

Ubuntu

ProjectsAbroad™



Volunteer Amanda Zame at Hillwood Primary doing a koala project with her students, to learn about Australia!

New Member of Staff

Welcome Lyndon Metembo!

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New Staff Member

Lyndon Metembo



Projects Abroad would like to extend a warm welcome to our newest member of staff at the Projects Abroad Human Rights Office, Lyndon Metembo. He has been a fantastic addition to the team during the busy months of June and July. His passion to fight for human rights and community development is impressive and inspiring. Welcome Lyndon!

“Hi all! My name is Lyndon and I am the newest member of the Projects Abroad South Africa team. I have a degree in Sociology and Psychology from the University of Cape Town and I also have certificates in Business Management and Human Resources as well as Small Business training.

I've spent most of my professional life working in the area of social development and socio-economic development, most notably with the Anglican Church's Social Development arm H.O.P.E. Africa. I have a passion for community development (especially youth) with the firm belief that with information and a bit of support from all sides communities can transform and improve on their own. I am excited to be joining the Human Rights Office and look forward to working with both the Projects Abroad staff and future volunteers. Cheers!”



Projects Abroad Human Rights Office Update - Written by Sunny Lee



July has witnessed a flurry of activity at the Projects Abroad Human Rights Office. Interns have been involved in a variety of workshops and launching initiatives to promote the human rights of children, women, refugees and prisoners, and to raise awareness within local and international communities of some of the abuses taking place. The Office has also welcomed high school students from America and the United Kingdom for a two week special insight program. Here is a snapshot of some of the various projects undertaken this month:

LAVENDER HILL TOWNSHIP

Alex and Daniel have been conducting workshops with men on attitudes towards domestic violence and assisting them fill in CVs to apply for jobs.

Jen Morris, Jen, Holly, Martin and Sunny have been running workshops with Women Support Groups on sexual health and wellbeing, dieting, positive thinking and parental responsibility towards children.

Jen has also been successful in lobbying the City Council to install water taps in the township to improve sanitation and water access for residents.

VRYGROUND TOWNSHIP

Martin, Moe, Nick and Sunny have been working with 13-15 year old students on drugs and alcohol education, the consequences of abusing the drugs crystal meth (tik) and dagga, resisting peer pressure and encouraging the youth to adopt healthy lifestyle choices.

ST ANNE'S SHELTER

Cynthia, Yvonne and Jen have been running workshops with women on money management and budgeting, to empower them to become more independent and to be able to support themselves to make the most of their talents.

ST GEORGE'S SHELTER FOR GIRLS

Sandra and Tarila have been dancing, singing and engaging in productive play with the girls to build up their self-esteem and foster warm relationships.

BONNYTOUN JUVENILE DETENTION CENTRE

Erica, Lindsay, Alistair, Ben, Sandra, Kitty, Jen, Daniel, Alex, Yvonne, Gayle and Sunny have been running workshops with juveniles awaiting trial, on topics such as juvenile rights in detention and at court, goals and ambitions, gender and socialisation, court processes and on gangs in prison.



Projects Abroad Human Rights Office



YOUNGSFIELD REFUGEE CAMP

Khadija, Malory and Mari have been making fieldtrips to Youngsfield Refugee Camp in order to help the asylum seekers make appointments, liaising with UCT Law Clinic to open cases and assist the applicants with appeals, and have also been doing hands-on food distribution.

NYANGA HOME AFFAIRS DEPARTMENT

Liz has tirelessly taken groups of refugee asylum seekers to the Nyanga Home Affairs Office in order to have their applications processed. The Home Affairs Office can be a frustrating institution where papers go missing and it can take a long time to get anything accomplished.

PAHRO FILES

Interns have a constant stream of cases. For example, Jeff and Jewel are working on various cases involving voluntary repatriation, UN referrals, requests for education and job search assistance, and willingly accepting more cases. Ben is aiding a Rwandan with his permanent residence application. The applicant has been a victim of xenophobic attacks since his arrival in South Africa. He is multilingual and has 2 Masters degrees in Psychology. Lindsay is working on assisting a family with relocation to Australia and on accessing humanitarian assistance and adequate healthcare.

NEW INITIATIVES BEING LAUNCHED

Institute for Healing of Memories - Hannah, Gayle and Amit are launching an initiative with the Institute in order to take children to historical sites and to examine perceptions of Apartheid. There will also be keynote speeches by prominent people such as Father Lapsley, victim of a letterbomb attack. This process of memorialisation is an important part of transitional justice.

Molo Songololo – Grace and Kitty have been working on launching a program to raise awareness on child trafficking. This will be a particularly crucial issue in the upcoming 2010 World Cup with the influx of people and jobseekers and the increased potential for exploitation.

Department of Correctional Services – Lindsay, Sandra, Erica, Alex, Daniel and Sunny have been negotiating with the Department of Correctional Services and the Judicial Inspectorate of Prisons on gaining access to maximum security prisons and to conduct research and workshops on issues such as juveniles in prison, women in prison and babies incarcerated with mothers.

*** Check out our new PAHRO website at www.pahro.org !! ***

Human Rights Two Week Volunteer Program



A warm welcome to our first group of Two Week Special volunteers joining the Human Rights project! The two week volunteers are generally younger than our normal volunteers, from the age of 16 -19. Their itinerary consisted of one week of learning about South African history through visiting different places such as the townships, District Six Museum and Robben Island. They were then able to enjoy a fun weekend away down the Garden Route. Their final week is a busy one at the Projects Abroad Human Rights Office working on various projects, including children's rights, women's rights, refugee rights, etc. We are enjoying their positive attitude and look forward to another group in August!



