

PROJECT OF THE MONTH

This month's winner is SI Club Romerike-Lillestrom, Norway, for their project "Monthly meetings for foreign women." The project fulfilled Programme Goal no. 1 "Soroptimist International will improve the lives and status of women and girls through education, empowerment or enabling opportunities" and objective no. 2 "Improve access to economic empowerment and sustainable opportunities for the employment of women."

SI Club Romerike-Lillestrom, in partnership with Romerike Crisis Center, organized meetings for foreign women to enable their integration into Norwegian society. The meetings took place at a library where they talked about how to learn Norwegian, what kind of education opportunities they had and how they could get a job. Two members from the local club participated at each meeting. As a result of these productive meetings, women now have their own network, some of them were able to obtain a fulfilling job and others started to attend regular Norwegian classes.

The very modest figures of PFR no. 29947 tell us how women have profited and enjoy a better life in Norway thanks to this project. It also demonstrates that volunteer hours can make a huge difference without investing large amount of money or do major fundraising.

Congratulations
SI Romerike-Lillestrom!



Since 1972, World Environment Day has been celebrated across the globe to stimulate awareness of the environment and encourage political attention and action. Through this day, The United Nations Environment Programme (UNEP) is able to empower everyone to become agents for change in support of sustainable and equitable development.

WED activities take place all year round and climaxes on June 5. The 2013 theme is Think. Eat. Save. Reduce your Footprint to attract additional support for the global campaign to reduce food waste and loss launched earlier this year by UNEP, the Food and Agriculture Organization (FAO) and partners.

The 1.3 billion tons of food wasted in the food production and consumption systems, in fact, are enough to feed the estimated 900 million people hungry in the world. The Think. Eat. Save. The campaign website www.thinkeatsave.org/ provides excellent campaign material and information. Among others the following top tips for consumers:

1. Think before you shop – more than third of us go shopping without a list.
2. Use or lose your food – 60% of us end up throwing away food because it's passed its "use-by" date.
3. Befriend your fridge – 70% of our fridges are set at too high a temperature.
4. Love your leftovers – more than half of households say they throw away food because they've cooked too much.
5. Feed your garden – on average over 70% of households waste is landfilled each year. Composting reduces the amount of rubbish you put out for collection and creates a free, nutritious fertilizer that will help make your garden more beautiful.

Eat less water.



2400 L water for one hamburger
Food production consumes water.
Conserve water by reducing food waste.



Soroptimists are already engaged in very efficient environment projects. We would like to feature one recent example of an advocacy project that aims to promote and create educational materials for the purpose of a more conscious food consumption. SI Alto Novarese (PFR no. 30190) initiated the project I DON'T WASTE! With the partnership of local primary schools. The Club members organized a competition

for primary school students where they were asked to come up with creative slogans, illustrations, table games and ways to use leftover food. All the materials produced, i.e. posters with slogans, puzzles with drawings, calendars with recipes, and books will be used for the information campaign. The Club has also planned to organize a conference involving experts in this field to disseminate the culture of the good practice. The aim is to promote responsible consumption, to educate on proper nutrition, recycling and reusing, to understand importance of small everyday actions that anyone can do to ensure that we do not waste food. This awareness creation campaign involved 57 school classes.



The situation of widows is often invisible – absent in statistics, unnoticed by researchers, neglected by government authorities, and even overlooked by civil society organizations. Globally, millions of widows endure extreme poverty, exclusion, violence, homelessness, and ill health. To create more awareness and to give special recognition to the situation of widows, the United Nations General Assembly declared 23 June 2011 as the first ever International Widow's Day.

There are an estimated 250 million widows worldwide. In many countries, once widowed, women confront a denial of inheritance and land rights as well as other forms of widow abuse, such as life-threatening mourning and burial rites.

Since they are often an invisible segment of society, their problems go unnoticed. To better address this issue, since November 2012, UN Women entered a three year partnership with the Loomba Foundation that has dedicated its work since 1997 to promote fundamental freedoms and human rights of widows and their children around the globe, raising awareness of the gross injustices widows face and seeking to remove stigmas associated with widowhood.

For more information about the work of Loomba Foundation, please visit:

www.theloombafoundation.org/

Soroptimists have also initiated numerous projects to support widows.

FEATURED WEBSITES:

www.lovefoodhatewaste.com/

Visit this website to learn everything about food waste. It answers questions, such as 'Do I really waste food?' and other facts about food waste. It also contains a rich collection of recipes with left over food.

www.save-food.org/

To contribute to the fight against global food losses, Messe Düsseldorf Group, in close collaboration with the FAO, started the initiative SAVE FOOD. This campaign "aims at encouraging the dialogue on food losses between industry, research, politics and civil society." For the purpose of creating this space for the dialogue, this initiative will regularly bring together stakeholders involved in the food supply chain from the food industry, retail, packaging, and logistics for meetings, conferences and projects and will facilitate the development of effective measures. Another major goal of SAVE FOOD initiative is to raise awareness of consumers.

www.iknowpolitics.org/

The international Knowledge Network of Women in Politics is an extensive online advocacy platform and workspace where everyone from elected officials to students can access resources, utilize tools, get involved in forums. It is an interactive network and you can share experiences, advice and collaborate on issues pertinent to you.

www.endvawnow.org/

A online centre that encourages and supports evidence-based programming to more efficiently and effectively design, implement, monitor and evaluate initiatives to prevent and respond to violence against women and girls. The website offers best practice tools, expert recommendations, programme evaluation and assessments and practitioners' experiences from around the world.

www.genderandaids.org/

This portal aims to promote understanding, knowledge sharing and action on HIV and AIDS as a gender and human rights issue. This comprehensive web portal offers up-to-date information on the epidemic from a gender perspective, complete resources, personal stories and commentaries, and multimedia advocacy tools.



Register for the 20th Congress of Soroptimist International of Europe – Berlin 12 – 14 July 2013

Ten members from the Spanish Single Club Costa del Sol are coming to Berlin to the Congress. So are many others but something is special about their intended visit. They will not arrive alone, but will be accompanied by ten little puppies of Spanish street dogs. They will be handed over to new adoptive families in Berlin.

SIE President Kathy Kaaf expressed her pleasure asserting that "Soroptimists never cease to think beyond themselves. They are very much looking forward to the joy of the new dog owners whom they are going to meet at the Berlin airport in July.

To register and see the programme of the Congress, please visit: <http://www.soroptimist.waterandfood.eu/>



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