S GUILD GENEVA NEWSLETTER



Editor's Letter

Dear Members, dear Friends,

We are already well into spring and can appreciate the newness and re-awakening that this season brings. After the long-awaited changes in the health situation and since 17 February we can again enjoy going to cafes and restaurants without any restrictions!.

Language and activity classes are all busy either online or in person. Please note from 3 May activities can resume in person. Please also see we have new events being introduced such as going to the cinema together to see good new movies in a nice setting!

Even more now than ever we need to support projects and scholarships all over the world to help those children who are in need and disadvantaged. Please see our donation page for more information on how to do this.

Please see on page 12 the list of candidates for posts in the Executive Committee to be filled after the next AGA which will be held on 31 May at the UN.

Keep well everyone!

Caroline

President's Message

Niloufar Rafi-Kian Bouabid

Dear Members, dear Friends,

As this will be the last UNWG-Geneva Newsletter I will be involved in, I would like to take this time to talk to you about the essential: friendship!

In various positions of the Executive Committee since my involvement with the UNWG-Geneva, I have had the tremendous privilege to add some amazing people to my list of friends. They have enriched my life. They have brought me joy. They are my friends for life.

I will also cherish some of the concepts we regularly practiced as an EC: flexibility, open mindedness, and cooperation, no matter how difficult things could get (specially with close to two years of a world pandemic). We all found ways to collaborate and cooperate with each other.

At this juncture, it is only right for me to thank all the awesome and selfless volunteers of the UNWG-Geneva but most of all my EC colleagues:

Imane, Mateja, Taroub, Leili, Helgard, Thusitha, Josephina, Patricia, Arsha, and of course Caroline who is the English Newsletter editor and whose job has not been made any easier by the exigences of the pandemic. Without these ladies, nothing could have been achieved at this level.

My final words would be for the incoming EC: ladies good luck from the bottom of my heart and I hope you will be even more successful at your tasks than the ladies I named. May you make lots of friends, enjoy your work and have the support of members. I promise you mine. I may not be that visible because the way one leaves a job is at least as important as how one enters a job but you will have all of my support all of the time, if, you actually need it.

Looking forward to seeing you all on May 31st for our upcoming AGA.

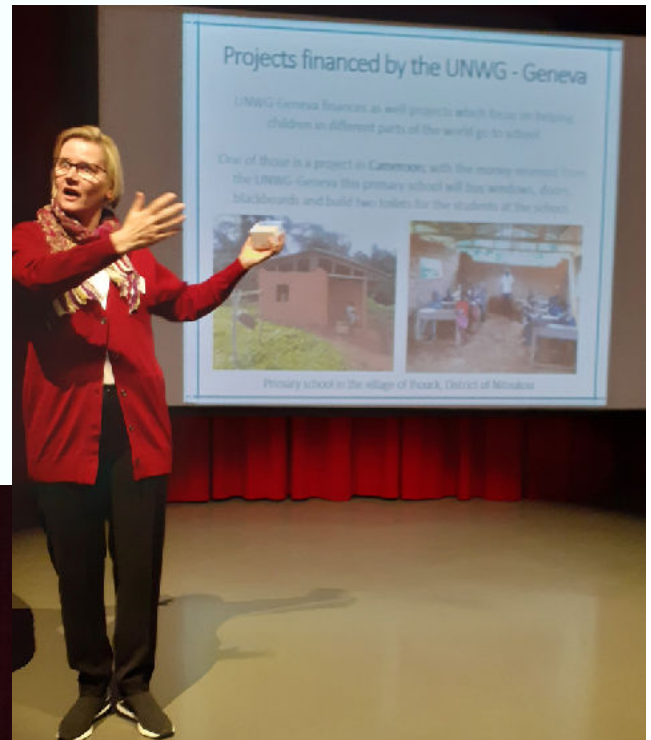
Be well, be happy and kind to each other. Nilou

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Ceremony at the Ecolint school 1 April 2022

On 1st April Ecolint - Chataigneraie campus invited the UNWG-Geneva representatives to the school to meet with children who have participated in this year's Children's Walk. Mateja, Imane, Caroline and Arsha from the Executive Committee of the UNWG-Geneva went to meet the children and their teachers. The aim of the visit was to present to children our current beneficiaries of the Scholarship programme and to discuss with them the importance of their solidarity with less fortunate children around the world. The children also handed over to the UNWG-Geneva over 8000 chf which they collected from their Children's Walk.



