

UBUNTU

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



"The most inspiring thing about disabled people is when you assume that someone is limited and they surprise you by being extraordinary"

Marie-Chantal (OT Project) writes about working with handicapped children at Glenbridge Special School.

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VOLUNTEER

OF THE MONTH

JUNE

Teresa Van Roey

Building

4 months

Nationality: BELGIAN



Teresa Van Roey has displayed the true quality of a volunteer, to serve, uplift and share both the sorrow and the joy with the community unselfishly. Her strong, vibrant and friendly character together with her excellent communication skills and her confidence in taking the role of the most senior volunteer position, displaying a natural leadership style together with tolerance and humour and through this has achieved great things. The reason Teresa has been awarded 'Volunteer of the Month' is she has exemplified what it is to be a hardworking, diligent volunteer. Furthermore, Teresa's positive, enthusiastic and infectious personality has added to the excellent morale, warmth and the positive energy we have at the building site.

Teresa's added contribution to assisting the community in the building, education and welfare matters made a very positive mark on the lives of the community.

'Teresa has taught my daughter, Jamie Lee some English and my daughters marks have improved from 35 % to 60%' Bernadine Thomas, mother of Jamie Lee.

'Teresa has given me some counselling sessions on my personal family issue's, as a result it has give me a positive way in dealing with my family' Feroza, parent living in Village Heights.

'Assisting in drawing up the resolution for registering as a NGO for Village Heights Community Centre, is immensely appreciated' Bernadine Thomas, Main Member of the Village Heights Community Centre.

'Contributing financially to our soup kitchen has assisted to feed more hungry stomachs in the community' Bernadine Thomas, Cook at the food kitchen.

Teresa is a Belgium volunteer who is returning to study to be a teacher in Maths and English for the first four years of high school. She will study at the University of Ghent in Belgium.

Teresa was given the task to assist in building at Village Heights Community Centre, a very small community centre with no formal building structures. At this centre there are predominantly coloured

community, situated in Village Heights in Lavender Hill. Most people here live in informal settlements where the homes are very run-down and have been made from low-cost materials such as corrugated iron, wood planks and anything that can be used to create shelter. Most people are either street vendors or domestic workers. The community itself enjoys a tight network of friends and family and is alive with love and a sense of togetherness, but unfortunately it suffers from problems such as domestic violence, drugs, alcoholism and HIV/AIDS.



With all these austere conditions Teresa had a big job on her hands, if she wanted to make a major change, she was immediately given the task to assist in the building of next phase (toilet and washing facility) of our proposed future building structures.

At first with very little confidence and with no past experience in buildings, it wasn't long until Teresa was put in at the deep end on the dirty Wednesday to be empowered to act as one of the site supervisors that brought out that determined qualities within her to make it happened on that day. At the building projects she had made us proud to keep that high standard of work and most of all a real team player. Her determination against all odds to work hard and give her best was outstanding and commendable.

Teresa has gone beyond her call of duty. She had undertaken numerous other smaller roles

outside the buildings which made a huge impact on the lives of the community.

Teresa is an empowered leader, with a sensitive and positive attitude coupled with an enormous strength and eagerness to help wherever she's been asked to by going the extra mile. With that positive energy and eagerness, we find her particularly deserving of the honour and title of our first 'Volunteer of the month'.

Well done and keep it up! We are looking forward to you joining us again as a volunteer on future building projects at Projects Abroad, South Africa.

Manager Building: Deen Singh

STAFF INTRODUCTIONS



Gerhard Jacobs

My name is Gerhard Jacobs. I am from Cape Town in South Africa. Upon finishing high school I left South Africa for the United Kingdom, where I worked as a fish farmer on a trout farm in Scotland. I always knew that I wanted to return to Cape Town and after two years I came back here to study as a chef at the Cape Town Hotel School. Two years into that I found the monotony of working in a kitchen too much and took a one year break before deciding to study journalism, at the time a passion, but not an overriding factor in my life goals.

Before I started my Journalism studies at City Varsity I had absolutely no idea what type of journalist I wanted to be. "Some politics, maybe a bit of food..." was the answer I would give when asked where my interest was vested. Through work placements at the Provincial

Government of the Western Cape and the Cape Argus I soon found my passion to be directed towards social development...the needs of the many. The escalating social conditions internationally made me realize that my future lies with an organization focused on sustainable growth with long-term goals.

