

UBUNTU



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



*Left
Volunteers on their
Dirty Weekend at
Masikhule EduCare*

*Sara Oezogul (GER)
Mari Englok (NOR)
Katie Barry (USA)
Tara McMullan (AUS)
Mike Barry (USA)
Brittany Mullings (USA)
Claudia Hinna (ITA)
Eddie Suiche (UK)
Shahir Greiche (EGY)
Kristine Bayer (DAN)*

*See Brittany Mullings'
article on page 4*

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Business Volunteer Story

by Vincent Denis



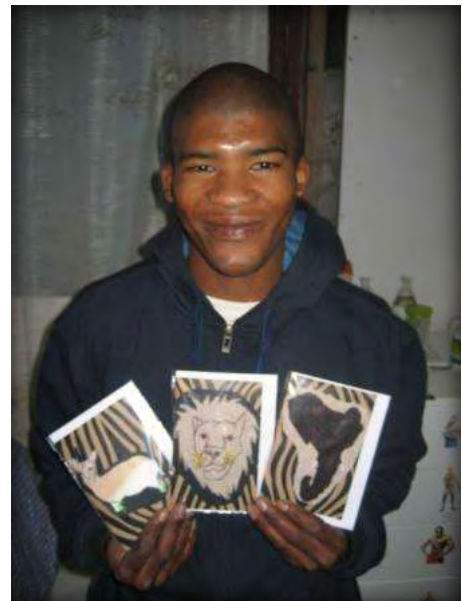
Author Vincent Denis

My name is Vincent Denis, I am a 21 year old Business School student from Paris, France. I have been working for 10 weeks in the Business Development Project in the Vrygrond Community for an organization called Where Rainbows Meet.

My weekly tasks were mostly teaching and following the small business entrepreneurs located within Vrygrond. I also decided to design and create a new communication strategy based on brochures and posters to advertise the organization but also the business people attending our weekly business workshops. Either owning a general goods shop, arts and crafts business, or a food take-away these people proved to me they are more than resourceful when provided with advice and a regular follow-up.

Thys Wittbooi is a traditional arts and crafts maker taught by his father, one of the Vrygrond Community leaders. The uniqueness of the design makes his crafts the best souvenir idea of Vrygrond. We followed him on finance and general business running issues (costs and prices regulation) and we are actually looking for a market stand in Green Market Square for him to sell his goods.

Franck is the son of a Vrygrond Tuck Shop owner and is actually starting a games area nearby to



Thys Wittbooi



Franck (right) with some friends

provide both of them more customers. Pool tables and video games, this place is fated to become the new entertaining spot in the community and is also a way to keep youths off the streets and out of trouble. I have been personally following Franck through the opening business process, including creating a business plan, a first step marketing strategy mostly resulting in advertising within Vrygrond.

Mom Gigi is a restaurant and take-away located in a street



Mom Gigi

really close to Where Rainbows Meet. The restaurant and take-away businesses are always the most difficult because owners are busy daily and cannot afford to skip their activity to attend courses or meetings. She really has a good working business but clearly needs funds and ideas to improve her workplace.

Zwai is a youth also living in the area that just opened a Vetkoek place with his mother. Vetkoek is a traditional South African food, similar to a doughnut, though vetkoek can be filled with savoury mince, as well as eaten with sugar. It's made from flour and is deep fried. This new business is definitely promising due to the fact that both of them are aware of most business issues and processes. It's sometimes quite impressive to discover that some people living in this kind of environment find their own way to learn. As any early business, Zwai requires a lot of help from the business people at the organization to make the best start possible.



Zwai and his mother with their vetkoek



Zwai serving a vetkoek from their shop

Volunteer of the Month

Brittany Mullings and Kristine Bayer



Brittany Mullings (USA, 2 months, Care and Human Rights) & Kristine Bayer (DAN, 2.5 months, Care)

Brittany and Kristine were our first ever Projects Abroad volunteers to work at Masikhule during the months of September and October 2010. They have both been an absolute asset to Projects Abroad and have exemplified what it is to be an excellent volunteer.

