



Nourish

September- December 2013

A "double whammy edition"

The real Christmas spirit...

We all know Christmas is the season to be jolly, that Christmas is the birth of a saviour to so many... but for me.. Christmas is about love. And when one is full of love, one cannot help but pour it out on those around you... Love is about sharing, about Ubuntu, about kindness... about the fact that we share a basic humanity with each other and that we cannot help but love those around us - especially those who don't have families, support, or warm beds and meals. This is a time for us to show appreciation by making our own little differences and reaching out with hands, hearts and SMILES. Nourish has been involved with many Christmas initiatives this year, and each one has brought me so much joy... because I got to see the look of happiness in the eyes of an old woman who thought the world had forgotten her... I got to be the recipient of a gap-toothed smile SO big because he got a present this Christmas, despite his family being on the poverty-line. At Rolle Orphan Centre got to see almost 50 children jostling to get onto a jumping castle and then line up for a warm meal of impala stew and pap... possibly their only meal for that day. But that day wasn't about what they DIDN'T have... that day was about fun, about being a child, about laughing. That day there were no differences between us... and this is what Christmas is about for me. I would like to thank Nourish for being a platform for so much joy to be spread... and A Spring of Hope and Green Kidz Initiative for their support. I also thank my partner and the amazing Hoedspruit community for always being open to help and reach out to their wider community with such a sense of warmth... from a popcorn donation, to jumping castles being loaned, everyone did their little bit and I for one, would like to thank you for your TRUE Christmas spirit!!! For more pics of all the fun Christmas events we have been involved with check out

www.facebook.com/nourish.org.za



And remember.... ~the greatest of these... is love...~


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

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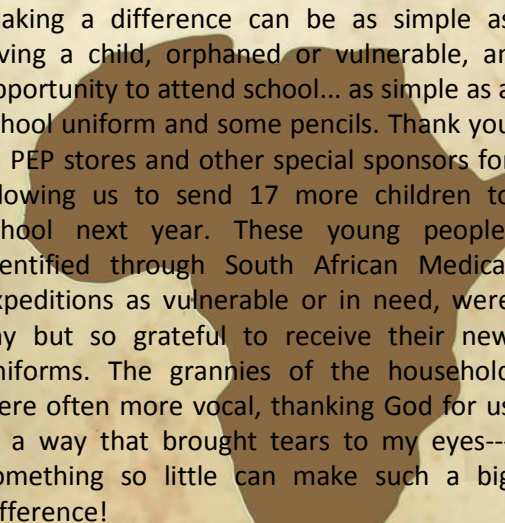




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A trip of less than 24 hours to AACOSIDA Orphanage in Mozambique but WOW - what an amazing few hours... Bringing Bongzi's Quest books sponsored by Green Kidz Initiative, which is the story of a rhino, seeing the creche set up with tables, chairs, mattresses and toys, delivering some stunning Christmas prezies and watching happy faces open them and seeing the Nourish garden flourishing. I'd say our Christmas mission was a great success!

