

TEHRAN AFRICA

Diplomatic Spouses

Issue 1



President's *Note*

It is with great delight that we present to you the inaugural edition of the Tehran African Diplomatic Spouses Group newsletter!

This publication is a celebration of the diversity, resilience, and friendship that defines our community. Within these pages, you will discover the stories, experiences, and achievements of our members, as well as the various activities that have brought us together.

As a community of diplomatic spouses from across Africa, we are united by our shared experiences, cultures, and values. This newsletter reflects how we have created a platform to connect, share, and learn from one another.

The African diplomatic spouses in Tehran was established in 2023. The group is an independent, informal, voluntary, non-profit, non-political, and non-religious. It is open to all spouses of accredited members of African diplomatic missions in Tehran. Human beings are social beings they need love and social support systems. Most African ladies have a background of communal activities with friends, the move to Iran means leaving those structures in Africa.

The objectives of the group include but are not limited;

- Promote African culture through information sharing
- To bridge the gap of loneliness
- To explore and get to know Iran's culture, history and attraction
- To create lasting memories and form meaningful connections with other African ladies through shared experiences and activities
- Foster a sense of community and togetherness among African diasporic



individuals through the sharing of food and cultural exchange.

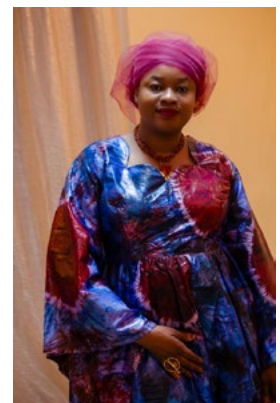
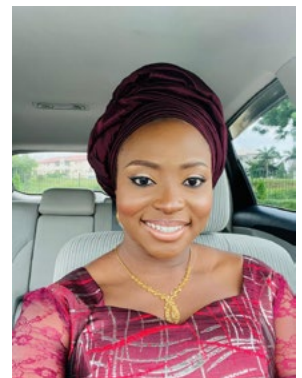
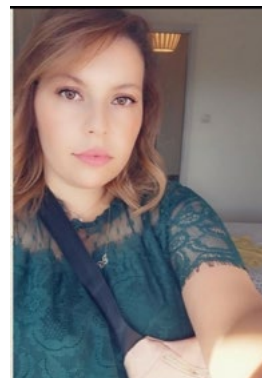
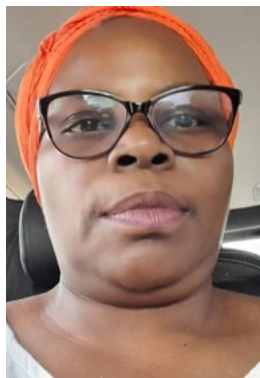
Most meetings are therefore a potluck gourmet of dishes from traditional meals. We hope that this publication will not only inform and entertain but also inspire and motivate you to continue building a vibrant and supportive community.

We extend our sincerest appreciation to all contributors, writers, and designers who have made this publication possible.

Enjoy your read!

Madame Shelta Kupemba,
President of the African
Diplomatic Spouses Group

Tehran African Diplomatic Spouses in Pictures- 2025





Tehran African Diplomatic Spouses Group

January 2025

Coffee Morning at Matador Restaurant

TAG began the new year on a high note, gathering for the first coffee meeting of 2025 at the elegant Matador Restaurant, sharing a sumptuous breakfast and planning our new year. On the 22nd of January 2025, the diplomatic spouses came together, eager to reconnect after the holiday break and start the year with renewed enthusiasm.

The warm atmosphere of Matador restaurant provided a perfect setting for

lively conversations, laughter and good memories. The ladies had the privilege to share stories of their holiday experiences, discussed upcoming events and explored ways to support one another in the new year. The coffee morning meeting marked a wonderful beginning to 2025, the ladies look forward to many more gatherings and making unforgettable memories together!



African Diplomatic Spouses Group meets Mrs. Lavasani

African Diplomatic Spouses Delegation with Mrs. Lavasani, Wife of Iranian Foreign Affairs Minister

On the 16th of February 2025, Tehran African Diplomatic Spouses Group paid a courtesy call to the wife of the Iranian Foreign Affairs Minister, Mrs. Lavasani, marking the beginning of a fruitful collaboration. Madame Shelta Kupemba highlighted the need for TAG to be recognized by the Ministry of Foreign Affairs and to partner with DSL on various activities.

Mrs. Lavasani, welcomed the group's initiative and expressed her enthusiasm to collaborate with the Association. She acknowledged the importance of diplomatic spouses' in fostering goodwill and understanding between nations.

The ladies had an opportunity to tour two classes which were in progress. The tour showcased the artistry and skill of Iranian women in creating exquisite handmade table cloths. The ladies witnessed the meticulous process of creating handmade table cloths from selecting the finest fabrics to intricately embroidering delicate patterns.

The group was impressed by the attention to detail, the precision, and the patience required to create these stunning works of art. The handmade table cloths workshop is a testament to the creativity, skill, and entrepreneurial spirit of Iranian women. Mrs. Lavasani stated that the classes help to promote Iranian culture, preserve traditional crafts, and empower women through economic opportunities.



African Diplomatic Spouses Delegation touring the DSL class



TAG ladies at the coffee morning

February

Coffee Morning – Celebrating **Love** in style

On the 18th of February 2025, Spouse to the Senegalese Ambassador Madame Derby Dieng hosted the TAG members for the February coffee session.

The members were served with various Senegalese cuisine, tea and homemade juice. The women also brought various cuisine from their respective countries. Fish was served Mali style featuring their unique aromatic fish spices. Maasa a sweet treat from Burkina Faso made with rice flour and millet flour was served, the famous jollof rice from Ghana was also served. Pumpkins a delicacy for most home breakfasts in Zimbabwe was also served.

The meeting served as a joyful belated Valentine's Day celebrations. Madame Kabore handed out the roses to all the

ladies present symbolizing the spirit of love and appreciation. It was all pomp and fanfare celebrated the African way. African music in the background, and the food was the highlight of the day.



Belated Valentines Celebrations

Celebrating New Life

TAG member welcomes a bouncy babygirl

On the 20th of February, two days after the coffee morning meeting at the Senegalese Residency, one of our dear sister Rokiattu Deen Basharr from Sierra Leone was blessed with a bouncing baby girl. TAG members were honored to attend the baby naming ceremony. The ceremony, a significant tradition in Sierra Leonean culture, was filled with music, dance, and prayer. The Sierra Leonean community shared their customs and traditions, while the other spouses learned about and participated in the celebration. The mother and baby were showered with gifts, love and well wishes.



TAG ladies at the baby naming ceremony



“A Warm Welcome to Tehran:

My First Experience in Tehran”

learn from one another.

Contact Information

President – Shelta Kupemba
+98 933 198 2661

Vice President – Derby Dieng
+98 936 929 4559

Secretary – Fatima Diabate
+98 905 044 9623

I am Jennifer Anzaku from the Nigerian Embassy. I arrived in Tehran in December 2024 and on the 2nd of January 2025, I was informed about the Tehran Diplomatic African Group. After contacting Madame Derby Dieng, I was added to the WhatsApp group where I was warmly welcomed by the amazing ladies in the group.

I first met members of the group at a monthly meeting which was hosted at Matador Restaurant, the reception I received was great, the atmosphere was all positive and I felt at home immediately. We had a great time dining and interacting with the beautiful ladies. Tehran African Group is good initiative because we can all

Thank You