

**NEWSLETTER TO FRIENDS – JAN-JULY 2003**

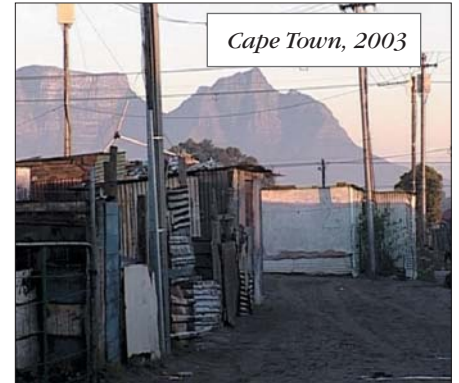
015-337NPO

*dear friends,*

Once again we extend our heartiest greetings to you all and appreciate the opportunity to bring you up to speed with our progress this year!

2003 is proving to be singularly exciting and dynamic. The grassroots organic agriculture and nature conservation movement has seen project growth of over 100% since 2001. This movement has resulted in the Urban Micro Farmers across the Cape Flats mobilising to create their own formal association, and we have had the privilege of assisting them! (See report on page 2.) Not covered in this report, but something you should bear in mind when reading about our delivery results, is the fact that we are immersed in a National Qualifications Framework (NQF) process, which will see all our training programmes being accredited! More about this in the future! We are, as always, excited by the direction our work is taking and are deeply grateful for your continued interest and support.

Best wishes and regards from myself and all at ABALIMI,  
 Rob Small, Director.



Cape Town, 2003

**FOOD SECURITY**

**BEFORE & AFTER MINI REPORTS:**

**Imizamo Yethu:**

Six members, all mothers, began as home gardeners who later approached the Chris Hani High School for land. Building on the skills gained from working in their home gardens, this group has developed a sizeable garden. Well situated opposite the Makhaza Community Centre, the women sell vegetables on a daily basis to passing trade.



Imizamo Yethu, 2001: Before →



Imizamo Yethu, 2003: After

Ikhwezi project, 2002: Before



**Ikhwezi Project** is made up of nine mothers. Their organic vegetable garden is based at Kwamfundo High School in Harare. The women also have a weaving project where they make place mats and carpets. Between the gardening and weaving project, these members are feeling the difference of "self-help" in their own lives.



Ikhwezi project, 2003: After

**PHOTO GALLERY:**

**Some of the newest projects**



**Sakhe Group at Nomsa Mapogwane School:** Established in 2000, the pioneer group is now moving to bigger land. They are in the process of handing over to, and training, a new group!



**Bambanane Group at Sivuyiseni School:** A vibrant new group of 7 families (5 women and 2 men). Established in August 2002, aiming for market garden status.



**Tsikarong Group at Bulomko School:** Established in August 2000, these 4 women are feeding their families on delicious organic vegetables!



**Masizame Group Gardens at Hlanganiso School –** 6 families, established in August 2002.



**Imizamo Yethu Educare Centre:** Feeding scheme garden, this educare centre is run voluntarily by 4 amazing women.



**Nonqubela Educare:** Feeding scheme garden, established in August 2002.

**Vukuzenzele Farmers Association:**

Urban micro farmers from across the Cape Flats are making history – gathering in their numbers and forming their own Association. This association will voice the needs and concerns of Cape Town’s urban micro farmers to government departments and policy makers.



The name Vukuzenzele means to “Wake up and do something for yourself!” Members of the association, sporting T-shirts declaring their identity, were present and vocal at the City of Cape Town’s 2003 Urban Agriculture Summit in Khayelitsha! We watch with much joy and pride as this pioneer association finds its feet, and we are honoured to provide assistance and guidance wherever possible.



Members of the Vukuzenzele Farmers Association plan their structures and way forward – March 2003.

**Esam Esakhe Isitiya –“My and Your Little Garden” – still going strong!**

Esam Esakhe Isitiya is a community garden situated at Impendulo Primary School, in Makaza, Khayelitsha. It was started in 1991 when the school offered the use of the land to the local community.

Eight women and two men, ranging in age from 35 to 72, make up the group.

The majority of the members are old age pensioners. The old age grant that they receive forms the basis of their household economy. Between them, their garden directly benefits over 80 family members – an average of 8 members per household.

In the words of one of the members: “I am the head of my household and my whole family looks to me for support. I am even responsible for paying the school fees for my grandchildren. I am focusing on the garden because in this way I can feed my family.”



Esam Esakhe Isitiya

Prior to starting this project, families on average ate vegetables once a week. Now they can eat vegetables every day and support their neighbours and community.

**Individual members donate vegetables to neighbours in need.**

As a group, Esam Esakhe Isitiya donates surplus vegetables to the local Old Age Club and Clinic. Some vegetables are sold and the money is deposited into a bank account. At the end of the year the money is shared between the group members.

