

UBUNTU



- "Ubuntu" is an ancient African word, meaning "humanity to others".
Ubuntu also means "I am who I am because of/through other people".

Projects Abroad South African Newsletter

January 2011



Left: Philipp Schaaf (German, 5 months, Care project) together with his Handball team back in Germany, helped raise enough money to build a new classroom for the children of Little Eagles Creche in Vrygrond (See pg 3 for more)

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Volunteer of the Month

January: Tamara Kotowicz

(Human Rights, 3 Months, Nationality: Australian)



Tamara's outgoing and positive personality naturally makes her deserving of being awarded 'Volunteer of the Month'. She was a volunteer with the Projects Abroad Human Rights Office (PAHRO) where she focused her attention on assisting clients who had suffered extreme human rights violations. Her cases ranged from assisting clients to obtain refugee status, to maintenance claims, to child abuse cases. Her eager attitude towards effecting change within communities and her ability to attentively listen to the plight of clients has stood her in good stead. She is always keen to assist wherever she can and her confidence was manifested in her heading up the Lavender Hill consultations every Tuesday.

On her first day at PAHRO, Tamara was ready to effect change! She came to Cape Town to make a difference. She is an Australian volunteer who is nearing the end of her studies in law and was looking for a new challenge. She threw herself into casework as soon as she arrived, taking on over and above what was expected of her.

After being with PAHRO for a while Tamara began to take new volunteers under her wing and teach them what she had learnt. Volunteers would approach Tamara with questions about their own cases and for advice on a number of legal issues. In this respect she became an invaluable member of PAHRO. She was always extremely hardworking and happy to take the time to help others who were not as confident on particular matters as she was, this trait made her highly liked and respected amongst both staff and volunteers.

Tamara is always keen to listen and learn where she can. She spent her Tuesdays going into the community of Lavender Hill where she assisted countless numbers of women to open case files and get them the advice and help they desperately needed. By assisting these clients Tamara changed lives and made life that little bit easier for the people she assisted. Her kindness will never be forgotten by her clients and for this she should be proud.

Tamara's dedication to her work and the time and effort she put into it are commended. Also her passion for the work she did at PAHRO was clear and the way she handled herself in difficult situations whilst still maintaining a professional manner is the reason Tamara has received this title of 'volunteer of the month'. We feel privileged to have welcomed such a person into the PAHRO family and wish her all the best with her future.

PA to the PAHRO Manager: Gemma Hancox

Volunteer Corner: Philipp Schaaf (Care, 5 months, German)

Neue Klassenzimmer fuer Little Eagles



Mein Name ist Philipp Schaaf (21) und ich habe fuer 5 Monate einen Freiwilligendienst im Township Capricorn in einer Kinderkrippe gearbeitet. Nach meinen ersten Wochen in Little Eagles habe ich gemerkt, dass sie auf jeden Fall Hilfe brauchen, da ca. 50 Kinder in einem viel zu kleinen Klassenzimmer Platz haben mussten. Ausserdem war der Raum der genutzt wurde Teil des Hauses der Leiterin Jolene. Sie hatte immer wieder die Bitte geaussert endlich ihr Haus wieder fuer sich nutzen zu koennen.

Als ich meinem (Handball)-Verein (CVJM Moeglingen) davon erzaelt habe, wurden direkt Spenden gesammelt mit denen wir den Bau eines neuen Klassenzimmers beginnen konnten. Ausserdem musste ein Bauleiter gefunden werden, der bereit war den Hausbau zu planen und durchzufuehren. Nachdem die ersten Baumaterialien gekauft wurden, wurde auch direkt mit dem Hausbau angefangen. Nach ca. 4 Monaten ist das Klassenzimmer nun so gut wie fertig und mit weiteren Spenden aus der Familie konnte der Hausbau dann auch zum Abschluss gebracht werden.

Seit Januar 2011 ist Little Eagles nun in den neuen Raeumen und alle geniessen den zuvor nicht gekannten Raum, der uns auch viel mehr Moeglichkeiten zum Spielen mit den Kindern gibt. Auch die Leiterin des Kindergartens ist nun froh ihr Haus fuer ihre Familie zurueckzuhaben. Vielen Dank an dieser Stelle an alle, die fuer dieses Projekt gespendet haben... Little Eagles weiss das sehr zu schaelzen!!!





(ENGLISH VERSION)
A New Classroom for Little Eagles

My name is Philipp Schaaf (21) and I volunteered at a crèche in a township called Capricorn. Within the first few weeks of working there, it was clear that the crèche needed help – it had one small classroom that catered for about 50 children. Furthermore, the classes were held in a section of the Director Jolene's house, a less-than-

ideal situation. Jolene had expressed her hope for having her home to herself again.