The latter led me straight to Projects Abroad where I now work as the Project Manager for the South African division of Voices of the World, a journalism development initiative that gives young people from all walks of life the opportunity to write and get published on our website www.voices-of-the-world.org. Some of my time is also devoted to assisting with the daily operations of the Cape Chameleon Magazine, the mouthpiece of the South African Projects Abroad Journalism project.

VOICES OF THE WORLD

UPDATE

By Gerhard Jacobs

Voices of the World: A global youth initiative.

Voices of the world is a global project focusing on journalism development among young people. It forms part of Projects Abroad's international family of social growth programs aimed at the advancement of essential skills needed to succeed in an ever-changing world where media convergence is becoming more and more prevalent.

The goal of the project is to give young people from all walks of life a platform for showcasing their ideas and opinions while developing the skills needed to enter the world of journalism, through weekly workshops. These skills are essential for a career in journalism, but they also develop the young writer's analytical skills and grow their general knowledge by introducing them to the ideas of their global counterparts.

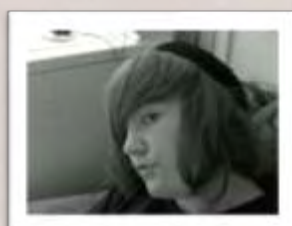
We have also established journalism clubs in our host countries where all our 'Voices of the World' can come together, brainstorm ideas and exchange thoughts and opinions on everything from creative writing to photography. These ideas are then work shopped into articles published on our website www.voices-of-the-world.org.

So far we have had immense success with our projects in Mongolia, India, Uganda, Bolivia, Australia, and more recently South Africa. As this project is aimed at showcasing local talent our writers draw inspiration from everything making news and grabbing attention in their specific countries, while offering readers from across the world a glimpse of what goes on where they are .



Voices
OF THE WORLD

South African writers so far



OCCUPATIONAL THERAPY UPDATE

By Marie-Chantal

Do you know the reason why Occupational Therapy is so fantastic? The answer is because of the people; the handicapped people you are working with. The disabled people get less attention in our society because nobody knows how to handle them. The contact and the work with disabled people are still a random unknown theme. That's why I'm giving you an impression and insight into what I did at Glenbridge.



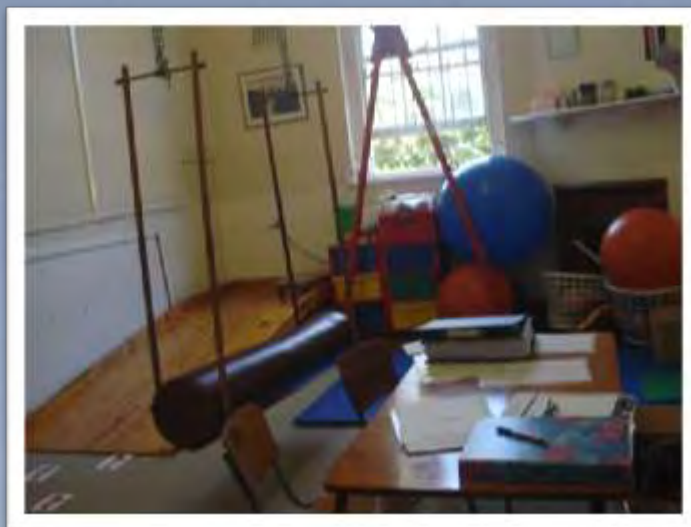
My Project

GlenBridge Special School is a school for mentally and socially handicapped children. Right now there are about 100 pupils between the ages of 6 and 18 with different social, cultural and religious backgrounds and with different intellectual impairments (including Down syndrome, Fetal alcohol syndrome, Williams' syndrome etc.) The school has 23 employees (teachers, occupational therapist, etc. and also cooperative parents who organize the art and music lessons as well). The working atmosphere is based on team work and a lot of communication. Everyone is welcoming, lovely and relaxed. As a volunteer and newcomer you feel integrated right from the beginning. You find your place at the center very easily and you are free to ask many questions. Everyone is willing and open

to give you satisfactory answers. You are always free to bring some new ideas or share some knowledge. That's awesome! The daily program usually starts at 8.00am till 2.30pm. Sometimes there are some meetings where you can learn interesting skills or new technology for teaching. The school has a lot of equipment and offers an extensive curriculum designed around the learners needs. The people with disabilities benefit enormously from the therapeutic offer and everyone who deals with them.



