

skills training centre update

We have been incredibly fortunate in securing funding this year for our training centre. HCI awarded us R20 000,00 for use in our skills training programmes and PSG/467 Charitable Trust have funded Crystal's salary for 2010! In addition, Nussbaum Foundation has already funded Crystal's salary for the first half of next year.



Some jewellery made by our residents

ways we are teaching our ladies to become self sufficient as they are paid weekly for the articles they have completed. Our jewellery has been exported to the UK, Germany and Canada! Crystal has trained ladies from all the Western Cape women's shelters in jewellery making as well as 8 social workers from day hospitals in and around Cape Town who will in turn teach their AIDS patients.

Besides the jewellery, the residents are also taught fabric painting (see later in this newsletter for examples!), decoupage, sewing, computer literacy, card making, journaling and budgeting.

The training centre grows from strength to strength!

thank you state street...

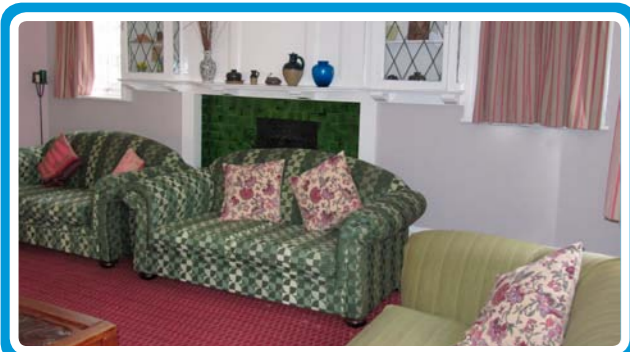
For the fabulous make over our lounge has experienced – we hardly recognise it! Organised by Dawn Cooper, a work party numbering 15 people and including the Managing Director of State Street, Andrew Willis, descended on Sisters wielding paint brushes and eager to set to work. The result is amazing – not only freshly painted walls but

brand new curtains and re-upholstered couches done by Just Lounge, for all our residents to enjoy.

State Street has really spoilt Sisters' residents recently treating them to a wonderful outing to the Two Oceans Aquarium at the Waterfront and then to lunch at the Spur. One of our residents who was turning 40 was given a lovely birthday party which she so appreciated and, as if that wasn't enough, all our staff were given chocolates with Linda receiving a HUGE box to celebrate her 15th anniversary as manager.



Some of our excited residents and children outside the Two Oceans Aquarium



Our beautifully decorated lounge

and finally...

a huge thank you to the following

- ★ Department of Social Development
- ★ Community Chest
- ★ Revelstone (Cape) (Pty) Ltd
- ★ Grace Family Centre
- ★ Donors who pledge monthly via our Card system
- ★ St Faith's Church
- ★ Catholic Women's League
- ★ Common Ground Church
- ★ Volunteers and students who work with us
- ★ Sjaniet Turrell
- ★ Robin Good
- ★ Smilers
- ★ Opechee – for their constant, ongoing design work and financial contributions
- ★ Fish Hoek Methodist Church
- ★ Springfield Girls High
- ★ Wynberg Girls Primary and High Schools – donations of foodstuffs and toiletries
- ★ Reddam House Constantia
- ★ Woolworths, Kenilworth Centre
- ★ Engen Bakery, Meadowridge and Claremont
- ★ Hillsong Congregation
- ★ Pick 'n Pay Head Office, The Ackerman Foundation, Mrs Wendy Ackerman, Mrs Suzanne Ackerman-Berman
- ★ Clicks Head Office
- ★ Probus Women's Organisation
- ★ Rotary Newlands
- ★ Rotary Kirstenbosch
- ★ Law Research Unit at High Court
- ★ Nadia, Pam, Bev, Suzi – for your ongoing commitment to our residents
- ★ Fish Hoek Primary School for donating the money raised on civvies day
- ★ Herschel Senior School – HUGE donation of groceries
- ★ Brigitte and her group from Common Ground Church
- ★ Noleen van Rensburg for work preparedness assistance to our residents
- ★ Brenda and Janet for their most appreciated help with children and the container
- ★ Rustenberg School
- ★ Order of St Lazarus for providing our residents with a fabulous Christmas lunch
- ★ Swiss Women for their donation
- ★ The Lodge for providing our school going children with stationery packs and party
- ★ Projects Abroad
- ★ Woolworths "MY School Programme" for monthly financial donations
- ★ Di Rossiter for her financial contributions and for the DVD player
- ★ Mrs D Johnson
- ★ The DCI Foundation UK
- ★ Joy Carter
- ★ The Douglas Jones Collection
- ★ Donovan Davenport, Lyndsay Hanson, UK
- ★ Michelle McKay
- ★ GLA Logistics

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sisters chat...

OFFICIAL NEWSLETTER FOR SISTERS INCORPORATED

JULY 2010

50th anniversary AGM

Excitement was running high on Friday 11 September 2009 as we prepared to welcome guests, sponsors and friends to our 50th AGM. What a milestone – half a century of helping women and children in crisis – truly cause for celebration!! We were delighted to welcome Jenny Arendorff from Place of Hope as our guest speaker. Jenny gave a truly inspirational address which was enjoyed by all. Amanda, our childcare worker, had prepared her little charges most competently and they entertained us in song as did Joi Benjamin and Liesl Harrison.

Goodie bags packed with lots of exciting items were handed out to all our guests to take home with them after they had enjoyed cocktail snacks served in the dining room and had a walkabout, many visiting our skills room to purchase some of the beautiful beaded jewellery on display there.