When I told my handball team (CVJM Moeglingen) about my experience at Little Eagles, they immediately started raising funds to begin construction on a new classroom. Construction materials, as well as a builder who could plan and facilitate the building of the room needed to be funded. As soon as these were found, the construction began, and after about 4 months, the classroom was pretty much done. With a further donation from my family, the classroom was completed.



Since January 2011 the children at Little Eagles have enjoyed their new classroom, which is now big enough for lots of play-time. Jolene is also grateful to have her home to herself again. Thank you to everyone who helped make this project possible! Little Eagles really appreciates it.



Care Project Update

by Aaron Baxter

Due to the School Holidays all of the Projects Abroad Care and Teaching placements were closed from the 20th December - 15th January. During this holiday period we arranged alternative Holiday projects for all Teaching/Care volunteers. From the 20th-24th December, we had a Sport project that took place in Vrygrond Township community organized by Natalie Solomon's. Many volunteers got stuck in and took part in a variety of different sports with the many children.



Petra Wuerfel (GER) on the holiday project



Above: Volunteers helped out with the swimming activities on the holiday project

Over the Christmas week volunteers had the option of joining the Building project situated in Village Heights. Volunteers assisted in building a new structure for a care project that is set to be completed early in 2011. Volunteers also assisted with another holiday project from the 2nd -14th January run by one of our host families Samson and Una April. The children attending this holiday project came from disadvantaged backgrounds from the Steenberg/Retreat communities. Each day they took part in

different activities such as swimming, fun walks, arts/crafts, music and games/activities.

Overall, the holiday projects were a huge success and the general feeling from the children and volunteers was very positive. With some of the school and care projects already opened and the remaining set open on Monday 17th January 2011, we are all very excited and trust this is going to be an incredibly fruitful and successful year!



Above: Liesbeth Riemslag (NED, 1 month, Care) helping some church community members from disadvantaged backgrounds



Clockwise from back left: Petra Wuerfel (GER), Adelheid Schroeer (GER), Margreet Pot (NED), Silvia Weyler (Austria), Jutta Köhm (GER), Kathi Teubl (Austria) and Liesbeth Riemslag (NED).

Journalism Office Update by Tristam Goch

(UK, Journalism, 3 Months)



Gradually filling up again after the quiet holiday period, the Cape Chameleon office is now home to volunteers from Denmark, Holland, America and the UK. With more volunteers expected in the coming weeks the office should soon be a bustling hive of activity once more.

Not wasting any time and always hoping to publish new and interesting stories we have all thrown ourselves into the project fully. At the moment the Journalism volunteers are working

on Cape Chameleon's usual diverse range of articles and subjects. Vincent (France) is working on recycling, Melissa (USA) is focusing on the state of water and waste in the Cape, Marit (Holland) is finishing an article on the new traffic laws for South Africa, and I am exploring Cape Town's growing illustration scene. The two newest volunteers, Tania (Denmark) and Ashleigh (UK)

are looking into stories on the subjects of charity work in prisons and youth unemployment. With workshops and a visit to the printers planned, alongside the constant need for writing and research it looks set to be a busy (and exciting) couple of months ahead for Journalism volunteers.

The office is always busy and new stories are always cropping up so we hope to continue providing our readers with interesting articles and features throughout the New Year. And of course we all hope to continue exploring and learning more about this fantastic city.



Left: The latest issue (No.6) of the Cape Chameleon, themed "HIV/Aids"



Human Rights Office Update

by Tiffani Wesley & Johnlyn Tromp

LEGAL SERVICES MONTHLY UPDATE

Tamara Kotowicz, our Australian volunteer who has been here for 3 months, has done a stellar job at handling her case work with great care, professionalism and efficiency. She is also currently our team leader at our Lavender Hill consultations on Tuesdays where volunteers are afforded the opportunity to consult and advise women within the community.



Above left: Some of the volunteers on the South African Parliament Tour. Above Right: Tamara Kotowicz

Among the myriad of cases which she is dealing with, Tamara is currently dealing with a client who has a rather complex set of issues. They are *inter alia*, rental dispute which, upon the agreement by the two parties. The same client has two teenage daughters, one with bipolar and the other 15 year old who is pregnant, possibly has HIV and is on drugs.

A separate case was reported by a man who alleges that his wife is abusing drugs. This is causing strain on the family and he is of the opinion that she is unfit to care for their two young children. The client has a terminal illness and fears for his children's lives. We have advised him that the intervention of Social Services could result in the children being removed from their care.



Another client who is originally from the DRC, has been harassed and threatened in Tanzania, Malawi and here in South Africa. Due to this persecution, he gave a false identity to Home Affairs when he arrived.



Tamara will also be involved with the 'Forced Migration' Conference in Canada and working towards submitting a paper.

