



## NEWSLETTER

Vol. 7 January & February 2010

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Dear All,

I am overawed by the potential facing our organisation in the next five years.

The meeting we had at the end of January is probably one of the most significant due to the strategy we intend presenting to key staff members in respect of the launch of the 'new' Khulisa and jointly contributing to the compilation of our strategy for 2010.

I am aware that many of you, over the past months, have worked under extremely difficult circumstances. Thank you for bearing with us and for the tenacity many of you have shown in assisting us in resolving some of these problems.

**LESLEY ANN**



## Gauteng — LIBRARY IN SOWETO

It is a norm that Khulisa runs Diversion group session in the communities and therefore it is vital that the training venues are accessible and visible to the community and its beneficiaries.

When I took responsibility for the Soweto diversion group in September 2009 last year, I was introduced to the stakeholders and that included the Councillor. He offered his boardroom for running the group sessions at no cost.

The very first day in the boardroom I observed that it was not inviting at all due to the following:

- Most of the chairs were damaged;
- The connection plugs were not working therefore we could not connect the CD player since part of the therapeutic session requires some music to be played;
- There was no guarantee that the material would be safe. On occasion I found the office open or had been opened;
- Sometimes we found the venue dirty and smelly

One day I was confronted by a parent who asked how we functioned under such conditions. Needless to say I was embarrassed. I had to find a better environment in which to conduct our group sessions in.

I contacted two local libraries and established a working relationship with them. Our Diversion participants assisted by rendering their 'Ubuntu in Action' Project cleaned the library and covered the books free of charge as a way of giving back to the community. This has resulted in an increase in activity in both libraries towards the end of last year

On the 19<sup>th</sup> February 2010, I met with the library manager Mr Aleck Ndlovu and I negotiated with him that we utilize the space available at the library. I emphasized that when the participants are at the library premises it would be advantageous to promote the culture of learning. Mr Aleck Ndlovu happily offered the available venue to us at no cost. The activity room that we are using now is inviting, big enough for ice breakers, with electricity, accessible to the community and secured. — **Zamile Mbanjwa**



## Restorative Justice

The new approach to resolving conflict

### Restorative Justice — What it is not

#### Restorative justice is not primarily about forgiveness or reconciliation

Some victims and victim advocates react negatively to restorative justice because they imagine that the goal is to encourage, or even coerce them to forgive or reconcile with their perpetrators.

It is true that restorative justice provides a context and an opportunity for forgiveness and reconciliation to occur. However, the choice is entirely up to the participants of a restorative encounter. Victims arrive at agreements that are relevant to themselves and which fits their needs, as they see them.

Victims may be content to receive reparation without forgiving or reconciling with perpetrators. In some situations, such as in the case of domestic violence, reconciling with a perpetrator may well place a victim's life in jeopardy.

RJ practitioners must refrain from pressuring victims to forgive or to reconcile with offenders.

*Adapted from Howard Zehr. The little Red book of Restorative Justice, 2002.*

#### RJ Department

The RJ Department commends the fine work of the team: Regi Botha, Errol De Sousa, Lesego Tshabalala and Robert Molefe for organizing and participating in the US RJ Delegation's visit to Khulisa. A special commendation to Robert who successfully facilitated two Peacemaking Circles in Daveyton involving disputes between two Ubuntu Club members, as well as two members of the Delegation!

#### Comments by US delegation members of the RJ workshop:

*We have nothing like this (Khulisa's RJ programmes and methods) in the US!*

*We should move to SA!*

*The workshop has surpassed our expectations!*

**George Conducted an RJ workshop**

**for US RJ Delegation from Illinois.**

**Here are some of the delegates**

**with Regi and George**



# MANUAL 2010

## **Health:**

1. Drink plenty of water.
2. Eat breakfast like a king, lunch like a prince and dinner like a beggar.
3. Eat more foods that grow on trees and plants and eat less food that is made in factories.
4. Live with the 3 E's - Energy, Enthusiasm and Empathy
5. Make time to pray.
6. Play more games
7. Read more books than you did in 2009 .
8. Sit in silence for at least 10 minutes each day
9. Sleep for 7 hours.
10. Take a 10 - 30 minutes walk daily. And while you walk, smile.