Brittany and Kristine have both shown a remarkable amount of independent initiative and have a very good work ethic and strong leadership ability. Because of this they have been awarded 'Volunteer of the Month.' They demonstrate what it is to be a hard working, diligent volunteer. Their confident, charismatic and strong outgoing personalities mixed with affection and love certainly won the hearts of the children and care centre director, Miriam Solanib.

'My heart is so thankful for what you have done; this has changed my life...' Miriam Solanib, Director of Masikhule Educare Centre.

Brittany (21) is an American volunteer who is presently studying at the University of Pennsylvania studying Politics, Philosophy, and Economics. Kristine (21), from Denmark, is still in the process of deciding whether to study; she has an interest in psychology.

Masikhule Educare is situated in Vrygrond, the oldest informal settlement in South Africa. Within the confines of Vrygrond/Overcome Heights, conservative estimates place the number of pre-schoolers who receive any form of daily education at around 30%.

Masikhule Educare was opened in March 2009 by Miriam Solanib and is currently caring for 41 children between the ages of 6 months and 6 years. Masikhule Educare is an informal home-based care centre with limited space and human resources, but with Miriam's great determination, she has made amazing progress, even within these trying conditions.

With about 50 children aged 6 months-6 years and 3 staff members, Brittany and Kristine had an overwhelming job at hand.

Brittany and Kristine soon got plugged in and after a while some obvious changes began to take place within the running of the care centre. They came to see Aaron Baxter, their project supervisor, about the possibility of beautifying the interior and exterior of Masikhule. They both filled out a 'dirty weekend application form' and a month later they purchased all the materials, informed other Projects Abroad Volunteers about what they were planning to do and on Saturday 25th September a team of about 15 volunteers transformed Masikhule into one of the best looking crèches in Vryground. As a direct result of this change, the crèche has received more business from local families.

Brittany and Kristine have made a tremendous impact on the children and teachers at Masikhule, which is all down to Brittany and Kristine's leadership and initiative.

Project Supervisor: Aaron Baxter



Brittany Mullings and Kristine Bayer in front of the new Masikhule Centre

Masikhule Make Over

Dirty Weekend, by Brittany Mullings

Masikhule Educare: Growing Together One Step at a Time

Kristine Bayer (Danish, 2.5 months) and I are the first volunteers to be placed at Masikhule Educare located in Vrygrond. We travel to the crèche every day using arranged transport and arrive with an open mind and even bigger hearts. The children are arranged into groups according to age range (<2, 2-4, 4-6) and Kristine and I take turns working with different groups. We organize different activities including painting, drawing, colouring, reading and other various games. The kids are full of energy and keep us on our toes every day. We are also extremely glad to be there because we can see how hard the two teachers and principal at Masikhule are working and how much help they really need. While one teacher looks after the babies



Brittany Mullings (USA)

in the crèche, the other is usually cooking the hot lunch that they make every day. That leaves Kristine and myself to organize activities for the rest of the children. There are also a multitude of new workshops that the teachers are required to attend during crèche hours, which makes it even more difficult to attend to all of the kids. I'm not sure how the teachers would be able to run the crèche on their own. They need manpower but obviously cannot afford to hire more people.

After working for the crèche for almost a month, Kristine and I decided that we needed to give it a

makeover to reflect all of the brightness and positivity that the children and the staff displayed. We applied for a 'Dirty Weekend' and were given funds to improve our crèche. We decided to undertake a major painting project. I personally wasn't completely convinced that a little paint would really make that much of a difference- but I was definitely wrong. With the help of eight other volunteers (listed above), we were able to completely transform Masikhule into a centre that would stop anyone in their tracks and make them take a second look. Members of the community supported us with



Brittany Mullings and Kristine Bayer in front of the new Masikhule Centre



Tara McMullan (AUS), Shahir Greiche (EGY) and Eddie Suich (UK)

honks and simple conversation to let us know that they loved and appreciated what we were doing. It was great to everyone's faces ecstatic about all of volunteers and the grabbed a brush and artistic vision. than grateful for all on deck and even bake chocolate all of our volunteers. a big help, but the staff and Abroad the project such a success.