Our thanks for the Special Event Feng Shui

A very big thank you to Master Hup Cheng Tan from Singapore who gave this online talk on Feng Shui on 3 February. There were 30 participants who signed on for this presentation.

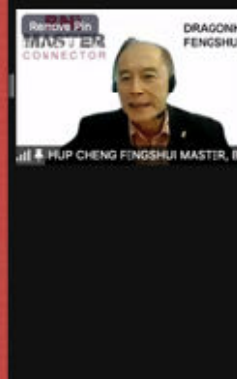
This year the Chinese New Year falls on 1st February 2022 and we will enter the Year of the Yang Water Tiger. As this changes the energy in the Universe we joined Master Tan to gain an overall insight of your Zodiac Forecast and learn how to capitalize on opportunities for your relationships, physical well-being, career and business in the Yang Water Tiger.

BNI
MASTER
CONNECTOR

DRAGONHEART
FENGSHUI



YANG WATER TIGER 2022



With his specialized Feng Shui technique he has been able to help his clients gain significant achievements in their relationships, career, business and investments.

Imane

Our thanks for the Special Event Celebration of Spring 22 February 2022

This event was held on Tuesday 22 February, 2022 at 15:30 at the restaurant Le Lyrique in Geneva with the theme, "Cultural practices associated with 1st March in the Republic of Bulgaria, the Republic of North Macedonia, the Republic of Moldova and Romania: Martenitsa/Martinka/Mărțișor".

During this event organized by these four countries, you discovered this tradition inscribed on UNESCO's Intangible Cultural Heritage of Humanity since 2017, as well as the history behind the celebration.

Host countries were represented by the Permanent Representative of the Republic of Moldova to UNOG, H.E. Ambassador Tatiana Molcean; the Permanent Representative of the Republic of North Macedonia to UNOG, H.E. Ambassador Teuta Agai-Demjaha; the spouse of the Ambassador of the Republic of Bulgaria to UNOG, Mrs Radiona Nikova; and representing the Permanent Mission of Romania to UNOG, Mrs Iona Sandru.

Imane



Our thanks for the Coffee Morning 1 March 2022

The second Coffee Morning of 2022 was held online on Tuesday, 1 March 2022 and was kindly hosted by Ms Elham Baghaei Hamaneh, spouse of the Ambassador of the Islamic Republic of Iran.

She gave a talk about "Nowruz", a traditional celebration of New Year of the Persian calendar and we were entertained with traditional music.

Imane



Ms Elham Baghaei Hamaneh, spouse of the Ambassador of the Islamic Republic of Iran and below are the musicians who performed.



**Our thanks for the Special
Event on Chinese medicine
17 March 2022**



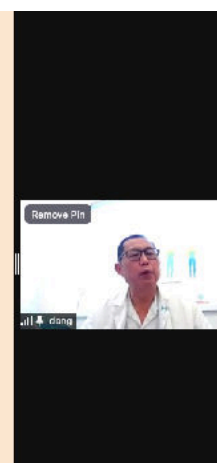
On 17 March 2022 we held an online Special Event entitled 'Adaptation to changes: anti-aging and staying healthy with Chinese Medicine' by Dr Dong Hongguang from Sino-Swiss Center of Chinese Medicine, Hôpital de la Tour, HUG.

We enjoyed a very informative talk and presentation on the different benefits of Chinese Medicine. There were 23 participants who enjoyed this presentation.

Characteristics of TCM



-  Holistic approach
-  Individual treatment based on symptoms
-  Variety of treatment methods

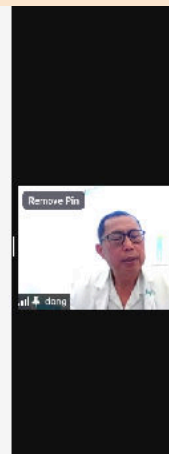


Unity of Heaven and Man – Holism

天人合一 -- 整體觀

- 1** Human beings and nature are taken as a whole. 人與自然是一個整體
- 2** Human beings and society are taken as a whole. 人與社會是一個整體
- 3** The various systems in the human body are inter connected as a whole. 人體內各系統之間是一個整體
- 4** Heaven, earth and human beings interact and correspond with each other. 天地人相參

Since the environment can affect our health, adapting the changes is an important aspect for staying healthy.