## **Personality**

11. Don't compare your life to others. You have no idea what their journey is all about.
12. Don't have negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
13. Don't overdo. Keep your limits.
14. Don't take yourself so seriously. No one else does.
15. Don't waste your precious energy on gossip.
16. Dream more while you are awake
17. Envy is a waste of time. You already have all you need..
18. Forget issues of the past. Don't remind your partner of his/her mistakes of the past. That will ruin your present happiness.
19. Life is too short to waste time hating anyone. Don't hate others.
20. Make peace with your past so it won't spoil the present.
21. No one is in charge of your happiness except you.
22. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
23. Smile and laugh more.
24. You don't have to win every argument. Agree to disagree...

## **Society:**

25. Call your family often.
26. Each day give something good to others.
27. Forgive everyone for everything..
28. Spend time with people over the age of 70 and under the age of 6.
29. Try to make at least three people smile each day.
30. What other people think of you is none of your business.
31. Your job won't take care of you when you are sick. Your friends will. Stay in touch.

## **Life:**

32. Do the right thing!
33. Get rid of anything that isn't useful, beautiful or joyful.
34. GOD heals everything.
35. However good or bad a situation is, it will change..
36. No matter how you feel, get up, dress up and show up.
37. The best is yet to come..
38. When you awake alive in the morning, thank GOD for it.
39. Your Inner most is always happy. So, be happy.

# Recycling and Home gardens

## SMME in the making for 2010

At Khulisa through our Ubuntu Clubs and MIB, we aspire to create recycling and farming entrepreneurs and the products to build solid, successful and sustainable businesses in 2010. The institutional support offered by the Khulisa profit making company will be mainly aimed at businesses that require a medium to long-term partner in growing their businesses. Khulisa will partner/assist/support entrepreneurs who are driven and also demonstrate a developmental consciousness to benefit society as their businesses grow.

It must be noted that SMMEs are the vehicle by which entrepreneurs from all socio-economic levels gain access to economic opportunities. Research indicates that small, medium and micro enterprises (SMMEs) account for in excess of 60% of all employment in South Africa and contribute 40% to national output. Research also shows that SMMEs exceed corporates by a large margin (SA has ±650 000 SMEs). Micro or survivalist businesses exceed SMMEs by a big margin (SA has ±2,35 million micro /survivalist businesses). Under the current economic downturn large corporates are shedding jobs; SMMEs are creating employment. In South Africa the high unemployment is leading to crime, the proposed Khulisa SMMEs ventures can alleviate the unemployment problems and create opportunities in the economically depressed areas.

Through Khulisa's donor network and partnerships, our proposed SMMEs ventures Khulisa will facilitate wide exposure and business opportunities to our Ubuntu and MIB beneficiaries to gain more market insight and a stronger profile.

## Communities Responding to Human Needs

KWAZULU NATAL  
ACROSS THE KZN REGION



### Introduction -

The Phoenix JARP pulled off yet another successful international RJ week 15-21 Nov 2009. The highlights were the motorcade and the High Tea. The attendance for the High Tea, Senior Citizens group, and school DVD showcasing was exceptionally high. High Tea attendance was 60 and senior citizens was altogether 144 for those who were literate. This is evident by the registers distributed at the events.

### Senior citizens Forum -

Kim, Rashida and Linda were keen to work with the 4 senior citizen groups in Phoenix for RJ week which proved a very fruitful experience. The introductory exercises were fun and innovative such as the adjective name game. The groups actively participated in the group discussions and raised issues of senior citizens. Many felt their needs were "friendship, respect, healthcare and shelter". They wanted to be cared for and not spoken abruptly to. Many were illiterate but were nevertheless articulate on their issues. Upon our departure of the centres, they wanted to know when Khulisa would be back to run similar programmes again.

