

Chef & Restaurant School

Everyone needs to eat, & in a BIG city like Kinshasa restaurants, large & small, are a thriving business. At the request of prospective students & the urging of the department of vocational-technical education, FEBA is starting a program to teach young women the skills of chef & restaurant service to open public eating places in their neighborhoods. Sewing school students demonstrate the basics.



First: the ingredients: small fish, flour of corn & cassava for bread, vegetables & greens & a bottle of cooking oil. This is a very nice meal, yet within the price range of many city people, at least most of the time. Students will

also learn to make more elaborate meals (e.g., with meat, potatoes, vegetables, doughnuts).

Next: Food is cooked over a small kerosene or wood stove. The new cooking school will have more facilities but this simple equipment is what many may use when they begin their own tiny restaurants. R: frying fish. Below R: vegetables are stewed (uncooked greens pose health risks).



Lunch, anyone?



Then: Traditional homes do not have tables & chairs, tablecloths & napkins & individual tableware. Thus young women who want to start a restaurant need to practice setting a nice table, & then serving the dinner.



Finally: Here comes the food: bread balls, fish, vegetables in their broth... Enjoy your lunch!



Fall Fundraiser: FARM to TABLE

Food is what it's all about!!!

- Our Goal: \$7,500**, to be divided between
- the Uvira women's farm \$2500 (see next page)
 - the Kinshasa cooking/ restaurant school \$5000.

#GivingTuesday on Facebook, Dec. 3.

<https://www.facebook.com/WomanCradleOfAbundance/fundraisers/>



"Bread" is made of cassava (a starchy root crop with no protein value) mixed with corn flour for better nutrition. These are boiled together & then "kneaded" with a large paddle. Bread is thick & heavy, so it takes a strong arm to knead, bracing the pot between their feet.

FARMING IN MUNENE, UVIRA

We welcome the new agricultural coop of c.100 women in Munene, a village just outside Uvira. First the land must be cleared of wild grasses, tree stumps, etc., & fenced to keep chickens & goats out. Many of the women in the coop are widows, but some have husbands who have helped clear & fence the land.



Soon cassava, corn, beans, & peanuts, the staple foods of the area, will be planted. Cassava takes 7-8 months, the other crops will be harvested in 3-4 months. Key is to enable the women to feed their families, without the risk of going to outlying farms in the forest (see below).

The garden is close to the village & safe, but it is small. It is hoped it will produce enough to eat & perhaps a bit to sell. In a few months they will see corn growing like this!



TRAGEDY IN MUNENE

Several weeks ago six women went into the forest to look for food for their children & firewood to sell. As they were returning, they were attacked by one of the guerilla groups which infest the forests in this region. They were abducted & raped & abused for more than a week, while their families beggared themselves trying to find ransom money: \$150 x 6 is a fortune! When the women were finally released, all needed extensive hospitalization. For one, sadly, that was not enough; though she seemed to be responding to treatment, a week ago she suddenly went into a crisis & died on the way to the city hospital in Uvira.

These are not the first rape victims in Munene. We hope & pray that the new communal farm will mean these are the last women who will need to go into the forest to find food.

NOTE: We would like to expand the farm, but no other land is available close to the village. Alternative possibilities are being explored. Please support Farm to Table, #Giving Tuesday!

Hands Across the Water

Hands Across the Water has opened at Grover Middle School, West Windsor-Plainsboro! Maman Monique & the 6th graders had a great time together in September, thanks to French teacher Diane Chiocca & her colleagues! Later in the fall teacher Kelly Lee welcomed Cheryl Ciaranca & Elsie McKee at Community Middle School for two wonderful visits with 8th & 6th graders.

THANK YOU SO MUCH for your enthusiasm for helping students at Community Charity School in Goma!!! **BEST WISHES** for all your PROJECTS!

Thanks, MAMAN MONIQUE! Thanks, New Friends!

Maman Monique's tour was wonderful: so many people eager to meet & hear her, & so many new friends for FEBA/ Woman Cradle of Abundance. Thank you, Maman Monique, for your visit! Thank you, All Who Are Excited to Share in the good work! We are grateful for you & look forward to all the wonderful things we can do together! A number expressed a desire to help with the final work on the Women's Center so it can begin to make a home for street orphans & short-term dorm for sewing students who live too far away to commute. We welcome your vision & gifts!

CONTRIBUTE OR GET INVOLVED

Contribute: Donate securely via Stripe at www.WomanCradleofAbundance.org/donate .

Please designate "Leadership Development" in the purpose line to contribute to equipping the next generation of leaders, or "Farm Needs," or "Sustaining Gift" to support ongoing work.

Checks payable to Woman, Cradle of Abundance can be mailed to the following address:

Woman, Cradle of Abundance
attn: John McGlaughlin, Treasurer
25 Alexander St.
Princeton, NJ 08525

Volunteer: Contact Cheryl Ciaranca, Community Outreach Coordinator, at cciaranca@gmail.com or 215.292.3290 to discuss ways to partner with Woman Cradle of Abundance.