

# UBUNTU

ProjectsAbroad™

- "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

February 2011



**Our new office!**  
Left: The Projects Abroad Human Rights Office (PAHRO) has recently moved, with February being the first full month of occupation. The new office is able to accommodate many more volunteers and its various rooms are much better suited to PAHRO's needs.  
(See pg 3 for more photographs)

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# Volunteer of the Month

## February: Yohei Kimura

(English, Human Rights, Care, 5 Months, Nationality: Japanese)



From the 22 November 2010 to 1 March 2011 I had the pleasure of interacting with Yohei as his project supervisor overseeing his volunteering experience in Cape Town, South Africa. With an interest in helping people infected and affected by HIV/Aids, Yohei chose to get involved at our project with *Etafeni Community Centre*.

Etafeni serves as a resource for the community in their struggle against Aids. It is a multi-purpose day-care centre for children affected by AIDS and their caregivers in Nyanga, Cape Town. Yohei

immediately got stuck in to creating and running various HIV workshops, helping with adult special skills workshops as well as playing a vital administrative role within the centre. Working within such a busy and dynamic program, alongside more than 20 staff and over 30 community volunteers a year, Yohei made adjusting into a new environment and being a team player look easy. This is credit to his hardworking, friendly and caring nature.

Yohei also spent 2.5 months developing his English skills at the 'Cape Town School of English', where again he shone. Yohei began attending the beginner classes, and consistently improved, to the point where he was placed in the advanced classes and even had to request private advanced classes. This is just another example of Yohei's positive attitude, dedication and determination to develop himself, as well as the world around him. He was very well liked at the school and it has been said that he will be dearly missed.

Yohei did not only make a huge impact at *Etafeni Community Centre* and *Cape Town School of English*, he proved himself to be one of the most outstanding volunteers we have had. Yohei has an incredibly positive attitude and his willingness to help other volunteers was admirable.

In summary - people enjoy being around Yohei. He is such a pleasure to be around that I have seen local South African teachers, family members, other volunteers, and our staff all gravitate towards his positive energy and constant upbeat attitude.

*Project Supervisor: Aaron Baxter*

# Human Rights Office Update

## *Our new space!*

*By Tiffani Wesley*

PAHRO has moved! On Friday, 28th January 2011, the PAHRO office moved across the street to a big, beautiful new space. The new space is nearly three times the size of our previous office and has a kitchen, a boardroom, four consultation rooms, and plenty of space for the volunteers. Thanks to the hard work from all of the PAHRO volunteers and the Newlands staff members, we were able to physically transport everything in the office in only a few hours. The office was up and running the following week, and volunteers were able to keep their appointments and continue their great work. Awesome job, team!

## Before...



## After!



## Before...



## After!





*Left: The entrance to the new Human Rights Office (off main road)*



*Right: The kitchen area*

*Below : The four consultation rooms for client meetings*



*Below (left): The main office area, and (right) the boardroom during a weekly review meeting*



# *Legal Services*

## *Lavendar Hill update*

*by Millie Rieger*



***Above: A photo (by Flickr account member Sandra Maytham-Bailey) showing a positive graffiti message in the suburb of Lavendar Hill, in the Cape Flats “Welcome, Welkom, Wamkelikele to Lavendar Hill” (“Welcome” in English, Afrikaans, Xhosa respectively). The Projects Abroad Human Rights Office continues to work with women from Lavender Hill. Read below for more details.***

Once a week PAHRO volunteers venture to Lavender Hill to offer legal support to the women in a shelter. Currently we are experiencing a post holiday season influx of clients including a woman and her daughter who were continually abused by the husband. Sadly, her daughter retaliated against her father during an argument and killed him. The daughter and the lawyer met for the first time during the first hearing and consequently the mother feels her daughter is not being adequately represented in court by the legal aid services. I am in the process of organizing a meeting with the lawyer and the family so that they can properly discuss the case. In the meantime, the family is undergoing counselling. Another case involves a woman whose disability grant has been brought to an end due to her marital status, and the claim that she receives adequate financial support from her husband. In reality, she has been separated from her husband for three years and he has failed to pay maintenance for the welfare of their two children. Her problems are aggravated by the delay of carrying out the divorce proceedings. I am working on quickening the divorce proceedings and contacting the South African Social Security Agency to help her obtain her disability grant. We make small steps of progress each week and the gratitude of the women is always rewarding. Our next challenge will be to develop a workshop for the women, focusing on their legal rights surrounding prevalent issues such as abortion and domestic violence.