Yin 陰 & Yang 陽

are both classified as radical-phonetic characters combining the semantically significant "mound; hill" radical 阝 or 阜

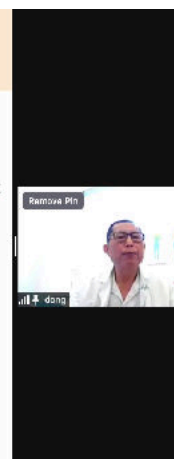
radical 阝 **陰** phonetic yin 音

音 is cloudy
今 means presence
云 means clouds
Together means **presence of clouds**



radical 阝 **陽** phonetic yang 陽

易 is bright
日 is sun
勿 is like rays coming down
Together means **rising sun / sunshine over the hill**



Our thanks for the Coffee Morning 31 March 2022

Coffee Morning: Celebration of Ramadan

Exceptionally this April Coffee Morning took place at the end of March on:

Thursday, 31 March 2022.

This event was hosted by Mrs Nagwa Issa, spouse of the Permanent Representative of the Arab Republic of Egypt to UNOG, and other International Organizations in Geneva. The theme of the Coffee Morning was: "Celebration of Ramadan".



Our thanks for the Coffee Morning 3 May 2022

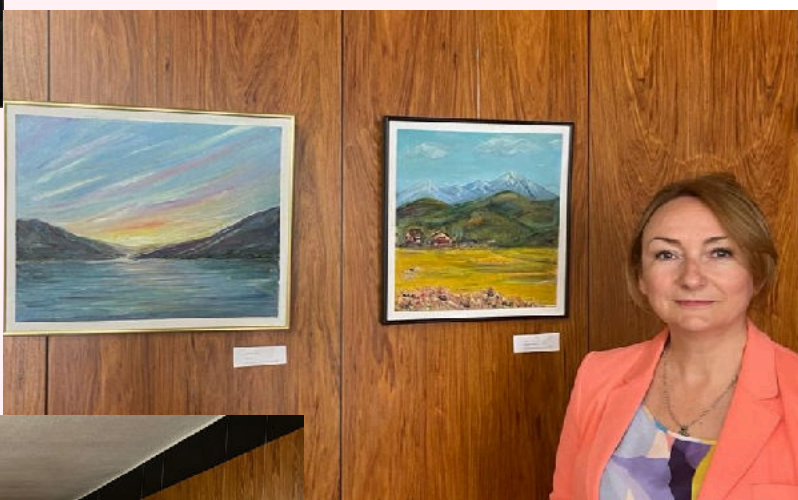
On the occasion of the Coffee Morning held on 3 May, our hostess, Mrs Radiona Nikova, spouse of the Ambassador, Permanent Representative of Bulgaria to UNOG, kindly hosted the event at the Mission it also included an exhibition of artwork from 11 members of the UNWG-Geneva.

The theme of the event was 'May in Bulgaria: the festive season', where it is celebrated and a very special time of the year in the country.

The Coffee Morning was well attended with approximately 50 participants and we could



watch lovely videos giving an insight to Bulgaria and how important the rose is there even naming Bulgaria - 'The Land of the Rose'.



Mrs. Radiona Nikova, spouse of the Ambassador, Permanent Representative of Bulgaria to UNOG also participated in the art exhibition.

UNWG-Geneva members who exhibited in the art exhibition along with Imane and Mateja.

**Our thanks for the
International School - Pregny
for the Children's Walk**

5 May 2022

This special occasion was held in the grounds of the International School in Pregny on 5 May. The children excitedly took part in this event with huge determination. It was a fabulous event and had a great atmosphere with parents looking on and encouraging their children.

The school has taken on the theme of the Children's Walk as a project for the children and creates learning around the theme to explain to children that many other children are not so privileged as they are.



New Events - Cinema first Friday of the month

Dear Members, dear Friends,

After this difficult period and with the return of sunny days, we are pleased to announce the launch of our new activity "**Cinema**" which will take place **every first Friday of the month at "Cinérama Empire"**.

Enjoying a privileged setting and ideally located on an axis well served by public transport, the "Cinérama Empire" offers a varied choice of films always in original version and presented in optimal technical conditions on a giant panoramic screen meeting the standards for high-brightness projections in 2D and 3D in a totally immersive sound environment.

Our first outing took place exceptionally for this month on:

Monday, April 4 at 12 noon.

We propose: "**The Power of the Dog**".