2010 World Cup



As many of you football fans are aware, the 2010 World Cup is taking place in South Africa! The country is proudly gearing up for this international event by building new stadiums, revamping and improving public transportation methods and ensuring all will go smoothly come next June! The matches will be held across the nation in hosting cities: Durban, Port Elizabeth, Cape Town, Johannesburg, Bloemfontein, Pretoria, Rustenburg, Polokwane and Nelspruit! Games will be held between the 11th of June and 11th of July 2010.



The mascot for the 2010 World Cup is the African Leopard, affectionately known as "Zakumi". 'ZA' stands for South Africa, and 'kumi' translates into '10' in various languages across Africa. The 2010 World Cup will be the first hosted on African soil and Africans all over the continent are thrilled to have this opportunity to welcome the world to warm and beautiful South Africa!

HIV Vaccine Trials in South Africa



It is an incredible time in history this month as clinical testing of two locally developed HIV vaccines has begun in Cape Town and Johannesburg. These are the very first HIV test vaccines developed in Africa to make it to human clinical trials. The vaccine designs are based on the HIV subtype C, which is the dominant strain circulating in Southern Africa. Currently, at least 25% of South Africans are infected with HIV and the disease continues to spread despite the government's efforts to improve HIV/AIDS education. The disease also continues to be stigmatized in many of the lower socio-economic areas, thus people are unwilling to talk about their status to partners and the vicious cycle continues. If successful, the vaccine could potentially save millions of lives and relieve the burden of high health care costs.



New Host Family



A warm welcome to Shafiq and Tasneem Benjamin! They have already been hosting for a few months now and it seems that the volunteers are really enjoying their home and family. They live in Grassy Park, a short distance to the mini-bus taxi station, so easy to get from here to there!

They are a Muslim family, but open to all religions and walks of life! They have two adorable young sons; one is almost three, the other is just 6 months old! They are enjoying having foreign host brothers and sisters living at their house and playing with them! Thanks Tasneem and Shafiq for all your hard work and we look forward to having many more volunteers in your home in the future!

Donations

Erica Leenen



A huge thank you to past volunteer, Erica Leenen, for her incredible donation to Rainbow Educare in the Vrygrond Community of 8000 Euros!! She worked tirelessly back in the Netherlands to raise funds with her community through donations and organizing a "Rainbow Run". Faranaaz and the Rainbow family can't thank you enough!! We love you!



Recipe Corner

Buttermilk Rusks

Buttermilk rusks are always a winner, especially when dunked in coffee or tea - a perfect snack for the winter season! This buttermilk rusk recipe will let you enjoy your morning coffee even more! Rusks are basically a South African version of biscotti, just much yummiier!

Ingredients

4 lbs Flour (All-purpose flour or Cake flour or even a mix of the two)
 25 ml (1 tbsp & 2 tsp) Baking Soda
 50 ml (3 tbsp & 1 tsp) Cream of Tartar
 10 ml (2 tsp) Salt
 500 grams (1 lb) Butter or Margarine (cold)
 250 ml (1 cup) Sugar
 3 Eggs
 500 to 750 ml (2 - 3 cups) Buttermilk
 1 Tbsp Aniseed (optional)
 Making The Buttermilk Rusks



1. Sift the baking soda, cream of tartar and 1 cup of flour together (repeat 3 times).
2. Sift all the dry ingredients together. If you are using aniseed, add it too and mix well.
3. Grate the butter into the mixture and rub (to mix) through with fingers.
4. Beat the eggs, add the buttermilk, mix and then add to flour mixture. Mix together so that the mixture is a little runny, but still can be kneaded. Knead lightly until all ingredients are mixed well.
5. Make little balls (slightly bigger than a golfball) with mixture and place them (touching) into a greased breadpan.
6. Bake for 25 - 30 minutes in the oven at a temperature of 400 °F.
7. When your rusks have cooled slightly, break (or cut) them into pieces and dry overnight in a cool oven by placing the rusks directly on the oven grills. (Set the oven on "Warm" only and keep the oven door slightly open by wedging a teaspoon into the door at the top.)
 - * More or less sugar can be used, or can even be totally left out - if needed.
 - * If rougher rusks are desired, replace half of the flour with wheat flour.
 - * The butter or margarine can also be melted and then mixed with the egg and buttermilk mixture (it creates a finer texture).
 - * The flour, baking soda and cream or tartar can also be replaced by Self Raising Flour.

Weekend Trips and Socials



Cape Extreme organized another fantastic Garden Route trip for all the volunteers! It was a major success for all! The volunteers enjoyed bungee jumping, zip lining through the Tsisikama forest, Monkeyland, World of Birds and the Elephant Sanctuary. They were able to see a great deal of the Western Cape, driving down the much popular Garden Route on winding roads, through dense forests and a pristine coastline.



Wednesday Night Social Concert for the Cape Flats!

A big thank you to Andrea Davidson and Hunter Pease who organized a benefit concert at the Obz Cafe to raise funds for Fairview Primary School. The concert was a hit and Andrea and Hunter showed the crowd some fantastic musical talent!
Thanks Guys!!