## *Parliament Committee's*

*by Natasha Di Biase*

On the 8th February 2011 the Portfolio Committee on Home Affairs met with the Minister of Home Affairs Dr Nkosazana Dlamini Zuma to discuss the Immigration Amendment Bill 2010. What transpired was a debate about whether the Department of Home Affairs is in fact trying to implement a government policy in the legislation, effectively opening the doors to foreign investors and businessmen into South Africa whilst firmly refusing entry for people claiming asylum. While the Minister in fact denied this to be the case, it was evident to all observers that the Immigration Amendment Bill will have an adverse impact upon all asylum seekers and refugees.

Key changes include amendments to the Section 23 permit which will provide that asylum seekers entering South Africa at a port of entry will have only 5 days, instead of the current 14 days to reach a Refugee Reception Centre to claim asylum; that asylum seekers will be pre-screened at ports of entry and refused entry into South Africa if South Africa is not their first safe country they have fled to. The refusal by the Department to deal with Immigration Consultants representing applicants instead requiring contact with all applicants directly is also a concern.

It seems the Government is firm in its attempts to stop the influx of asylum seekers and refugees which poses the question of whether the Bill is in breach of International Humanitarian and Human Rights Law.



***Above: Minister of Home Affairs Dr Nkosazana Dlamini Zuma***

## *"Young in Prison" Update*

*by Nick Aepfel*



***Above: Logo of "Young In Prison" (PAHRO's new partner)***

Our office's partnership with Young in Prison is only a week-old, but it's already showing promising signs for the future. Young in Prison works with incarcerated youth in Pollsmoor Prison, Bonnytoun House, and Ottery Youth and Education Centre, offering workshops six days a week in literary, sports, games, and arts. Much of the work is similar to the weekly workshops we were doing in Bonnytoun, but working with Young in Prison will give our volunteers a greater breadth of places and ways to get involved in prisons. I spent a few days this week recruiting volunteers at the University of Cape Town for a volunteer training session on 19th February. The following week Projects Abroad will work with YiP on launching their programmes in Bonnytoun and Ottery.

# Journalism Office Update

*By Kaustubhi Sharma*

As the influx of volunteers from all over the globe continues, the office seems to be bustling with life with several vibrant personalities working on a variety of interesting topics.



On one hand heavy issues, such as: the political upheaval in Sudan (Cristina), unemployment in South Africa (Tania), and human sacrifices in Uganda (me), are being addressed passionately. While on the other vibrant topics such as gumboot dancing (Beth), food distribution (Tristam), and technology (Ornella) are beginning to present themselves colourfully in the **Cape Chameleon** already. Some articles, such as: penguins (Vincent) and African Youth Day (Philippa), have already become ripe and ready for publication, while others are still being perfected.



With many exciting workshops in the coming weeks, our team of young writers look forward to learning as much as they can about the wonderfully expressive art of writing. A visit to the Sunday Times and Colour Tone (the company the magazine uses for printing) still awaits us. Yes, so much to do and so much more to look forward to. The journalism office continues to act as an intellectual and creative hub and home to Project Abroad's adrenalised writers who just can't wait to get their stories out!

**Sunday Times**

**COLOURTONE**  
press

*Above: photos related to some of the article topics the journalism volunteers are writing on.*

*Left: Two of the companies the journalism volunteers are visiting.*

# Surfing Project Update

by George Wakeford



*Above: A panoramic photograph of Muizenberg Beach – the location of Projects Abroad's surfing Project.*

I have been on the surf project for one month now. During which time, I have met some fantastic kids, great fellow volunteers and some friendly locals too!