Director: Jane Campion

www.cinerama-empire.ch

Address: Rue de Carouge 72, 1205 Geneva

[+41 22 310 72 74](tel:+41223107274)



UNWG candidates for 2022-2024

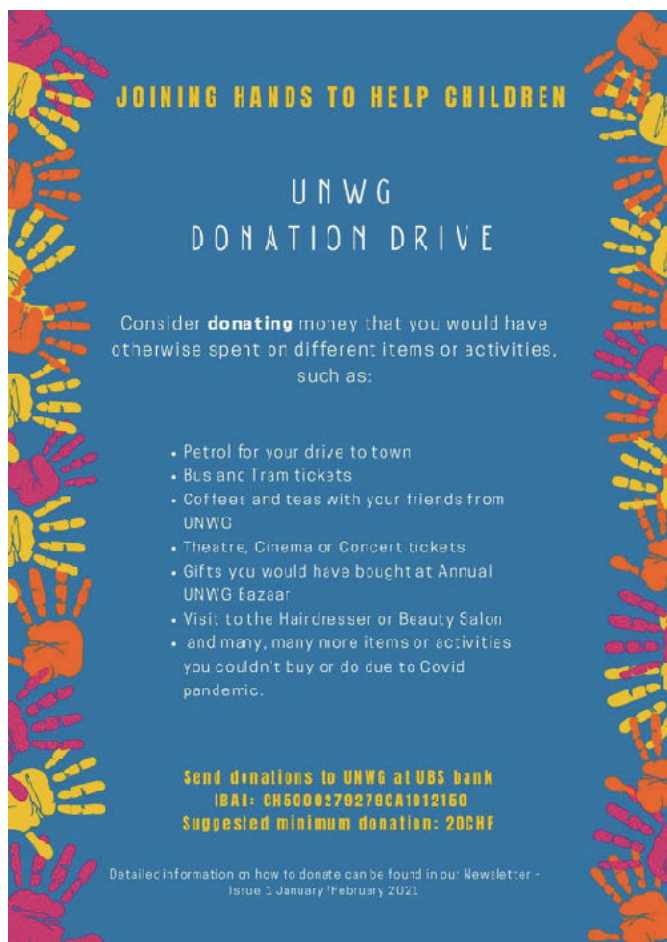
Please see list of candidates for the Executive Committee.

The Annual General Assembly AGA will take place on:

Tuesday, 31 May 2022, at 14:00. (Tempus Room 2, Palais des Nations).

Date	Nom	President (2 years - 2022-2024)	First Vice- President – Activities (2 years – 2022-2024)	Second Vice- President – Projets (1 year – 2022-2023)	Recording Secretary (2 years: 2022-2024)	Co- Recording Secretary (1 year: 2022-2023)	News Letter Editor - English (2 years : 2022-2024)	News Letter Editor - French (1 year : 2022-2023)	Membership Secretary (2 years: 2022-2024)	Co- Membership Secretary (1 year: 2022-2023)	Treasurer (1 year : 2022-2023)	Co- Treasurer (2 years : 2022-2024)	Education (2 years : 2022-2024)	Public Relations (2 years : 2022-2024)	Welcoming (2 years : 2022-2024)	Hospitality (2 years : 2022-2024)
3/29/22	Ajkuna Thanati	X														
4/2/22	Sibyl de Peic								X							
4/4/22	Diana de Peic									X						
4/7/22	Mateja Grima Prosek			X												
4/11/22	Radiona Nikova		X													
4/11/22	Mary Elisabeth Zulaybar						X									
4/11/22	Patricia Bell				X											
4/11/22	Diane Vergnaud										X					
4/11/22	Thusitha Makawitige Perera														X	
4/11/22	Josefina Catacora C- Tormena															X
4/11/22	Ingy Amin													X		
4/12/22	Carmen Falaize															X
4/19/22	Helgard Adams											X				
4/20/22	Theophila Adjanohoun					X										
4/27/22	Tenley Susan Le Sann										X					
4/28/22	Mehri Hosseini Tehrani							X								

Fund Raising Ideas



JOINING HANDS TO HELP CHILDREN

**UNWG
DONATION DRIVE**

Consider **donating** money that you would have otherwise spent on different items or activities, such as:

- Petrol for your drive to town
- Bus and Tram tickets
- Coffees and teas with your friends from UNWG
- Theatre, Cinema or Concert tickets
- Gifts you would have bought at Annual UNWG bazaar
- Visit to the Hairdresser or Beauty Salon
- and many, many more items or activities you couldn't buy or do due to Covid pandemic.

