

UBUNTU

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



"children are running around playing games, women are chatting outside their houses and girls are playing netball on the streets. This was the atmosphere Jo, Mignonne and I came across on our first visit to Manenberg".

Anjali Kamte (Human Rights) writes about working in Manenberg

Page 11

CONTENTS:

Volunteer of the Month	Robert-Jan Welten (<i>Teaching, Sports, Surfing, 3 months, NETHERLANDS</i>)	2-3
Staff Introductions	Olga Kousi and Jake Waldron	4-5
Project Updates	Care: <i>By Kelly Bennett and Michele Simonsen</i>	6-7
	Building: <i>By Rebecca Schanna and Ginevra Taccola</i>	8-9
	Human Rights Office Update: <i>By Jo Brown and Anjali Kamte</i>	10-12
	Journalism Update: <i>By Maja Vadum Larsen</i>	13-14
Recipe	Buttermilk Rusks	15
Place of Interest	Seapoint Promenade: <i>By Mark Wijsman</i>	16-17
Contact us	Follow us on Facebook, MyTripBlog, and Twitter	18
Volunteer contact list	Get in touch with other volunteers in Cape Town	19-22

VOLUNTEER

OF THE MONTH

MAY

Robert-Jan Welten

Teaching, Sports, Surfing

3 months

Nationality: DUTCH



When told at his induction that working at a project in South Africa requires a bit of initiative to make your stay worthwhile, Robert-Jan proved to be a good listener. During his stay in South Africa, Robert-Jan has gone the extra mile for both his teaching at Hyde Park Primary as well as his Surfing Project. The reason why Robert-Jan is awarded the 'Volunteer of the Month' title for May is due to his endless initiative within his projects, his enthusiasm, well-spirited character and his passionate approach. Not only did he leave a footprint with the children of Hyde Park Primary and his new-made surfing buddies, he also left his mark through his creative writing on the blog.

Robert-Jan Welten (18) is a volunteer from the Netherlands who has just finished high school in the small village of Borne, Overijssel. Initially he came to Cape Town to work as a Physical Education teacher at Hyde Park Primary school in the morning, followed by giving surfing lessons to the children in Muizenberg in the afternoons at our Surfing Project. Robert-Jan soon found out that combining the two on a day, with the challenge of the Cape Town public transport system, was difficult. But Robert-Jan stuck to his projects, and came up with a simple solution. From then on, he taught PE for three days a week, and surfing for the other two. He did this with the utmost dedication, to say the least.

Soon after starting to teach at Hyde Park Primary, Robert-Jan created his own Soccer Project. Since March he has taught soccer skills to the girls of Hyde Park Primary, after school, three days a week. Coming from a Dutch background, Robert-Jan has taught the ladies the traditional attacking soccer mentality, slowly turning them into the new female Messi's and Ronaldo's of this generation. Don't be surprised to see blinded Hummers going through Grassy Park soon, with the new Cape Town soccer stars in Manchester United track suits.

We love that Robert-Jan is such a good listener, since we always advise new incoming enthusiasts about writing something for our blog about their experience in Cape Town. Luckily we have the rights to everyone's texts posted on our blog, because Robert-Jan has written us a novel. Yes Robert-Jan, we're still busy reading.



With volunteers filling up on South Africa's wonderful food, ranging from the juicy steaks to spicy curries, Robert-Jan decided it was time to turn this around for one day. His transformation into the Dutch Gordon Ramsay for a day paid off, and he became master of the stove for an entire Sunday. But as with everything in Robert's active life as a volunteer, nothing was done without thinking of the children. So besides filling his roommates up with a big portion of pancakes, he spent a hot day above the pots and pans of his host family's house to make the children of the Surfing Project a big batch of this delicacy.



Thank you Robert, you are a true Volunteer of the Month!

Volunteer Coordinator: Mark Wijsman

STAFF INTRODUCTIONS

Olga Koucí

MY PARENTS LOVE TELLING THE STORY OF MY FIRST FLIGHT. I was six months old, flying from Poland, where I'd been born, to Greece, where I'd grow up. It's not a very exciting story - I slept the whole way through! But they seem to think it was when the travel bug was instilled within me. I am lucky enough to have very adventurous parents. They took me everywhere with them and, by the time I was 15, I'd been to most of Europe, Asia and the US. So it didn't really come as a big shock to them when, at 17, I decided to move to the UK to study! I spent the next four years studying International Relations with Modern Languages, focusing on the Latin American world. Studying Philosophy for several months in Uruguay as part of my university exchange made me want to explore even more of the world. I backpacked all over South America, before volunteering with Projects Abroad in Costa Rica.