Kristine Bayer and Brittany Mullings with the children from the creche and their care-takers

see the smile on and I was more than the help from the teachers. Everyone helped us complete our Kristine and I were more of the hands that we had met the day before to muffins and cookies for The treats were definitely without the big hearts of volunteers of Projects would never have been Thank you!

Upon returning to the crèche on Monday morning, we were met with smiling children and appreciative parents. The principal of the school also notified us that she had received four phone calls over the weekend from parents who were interested in signing their kids up. They commented that before the paint make-over, they were not aware that there was even a crèche there at all! Not only were we able to create a beautiful space, but we were able to help

a wonderful woman expand her business.



Back Sara Oezogul (GER), Mari Englok (NOR), Katie Barry (USA), Tara McMullan (AUS), Mike Barry (USA), Brittany Mullings (USA) Front Claudia Hinna (ITA), Eddie Suiche (ENG), Shahir Greiche (EGY), Kristine Bayer (DEN)

A Taxi Cab Like No Other

by Ellie Kirby

The favourite part of my day is surprisingly not relaxing with the other PAHRO volunteers in CyBar after work with a pint of Black Label draft or “chowing” my host mum’s delicious chicken curry, but my morning journey in the taxi. At home I hate morning travel. I hate pushing my way onto the Underground and spending half an hour tucked under someone else’s armpit. The way the doors jerk and roll as someone squeezes onto the super fast cattle truck rushing through the belly of the city. But in Cape Town I really enjoy going to work because its during my morning ride that I really feel that I am in Africa! I love flagging down a taxi and squeezing in between traditionally built ladies wedged between bags and buckets. I love the way the drivers’ mate rides with his head out of the window screaming Wyyyyyyyyyyyyyberg or Cape Toooooouuuuuunn at everyone we pass. I love the way that everyone passes their money up to the driver and the way one of the “mamas” passes me my change. This would never happen at home. For starters you wouldn’t be allowed on the bus unless you had bought your ticket in advance. For a city where it’s not safe to ride around after dark this trust sums up for me the paradoxes of life here.

Before I arrived in Cape London’s nightbuses. singing “We’re forever cans of beer. Students ripped jeans talking in found themselves while ‘gap yars’. Girls in short chunks of kebabs every another grey corner on a until I came to Cape manner of life in the taxis! out on the way to work,



Town I thought I had seen it all on Seriously. Drunken football fans blowing bubbles” while downing with straggly beards wearing posh accents about how they smoking dope in ‘Indiah’ on their skirts and skimpy tops throwing up time the bus lurches around drizzling London night. That was Town. But you really see all Guys in blue factory overalls jump while girls rearrange their

headscarves with banded arms. Children in smart brown uniforms (with brown shoes and tights!) munch on dried snacks. The ladies with the buckets shout at each other in the klick klick of Xhosa and wave their arms around and laugh with toothless smiles. On my first journey alone, when the workers were striking, a young woman roused the troops of women who were clapping and singing in Xhosa. I’ve ridden up front with the driver; I’ve squashed myself in the back. I’m forever being spoken to in Afrikaans. I shrug. “Ma ma, where are you from? Where did you learn to speak? You like my country?” I’ve had a neighbour around my age from a few streets away tell me everything he knows about Germany - it took me the entire journey to realise he thought I was from Germany. We pass one of the PAHRO projects – Bonnytoun, a young offender’s institute. We pass a military base. I see the street vendors selling cheap ciggies and sweets on their makeshift market stalls made up of cardboard boxes and old fruit crates. I am in the bustling hubbub which is Wynberg and the end of my ride.