Send donations to UNWG at UBS bank
IBAN: CH5000279279CA1012150
Suggested minimum donation: 20CHF

Detailed information on how to donate can be found in our Newsletter - Issue 1 January / February 2021

The Donation Drive is an important part of our fundraising initiatives and is ongoing and is especially important at the moment when in-person events are curtailed a bit. So please send in your donations to help us continue to support the very many important projects we have.

All the donations will go solely to assist disadvantaged children in need. The donors will be acknowledged on our social media sites and those donating over 100 chf will receive a commemorative Children's Walk pin as a token of appreciation for their generous support.

The pins UNWG-Geneva are still available for purchase as well as the greeting cards from the Children's Walk in 2020.

If you wish to stay anonymous when you give your donation, kindly write "Anonymous" in the message to the payee.

Suggested minimum amount of donation is 20 chf.

Please send your donations to:

UNITED NATIONS WOMEN'S UNWG-GENEVA

UBS Bank - IBAN: CH5000279279CA1012150

Please also see the UNWG-Geneva web page for more information and see the

DONATE

button where you can donate any amount you would like to the UNWG-Geneva at any time to keep our projects and scholarships going!

www.unwg.ch



**Children's Walk 2020
Human Solidarity Arts Competition
Greeting Cards**

This year we have added an arts component to our fundraising efforts through Children's Walk initiative. The children from different schools participated in the arts competition by submitting drawings or paintings centered around the theme of Human Solidarity. The Executive Committee of UNWG selected 6 beautiful motives which were printed in UNWG Human Solidarity greeting cards and are now available to members for purchase.

You can purchase individual cards for 2.50 CHF or 10 cards (with 5 different motives) for 20.00 CHF. We are counting on your support!

You can order the cards by sending an email to project@unwg.ch. All proceeds from the sale of the greeting cards will go towards helping children in need around the world. Each card has an explanatory text on the back of the card about children's Walk initiative as well as information about the motive.



These beautiful pins are available to purchase for 5 chf each.

Meeting for selection of projects

10 February 2022



Led by Mateja on 10 February we had a four hour meeting to discuss around 20 projects that were proposed for funding by the UNWG. An enormous amount of work was done behind the scenes and the work of the Sub-Committee with Radiona Nikova and Zohreh Stenbolt (bottom left of photo) is very much appreciated.

The projects covered health and the empowerment of women and children in Ecuador, Mozambique, Venezuela and for example in Afghanistan we are providing orphans for their basic needs.

After a long and intense deliberation, the Executive Committee of the UNWG-Geneva decided to finance 15 projects (1) providing for basic needs (Afghanistan), (2) helping children with disabilities live a better life (Mongolia, Egypt, Moldova), (3) improving educational conditions for children in need (Cameroon, Argentina, Mauretania, Tunisia), (4) empowering girls and young women (Afghanistan, Ecuador, Burkina Faso) and (5) providing health care (Venezuela, Egypt).

Projects around the world financed by the UNWG-Geneva

Vice-President Projects Mateja Prosek Grima

Replacing wet areas and changing tables in the Children's House Estrella de Oriente in Bogota, Colombia

The Children's House Estrella de Oriente in Bogota, Colombia was founded in 1987 with the aim of supporting single mothers and low-income households who are unable to care for their children due to their economic situation. The Children's House is dedicated to taking care of 260 boys and girls between the ages of 6 months and 5 years.

The Children's House offers children and their parents a warm welcome, a personal attention service as well as provides them with early learning training and guidance to enable them to start their formal education. It offers children the continuous protection from the compulsory partial abandonment to which they are subjected, since most of them are left alone by their parents, who have to earn a living by doing domestic work, selling products on the street, working in the construction sector, amongst other tasks.

The aim of the project was to upgrade the wet areas of the Nursery section, which houses 80 children aged 6 to 24 months, to provide an adequate service and to comply with the regulations in place in Colombia. The health and environmental authorities, who certify the Children's House have required that the tables were changed to stainless steel, which would provide better disinfection and cleaning. The requirement has been in place for last three years, however the Children's House did not have the means to change the furniture and it risked closing down the Nursery section due to outdated furniture that could cause risk to children and employees.

The funds from the UNWG-Geneva were used to purchase and install stainless steel cladding of nursery tables, walkers and two stainless steel changing tables for infants.



Projects around the world financed by the UNWG-Geneva

Vice-President Projects Mateja Prosek Grima

Providing equipment and skills to women and girls in weaving and sewing in Southern Morocco

TIMIDI Association for Development and Cooperation is a non-profit organisation based in the city of Taroudant, in the South of Morocco. The organisation focuses on contributing to the economic, social and cultural development of the inhabitants of Tmsalghat village; improving conditions of women, girls and people with disabilities; working to provide drinking water to the villagers; encouraging local projects and seeking varied sources of funding for projects in the local community.