As part of their strategy for self-sustainability, the group grow their own seedlings, buy what they can’t grow themselves, harvest grass for mulching and collect manure from a local cattle owner.

Esam Esakhe Isitiya is indeed a little garden, but one that makes a big difference. Apart from its direct contribution to nutrition, the garden serves as a model in the community for the people who walk past the garden. The school children look out of their classroom windows onto a healthy productive vegetable garden – a valuable lesson in itself. Their example has also inspired the educare centre across the road to start its own garden.

They are a living example of custodianship of their families, their community and the earth.

**ARBOUR WEEK 2003**

**doing it as it should be done in the Western Cape – in winter, not in summer!**

This year, we are planting our Arbour Week trees in winter to catch the rains. Over 2000 indigenous trees were planted in the Mfuleni Housing Development. During the official Arbour Week in September, we will enjoy an Arbour Week celebration, with the trees already rooted in the ground! Our special thanks to the core funding partners, Green Trust - WWF-SA and the Department of Water Affairs and Forestry (DWAF)!



Arbour Week tree planting build up event – Mfuleni Community, 21 & 28 June.

## GREEN STREETS

Our Greening programme is rapidly developing momentum, and we are witnessing the first stages of a **household level conservation movement**. Most excitingly we have identified a definite and positive change in the youth groups we work with. We see them becoming more committed. They are beginning to take over the initiative in upgrading their environment. **More about the youth in our next newsletter.**



Street Greening

## CAN DANCE, HAVE TREES!

J  
U  
N  
G  
L  
E  
  
J  
I  
V  
E



J  
U  
N  
G  
L  
E  
  
J  
I  
V  
E

The **Jungle Jive street theatre project** has visited 11 schools within this reporting period. A tree was planted during each show and the audience was empowered with knowledge and inspiration around the culture of indigenous planting. The Jungle Theatre Company, who manages this project under ABALIMI, provided joyful street processions for our June Harbour Planting days – drawing the crowds and entertaining the children, whilst promoting the conservation and planting of trees. Jungle Jive will be working with a further 20 schools from August to December, and are also *looking for support* to set up much sought after *skills transfer workshops for students and youth*. For more information, visit [www.jungletheatre.co.za](http://www.jungletheatre.co.za)

### THE FLORA RESEARCH UNIT (FRU):

is steadily gaining access to the world of traditional herbalists, furthering their research into the medicinal properties of indigenous flora. It has become very clear that there is real need to engage with traditional healers to access and record traditional knowledge, promote conservation of the natural flora, propagate “deep” medicinal plants and establish medicinal gardens in all our projects. This project has very real and exciting potential. The FRU is extending the scientific data



base of plant species, in co-operation with relevant agencies. It supports initiatives to manage harvesting of indigenous medicinal plants and identify commonage where certain plants can be grown to relieve the pressure on the natural vegetation.

## awards

This year our beloved **Christina Kaba** was nominated as an individual entrant for the Green Trust Awards, and received a Finalist Certificate.

The **SEED** project was also nominated for a Green Trust Award, and received a Finalist Certificate.

**Sindi Mahuza** has been nominated for the 2003 Nestlé Community Nutrition Award.



**Rob Small** has been awarded an International Ashoka Fellowship.

## team news

- Congratulations to **Shirley Dunn**, our part-time fundraiser, on the very recent birth of her little girl!
- We sadly said goodbye to an angel called **Sabine** – a German volunteer who swiftly became family! Each day she commuted on the bus between Plumstead and Khayelitsha, often bringing curious visitors with her!
- We welcome our new volunteer **Sandra**, who joins us for 3 months from Germany, and is already proving invaluable.

## ROLL OF HONOUR

### thank you to all our friends!

This list covers the period of our last financial year – April 2002-March 2003, with additions that fall in this reporting period. NOTE: If there is anyone who should be mentioned, or anyone who no longer wishes to be mentioned, we will make amends. We are deeply grateful for your partnership and commitment. Every cent is efficiently utilised to deliver results. Audited financial statements are available on request.

Friends great and small who are regular, committed donors and funders, or who have requested a special mention:

AC Louw Trust	Infineum
Anglo American – SEED	Investec – SEED
Anglovaal (AVMIN & AVI)	Jambo International
AusAid	JDI Foundation Trust
Bedford, R	LL Donlin – SEED
Bergvliet Garden Club, The	Lindburgh Foundation – Jungle Jive
BOE Corporate – SEED	Lynette Croudace Trust
Cape 3000 – Jungle Jive	May, A.K.
Cardell Autobody Repairs	Misereor
The Caring Network	Murray & Roberts – SEED
Catholic Foreign Mission	National Botanical Institute
Catholic Welfare and Development	National Lottery
Channel Island Friend	Nestlé – Award
City of Cape Town	Netto Financial Services
The Cold Chain	Noakes Family Charity Trust
Constantia Garden Clubs	N/O Fund
Provincial Administration Western Cape:	Old Mutual
Dept of Health (INP - CBNP)	Robin Law Memorial Fund
Dept. Social Svs & Poverty Alleviation	Rotary Club of Paarden Eiland
DG Murray Trust – SEED	The Shuttleworth Foundation – SEED
Dangwen Trust	Siemens – SEED
Department of Water Affairs and Forestry	The M&S Smith Charitable Trust
Ecologic T/A	South African Breweries – SEED
Equant	South African Support Group
First Rand Foundation – SEED	St Ola's Trust
Friends individual general	Diana Stuttaford Trust
Friends organisations general	Synchronicity Foundation
Garden Africa – SEED	TOTAL Cape Town
Green Trust-WWVF SA	Woolworths
HRH Prince of Wales Business & Enviro Prog	

**OUR “EXTRA MILE” STOP ORDER FRIENDS:** Though few, your impact is great. We feel you should be honoured, but have taken precaution to exclude your initials to protect your privacy.

Abrahams	Graves	Richardson
Addington	Green	Robinson
Been	Hammer	Tulle
Booth	Helise	Waddell
Campbell Crowther Assoc	Hodgetts	Wilson
Dawkins	Legum	Worthington-Smith
Euvarard	Mouton	Yates
Faulkner	Mudie	
Garber	Muller	

**To all our other Friends – Individuals, clubs, small businesses, social and church groups who often wish to remain anonymous or who have not specifically requested separate listing in the thank you section – please remember that it is your ongoing interest and support that keeps our work going. We are sincerely grateful.**

### some special mentions . . .



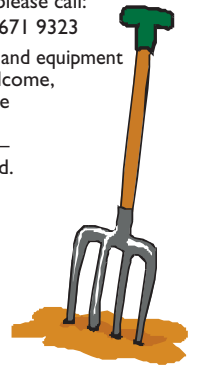
Follow-up support in our new bakkie, fondly nicknamed our “Baby Nissan”!  
Photo courtesy of Kate Linder

- A huge thank you goes to the **Paarden Island Rotary Club** and **CMH Nissan**, who joined together and gifted us a 1400 bakkie which is being well utilised as a follow-up support vehicle!
- To **Jeremy Ball** for his generous donation of a digital camera – it has made a significant difference!
- To **Martin Lusty** for helping to top up the amount for the digital camera and pay for essential computer software.
- To **Jan and Martin Dawkins** who kindly assisted the Sakhe group to replace equipment – the group members will never forget you!

## notice board

### OUR WISH LIST!

- **Special Appeal!!** – Imizamo Yethu and Ikwezi projects – featured in this newsletter, desperately need *well points*. These “mini-boreholes” will release them forever from the impossible costs of municipal water. They deserve it!! We are doing what we can to find funding for this – is there anyone out there who would like to sponsor them, or at least contribute towards them? A well point system, complete with electrical installation, irrigation system and pumphouse, costs in the region of R16 000!
- Call for: Determined and **committed volunteers** to set up and run project tours specifically for “Friends of ABALIMI”.
- Call for: High quality **indigenous plants**, vegetable seedlings and “companion plant” flowers and herbs in bulk, for distribution to the movement which is growing so fast that demand far exceeds supply! The indigenous plants are used to green streets, schools and community owned parks and are given to individual householder trainee gardeners in exchange for plants propagated by them which are too small for use in open gardens.
- Call for: **Garden waste** and volunteers to provide **collection sites**.
- If anybody would like to join the newly launched “**Growers Group**” which supports ABALIMI by growing plants to help start new projects, please call: Clare Linder: (021) 671 9323
- Good Garden **tools** and equipment are always most welcome, provided they can be delivered to our Observatory office – 97 Lower Main Road.
- White Boards for our workshops.
- A scanner.
- Heaters and fans – At our garden centres, we melt in summer and freeze in winter!
- ABALIMI is working with the Community Networking Forum (CNF), a leading grassroots **Youth Empowerment** and Networking organisation on the Cape Flats, to build the ground-up environmental youth movement. The CNF is seeking assistance with the following:  
Fax machine  
Photo copier  
Desks  
Filing Cabinets  
Chairs  
Printer  
Basic computer training and website assistance.  
If you can help out, please contact Solomon (084 793 7932) or Tumeka (082 717 7824) or email: cnf@webmail.co.za
- Call for **Bookkeeper** who is competent in Pastel, 2,5 days a week. People **over** the age of **60** are welcome to apply.



**Editor:** Rob Small

**Producer:** Pippa Minshull

**Photos:** Rob Small, Marc Caplan, Kate Linder, Pippa Minshull

**Reports and Articles:** Pippa Minshull

**Esam Esakhe Feature:** Landy Wright