Jenny Arendorff, our guest speaker

bye bye rachel!!

Our young volunteer from Trent Vineyard Church, Nottingham, Rachel Royles, arrived at Sisters on 1 March 2010 for a three month stay with us. Rachel has completed her A-levels at school and is going to study Social Policy at the London School of Economics later this year; like many of her friends she decided that she would like to spend part of her gap year working for an NGO in "Africa"!

What a blessing Rachel has been to us. Looking back we have realised that she has filled so many gaps in our organisation doubling up as PA to Linda, child minder, container sorter outer ... On so many occasions we wonder what we would have done without her. Rachel has lived at Sisters from Monday – Friday for the

duration of her time in Cape Town and has fitted in very well with everyone – she is going to be so missed. During the weekends, Rachel stayed with various families from Grace Family Centre. Special mention should be made here of the Moore family who really took Rachel under their wings.

Come back and visit us some time Rachel. And... good luck with your studies and your move to London.



Rachel on top of Table Mountain



what's been happening at sisters....

cadiz / leap communication human rights day swim



CEO of Cadiz Financial Services Group, Ram Barkai, handing over the cheque to Linda surrounded by residents of Sisters

We were so excited when we heard from LEAP Communications (the PR company which organises the Cadiz Swim Series) that we had been chosen to be the recipients of funds raised from the sponsored swim which would take place at Camps Bay on 21 March 2010 – Human Rights Day.

What a day it turned out to be for all our residents! We sat on the beach and watched the 114 participants take to the sea, bravely facing immersion in the freezing cold (14°) water! Rather than us we thought! The field of participants swam a distance of 2.5 km and we want to particularly congratulate Achmat Hassiem (shark attack survivor and SA Paralympics swimmer) who came 2nd in this, his first official swim since the attack. Well done Achmat!!

Thank you Cadiz for sponsoring a fabulous picnic lunch for all our residents. It was such a happy, fun filled day for everyone from Sisters. A chance to put away problems and worries and just enjoy the fun of the moment. We received an amount of R10 000,00 from the swim – we are so grateful – thank you.

second time around!

November saw the arrival for the second time of Janette Mullins from Nottingham, UK. We had welcomed Janette two years earlier when she was a member of the team from Trent Vineyard Church who came over to work at Sisters. On this trip Janette was accompanied by Ellie, a young girl who works with her.



Crystal with Ellie

Janette and Ellie worked tirelessly for the two weeks they were at Sisters. One mammoth job that they undertook was the sorting and clearing out of the "Sisters Shop" i.e. our container! What a sterling job they did. Both of them absolutely loved their time at Sisters – and we loved having them!



Crystal with Janette

16 days of activism

During the month of December, 16 Days of Activism Against Violence Against Women are set aside with many and various activities taking place, last year culminating in a thanksgiving service at Place



Some of the participants at the sports day

of Hope.

Some of the activities in which Sisters Inc. took part were:

- ★ A fabulous fun filled sports day organised by Carehaven
- ★ A march in Cape Town
- ★ A picnic at Saartjie Baartman

renovation of our admin offices

For quite a long time now our admin staff have been struggling in cramped surroundings. None more so than our social worker, Angela Dewar, who has desperately needed a more private space for client interviews, meetings with residents etc. So ... we set about getting in touch with someone who could enlarge the space and found Trevor Abrahams of AMC Land Developments willing and able to take up the challenge! Once he had presented some drawings to us we started the process of raising the necessary funds! The DG Murray Trust has once again come to our assistance by funding the renovations – thank you SO

very much for your ongoing support of our endeavours. In the past the Trust has paid to totally revamp our driveway and also contributed to the building of the new crèche which we opened last year. Colleen Houlie (who is on our management committee), together with her husband Sam, celebrated their 40th birthdays last year and in lieu of presents asked friends to pledge funds for this project; their contribution will now assist in furnishing the new offices. All we are waiting for now is for the plans to be passed and then we will start. We cant wait!!

curves gym (pinelands) donation

Motivated by Nikki Wilkinson from State Street, Curves Gym members collected a whopping 482 kg of food for Sisters.

wow! Thank you !!



Come on other Curves Gym members – what about encouraging your branch to do something special for Sisters Inc?

staff news

It has been quite a time of change at Sisters over the past couple of months! This is what's been happening:

★ Carline Pienaar who was our child minder for eighteen months left to have a baby – a lovely little girl named Jayline. Congratulations, Carline

★ Monique Fugard left for a 6 month stay in the UK

★ Lisa Dunn came in Carline's place and was with us for a short 3 month period



Our staff

world cup 2010

World Cup fever has taken the country by storm and Sisters is not being left out!! On Friday 11 June, all our residents sported their hand painted, individually decorated t/shirts. A competition was held and



The winning t/shirts

prizes awarded to the winners. Under Crystal's guidance, our residents also painted their very own banner – well done ladies!

We say **"GO BAFANA, BAFANA – WE ARE BEHIND YOU ALL THE WAY"!!**

just for a laugh committee blues

Oh, give me your pity, I'm on a Committee
Which means that from morning till night
We attend and amend and contend and defend
Without a conclusion in sight.
We confer and concur, we defer and demur
And reiterate all of our thoughts
We revise the Agenda with frequent Addenda
And consider a load of reports.
We compose and propose, we suppose and oppose
And points of procedure are fun.
But though various notions are brought up as motions

There's terribly little gets done.
Resolve and absolve, but we never dissolve
Since it's out of the question for us.
What a shattering pity to end our Committee
Where else could we make such a fuss?



Sisters management