

Nourish

May – June 2013 Newsletter



Nourish is very happy to be able to partner with Earth Organisation, who have shared their Environmental Education curriculum with us. It is our goal in the next few months to employ/ enlist the support of community volunteers who are passionate about the bush to share this knowledge and curriculum with children in the local rural schools... ensuring that, with the right education and understanding, we can spread conservation ideals and make BIG changes! Thank you Earth Organisation for assisting us with this.



Thoughtfulness and kindness always make my day, & so it was very special to be able to distribute blankets, gloves & beanies to needy children at a school in poverty ridden Alexandra township, thanks to Dynacor IT & Gaming solutions.



Thank you to Dynacor IT & Gaming Solutions for providing winter goodies to keep these students from Alexandra Township warm this winter! VERY appreciated!

Big news as well is that we have funding for a borehole through A Spring of Hope(ASoH) ! Yay! Double Yay! This will be such a great step forward and allow our community veggie garden to really flourish! We can then also begin fundraising for the Earthbag Library and Education centre, which we envision to be able to build for less than R 50 000. (EUR 5000) Lets keep dreaming Big! Look forward to having ASoH put down our borehole in the near future!

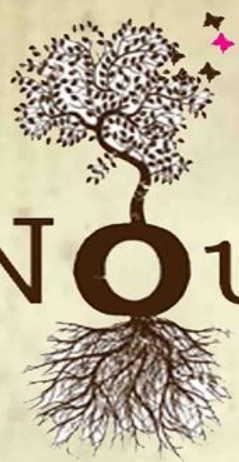


Their winter warmer drive to collect these goodies for the orphans and vulnerable children in their local township will surely make a difference to many lives through what is undoubtedly a cold Gauteng winter...Brrrrr...On frosty winter mornings, cold fingers and ears will be so much WARMER now for these children. Thank you Thuthuzela for helping us identify the school in need.

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

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Exciting publicity for Nourish as we have not one but TWO TV interviews on South African TV station SABC 2 for a programme called Growing Tomorrow, which features grass roots projects and movements all over SA. A long day of filming both interviews, but it was incredibly rewarding as the women from Welverdiend doing the recycled crafting proudly showcased their wares and thanked Nourish for an opportunity to make something more of their lives. We also visited Sihlekisi Primary School, where the Principal was interviewed, as well as children who explained how Nourish has been involved, planting fruit trees, teaching about nature and providing school uniforms to vulnerable students. We hope to have a copy of the interview soon and will make the link available for those who didn't get to watch it. It was truly a great step for us to be broadcast to South Africa at large and get the name and vision of Nourish out to a larger audience.



AACOSIDA orphanage is still doing well, and sends us thank you emails weekly for the garden and the monthly food donations. While we are not in it to get a “thank you”, it is incredibly touching to get emailed “mom Sarah, your kids miss you”. While the political situation between Renamo and Frelimo means things are more tenuous, Maputo is still safe and we intend to go over early next month to visit and bring across toys for the crèche, tables & chairs, and mosquito repellent as well as to see the children. Thanks to FEEDSA for making monthly food support possible.

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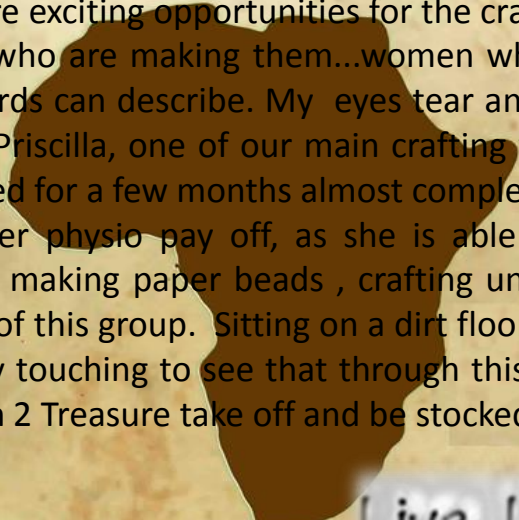
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Nelson Mandela Day is coming soon – what good will YOU do for 67 minutes??

Trash 2 Treasure, our recycled crafting project, has also been moving towards success, with us sending an order of crafts off to Germany (thanks to our intern Regina Bosl for drumming up international interest!) We have also stocked our crafts at Hippo Pools, a local resort, and will shortly be showcasing them at Umlani Bushcamp in the Timbavati.

These are exciting opportunities for the crafts to start providing a sustainable income to the women who are making them...women who exhibit an inner beauty and strength beyond what words can describe. My eyes tear and my heart fills with pride for the women in this project. Priscilla, one of our main crafting women, sadly had a stroke earlier this year, and was in bed for a few months almost completely paralysed. On our last visit, we got the joy of seeing her physio pay off, as she is able to hobble out on a crutch and with one arm continue making paper beads , crafting under the trees with her mother and friends who are part of this group. Sitting on a dirt floor with chickens pecking around as a backdrop... it was truly touching to see that through this project we are offering such hope. We hope to see Trash 2 Treasure take off and be stocked in many more places as the year progresses!



Live Laugh Love

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The Nourish land on the Orpen Road now has the beginnings of a community vegetable garden. Through the Sihlekisi school principal, grannies and guardians of orphans and vulnerable children were identified to take care of the garden and benefit from the vegetables for their families. A HUGE thank you to Hlokomela for sponsoring the first seedlings to get our garden going! Thank you too to Hoedspruit Couriers for assisting with transport, Mikail Loubser for seeds, Transfrontier Africa for helping with ploughing and a water tank, Colleen & Rodney Wall and Eco Steps for assisting with a bakkie and a garden design, and African Dream Horseback Safaris for manure to get our garden going green and healthy! So many of you have been a part of getting this off the ground and we are truly grateful. The women daily walk with water on their heads to the Nourish veggie garden to keep the seedlings growing and in the last week already the spinach and cabbage are looking great! It's still a work in progress though— and we hope to fill many bellies over time with some delicious fruit and veg!



carrots



tomato



cabbage

broccoli



spinach

onion

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And with the year already half over, its time again to start looking for funding for our Secret Santa project which provides Christmas pressies to orphans, filled with everything from school supplies , a toy, an outfit, toiletries and sweets. It TRULY is better to give than to receive, so if you want to help with our Christmas project or sponsor a box, please let us know! Last year we had a group of Cheerleaders from the States who raised funds for 45 boxes... AND made personalised cards for the children! So touching. Let's keep this going again this year!

Also we have to remember children who are not able to go to school next year, or are being teased because they are not able to afford a new school uniforms. With our Dress 4 Success project for R 300 per child we provide a complete uniform, including shoes, warm jersey, pencils etc... If you, your local school or business can sponsor one child's uniform, or a few, please get in touch!



R 300



Live out your meaning... Every day! ~

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