However, what I love most about my Taxi ride is seeing Table Mountain rise up before me as we swing around the corner of Plantation Road. I love seeing the misty tablecloth rise and swirl over the rocky crags that stand like a sentinel over the city. One of the things I love most about South Africa is the huge open skies. The way the sky seems to go on and on forever as if the world is a picture frame and the sky a canvass stretched over it. I love seeing the sky and my day anew spread out before me as I ride to work. And it makes me feel a little sad that the people here only enjoy it from beyond the window of a taxi, a train or a car. That is my wish for South Africa that everyone is able to feel as free here as I do on a London nightbus.



Garden Route, Eastern Cape



Hassan Ahmad

Canadian volunteer, 2 months (June-July 2010), Human Rights

I am a law student from Toronto, Canada who came to Cape Town to conduct a study on the state of the South African health care system and its role in either solving or perpetuating the HIV/AIDS epidemic. My trip to South Africa came about initially not by choice. After a lengthy ordeal and denial of a visa to India, I

came upon the human rights office in Cape Town and immediately knew this was an avenue to achieve my goals for the summer. For my research I conducted both academic and field level study which included distributing surveys in townships while also meeting and interviewing private and public practice physicians, nurses, administrators, CEOs and activists. Throughout these encounters, I was treated with immense hospitality and learned about the important work being done by health care and business personnel in order to resolve the HIV/AIDS crisis.



After spending two months working final week in South Africa travelling Eastern Cape. From this experience that although the beautiful beaches rival Cape Town's waterfront, the Mother City. It is only in Cape Town what South African culture has to roots exhibited in the townships to opportunities, Cape Town presents



at PAHRO, I decided to spend my through the Garden Route into the I firstly came to the realization of Port Elizabeth or Durban may latter is rightfully called the where a visitor feels the totality of offer. From its ancient African its diverse nightlife and aquatic a variety of opportunities.

Additionally, from my travels, I found that in many ways the country today exhibits remnants of its past. From national parks that are forced to protect the wildlife from poachers and hunters in the hopes of preserving species that have roamed the continent for centuries to the social remnants of apartheid that continue to marginalize black populations to inner city ghettos, South Africa harkens to its past while trying to build a strong and prosperous future for its citizens.

As a visitor, I marvelled at the dedication and forbearance of South Africans in ensuring a brighter future for their homeland. I hope to return one day again as a visitor and first-hand witness the progress of this great nation and the work of the PAHRO volunteers, both domestic and foreign, who are challenging the status quo in striving to help South Africans reach their full potential.



Photos (top, left to right) With HOKSA Housing for Kids in South Africa; Above the clouds – Lion's Head. (centre and left) Cape Point. (right) with Projects Abroad volunteers. (Far right) in the Cango Caves.



Little Eagles Educare

Marlies Jansen

(Dutch volunteer, 3 months, Care)



Author, Marlies Jansen.

On 6, September 2010 me and Phillip started working on the Eagles Educare placement. Every morning they pick us up in a minibus and drive us and a lot of other volunteers to the placements. The children are from the beginning very happy to see us and it is hard to give all the children the same attention. There are 85 children in our crèche aged from 1 to 6. Every day we make two classes,

one for the children aged from 1 to 4 and one for the children aged from 4 to 6. I take care of the little children and Phillip works with the older ones. There are 2 other teachers and one other volunteer from the community. It is nice to have some help from the community, because she knows the culture and knows the background from the children. For me it was very different

from my work at home where I also work with children. They treat the children in another way and the space and the toys/materials are totally different to those I use too. But it is a great experience to entertain the children with very few resources

and it is good to see that you really make the children happy and make them smile.

So we help the teachers where we can, play with the children and keep them occupied. We paint, we sing and do outside activities and the children really love to dance! I'm really amazed by all their energy.

But we also organize trips. We had a sports day with all the other crèches; we went to a sports field where we did all kinds of activities. We had a family day when we go to a swimming pool with all the children and the parents and after that we had a *braai* (bbq). Super! The children really enjoyed the day and a lot of them never left the township before.