It gives you the opportunity to broaden your horizon and shows you a new space and you gain a lot of experience. Once a week the pupils go to S.A.R.D.A. horse riding, which makes them very excited and happy. In addition a special trainer organizes exercises in the school swimming pool and at the gym or they go for different kinds of sports. Motion and healthy food is very important that's why we have breakfast and lunch together and some dance lessons afterwards. During the long break you can decide if you would rather spend your time with the kids and play (netball, climbing etc.) Or you can enjoy a cup of tea or coffee on the terrace.



Why Occupational Therapy?

The school aims to develop and support each child to his/her full potential as best as possible, to be socially acceptable and integrated, self-sufficient and independent and emotionally ready to be able to enter into the working place at the age of 18 years. Many of the children will never be completely independent and care will be required for the rest of their lives. Even playing and talking can be a challenging task. Occupational Therapy helps to achieve necessary abilities for daily living and to give them the opportunity for a better life and a chance to become self-sufficient. The therapy is a mix between physical activity and concentration and occurs in little groups of 3 for about 45 minutes. Particularly it's really interesting to see the African way of work with all the disabilities and compare it with my own back home. If you want to, you can

join the teachers during the lessons and get a chance to see how they work and how the kids perform in reading, writing, music, math and arts. That's another awesome perspective!

This project is for everyone! Especially for those who want to work with children, being socially active or for those who want to work specifically as an Occupational Therapist, or in a special school. You work within a classroom, in a beautiful small Occupational Therapy department or near the schoolyard, teaching various basic skills like feeding themselves, going



to the toilet, gross and fine motor skills and learning special basic subjects (communication, cooking, etc.) all the important stuff for the workplace.

During my time here I took on a lot of responsibility, although I'm in my first year studying as an Occupational Therapist, I did some Occupational Therapy on my own. The experience I gained here will help me a lot in my future studies. And of course it was a really good feeling!!!

All of the children are so unbelievable loveable, honest and interested in you as a person. So don't wonder if you are hugged several times a day. You really get along well! It's lots of fun working with the kids, observing them at the therapy and enjoying the wonderful atmosphere of South Africa.

"The most inspiring thing about disabled people is when you assume that someone is limited and they surprise you by being extraordinary"

I'm so grateful for the experience. Thanks to everyone! Last but not least a special thanks to Suzette- the Occupational Therapist at the school- she's amazing and doing an amazing job as well. It's a pleasure to work with her.



HUMAN RIGHTS OFFICE UPDATE

Bonnytown Update

By Sophie Dozier

Bonnytown is a Juvenile Correctional Facility located in Wynberg, a suburb of Cape Town. Bonnytown is home to male youths aged 15-17 years who have grown up too fast and desperately need the moments the volunteers provide when they can simply be at ease and remember a simpler time. Volunteers from the Human Rights office, located in a neighbouring town, prepare weekly workshops that focus on helping the boys build character and presenting alternatives to some of the activities they prefer. As of late the



volunteers created a workshop centred around positive rap music. The boys were given CD's with rap artists they were familiar with, but were only given tracks that promoted a positive message. The workshop consisted of listening to tracks and then discussing how listening to positive lyrics impacts how one may view the world, versus listening to negative music. They were then given a week to continue listening to the music; the volunteers then returned to do an activity where the boys worked on writing their own positive lyrics. Several of the boys rapped, one performed a reggae number and

reggae number and another sang. A couple of the volunteers participated as well, writing and rapping some lyrics of their own. The Projects Abroad volunteers hope to continue with these workshops for several weeks to come. A few volunteers are working to have a local music producer come to several workshops along with some local Afrikaans artists, to work with the boys on creating their own lyrics and recording them, for a reminder of what living a positive lifestyle can help one accomplish.

The Protection from Harassment Bill

By Lerissa Thaver

On 8th June 2011 and 14th June 2011, I was able to attend the deliberations dealing with the proposed Protection from Harassment Bill that was before Parliament's Portfolio Committee on Justice and Constitutional Development. As a law student who is very interested and enthusiastic about constitutional law it was a privilege to hear the arguments brought forth by the Committee Members to address the numerous concerns the Harassment Bill could potentially create. The deliberations dealt with a number of issues ranging from discussions about grammar, sentence structure and definitions to the serious implications the Bill may have on the procedures and policies undergone by the media, police officials and internet providers.

The Protection from Harassment Bill was drafted in order to deal with the lack of protection South Africans have from harassment. Both the civil and criminal frameworks that deal with harassment in specific contexts do not, in the view of

Parliament, adequately address victims who fall outside the scope of domestic relationships. The Protection from Harassment Bill will allow a person who feels that he or she has been harassed to apply for a protection order from the court. After looking at all the evidence the court then decides whether or not an order should be granted.