The main objective of the project co-financed by the UNWG-Geneva was to teach women and girls of the village how to sew and make embroidery. In addition, the project addressed several other important issues such as the fight against poverty and illiteracy in the village, women empowerment, self-worth and self-sustainability, participation of girls who dropped out of school, ensuring the continuity of the profession of embroidery and sewing and craftsmanship in this rural area of Morocco.

With the grant provided by the UNWG-Geneva TIMIDI association equipped their training centre with sewing and embroidery machines and materials and started organising training course for 40 - 45 women and girls from the local community in weaving, embroidery and sewing. The project faced a few challenges which were mostly related to the pandemic and the lockdown. After initial postponement of the purchase of the machines, the first training course started in November 2021.

The project will continuously provide women and girls in the local community with new skills and opportunities which will in return relieve them from performing only household tasks (cooking, cleaning, going for water, various agricultural tasks, etc.). The women and girls will be employed and contribute to the household income, which subsequently will help reduce unemployment, illiteracy and poverty and ultimately contribute to the development of the region.



Languages and Courses at the UNWG

Dear Members,

Change is in the air...

I would like to share with you some personal reflection on our current joint experience.

We have adapted to Corona's impact on our lives, we became accustomed to question behaviour and practices that affect climate stability, consequently threatening our safety and survival. Now, we are witness to yet another heart-breaking armed conflict between nations. Reading the news in the morning has become difficult!

For me personally, change is challenging as I would describe myself as a 'creature of habit'. New circumstances, new requirements are unsettling and fear provoking. I believe that this is a very normal first reaction to 'the unknown'.

With this in mind, I invite you to keep informed of the proposed changes in the UNWG Statutes and By-Laws. Firstly, changes in Statutes are necessary for our organization to function in today's world and to stay relevant. I believe, as members we have the responsibility to consider these matters in-depth, not stopping at our first reaction but striving to look at the bigger picture and into the future.

Change is necessary – as much needed as the shift in seasons!

Wishing you all a spring full of bloom, literally and in spirit.

Helgard



Please take some time to explore our UNWG Courses on page 21. To join or for obtaining information, please contact the Course Leader directly.

As of 3 May 2022, the UN drops all restrictions on their premises. This means that the Villa Feuillantines will be accessible for courses etc. without restriction of occupancy!

Please spread the good news ...

You could help by proposing our courses to members who have not yet 'taken the plunge', or you could 'take the plunge' yourself if you have not done so yet!

Please reach out to new members who might still be a little puzzled by the workings of the UNWG to help make them feel 'at home'.

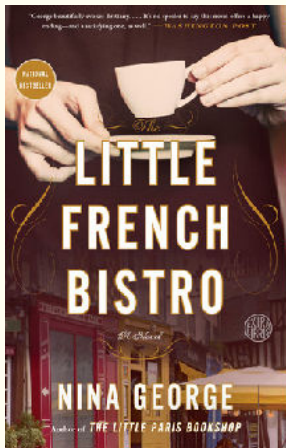
We ask for your understanding that courses might occasionally be cancelled by the course leaders in order to give everyone opportunity to participate in the diverse programme of special events (Coffee Mornings, talks etc) offered by the UNWG.

If you feel inspired to offer an activity yourself, have ideas how to improve the programme or have any questions, please contact: education@unwg.ch.

Please note we are needing teachers for the following classes, please let me know if you are interested.

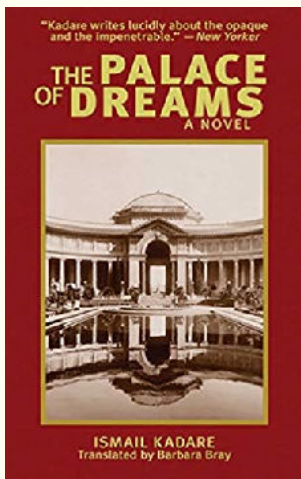
- English
- French
- Italian
- Spanish
- Cooking

Book Club



On Friday, **27th May 2022**, at 2 pm on Skype, we will be discussing:

The Little French Bistro by Nina George / Le petit bistrot breton français de Nina George (French title)



On Friday, **24th June 2022**, at 2 pm on Skype, we will be discussing:

The Palace Of Dreams by Ismail Kadare / Le palais des rêves de Ismail Kadare (French title)

UNWG COURSES IN SESSION 5/2022

<u>LANGUAGE</u> <u>ARTS + ART OF</u> <u>MOVEMENT</u>					
<u>ENGLISH</u> <u>intermediate/</u> <u>advanced</u>	BILQUEECE ALIMOHAMED	alimohamed@bluewin.ch	THURSDAYS	13.30 - 15.30	ZOOM
<u>FRENCH A1</u>	MINA RAVINDER	+41 78 739 38 00	WEDNESDAYS	10.00 - 11.30	ZOOM
<u>FRENCH B2</u>	MINA RAVINDER	+41 78 739 38 00	MONDAYS	14.00 - 15.30	ZOOM
<u>Intermediate</u> <u>FRENCH</u>	DIANA DE PEIC	+41 79 302 17 06	MONDAYS	10.30 - 11.45	Villa
<u>FRENCH</u> <u>Intermediate/</u> <u>advanced</u>	NADIA MEHDI	+33 6 07 08 01 84	MONDAYS	10.00 - 12.00	Skype
<u>FRENCH</u> <u>CONVERSATION</u>	MARYSE NICORA	+33 6 85 24 51 93	TUESDAYS	14.30 - 16.00	ZOOM
<u>GERMAN</u> <u>ADVANCED</u>	UTA HORNISCHER	+41 79 458 87 84	TUESDAYS	12.00 - 13.00	ZOOM
<u>GERMAN</u> <u>BEGINNERS</u>	UTA HORNISCHER	+41 79 458 87 84	TUESDAYS	11.00 - 12.00	ZOOM
<u>SPANISH</u>	DORIS MURILLO	+41 79 590 58 13	MONDAYS	11.00 - 12.30	Skype
<u>SPANISH</u> <u>CONVERSATION</u>	Participant led	<u>education@unwg.ch</u>	TUESDAYS	10.30 - 12.00	Skype

<u>JAPANESE CONVERSATION</u>	HIROMI IRIYAMA	+39 389 989 2255	TUESDAYS	10.00 - 11.30	ZOOM
<u>SOCIAL BRIDGE</u>	ROSALEEN NASSIF	+41 79 229 0720	THURSDAY	9.30 - 13.30	Villa
<u>ARTS AND CREATIONS</u>	CAROLINE SCUDAMORE	+33 6 85 20 54 85	FRIDAYS	15.00 - 16.30	ZOOM
<u>BOOK CLUB</u>	CHOUHRETTE BUNZL	chouhrettecherif@gmail.com	LAST FRIDAY of the month	14.00	Skype
<u>PILATES</u>	Sibyl De Peic	sibyl.peic@outlook.com	WEDNESDAYS	10.00 - 11.00	ZOOM
<u>FULL BODY WORKOUT</u>	CLAUDIA NONNINGER	nonningerc@gmail.com	FRIDAYS	10.00 - 11.00	ZOOM
<u>MEDITATION AND BREATHING</u>	MALA SINGH	+91 704 229 97 12	MONDAYS	9.00 - 9.30	ZOOM
<u>HIKING</u>	Mahrooghe Mary Kazazi/ Denise Maertens/ Edith Mayer- Wallin	mary.kazazi@gmail.com demaertens@wanadoo.fr mayer.wallin@gmail.com	WEDNESDAYS	ALL DAY	Different Venues CH/FR

Please note that when Coffee Mornings or Special Events coincide with classes, activity leaders are asked to reschedule them to allow members to attend the Coffee Mornings or Special Events.

It is in the nature of schedules that they may change.

New courses and modification of indicated times will be communicated to our members by email if necessary.

Thank you for your understanding!

Cookery Corner

My Egyptian Grandmother's Kitchen

Every country has its own unique dishes which make its cuisine special. The Italian cuisine is famous for pasta; Egypt is famous for Koshari, Molokhyia!

Today we are going to talk about an old recipe that began a long time ago since Ancient Egyptian times until today with a few modifications, its a favourite for Egyptian kids, the definition of real happiness, an essential meal that you should see at least once a week at every Egyptian family's dinner- it is the "MOLOKHYIA" It's made of green leaves, that it is named after, and broth flavoured with garlic and ground coriander.

Before the recipe I would like to give some background. There are several interesting stories about this traditional dish. Let's start with how it got its name. Molokhyia means royal. It dates back to the ancient Egyptian era. The ancient Egyptians didn't eat this plant, as they thought it was poisonous, and named it "Khia".