Now we have the chance to organize a dirty weekend, we want to clean/paint and build the playground. So the crèche looks fresh again!

Our daily program:

- 09.00 - eating porridge
- 09.30 - learning time
- 10.15 - eating fruit
- 10.30 - play time/activity
- 11.30 - lunch
- 12.00 - sleeping time
- 13.30 - eating bread
- 14.00 - play time



Photos by Phillip Schaaf
(German, 5 months, Care & Surfing project)



Human Rights Office Update

Matt Fearon (American, 2 months)

Here at the Human Rights Office in Rondebosch we are once again growing in number, and



Matt Fearon at work.

are able to handle. There are 12 of us volunteers here now, and though that is no comparison to our population in July, it is a definite improvement over last month and further reinforcements are on the way. With more of us here we have been able to begin expanding our presence in the communities of Cape Town while (hopefully) still keeping up with our casework here in the office.

One community we've been working with over the past few weeks is Manenburg, where some of us have traveled to work with a group of kids from SelfHelp Manenburg. We met with this group once or twice a week and gave interactive presentations on their

consequently so is the inspiring array of social outreach projects and legal cases we

constitutional rights, how to debate, and how a trial is conducted.

This week was our last time seeing this particular group, but there will be more to come. In the meantime we are finalizing a mock trial script, drafted by previous volunteers, and hope to include it as an exciting conclusion to our next workshop.

Another ongoing project is our work with the women of Philisa Abafazi Bethu, a support group for women and children living in the Lavender Hill area. Some of our volunteers go once or twice weekly to offer legal counsel and services.

One volunteer, Ellie Kirby, has visited Lavender Hill many times and is working multiple cases from clients that live in the area. She finds these cases particularly interesting; they include pension disputes, as well as a woman who's husband was shot and is now looking for assistance in writing her will. Our office is becoming increasing popular with these woman

because of the positive results they have seen from our help.

Back at the office, the great majority of clients we see coming in are refugees. According to the UNHCR South Africa



Darlene Sainvil (USA), Ellie Kirby (UK), Pamela Kechter (GER), Laura Rodgers (UK), Matt Fearon (USA) and Claudia Hinna (ITA) on a tour at parliament with three other visitors.

is now the most popular asylum destination in the world, with more than 222,000 claims in 2009. Once here these asylum seekers face many obstacles, including xenophobia and the occasionally threatening Department of Home Affairs in Maitland.

Much of our recent casework has involved dealing with these issues. Several of us have accompanied clients to the Department of Home Affairs in an effort to help them obtain whatever document they may need, and have witnessed first-hand the xenophobia that foreigners face in this country. We have one volunteer working with several clients who did not renew their temporary asylum seeker permits on time and are now facing fines they cannot pay. Another of our volunteers is working with a refugee from the Congo whose children were

assaulted, by xenophobic South Africans, on their way home from school. He is working in conjunction with the UN in an effort to relocate the family.

In Khayelitsha we have been facilitating weekly presentations on xenophobia and what it means to be a refugee in an effort to raise awareness among the local Capetonians.

Apart from the casework and ongoing social outreach projects, some of our volunteers are working on projects of their own design. These projects cater to the volunteer's personal interests and include some new workshops and a few research papers.

Claudia, from Italy, is writing a thesis paper for a University back home about access to clean

water and what role international law plays in this respect.

Mingke, who studied business back home in China, is researching the government's policy of Black Economic Empowerment, or BEE.

Carina, who worked with troubled teens in Norway, is bringing this experience to the office and converting it into a social-networking map, (no relation to Facebook or Myspace.) This map will act as a tool to help people here in South Africa become more autonomous and find some

direction and purpose in life.

Pamela has been working passionately on a paper exposing the difficulties experienced by disabled people when using public transport, especially Metrorail. Upon completion she will submit it to Parliament and

hopes that it will inspire cost-effective change within the system.