I usually arrive at 11am each day to make the most of the surf. Generally seen as a beginner's beach, Muizenberg offers some great waves for anyone who is learning. However, most days there are bigger waves further out to sea that prove more challenging for the more experienced surfers! The project begins at around 4pm when the children get picked up from their township called Capricorn, by Widdy the leader of the project. Organised chaos then commences once the children arrive, as each child dashes to grab a wetsuit and get onto the beach. The sessions begin with warm-up exercises in a circle, and each child is given the opportunity to lead an improvised stretch, which can prove very funny. Next is the beach-based paddling which is a good way for the kids to get a rough idea of how to position themselves on the board, and how to stand. Finally, it is time for the surfing itself.





Perhaps the first thing that dawned on me when I first started the project was how little these kids have. As a surfer myself, owning wetsuits and boards seems like a trivial thing, and a necessity to anyone that spends time surfing. However, the kids from the project make the most of every opportunity, regardless of whether they have a wetsuit or not. The chance to leave a cramped environment and learn to surf creates so much enjoyment, and a healthy change in scenery.

After only a few days, I made friends with lots of the children. They rely on you as a volunteer throughout, to ensure that they have a wetsuit to wear and a board to surf. Once in the water, the children often need instruction on how to catch a wave or even just a push! Some of the regular kids have become quite good and are able to surf well, without the help of any volunteers. The ages of the children range from around six to thirteen years and therefore finding a suitable sized wetsuit to accommodate each child can be challenging. For those that don't feel comfortable on a surf board, there are also several boogie boards that some of the other volunteers use too!

Over the four weeks of surfing, I have met volunteers from other programmes as well as Projects Abroad that help to make the surfing all the more enjoyable. Muizenberg is a welcoming place, and a great place to eat, drink, and be sociable. It has Fishhoek nearby, as well as the Brass Bell in the next door Kalk Bay (a frequent night out for both the surfers and the locals). I have had a fantastic time on the surf project. I have had the opportunity to help children from harsh backgrounds to enjoy themselves and learn something new. I have met volunteers from many different countries. I have also improved my surfing. I have heard many shark sirens and had to paddle back to the beach as fast as possible! But overall – the whole surfing project has been an unforgettable experience that I have thoroughly enjoyed!



# "South African Time"

## "Now, now-now, just-now"

by Gisela Madden



Some of you may be familiar with the concept of African Time – in Africa sometimes we don't adhere to the strict times of appointments, meetings or formal gatherings. This relaxed attitude towards time can be experienced while waiting for a friend for over half an hour, or the trains running on a sporadically different schedule as advertised, and is understandably frustrating to those not familiar with it. To complicate matters even further, South Africans use specific words that are unique when it comes to explaining time. To South Africans, there is a distinct difference between *now*, *now-now* and *just now*, that's worth knowing.

*Now* is fairly straight forward, it means immediately but *now-now* and *just now* can mean anything from 5 minutes to 5 hours away (or even longer!), and yet every South African understands the distinction. You call your friend to find out when she'll arrive – she's running late for a movie and you'd like to know if you should buy her ticket for her or wait. "Its fine, I'll buy it, cos I'll be there now-now." What she's saying is that she's probably just found parking, and she's on her way down – she'll probably be with you in the next few minutes, though she cannot say exactly when.



What if she'd said *just now*? "I'll be with you just now." She's probably only in the suburb where you're meeting and still needs to get to the building, find parking and walk down. It could take longer – you might want to get those tickets after all.

Another example: you're driving in the car, and your South African friend is giving you directions. "Turn left now-now..." In this case, *now-now* means 'in the very near future, probably 3 or 4 or 5 roads from now, but I'm not entirely sure how many'. However, "Turn left just now..." means 'somewhere between now (immediately) and the end of our journey, you need to turn left. Wait for further instructions'.

So, **now** means immediately, and in general, **now-now** is sooner than **just now**. But not always.



Left: A rental car company's advert displaying at Cape Town airport, referencing "African Time" and the exact words spoken about in this article!