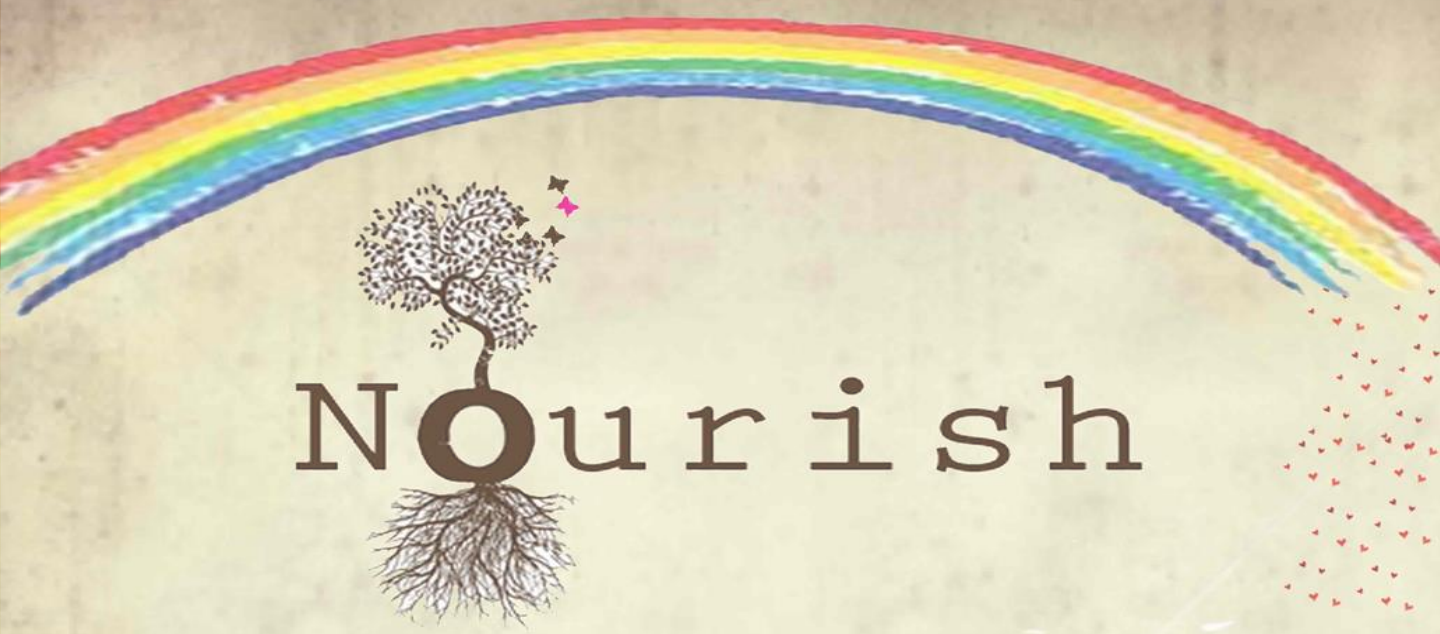


Making a difference can be as simple as giving a child, orphaned or vulnerable, an opportunity to attend school... as simple as a school uniform and some pencils. Thank you to PEP stores and other special sponsors for allowing us to send 17 more children to school next year. These young people, identified through South African Medical Expeditions as vulnerable or in need, were shy but so grateful to receive their new uniforms. The grannies of the household were often more vocal, thanking God for us in a way that brought tears to my eyes--- Something so little can make such a big difference!

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Merel is a bright-smiled, fun loving dance teacher from Holland who volunteered her time on 2 different days to bring dancing and happiness to Annes Creche in Keyelani as well as the Ekurhuleni Center for orphans and vulnerable children in Acornhoek. Lots of laughter, giggles, and even the joy of watching a little disabled boy jumping around and dancing. Communication without words...and what an amazing experience. Thank you Merel!



While the Nourish garden has water, our biggest problem now lies in funding a solar panel to pump the water to the garden. It is our dream to remain off the grid, to live lightly off the earth as an inspiration to others. Through Green Kidz Initiative we have received support of R 6 000 so far, but have a long way to go until our dream of a sustainable water supply becomes possible...

The Nourish sustainable vegetable garden was the site of a SABC2 interview for the programme Growing Tomorrow to showcase the amazing work that A Spring of Hope is doing. The programme highlighted the change that the gift of water can bring about in what was once barren land and the hope their involvement can bring into the lives of the women benefitting from the Nourish community garden ☺ !



WORK N PROGRESS

Birdsong Enviro donated a 20kg bag of diatomaceous earth for the garden – to use as a soil enhancer and insect repellent! THANK YOU!



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And further afield – a University of Pretoria art exhibition was held in the Tshwane CBD and art student, Samantha Deeb included the Alexandra Township Photography Project in her display. While no longer fully a Nourish project, we still hold it close, as we founded the concept and initiated the dream. Samantha Deeb got involved as part of her Final Year Arts Degree and spent weeks getting to know the children in Alex, involving them in her project, not only through photography but through understanding the Jukskei River and the pollutants in the river. This was a great educational platform and we are so glad to have Samantha onboard. Nourish applauds her thought provoking exhibition!



As with all good things,

this year must draw to a close...

We would like to thank each and every person whose love and support has continued to make Nourish possible – so that our creches/orphanages/ trees/ and dreams can grow from strength to strength in 2014 as we walk along the path, collaborating and reaching out to keep making ripples in our community and in lives.

While scouting for Nourish and Green Kidz, I came upon Rolle Orphan Drop In Centre - a place where children are fed a solid healthy meal twice a week and can come to play and have help with homework each day - a very special place with no income, other than what the members bring to the table themselves. A lot of love present! Since then Nourish, alongside Century Safaris, has become involved... and visited with donations of bags of clothes from friends and private individuals. One day we arrived to drumming and dancing and sheer joy... a sign that happiness cannot be bought. Despite the harsh life of orphans and the neglect many face, this centre provides beautiful support!



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