I was able to see first-hand how difficult it is to draft, edit and discuss legislation that affects a number of different parties in very different ways. Listening to the Committee Members who are made up of a diverse group of people (lawyers, social workers, politicians etc.) was a valuable experience as they were a group of highly intelligent and experienced people who collectively were able to address the concerns logically and efficiently. My experience at Parliament has allowed me to develop a clearer understanding about the parliamentary process in South Africa which is an important part of the expansion and protection of human rights.



Journalism

UPDATE

By Kelly Easton



With merely three members of staff – including myself – PAJO has realised the value of volunteers, as with 15 chairs in a neat little office, there was a time when we only filled three. Yet our sad story only lasted a week, as it wasn't long after the departure of volunteer, Greg Goulding, when Samantha Tomilowitz recognised the excitement of the journalism programme and joined the **Cape Chameleon** team! And with contrasting colours and captivating content, **Cape Chameleon** issue ten has motivated us all to work even harder on the next issues to come.

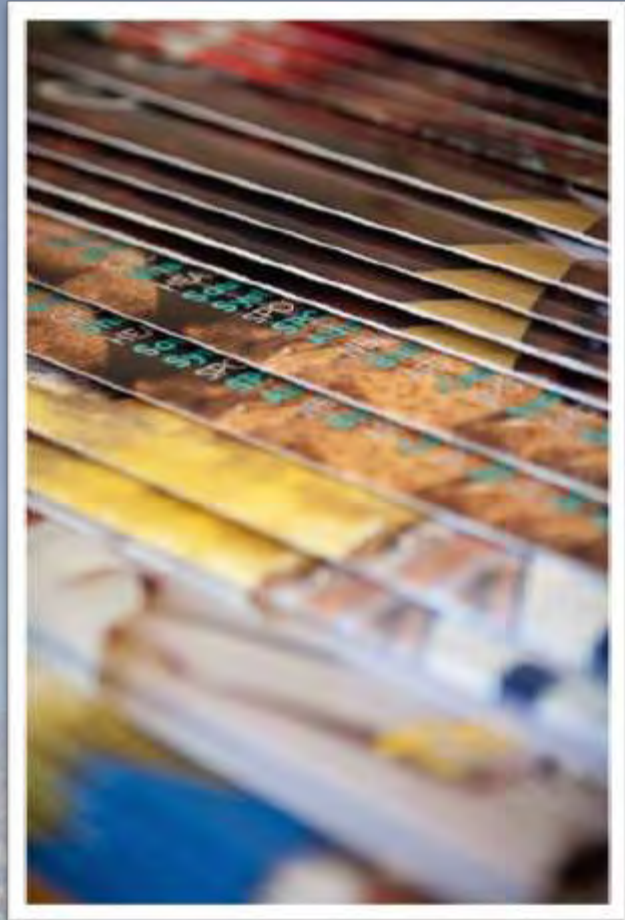
For that reason, although Greg has gone back home, he's left us with interesting articles, which include topics like xenophobia, sailing, Rhino poaching and markets, and we are sure that Samantha will do very well too. At the moment, she is researching the Rape Crisis Centre for our spotlight section and ADHD for health.

We are also proud to admit that after one year, **Cape Chameleon** has reached some of its many goals, such as an increase in public interest in the magazine and with that a diverse readership. Therefore, we are now

working on proposals for a variety of companies, seeking additional funding and perhaps advertisements to help the magazine reach its full potential.

So with our plans for the future and the arrival of each new issue of **Cape Chameleon**, “we can't quite decide if the world is growing worse, or if the reporters are just working harder,” (*The Houghton Line*).

Please don't forget to follow us on Twitter and Facebook and make sure you spread the word of **Cape Chameleon** Magazine!



BUILDING UPDATE

By Jeremy Jacobson and Yves Noel

Come rain or shine, there is a deadline to meet! Times ticking...leaving in few days! Maura and Gaura, enthusiastic and committed makes a plan to work by getting one of the male volunteer (Eddie) to put up a temporary canvass roof to continue work inside the structure while it rains.



Before the rain comes pouring, all hands on deck! Here we see Louis (French) standing on the window edge, securing the final sandbag on that wall. Below sitting, Maura and next to her, Gaura exchanging a few jokes whilst busy plastering.