To this day, I still vividly remember a fellow volunteer complain about the simplicity of the people and life in Costa Rica during his first week. Two months later, this person had extended his stay and signed on to a project in Argentina as well. I was impressed by how life-changing this experience had been for him. I realized I'd love to help make a difference



in people's lives in this way, so as soon as I finished my Masters Degree I applied for a job with Projects Abroad. I spent last year working in Ghana and Togo and I've been in Cape Town for three months now.

I was initially a bit worried about living in Cape Town - for a girl that likes to listen to music, do crosswords and bake in her spare time I wasn't sure I'd fit in with action types hiking up mountains on the weekends! I couldn't have been more wrong. There's something for everyone in Cape Town and it's this diversity that makes it such a great place to live in.



Jake Waldron

Hi there everyone, my name is Jake Waldron. I'm the recently appointed 'Assistant Social Media Manager' at Projects Abroad. Sure, it's a job title that means I could pretty much be doing anything at Projects Abroad, but I mostly go around to the various projects filming the volunteers and interviewing them. Basically I stalk volunteers with a camera! So if you come to Cape Town you will probably have a visit from my camera and I, and be asked to answer some simple, yet effective, questions. I also have the responsibility of designing the newsletter each month. So yes, all that you see before you as you browse through this newsletter, I designed. Enough about my new job let me tell you a bit about myself.

I was born in Cape Town on September 16th, 1988, and I have lived here my whole life. I absolutely love it here. In my opinion it's one of the most beautiful cities in the world and I've had the privilege of growing up here, for which I am very grateful. It's amazing, and cheap! So having lived here my whole life I guess it's presumed that I went to school and university here as well. You presume right! I did! I spent most of my education at public schools, and then when I was 16 my parents decided to send me to a private college, which was just a really small school in a church, boasting a total of ninety students! I then went to the University of Cape Town (UCT), this was mainly due to the fact that both my parents work there so I got reduced fees. I completed a BA in BA in Film and Media and then decided to do an honours degree at another private college called AFDA. At AFDA I learnt more than I had learnt anywhere. The practical experience was amazing and it was probably one of the best decisions of my life. I finished that degree last year and then went on to do an internship at NHU Africa, a wildlife production company, which was so amazing. I gained a lot more experience and met some reasonably cool people in the wildlife documentary industry. And I got to see cheetahs for free, yes! Straight after I finished my internship there I joined Projects Abroad.



Now for a bit about my personal interests: I have many passions in life and I love doing as much as possible. First and foremost I love Jesus, and how He's worked in my life. I give him all the credit, he's pretty cool. I love playing soccer, a lot. I also love watching and supporting soccer, particularly Tottenham Hotspur – they are the greatest team ever, enough said. I played at a local club down the road from my house for a few years and then went to play for the UCT team. Now I play in a local league with all the churches. It's so much fun, I love it. My other main passion would have to be filmmaking, particularly editing. It is what I studied so it's a good thing I'm passionate about it, but I love creating something that entertains people and brings across a message. I'm also quite a sucker for films, I love watching a good movie, so they go quite well together.

So that's me, I could go on but I'll keep it short, and in case you meet me we can still have something to talk about!

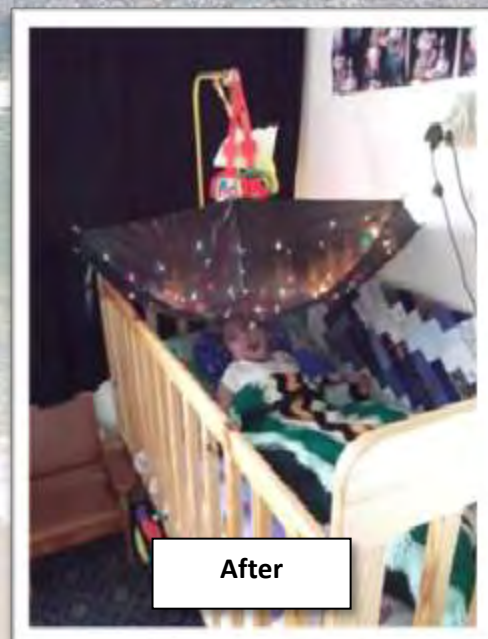
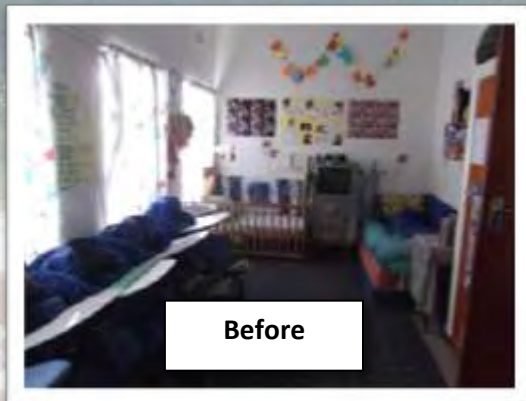
CARE UPDATE

