

# Ubuntu



*Volunteer Chris Hanger at the after-school surf project in Muizenberg, helping street kids learn how to surf and swim.*

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# Cape Town History

## Bo-Kaap or Malay Quarter



The Bo-Kaap area represents a rich and colourful piece of Cape Town's unique history. Most of the residents are descended from slaves who were imported to the Cape by the Dutch during the sixteenth and seventeenth centuries. They came from Africa, Indonesia, Java Malaysia, and elsewhere in Asia. They were known as "Cape Malays", though the majority were not of Malaysian descent.

Many skills and talents were passed down from generation to generation. The Cape Malays were not only skilled craftsmen but fantastic cooks. The combination of Asian, Arab and African traditions created unique cuisines that flourished and have had a large influence on South African cookery today!



## Inside the South Africa Human Rights Office Written by Michael Fischer



A group of interns visit the refugee camp at the Youngsfield Military Base at least once a week and have recently helped raise money, donated food and brought in a doctor who met with 27 patients in the camp. The medicines he prescribed have been offered at wholesale cost and he also expressed an interest in helping again, as he is now retired.

In mid-June a new township initiative was launched where PAHRO interns have the opportunity to go into different communities and speak with vulnerable groups there. The purpose of this project is to gather community members' perspectives on

human rights and then use this information to help them stand up for their rights. After a mission to local communities in Lavender Hill, Capricorn and Cuban Heights, a number of issues were raised to do with the general state of affairs in those informal settlements. The substantive issues that came up were trash removal, which has built up over a substantial period of time. Another issue that came up was sanitation and water supply. Two volunteers have focused their energies on the issue that there are not enough water access points for everyone in the settlements.

PAHRO has recently developed a relationship with St. Anne's Home and is conducting workshops similar to those of Bonnytoun and St. George's. Situated very close to downtown Cape Town, this home for women in Woodstock provides up to seventeen women and their families with shelter, food, and other basic necessities. In addition, the shelter aids women in finding employment and housing while providing skills training like sewing and computer literacy. Many of the women at the shelter have been victims of domestic violence and come from troubled backgrounds, so the interns conduct workshops that help to inform the women of their rights and provide them with tools and knowledge to help in their transition to independence.



## Projects Abroad Human Rights Office



We also have set up a new partnership with St. George's Shelter for Girls where the Projects Abroad volunteers are conducting workshops similar to the ones conducted at Bonnytoun and St. Anne's. St. George's has been a well-respected Cape Town institution for over one hundred and fifty years. It first started out as an orphanage, and now has transformed into a shelter for girls who have been removed from their family situation by the court. St. George's becomes home for the girls and provides them with food, clothing, and all the necessities for living. The shelter tries to focus on preparing the girls to be reintegrated into their family or a foster family in the future. Consistency in the visits and a regular schedule is trying to be established and with a new influx of PAHRO interns in the next few months. For example, the girls in the shelter seemed keen to learn Italian, French and to take dancing lessons.

PAHRO extended its involvement at the Wynberg based detention centre Bonnytoun where boys are awaiting their court date. The workshops, which are about one hour in length, have so far been on topics such as HIV/AIDS, substance abuse or sexism. In a couple of workshops held in June, the main topic was xenophobia, and what seemed to stick out was a stigma against Nigerian and Somali people. The suggestion was made that it would be good to have some male volunteers helping with the workshops, so that a different perspective could be taken. Although the boys do not attend school in Bonnytoun many of them seem to be very interested in learning and are generally willing to follow instructions and engage in the subject matter. In order to overcome the language barriers, Bonnytoun's social worker, Mr. Vuyiselo Lena, sometimes serves as a translator between English, Afrikaans and Xhosa. The 15 to 20 teenagers who regularly take part in the discussions seem to benefit greatly from the sessions and bring forth many moral and philosophical arguments. Most of them realize that there are problems, e.g. when talking about the presence of sexism in South Africa, and some even express their strong desire to change their habits when they leave Bonnytoun. This eagerness shows that the boys have such potential and all they need is to be steered in the right direction.



