

## Human Development training for Umkhonto we Sizwe

Umkhonto we Sizwe (or also commonly spoken of as MK), means “Spear of the Nation”, and was the armed wing of the African National Congress which fought against the previous apartheid regime of South-Africa. These men were the heroes of their time, who fought for the freedom of their people, some of them at the time, a mere 12 years old.

But what happened to them? What has become of them, now that the struggle is over, and democracy is growing from strength to strength in our country? When you do a search on the internet to find out more about their post-“war” achievements, nothing is said. The last you read about MK, is that they were absorbed by the SANDF from 1990. However, for most of them, this did not become reality.

The Greater Rustenburg Community Foundation has recently made the acquaintance of a group of men, former MK members, living in the Bojanala region. Through conversations and spending time with them, it became apparent, that these war heroes from the past, have become abandoned, disillusioned, and some, even hopeless. Words such as “fear”, “disgruntled”, “anger”, “rejection”, and “not worthy”, featured strongly in their language at the beginning of the conversation.

So, with the committed partnership of Quantum Step Human Development, the GRCF set out a week to spend in Lethabong, Hartbeesfontein, to assist a group of 23 ex-MK members, in becoming aware of their own values again, and to help them start creating their own opportunities.

The Quantum Step Human Development workshops have been implemented by the GRCF since 2010, as part of their CAMP (Community Asset Mapping Programme). Through CAMP, communities are guided to change their focuses from what they lack (need), to what they already have (assets). By realising that they have skills, whether it is with their hands, head or heart, people are empowered to create better lives for themselves, and not left dependent.

The week started off slowly, with an apparent lack of trust from these ex-soldiers - some of them physically scarred and some emotionally fragile. However, within the first morning session, through the guidance of the GRCF, encouraging them to share some successful stories of their “comrades” they started participating with enthusiasm. After introducing a process to them where they determined their own values, skills and knowledge and then working together as a collective group of community members, assessing their collective skills, assets and values, these men started telling that they see HOPE for the first time in many years! The second and third day were dedicated entirely to a process, facilitated by Quantum Step Human Development, to address anger, forgiveness and awareness of their own values. The third day ended with these ex-soldiers, standing proud and tall, voicing loudly to their fellow “comrades” that they give Forgiveness, Hope, Tolerance, Love, Patience and Peace. No one in the room was left untouched in that moment.

Through the rest of the workshop, it became apparent how the motivation and lust for life was returning to the soldiers, activists for freedom and fairness, turning hopelessness into making plans for themselves to have a future and a better life.

In a few weeks the GRCF will follow up with these men, assisting them to develop sustainable socio-economic plans which could be turned into income generating businesses. In so doing the GRCF also upholds its philosophy of “investing in success”.

Says Christine Delport, COO of the GRCF: “The highlight of the week of course, is always the goodbye – when we can look at each other as human beings, knowing we’ve shared our wishes, fears, joys and heartaches as comrades in this human race, all together as one...”



*Left: Christine taking the soldiers through a process in a garage that was used as a training venue.*

*Right: We never leave a community without a song and a dance – here we are being bid farewell by the soldiers, with Mr Mathuse, our CEO on the far right-hand side.*



## Ke Rona a knock-out again at this year's World Environment Day celebrations at UNISA

For the second year in a row, the GRCF's Ke Rona performers were invited to perform at UNISA's annual World Environment Day celebrations at their Muckleneuk Campus in Pretoria. With the skilful guidance of Vusi and Thembi, the performers presented an adorable performance addressing deforestation and the implications thereof. We also took 60 school children from the Bojanala region to UNISA for the celebrations, where they shared in the awareness drive. Another big privilege for us during these celebrations, was to hand over a painting done of Miriam Makeba by one of our Ke Rona Artists, Joseph Molefe, to the Department of Geography, that will be show-cased in the Miriam Makeba hall at the Muckleneuk Campus.



Photo's  
courtesy of  
UNISA



On June 7<sup>th</sup>, we went to prison again. AS part of this year's Youth Day awareness drive, the guys of LACAP invited the Losperfontein School children to prison, to handover blankets and food parcels that were donated by the GRCF. The purpose of this visit, was for the children to hear from the horse's mouth, why crime doesn't pay, and to give the inmates an opportunity to do their part

in raising awareness against crime. On this picture is Mr Thomas Molefe, Head of Losperfontein Correctional facility, with some of the members of LACAP.

Remember to register for the 2011 CAMP for CHANGE conference, happening from 10 – 12 October at Bakgatla. For information and registration documents send a mail to [uuar4@unisa.ac.za](mailto:uuar4@unisa.ac.za)



## Waterfall Mall hosts fund with GRCF

The Waterfall Mall's Longest Breakfast Table charity drive has become quite a tradition in Rustenburg since the first event was hosted in 2007. This year, we're celebrating 5 years of making a difference, and hope to have a longer table with more people served even quicker this time around. The 'Longest Breakfast Table' is one long breakfast feast in aid of charity down the isles of the Waterfall Mall. The table starts at Woolworths, ending at Pick 'n Pay. The breakfast started off in 2007 with just over 100 guests, 2009 saw it grow to 840 guests, and in 2010 we seated 1 112 guests. Foodworx will true to form, be the official caterer for the event this year again. The 'Longest Breakfast Table' event is the brainchild of the Waterfall Mall. Rustenburg Charities Unite (RCU) has been the beneficiary of the event since its inception. The RCU is an umbrella organisation for local charities. The background of the RCU, stems from the Waterfall Mall's necessity to be formalise its social responsibility towards the local community. Members for 2011 are CMR, CANSA, FAMSA, Future Visions, Ondersteuningsraad, NICRO, the SAVF and Spes Bona. This year however, the Waterfall Mall has decided to formalise the funding procedure, and has asked the Greater Rustenburg Community Foundation to host the fund for the Longest Breakfast Table. This implicates, that donors and sponsors investing in this event, will not only be contributing to the wonderful work that these organisations are doing, but will have the added benefit of corporate social investment, by receiving an Article 18A certificate, which has financial benefits to the sponsor as well. This also means that the Longest Breakfast Table now has a permanent fund with Rustenburg's own Community Foundation that will be there in perpetuity, for generations to come. The GRCF is excited to partner with the Waterfall Mall, in making Rustenburg the place we love to call home!