By Kelly Bennett and Michele Simonsen

The Sunrise Special Care Centre was formed in 1988 by a group of parents of children with severe and profound intellectual disabilities as there were no day care facilities for children who needed specialised care. There are around 30 children/ adults who attend the centre daily. At the centre the children's basic needs are met including feeding, changing and care.

The centre has had a number of volunteers who have supported the staff and shared ideas. As an Occupational Therapist and a Special Needs Teacher in Denmark and England we found the school was lacking in a sensory curriculum. We felt this was important because children with special needs need to be mentally and physically stimulated. Children with severe and profound intellectual disabilities do not process stimulation in the environment correctly which can cause motor problems, learning disabilities and behaviour difficulties. Therefore during our time volunteering at the centre we wanted to focus on the sensory input the children receive each day, working alongside the staff to extend their knowledge and skills.

From our experience in Denmark and England we found there were many similarities in sensory integration. We discussed ideas to improve the schools provision and decided to ask Projects Abroad for funding to implement new sensory resources.



To improve the provision for sight we hung umbrellas above the beds of children with severe brain damage with coloured lights and disco balls. These will encourage children to look up and focus on their environment. We also hung lights around one of the classrooms.

After talking to the head teacher we decided to transform a small area of the school into a sensory/ play area that all the children could access. In here we included a ball pool above which we hung bells to stimulate the children's hearing and shiny objects to stimulate their sight.

Next to the ball pool we put a selection of large balls including a therapy ball, balance balls and space hoppers.

We also put a mirror and six boxes. We filled four of the boxes with rice, pasta, beans and squeeze toys. These are intended for children to explore with their hands fishing out small objects to help improve their fine motor skills and the different textures will stimulate their touch.

In the fifth box we put bubbles and shaving foam. In the final box we put a selection of brushes that can be used to stimulate the children's sense of feel.



Before



After

We decided to use boxes so that all care givers in the school have the opportunity to take them in to their classrooms whenever needed.

To ensure the staff at the school can use the boxes correctly we wrote brief instructions for each box.

The staff at the school have been very excited about the new resources and have already started using them. We are very pleased with the end result and would like to thank Projects Abroad for their support and funding.

BUILDING UPDATE

By Rebecca Schanna and Ginevra Taccola

Coming into the Building Project at Village Heights started with a warm welcome from Projects Abroad's Building Manager Deen Singh. Bernie and her family added to that warm reception. At the site there is a community library and a day care centre (phase one). We are presently busy with the construction of a toilet and wash area (Phase two). Actual building has its stop and go points and does not move on a continuous pace because of various factors in the community. There are about a thousand people in this community, however there are no proper toilet or washing facilities. We, the Projects Abroad Building Team, have undertaken to build their first ever proper toilet and washing facility with modern fittings and fixtures. We are sure this, in a small way, will alleviate the toilet saga experienced in the townships recently.



The start of phase 2: The toilet and wash area began with an Italian, American and 6 Australian volunteers.

Laying the foundation: Filling of the mixture of sand and cement into the sandbags, mixing of concrete and the laying of the foundation.



ABOVE AND BELOW: This is the stage where mathematics and accuracy are required! The making of 'the eco-beams' (and later the actual construction of the structure) assisted by Louis (French), Dreas (Dutch), Geneva (Italian), Rebecca (American), Edward (Australian) and Teresa (Belgian), Maura (American), Matthew (American) and Gaura (American).



ABOVE: This is the stage where the actual construction of building and the laying of the sandbags begins...

HUMAN RIGHTS OFFICE UPDATE



Free Gender

By Jo Brown

Corrective rape, whereby a man rapes a lesbian in the belief that the act will “cure” a woman of her sexual orientation, is a growing phenomenon in South Africa. The LGBTI organisation Free Gender was founded by Khayelitshan - Funeka Soldaat in 2008. The group fights for justice for victims of corrective

rape and homophobic violence and aims to create a support network for lesbians in the area.