Brittany from New York has been working to develop a workshop of her own conception for women in the St. Anne's and Sister's Incorporated shelters. Doubling as a writing/communicating and human rights workshop, Brittany plans to educate these women about their rights while teaching them some basic writing skills such as letter and e-mail formatting. She has already developed some great relationships with these women and says working with them makes her really happy.

Whatever they're working on, everyone at the office seems to love what they are doing and this upcoming month is sure to be a productive one.



Projects Abroad Volunteers at a mock trial.

Journalism Office Update

Stefan Bedard (Canadian, 3 months)

The **Cape Chameleon** is currently two issues in, coming up on the third and still going strong; with journalists currently representing; Canada, U.S., Germany, and England. This cultural office focuses on many different topics, such as: South African politics, international sports, human rights issues, health, arts, culture, and many more. Each issue has a unique theme and the

next one will have close attention on animals.

The journalism group is busy writing articles on many different genres. We are taking a closer look into hockey programmes that help children within the local townships, building projects and eco-friendly building projects that are incorporating cost effective materials and also promoting community work, historical pieces taken from Robben Island's football days that brought prisoners on the island together, and South Africa's problem with xenophobia.

On another level there are articles written on specific decisions of the ANC following bills passed and pending. Trips to parliament can be taken at the discretion

of the journalists and the topic which they wish to write about. Beyond this, interviews can take you all over Cape Town, from the beaches in Muizenberg to central Cape Town.

The **Cape Chameleon** continues to be an office full of vibrant and exciting writers. From day to day you can feel the energy as new ideas; new thoughts

and new stories are being created. Read our next issue and join us on this roller coaster, which discovers the inside scoop on Cape Town!



Top: Loubna Serghini (CAN)

*Middle Left: Alice Hedworth (UK)
with Nontsasa Nyovane Siyakhatala.*

*Left and Above: Lucile Hervet (FRA)
with school children from the
townships.*

Place of Interest..Mzoli's



Mzoli's is a popular hangout for Capetonians. Located in Gugulethu (*our pride* in Xhosa), a township 15km from Cape Town city centre, Mzoli's caters for the meat lovers. Patrons buy fresh meat from the butchery, which then gets cooked on the large *braais* – barbeques! The meat is then served in large metal plates, accompanied by *pap*. *Pap* is a corn-based staple in South Africa, which is ground finely, and then boiled into a white porridge-like dish. Drinks can also be bought, though many people bring their own cooler-boxes.

As amazing as the meat is, the atmosphere is what draws the crowds. *Kwaito* music – house with an African flavor – gets the people moving after their lunches. It's also a great place to rub shoulders with the locals from all walks of life.

Mzoli's is a great place to spend a weekend afternoon, in a relaxed environment, with a fantastic vibe.



Top: Darlene Sainvil (USA), Pamela Kechter (GER) and Laura Rodgers (UK).

Above Left: Volunteers Loubna Serghini (CAN) and Corol Wegner (GER) with staff member Lyndon Mtembo.

Centre: Pamela Kechter, Laura Rodgers and Loubna Serghini mingling with the locals.

Right: Volunteers Darlene Sainvil, Pamela Kechter and Laura Rodgers.

Traditional South African Potbrood

Traditionally, the Boer settlers would bake this pot bread (*potbrood*) in a cast iron pot in a small pit in the ground lined with hot coals. You can do it over a braai.

Ingredients:

5 ml yeast
10 ml sugar
250 ml luke warm milk
30 ml melted butter
1 kg flour
2 eggs
5 ml salt

Method:

Add yeast and sugar to the milk and melted butter. Mix in 15 ml of the flour. Mix flour and salt. Add the yeast mixture. Knead until it is well formed. Leave to rise for about 20 minutes. Punch down and place into a well oiled and floured cast iron pot. Cover and let stand for 20 minutes. Place on the gentle coals with a few hot coals on the lid. Bake for 25 – 35 minutes. Check that it does not burn.