# Place of Interest

By Gisela Madden



On 31<sup>st</sup> January 31, Projects Abroad volunteers enjoyed an evening of dining and theatre by **Woza Cape Town!** at **Theatre in the District**. Apart from a delicious Cape-Malay meal and an extraordinary show, audience members (and volunteers!) were taught some gumboot dancing, a dance originating in Johannesburg's gold fields. The social was a great success, and we'll be hosting the next social at Theatre in the District on Monday 14<sup>th</sup> March. Looking forward to seeing you there!

Following is a review by **Zayaan Davids**, taken from the website <http://www.theatreinthedistrict.co.za/woza.html>



South African poets make for enchanting story-telling, and is so encompassing of central cultural obstacles that Cape Town still struggles to overcome today.

*Woza Cape Town!* tells the gripping tale of three young men navigating their way through a culturally and racially torn South Africa. The play is specific to a Cape Town experience, as each youth relates his heartrending tale of deprivation. Mlingane Poswayo plays a black

Desolate fields are all that remain of District Six today, barely hinting at the remnants of an area that was once so alive with cultural diversity and vibrancy. Thanks to *Woza Cape Town!*, a collaborative production of poetry, dance and song, presented by The Dance Project, the significance of the South African struggle and historical sites like District Six are once again being revived. Brian Notcutt's glorious adaptation of works by celebrated



youth from the Khayelitsha township, Kyle Alexander plays a coloured youth from the notorious Cape Flats - which is still today infamous for being gang and drug-ridden, and Sean Aldridge plays the young 'whitey' whose wealth and privilege fails to compensate for his busy parents' absence from his lonely life. These young actors so movingly capture the spirit of their distressed characters who struggle to rise from the bleakness of their personal circumstances. Their similarities become apparent as they are all linked by the universal human struggle for happiness.



Enhancing the narrative, is a cast of clearly dedicated dancers, made up of youths of various ages, who so naturally and passionately relate this story through a mixture of modern pantsula, swing, jazz and contemporary dance, among other well choreographed pieces. Costumes are a visual treat which enhance the performances.

Amidst an array of plays currently examining pressing South African issues of past and present, it is refreshing to be treated to the authenticity of this portrayal of Cape Town by passionate Capetonian youths. Despite barely living through the actual era of apartheid, the actors, dancers and singers capture the essence of their roles and believably relate their plights.

*Woza!* is creatively staged at The Theatre in the District, in Chapel Street's church hall. This charming venue not only pays tribute to Cape Town's heritage, but adds to the charm and ambience of the evening. The quaint venue, timeless subject matter and distinctly Cape-Malay cuisine that precedes the show, is testimony to an excellently constructed collaboration of all things Cape Town, and make for a memorable evening of entertainment and reflection.



***Above: Projects Abroad volunteers being shown how to do some South African gumboot dancing moves! Everyone did really well, well done guys!***

# Pumpkin fritters (pampoenkoekies)

Pumpkin fritters are delicious, especially when served warm with crunchy cinnamon sugar. This South Africa dish is usually served as an accompaniment to a main meal, but you can almost serve it as desert!

## Ingredients

- 1 cup cooked pumpkin, mashed and well-drained
- 2 eggs
- 1 cup flour
- Pinch of salt
- ½ teaspoon ground cinnamon
- 1 ½ teaspoons baking powder
- 1 tablespoon sugar
- 1 teaspoon lemon juice
- Oil for frying (in a pan, or a pot)
- Cinnamon sugar



## Method

1. Ensure that the pumpkin is well drained. Beat eggs and add to pumpkin and mix.
2. Add the rest of the of the ingredients, except for the oil and cinnamon sugar. Mix well into a thick batter.
3. Heat a heavy pan, using medium to high heat to start with. Add a little oil.
4. Scoop up heaped tablespoons of batter, and drop into pan, but not too close together.
5. Fry until bubbles form on the top surface. They should now be firm and golden on the underside.
6. Flip over and fry on other side.
7. The fritters will puff up slightly while cooking. To test, press lightly on the fritters. When done, they will tend to spring back.
8. Remove from pan and drain on kitchen paper.
9. Serve warm with plenty of crunchy cinnamon-flavoured sugar.

*Above: Pumpkin fritters deep-fried in a pot  
Below: Pumpkin fritters pan-fried*



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