This past month Projects Abroad have formed a partnership with Free Gender. Together we have organised two events. On Friday 13th all the NGO’s in Khayelitsha working against homophobia have been invited to present the work they are doing to the community. There will be showings of documentaries made by Free Gender and a period of open discussion. On Monday 16th Free Gender will be hosting a panel discussion with representatives from the police, the National Prosecution Authority and local Government to discuss how the justice system can be more effective in its dealings with cases of corrective rape and homophobic violence.



Get. Out. And. Live.

(In Manenberg)

By Anjali Kamte

Working in the area of Manenberg has been an experience like no other. Inside this community you will find the footpaths packed with people at all times of the day; children are running around playing games, women are chatting outside their houses and girls are playing netball on the streets. This was the atmosphere Jo, Mignonne and I came across on our first visit to Manenberg after taking the mini bus to 'Yellow Doors' and laughing at the disbelieving look on the drivers face. Nothing has really changed since then, except we now find ourselves included in these netball games, competing with kids half our size but they make up for it in speed. Since the first visit about a month ago we have gone from door to door speaking to young women, with an aim to start up a women's group in this community where woman's rights are sometimes overlooked. We have established a group, a name, and a two-month workshop planned to empower young women to be self-reliant as well as broadening their choices for future careers. In the first meeting we managed to take the girls outside of Manenberg for a day excursion to The District Six Museum as well as The National Gallery. The girls loved getting out and seeing the rest of Cape town, and we treated ourselves to a relaxing lunch break sitting in the gardens outside The National Gallery munching down on Gatsby sandwiches and getting to know each other better.



The girls appreciated the visit to the District Six Museum as the area of Manenberg, as well as the rest of the Cape Flats, was a direct result of more than 60,000 people being displaced and segregated into townships defined by their race during the apartheid regime. One of the girls, Anthea told me that she liked to see 'the big picture' of what happened in South Africa, and the girls are interested finding more information about the history of their community. We will be working in Manenberg for the rest of the year with the youth, promoting the girls group and the boys group to find information about the history and culture behind this spirited community which we will then combine into a book which they will create and sell.

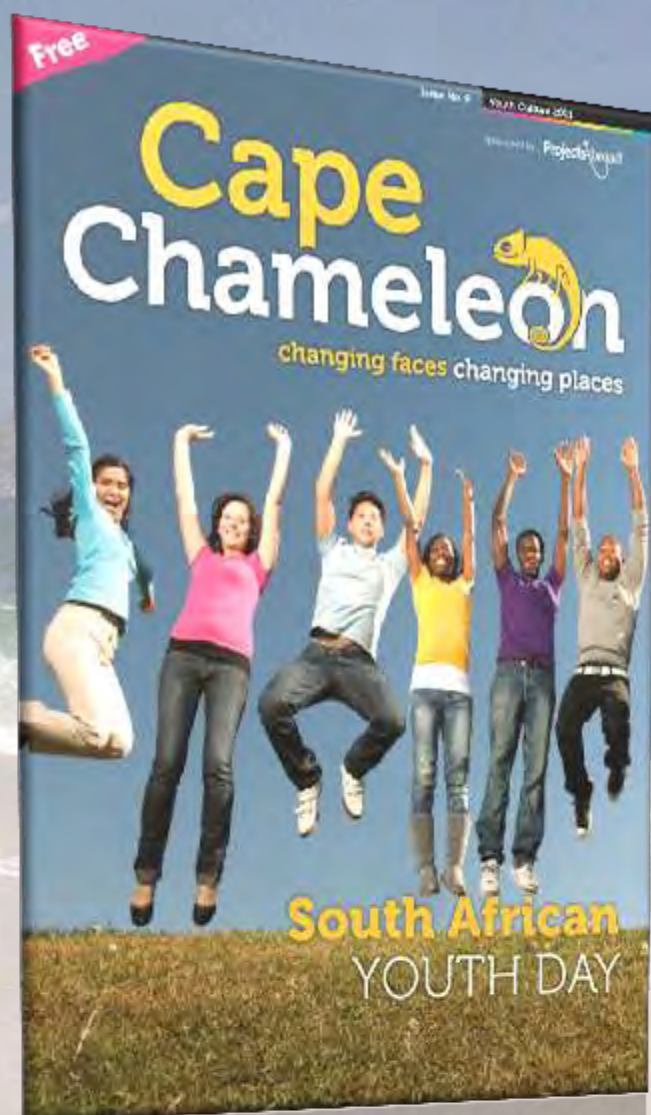
The girls came up with the name of our club only after we set out goals for what they wanted to learn from us, the volunteers goals of being able to take them out of Manenberg and visit other places, the goals we hoped to win in all the netball matches we compete in, as well as their individual goals for what they want to achieve by the end of the year. The most important ambition we found that we all had in common was just to **Get. Out. And. Live!**



