

WHAT'S IN THIS MONTH'S ISSUE:

UPCOMING EVENTS

A-AWA GAK UPDATES

HAFT MEWA RECIPE

MEMBER INTRODUCTION

UPCOMING EVENTS

Ramadan Fundraiser

A-AWA & A-AWA GAK will be holding fundraisers during the holy month of Ramadan in order to help the less fortunate in Afghanistan.

Nowruz

During the month of March, Nowruz, or "New Day", the Persian New Year and the beginning of the spring equinox is celebrated throughout Persian households worldwide. It is a time when family and friends get together to celebrate the new year.



A-AWA GAK UPDATES

Art Supplies Fundraiser

A-AWA GAK is raising funds and reaching out to local businesses in order to provide the talented Afghan refugees with painting supplies.

Visiting and Helping Afghan Refugees

The members of our youth group have been in contact with and supporting the Afghan refugees in Virginia and Florida.

7 FRUITS RECIPE (HAFT MEWA)

1. Gather the ingredients:

- Green raisins
- Black raisins
- Pistachios
- Dried apricots
- Almonds
- Walnuts
- Senjed



2. Peel the nuts and rinse the other ingredients.

3. Soak the raisins in hot water and let them soak for about an hour.

4. Next, add the rest of the ingredients to the bowl with the raisins. Leave in the refrigerator for 2-3 days.

5. Finally, take the ingredients out and place them in a nice bowl. Enjoy!



MEMBER INTRODUCTION

Hello! My name is Eman Ali. I am the president of A-AWA's youth group, A-AWA GAK. I currently live in Orlando, Florida with my mom, dad, and two brothers. I am in the 11th grade and in my free time I enjoy swimming, reading, taekwondo, and spending time with my family.



I am so excited to share A-AWA GAK is coming out with a newsletter. It will hold information about A-AWA & A-AWA GAK, upcoming events, and the things we have accomplished. I hope you enjoyed this month's edition. Please be sure to keep an eye out for the next month's edition. For more information visit A-AWA's website: <http://a-awa.org/>

A-AWA Gak's Updates

Art Fundraiser- AAWA-GAK is collecting funds to support aspiring Afghan refugee artists. The funds collected will be used toward purchasing art supplies to help these Afghan refugees' dreams come true!

Fundraiser to Support a Paralyzed Women- This past month AAWA-GAK has been collecting funds to support a young paralyzed Afghan woman with two daughters. The funds collected will be used to support her and her family.

If you are interested in any of AAWA's or GAK's fundraisers please check out AAWA on social media to see ways you can donate!



Afghan American Women's Association's Updates

Capacity Building Projects this Month:

-AAWA was able to send another \$20,000 to Afghanistan, making the total for 2022 \$46,000

-Cow Project: with the support of our community members we were able to successfully purchase a cow for a family in Afghanistan. The cow helps to feed the family during this difficult time.

-Small Pickle / Turshi & Soap Factor: AAWA has helped build capacity of small companies run by women in Herat for soap and pickle/turshi making.

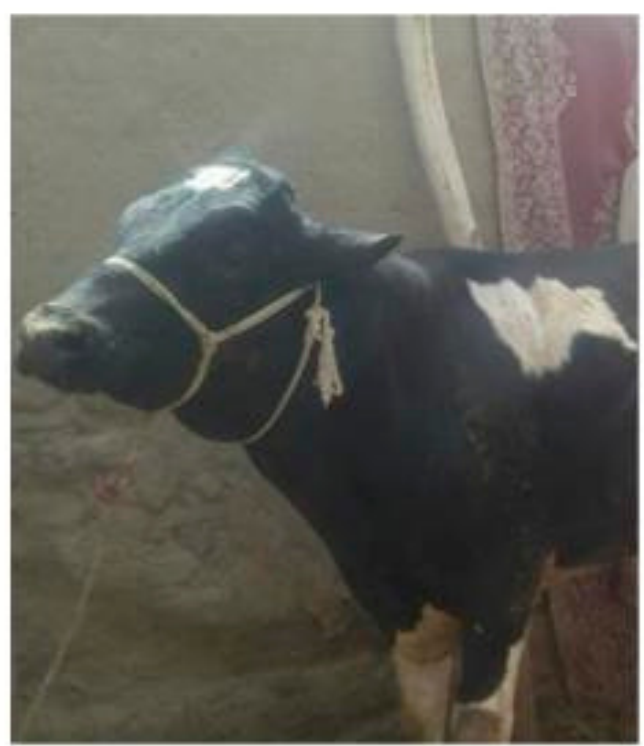
Ramadan Fundraiser: during the Holy Month of Ramadan AAWA has fundraised money to support the less fortunate.

-Eid Toy Drive: This past month AAWA has collaborated with LLS and Fresh Start to collect toys for Afghan refugee kids.

-Resettlement Program: AAWA is currently serving nearly 30 families, and were featured by Choose Love for its work

LIFE & COPE:

Please find newly released Life & Cope sessions via YouTube @A-AWA Life & Cope



Find us on social media!



aawa_us



aawa_us

Hi, I'm Sabrina Wali! I am currently in 9th grade and live in Vienna, Virginia. I love playing soccer and being with family and friends. I am very happy to be part of A-AWA-GAK, and enjoy being able to collaborate with such an amazing group of people.

I hope you enjoyed the month of April's Newsletter, and be on the watch for next month's edition!