Looking very impressed! Mrs Ryanaveld (a compassionate member that sponsored the wooden library structure) ***'Such great and warm team work'*** was her reply to the volunteers. Teresa (in a light blue track top) with a smile on her face looks on.

'Although the weather was not too good, over the course of the past week there has been a good deal of progress in the construction of the toilet. First layer of plaster is nearly finished, two windows have been installed (one standard and one of glass bricks) and the roof has been put on. Although basic structure is now in place, there are still a number of things to accomplish before it is finished. The walls must be



smoothed out, the floor tiled, the plumbing, wash basin and toilet pan must be still fitted. Finally once that is done, the most innovative part of the work begins! 'A full detail plan of a 4 metre deep concrete pit for the actual sewerage to be deposited in will be explained in detail in the next newsletter'



CRAYFISH SOUP



Crayfish (or rock lobster) soup is a great starter for meat or curry dishes.

Ingredients

500g crayfish tails (use rock lobster if in the USA)
1 teaspoon salt
50g butter (4T)
1 cup onions, thinly sliced
2 tomatoes, chopped
1 clove garlic, minced
1 teaspoon salad herbs
1/2 teaspoon nutmeg
1 teaspoon salt
1/2 teaspoon pepper
1 piece lemon rind
1 cup dry white wine
1/2 cup light cream



Instructions on how to make it

Heat 1.25 litres water in a large saucepan to boiling. Add the lobster tails and salt, and simmer until tender. Remove lobster tail meat from shells, coarsely chop and set aside. Reserve stock.

In another large saucepan, heat the butter and sauté the onions for 5 minutes. Add the tomatoes, garlic, herbs, nutmeg, salt, pepper, and lemon peel. Cook over low heat for 10 minutes. Add the wine and 4 cups lobster water. Boil soup and cook for 10 more minutes. Force soup through a food mill, then return to the pot.

Recipe courtesy of
[RainbowNation](#)

PLACE OF INTEREST

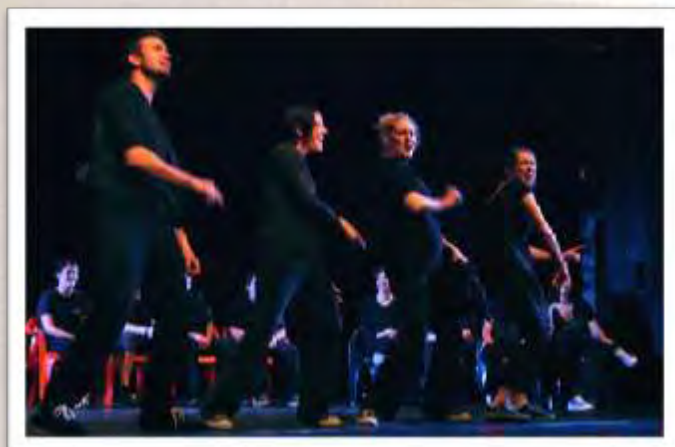
Theatre Sports

By Jake Waldron

This month's place of interest is genuinely quite interesting. It's not so much a place, but an event that occurs twice a week in two places. The interesting event that I am talking about is Theatre Sports. Theatre Sports has been running for years and is one of the most unique shows in Cape Town. Ok, I know you're wondering what Theatre Sports might be. Some of you may be guessing it has something to do with running indoors or



performing Shakespeare while playing rugby. You would be wrong. For those of you who have watched 'Who's Line Is It Anyway' you will know exactly what Theatre Sports is. For those of you who haven't I will elaborate. Theatre Sports is performed on a stage by up to five trained individuals. These 'actors' are given certain tasks to perform or props to wield in order to make the audience laugh. All of the jokes performed on stage are improvised on the spot and these guys have trained themselves to be extremely funny while making up funny things to do and say on stage. Theatre Sports is well worth a visit, purely because you have no idea what to expect, and neither do the actors on stage.



This makes for an extremely funny and relaxed show, as audience participation is encouraged. Cape Town has just plunged into winter and I suggest that, if you are in Cape Town, you go down to one of the venues and see these guys in action. I am willing to bet that you won't be able to stop laughing, and if you don't laugh at least you will have witnessed one of the most unique stage performances in Cape Town. Details for their shows are listed below.

Shows run every Monday and Tuesday, and it is recommended that you book in advance. Here is their number - 072 939 3351

Monday – The Intimate Theatre, 37 Orange Street, Gardens, Cape Town

Tuesday – Kalk Bay Theatre, 52 Main Road, Kalk Bay, Cape Town

Prices are: R50 – adults, and R40 – students



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