



# Nourish



And we have **WATER!!** The most amazing life giving beautiful gift. We are so grateful to A Spring of Hope who made it possible. Our community vegetable garden will now flourish, and sustain so many families. Already the 7 women ( mainly grannies ) who work in it- support almost 55 beneficiaries between them. Through a 2 week visit, Brittany and Joanne Young were a part of the emotional roller coaster of finding water in such dry African soil. Two deep drills were done, our first drill 170 metres, resulted in a heart wrenching NOTHING. No water- through grace, generosity and Induna Mnisi's intervention, we were able to drill again to 150 m and find a small vein of water. Not a flood by any means – but enough to provide us with the precious resource we need. Thanks to Andrew and Jim, and Michael – as well as Transfrontier Africa for the generator to power our waterpump. Nkomo\*\*



Ria Hooper, our awesome English volunteer who also happens to be a personal bestie, came out to SA again this year to honour Nourish with another 6 week visit, to help out in whatever way she could. Ria wasn't scared to get hands on in spreading horse manure for our veggies, or assisting with mind numbingly boring email jobs. Thank you for your support and we hope you will keep staying as positive and involved in Nourish for many years to come!



OUR FINGERPRINTS DON'T FADE FROM THE LIVES WE TOUCH ~

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Coke tins, bottle tops, and bears—oh my! Well not quite, but our Trash 2 Treasure is ticking over nicely with Kings Camp, and Simbavati River lodge now stocking our wares, another order from Germany and participation in July's Organic Earth Market at Southern Cross School. Our community recycled crafters are buoyed with the successes of their hard work!

Mad Hams, a funky local restaurant in Hoedspruit has decided to become involved with Nourish through a compromise of fundraising and dieting. The team of 3 "piggies" as they call themselves, have gotten sponsors to sponsor each kilogram of weight they lose as part of a 6-week wellness diet. Every cent from what they lose, will be our GAIN ☺ and will go towards feeding more families through our vegetable garden

and fruit trees! Isn't that a cool way to support us. We will you luck!



PEP has just sponsored 15 uniforms for our Dress 4 Success school uniform project! Thank you ☺

Travel Trees has also been well received with more than one local tour operator wanting to become involved, whether adding us to emails, or actually sponsoring trees. Buchanan Execu Travel, Baobab Ridge, Imagine Africa Safaris all have joined to spread the message and ultimately get trees back in the earth to GIVE back oxygen and life to our planet!



The Nourish Charity Golf Day at Kyalami Country club went off well, with a beautiful sunny day. It was a small intimate affair, but fun was had by all and some good connections were made. Thank you Marilia Sardinha from Jorgies Events for organising it!



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Thanks Hlokomela for assisting us with rolling water drums for our gardening women!

Our first village homestay will be happening in October, arranged through Ashtons Tours and Transfers – a guests will be staying with a local family in Sigagule village, overnight in their home, cook with them around the fire, and have a walking tour including a local crèche, the shabeen ( local bar ) etc. We hope this will give her a taste of the true Africa, of cows, dusty sunsets and woodsmoke, of waving children... of the Africa we know and love.

Our Mandela Day was spent at Sihlekisi Primary School with the Grade 4 learners talking about the plight of rhino and the poaching situation. This tugged on hearts and we then spent the rest of the lesson writing and drawing colourful letters of appreciation to the anti-poaching teams out there in the bush, fighting to protect our rhino from extinction. Thanks Rhino Mail for ensuring these reach the ground. These drawings speak volumes, and show that education and caring are part of reaching the generation of today and leading them towards conservation! A worthy 67 minutes in my eyes!



*67 minutes to change the world*



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