# Youth Day - 16th June

## Remembering Soweto Uprising



Youth Day commemorates the student held protest in 1976 against a government policy mandating that all classes be taught in Afrikaans, the language of the White South African population that students in the Soweto township outside of Johannesburg. Thousands of students attempted to march peacefully to the Orlando Stadium for a rally only to find that the police had barricaded the intended route and then began firing bullets at random, killing and injuring young children.

Nearly 35 years since this brutal incidence, South Africa recognizes Youth Day as one to honour those lives that were lost and support the education, well being and futures for the youth today. Happy Youth Day!

# Youth Day Event Potjie Cook Off!



To celebrate Youth Day, staff member Lucinda Evans organized a Potjie Cook Off! The volunteers came together in Grassy Park to learn how to make a Potjie Stew like a true South African! While everyone was cooking and tasting each other's dishes, the Marimba band was playing away in the background fantastic traditional South African music. It was a great day for all, learning a bit about the South African historical context about why Youth Day is celebrated today. The volunteers also learned a lot about their culinary skills and about the significance of the 16th of June for all South Africans.

# New Project Enterprise



Projects Abroad is very excited to welcome the new Entrepreneurship/Enterprise project in the Vrygrond community, run by Mymoena Scholtz . The programme will encourage women in the community to start their own small businesses such as sewing/crafts, selling baked goods as well as a Soup Kitchen to provide food for people in the community who don't have enough to eat. Volunteers will assist community members with business plans, helping with interview questions and other skills development workshops!

# Recipe Corner

## Butternut Soup

Butternut soup is a favourite South African starter for the winter months like July! The butternut has a flavour all of its own and it is great to serve it as a starter before a good roast beef or lamb.

### Ingredients

2 medium butternut squash  
 1 apple  
 2 medium onions  
 50g butter/margarine (4T)  
 7 ml medium curry powder (1 ¼ t)  
 40 g cake flour (4 T)  
 A pinch of ground nutmeg  
 2 chicken stock cubes  
 750 ml boiling water (3 c)  
 500 ml milk (2 c)  
 7 ml salt (1 ½ t)



### Method

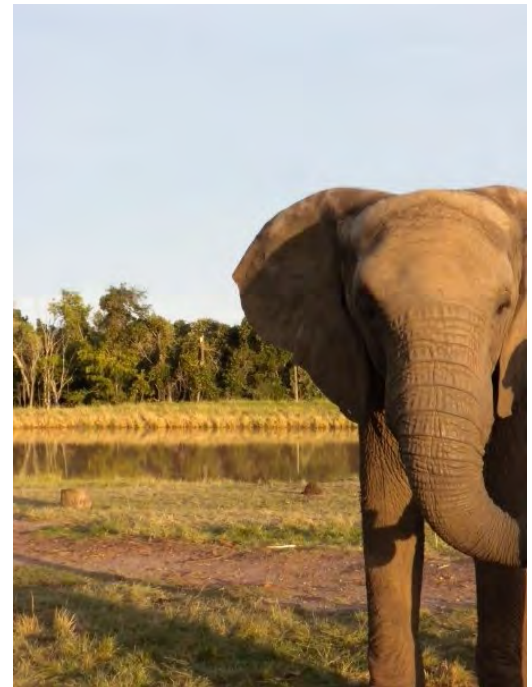
Peel, seed and dice the butternut squash. Peel, core and chop the apple. Peel the onions and chop roughly. In a large saucepan, sauté the chopped onions in the butter/margarine. Add the curry powder and fry the mixture lightly. Add the butternut and apple and sauté the mixture for a while. Add the flour and nutmeg and stir-fry lightly.

Dissolve the chicken stock cubes in the boiling water. Add the stock, together with the milk, and salt, to the butternut mixture. Simmer, with the lid on, over moderate heat until the butternut pieces are soft. Stir the mixture occasionally. Puree or blend until smooth. The colour of the soup should be a deep yellow and the texture creamy. Serve the soup hot.

Each bowl of soup may be garnished with a teaspoon of cream and a little finely chopped parsley. For an interesting variation, replace the nutmeg with a little finely grated orange rind and add a few shreds of orange rind to the garnish.

Makes 2 litre (8 cups) of soup.

## 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, dense forests and pristine coastline.