Journalism

UPDATE

By Maja Vadum Larsen



Finding it hard to accept that summer is yesterday's news, the Cape Chameleon covers itself in warm jumpers and heads towards tomorrow's deadline for issue number 11 on nature and conservation. We are also looking forward to issue nine, which is themed around youth day, and will be arriving from the printers soon.

At the moment we are only three hard working volunteers in the office: Marion from France, Greg from England and Maja from Denmark. We had to say goodbye to Ornella and Clotilde from France and Flavio from Italy this month so everyone is looking forward to meeting new colleagues soon.

The subjects we are currently working on are xenophobia, a children's ranch and tracking in the Karoo. Greg is researching xenophobia, defined as the hatred or fear of foreigners or people with different political or cultural beliefs. Marion is finishing up an article about a children's ranch called Where Rainbows Meet, as they help children from the poor township of Capricorn to a better future. Marion and Clotilde were lucky to visit Capricorn to interview the organisations director. Maja is writing an article about Shell's application to extract natural gas from the Karoo using the technique called hydraulic fracturing.

This month also gave us the opportunity to visit the parliament together with a group of volunteers from PAHRO. Despite a late and unprepared guide, the parliament building was impressive from the inside and it wet an appetite to sit in on a real parliament meeting. Let's hope more trips like this one will be possible in the future! Other than that, PAJO (Projects Abroad Journalism Office) is hard at work and can't wait to attend more press clubs and workshops, and of course write more articles!

Here's also just a quick reminder to follow Cape Chameleon on Facebook on Twitter and get the most interesting news and updates. If you haven't read our magazine, please make sure you grab a copy.



BUTTERMILK RUSKS



This is a traditional yeast-baked rusk - great for dunking in your tea or coffee early in the morning when you watch the sun rise as the boer trekkers did every morning when they traveled from the Cape to the Transvaal. If the rusks are to be kept for a long time, do not substitute margarine for the butter.

Ingredients

375g butter_
500g sugar_
2 extra large eggs_
1,5kg self-raising flour_
30ml (2 tablespoons) baking powder_
500ml (2 cups) buttermilk or plain drinking yogurt

Instructions on how to make it

Preheat oven to 180°C.

Cream the butter and sugar together very well. Add the eggs, one at a time. Sift the flour and baking powder together, and add this to the creamed mixture, using a fork to mix. Add the buttermilk or yogurt, using a little milk to rinse out the carton. Mix well with a fork and then knead lightly. Pack lightly rolled, golf ball sized buns of the dough into the greased bread pans close together, and bake for 45-55 minutes. Place the pans in the middle of the oven, with a sheet of brown paper on the top shelf to protect the buns from becoming browned too quickly.

Remove the paper after the buns are well risen and cooked through, to brown the tops. Reduce the heat to the lowest possible setting. Turn out the buns on to cake racks, cool them and separate them, using 2 forks. Pack them on wire racks or on cooled oven racks – air must circulate. Place them in the cool oven, leaving the door ajar, for 4-5 hours, or overnight, to dry out.

If no buttermilk or yogurt is available, use fresh milk curdled with lemon juice or white vinegar.

Recipe courtesy of
[RainbowNation](#)



PLACE OF INTEREST

The Seapoint Promenade

Sand is overrated, it's just tiny little rocks

Mark Wijsman

This article needs a warning first. If you are a gym junkie, you might as well stop reading. Why? Because you prefer the Ab Trainer Pro 2000 and the moaning of your weightlifting neighbour to the outdoor scenery and fresh smell of our own Atlantic Ocean when doing your daily (or weekly) exercise. In a country with at least 9 months of guaranteed sunshine, you have decided to do your exercises on indoor rubber and plastic machineries while drinking your banana split protein shakes.



For all the others, the Sea Point Promenade is a gem for the daily exercise. A six kilometre stretch of promenade, almost touching the ocean and divided from daily traffic by a big patch of grass covered land; the promenade is the ideal urban getaway for walks, jogs and relaxation.