### High Tea Event -

Domestic violence is one of the leading concerns in the Phoenix community. A High-tea event was held for victims of domestic violence. From the Khulisa case load as well other NGO's and government sectors working with Domestic Violence invited their clients to the high tea. 80 people attended the event, an empowering and motivational programme was held with all who attended.

# Chillout Zone

**CHUCKLES**  
Caption/Comic Strip/  
Wordsearch

## Whole Snoek with Lemon and Apricot Jam

Serves 8  
Prep time: 15 minutes  
Cooking time: approx. 40 minutes



- 1 large Fresh Snoek (braai snoek)
- Salt (lightly salt too taste)
- Ground black pepper 60g
- 2 tbsp (30ml) butter
- 4 tbsp (60ml) smooth apricot jam
- 2 tbsp (30ml) lemon juice
- 2 tbsp (30ml) oil

1. Season the snoek with Salt and black pepper and place skin side down on a single layer of foil.
2. Melt the butter, apricot jam, lemon juice and oil together and keep close by for basting.
3. Braai the snoek over moderate coals, basting regularly with the apricot jam mixture until the flesh comes away from the bones easily.
4. Cooking time depends on the size of the fish, but should vary between 35 and 40 minutes.

P O C M R Q C Z C Z N P X Z N  
Z W A F D V V X K T R R L U F  
K L V O L U L N L Z J K F Q Q  
C F T L N Y R A N A Q A I D V  
C G U A J O E S D G J M Q X H  
D O N L M R E H T I W S Q A X  
V I D F L E K D X Y Z Y H N C  
T D Q H B S C X I Y L T U B R  
H X Z J C E O E W U R U F B R  
Z J J K A D C M T A Y R K A H  
J T L S C U Y S E I K L A T W  
E W F S O E L D B H R D D T M  
C I P B N O L L H Z I D M V S  
Y R F U A M I L L A G P T L W  
G P W C J Z B E Q U E A T H R

BEQUEATH  
BETWIXT  
BILLYCOCK  
DEARTH  
DURST  
FULLSOME  
GALLIMAUFRY  
NARY  
TALKIES  
TARRY  
WITHER  
YORE

## QUOTABLE QUOTES

"We don't live in a world of reality, we live in a world of perceptions" - *Gerald J Simmons*

"Far away in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead." - *Louisa May Alcott*

## How Green is your Garden ...

**1000 liters of water can be used in just one hour. Help save the planet with these small changes.**



Create a green garden encouraging wildlife and giving you lots of opportunities to conserve resources and recycle waste. Rich Hough, author of [You Can Save the Planet](#) gives these eco-friendly strategies to use in your garden:

### 1. make use of the rain

Persuade your family to buy a **water butt** which can collect rainwater for use in the garden. Dry weather is becoming more and more common, possibly because of the increasing climate change. Usually during the dry months there is a severe water shortage and water companies often impose hose pipe bans, which includes sprinklers. You can also get a system to filter and reuse 'grey' water from the kitchen and the bathroom.

### 2. Use less, get more

Water plants in the cool of the morning or early in the evening, to minimize losses of evaporation.

### 3. Use natural nourishment

Persuade your family to keep moisture in the soil by laying mulches of wood chips, bark or gravel around your plants. Soil often needs a bit of nourishment but commercial fertilizers can do more harm than good. Many of them contain ammonia, which is made using natural gas as a source of both energy and hydrogen.

### 4. DIY fertilizer

[Organic fertilizers](#) are available to buy or you can make compost using organic scraps from the kitchen and garden.

### 5. DIY pesticides

There are natural pest control items for sale. But try and making [your own spray](#) of liquid soap or garlic mixed with water. Suggest you have plants in the garden that repel certain pests or attract pest-eating insects. Slugs can be caught in beer traps or eradicated using nematode worms- a natural, biological pest control.