During the Hyksos occupation, Egyptians recognized that Molokhyia has many health benefits and that it was non-toxic and when Hyksos decided to kill Egyptians by forcing them to eat this plant to humiliate them they discovered that it was edible and not poisonous.

Another story went back to the decade when the Fatimid Caliph Al Mu'iz Li Din Allah was sick, suffering from severe colic in his intestines. As a consequence, his doctor advised him to eat Molokhyia, after which he surprisingly felt much better. Since then, it became his favourite food and Egyptians started to look forward to eating it on special occasions. It represented a food served exclusively to Egyptian kings or royal families for several years, and then he allowed the normal Egyptian people to eat it later.

Another thing you need to know about Molokhyia is a bizarre tradition that Egyptians follow to this day when cooking it. It's called "shahe't el molokhyia", which is basically gasping while adding the stew to the spices (garlic and coriander)! But what's the secret behind this odd act? Well, there are different legends but none of them is confirmed to be the real one but what we believe is that if you make this gasping sound while adding spices to the stew you are doing it right!

Molokhyia/Green Mallow Egyptian style

Ingredients

1 Frozen pack of chopped Molokhyia (from the Arab stores)

Chicken or meat broth (vegetable broth for the vegetarians)

Taqliya

6 or more cloves of garlic chopped

2 tbs dried coriander

2 tbsp ghee (can be substituted with butter or oil)

Salt and pepper

Method

Boil chicken or meat in hot water (with cardamom, carrot, onion, celery, salt, pepper, bay leaf & Arabic gum "Misteka") in the usual way to obtain the broth, or simply put 2 cubes of broth in 1 litre of hot water.

Add chopped Molokhyia to the broth after removing all the additives, the density of the Molokhyia with the broth should be moderate not too thick or too light. Be careful not to boil the Molokhyia so once it starts boiling remove it from the heat. Prepare Taqliya: crush garlic, dried coriander, salt and pepper take 1 tbs from the mix add it to the Molokhyia then fry the rest in ghee until golden yellow add it to the Molokhyia and serve it immediately with white rice and fried chicken , eat it with bread or like a soup.

Bon Appétit ! Ingy Amin



Condolences

Joanna Elizabeth Brown MBE

Those who knew Jo Brown would agree that she was indeed a very impressive person who will be greatly missed by many people in Switzerland's British community. She belonged to a number of organizations, including the British Residents' Association of Switzerland, the Royal British Legion Swiss Branch, the Royal Over-Seas League Swiss Branch and the Church of Scotland in Geneva as well as the UNWG-Geneva.

Here are some words from The Reverend Laurence Twaddle Minister of Church of Scotland Geneva who paid an excellent tribute to Jo at her funeral service at the Auditoire Calvin on 12 May 2022. Jo was 97 years old and lived all her long life fully.



Prince Charles conferring an MBE on Jo for services to the Royal Over-Seas League.



Jo Brown was a phenomenon...a force of nature...A big character with a vibrant and colourful personality. If you met her, you did not forget her.

You can live life bold, or you can live it scared. You can take the wolf by the ears and give it a darn good shake.

Or you can be timid and tentative...You live like an eagle. Or you can live like a chicken.

You can take little sips at life, or sup deep and full from the well. Jo Brown took the bold option...

And she saw to it that she filled her days, her long years, with creative, productive, interesting, imaginative things...she didn't

hide for a moment.

But rather, saw the world as full of possibility, beauty and opportunity, and was determined not to waste a moment....her busy, productive life, her sharp mind committed to solving the problems thrown up by her considerable responsibilities, underpinned and informed the long and distinguished service she gave.

A woman of strongly held opinions, she was not afraid to share those. She knew her own mind and was not afraid to speak it! She knew what she liked, what she expected - and she made sure we all knew what she expected! It was never dull with her!

Definitely old school in her requirements and standards – she expected the best from people – that as she did, they would give their best. She did not do anything half-heartedly but embraced causes and purposes with a true passion and zeal was not afraid to do the work required to get things done!

Membership Information

Dear Members,

You are kindly requested to notify the membership office by email if you have changed your address, email or phone number in order to update our database.

Thank you.

Membership Secretary: Taroub El Bedour

Email: membership@unwg.ch

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Newsletter

Please ensure that all information is sent to the Newsletter: email: **newsletter@unwg.ch**.

The Executive Committee Team, hopes to see you soon and wishes you a lovely summer!