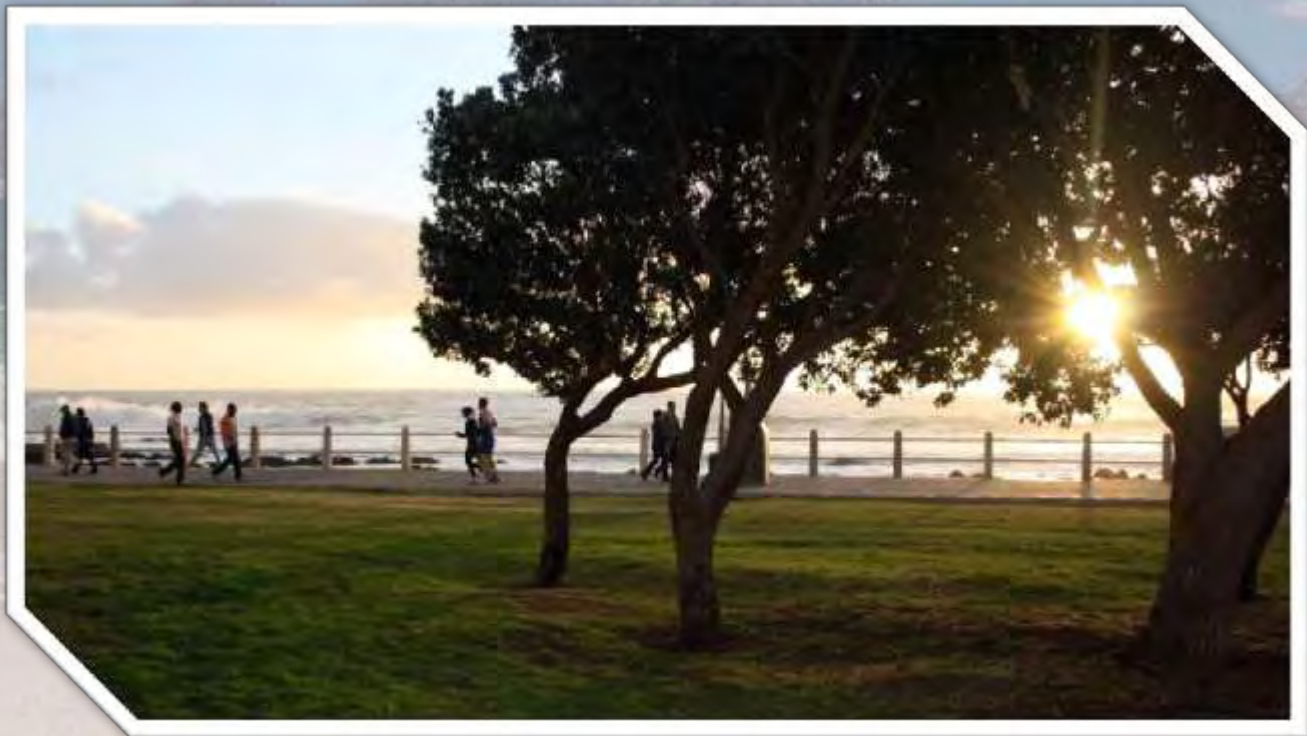
Trade your solitaire filled computer screen for excellent views from the Promenade, and you might get a seasonal whale watching opportunity. A romantic walk in the sunset with the lady is also recommended,



since the promenade offers plenty of benches overlooking the Atlantic. You could even do some celebrity spotting, since the Promenade is a see and be seen spot for the famous. I once thought I saw Oprah, but it turned out to be someone else. For the culturally interested, the strip offers plenty of signs with historical information, for instance about

shipwrecks and marine biology. You might even pay a visit to the Sea Point Lighthouse, one of Cape Town's historical landmarks.

So the Promenade offers something for everyone, and is one of the easiest urban escapes from daily business. So while you are here, it's something definitely not to be overlooked. Except for gym junkies, unfortunately.



Connect with us...

Join our group for regular photos and news, and to connect with our volunteers in country



"Projects Abroad, Cape Town, South Africa-
The Official Group"

<http://www.facebook.com/group.php?gid=5368625646>

Visit our country blog for the latest stories from volunteers in Cape Town!

www.mytripblog.org/mod/blog/group_blogs.php?gl=true&group_guid=2999



The Official **Projects Abroad** Weblog



Follow us on Twitter

http://twitter.com/Proj_AbroadCT