Camilla Blixt joined the PAHRO office over a month ago and has proved to be a hard worker. Her legal background stands her in good stead and she is further challenged by the nature of the cases. One in particular is in regards to a labour matter. This matter however, has been litigated and therefore, we are precluded from interfering in such proceedings. The CCMA (Commission for Conciliation, Mediation and Arbitration) is an organisation with a specific mandate to deal with labour related matters in terms of unfair dismissals or unfair labour



practices. The client had sought relief from the CCMA and wishes to appeal their decision. The next suitable body would be the Labour Court to which he may appeal.

SOCIAL JUSTICE MONTHLY UPDATE

PAHRO volunteers, including Sarah Wegener, have been hard at work conducting workshops in Bonnytoun. The first workshop focused on how to act in a trial. Participants learned about issues such as evidence and contempt of court and engaged in role playing activities so that they will be prepared for their own upcoming trials. The second workshop focussed on respect, especially towards women. The participants worked on how to behave on a first date and how to treat and respect women. The workshop also focussed on diversity and respect according to the law. There is another workshop in the works that focuses on their future plans. Participants will learn how to fix the problems they may encounter in the future when they go to school. This workshop will also focus on concentration techniques, drug addiction, conflict resolution, and how to find a school and organizations that will help them.



Another volunteer, Natasha Di Biase, is working on a project that will take four groups of 10 girls from different communities such as Khayelitsha and Sans Souci. Their interaction will be based firstly on a social interaction involving sports. After that the girls will be broken up into groups with twelve participating in a debate about gender rights and race, twelve participating in a mock trial, and sixteen in an advocacy program.

Place of Interest:

Silvermine Nature Reserve, Cape Town

- By Gisela Madden



You may be interested to know that there is no silver at Silvermine Nature Reserve. Silvermine is part of the Table Mountain National Park (and has been since 1998), and acquires its name from the Silvermine river which originates in the reserve. For a brief period in the 1600s, it was believed that the area held silver deposits, but as minerals were only identified by the naked eye (there being no adequate instruments that early on in the Cape), these silver deposits were found to be other, less valuable minerals.

Due to its proximity to Cape Town, the area is well-visited on weekends, as many nature-based recreational activities can be enjoyed here. These include walking, hiking, bird-watching, mountain biking, exploring the local sandstone caves, climbing and abseiling.



The flora in the area is also very special. Silvermine lies within the Cape Floristic Region, which is more commonly known as fynbos. "The entire Cape Floristic Region averages 94 species per 1000 square km, making it much more diverse than any other part of the world. California and South Western Australia, two other Mediterranean regions, have respective average diversities of 14 and just under 12 species per 1,000 square km...Within the Cape Floristic Region, fynbos alone may contain between 150 and 170 species per 1,000 square km, an astonishing two or three times that measured for tropical rainforests..." (*John Manning, Field Guide to Fynbos, 2007*)

A popular place to relax and enjoy the beauty of the area is the Silvermine reservoir. It was built in 1898 and was used to supply water to the nearby Kalk Bay and Muizenberg communities until 1912. The reservoir is now a lovely place to swim and is surrounded by a wheelchair-friendly boardwalk and picnic and braai (barbeque) sites around it.



Bobotie

The origins of Bobotie can be traced back to the eastern influence on South African culture. The Cape Malay society are famous for cooking this dish and it is usually served with yellow rice.

Ingredients

1 kg minced lamb
 125ml milk
 1 thick slice of white bread, crust removed and soaked in milk
 2 roughly chopped onions butter
 Salt
 1 tablespoon of curry powder (mix the hot and the Cape Malay versions for a good flavour)
 1 chili, finely chopped (optional and only if you like your food quite hot)
 ½ cup vinegar
 1 tablespoon of lemon juice
 1 teaspoon of brown sugar
 1 tablespoon of chutney
 8 -10 crushed almonds (optional)
 3 eggs
 1 clove of garlic, crushed and finely chopped
 6 bay leaves
 1 orange, sliced in wheels
 1 lemon, sliced in wheels
 Oil for cooking

Instructions

Heat the oil in frying pan and add the garlic, onion and curry power. Cook over medium heat for three minutes, then add the mince meat. Fry until the meat is almost done, then using your hands, squeeze the milk from the bread. Discard the milk and add the bread, vinegar, lemon juice, sugar and chutney to the mince. Fry for a minute or so and then remove from heat.

Take a pie dish and place three bay leaves, two wheels of orange and two wheels of lemon at the bottom. Now scoop the mince mixture into the dish. Decorate the sides of the dish with the rest of the lemon and orange wheels, wedging them between the mince and the sides of the dish so that only a third protrudes. If you are using almonds, push them into the mince. Beat the eggs and 125ml milk, and pour over the meat. Put three bay leaves on top of dish. Place the dish uncovered in the oven and cook for about 30 minutes at 160 deg Celsius.



Serve with a plain green salad or vegetables.
 Make sure you have some chutney near at hand.
 Serve piping hot with the yellow rice.

Recipe from
<http://www.rainbownation.com/recipes/recipe.asp?type=2&id=9>

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