

1000 HILLS COMMUNITY HELPERS



Issue 14
June 2009

Our quarterly newsletter highlighting information for our devoted helpers, volunteers and benefactors.

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OUR MISSION

Is dedicated and compassionate service to the people of The Valley of 1000 Hills.

OUR VISION

Is to improve the lives of children and adults infected and affected by chronic illnesses such as HIV/AIDS, TB, Hepatitis, Diabetes, Cancer, Arthritis, and Hypertension, through community and home based primary health care clinics, nutritional feeding schemes, crèches, counselling and support groups.

Our children are our future

Hello friends,

I am sure you must be feeling the cold, how fortunate we are to have things such as heaters. These are all daily items that make our lives considerably more comfortable. Within the past year over 1000 people living in a squatter camp settlement in the Claremont area near Durban where evicted from their settlement and relocated to the Inchanga area of the Valley of 1000 Hills.

These individuals were placed in a prefab housing settlement but were also left without any source of warmth that would essentially enable them to get through the winter months effectively. Many of these people have asked for assistance regarding this issue and have also found to be in need of medical treatment for ailments contracted due to ill health caused by their lack of warmth.



This is extremely hazardous for those living with HIV/AIDS, adding an extra strain on our resources medical wise in our clinic and our feeding scheme

Children waiting in anticipation to receive something warm to wear that would make the cold winter nights more bearable to endure.

This winter being one of the coldest ever couldn't have come at a worse time. In combination with the current economical recession, this winter has seen an increased need for warmth within the local communities and therefore our appeal to readers to assist those in need with warm blankets and clothing. If anyone can help, please let us know.

Bringing warmth into their lives



Our Garden

Sadly we've had to say goodbye to Rolly Shorten who used to come up to the centre every Monday and set out work for our volunteers who work in our vegetable garden. Frank Dixon has taken over from Rolly who still pops up every now and then for a visit. Thank you Rolly for making our garden what it is today and we welcome Frank.



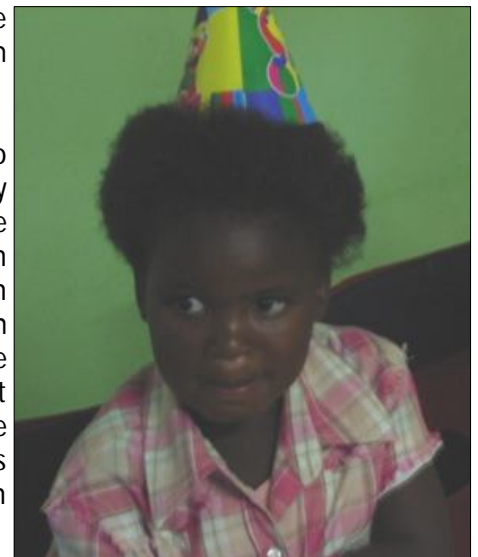
Not only do our gardens assist us but it is also an education tool for the community. Happy to say many are interested.

Our Crèche

One of our little men in our crèche, being 20 in total from the ages of 15 months to 2 years. He came to us suffering from Kwashiorker and is now lively after been somewhat shy and reserved.



Sne', the older of two sisters, was very emotional girl when she came here, not joining in with the other children and a lot of crying. With much patience we are happy to say that she not only joins in with the other children but has become quite a leader in the blue group.



The Birthday girl Sne' with a broad smile

We now have a total of 80 children in our preschool and 8 babies in the infirmiry. The preschool stays open during all the holidays except December when our teachers take a break for the year.

Our Baby Infirmiry

Alta Collins with four of her care givers are doing a wonderful job running our infirmiry for babies. We have nine babies that we take care of . These little ones are referred to us by our clinic sister and Dr. Van Schalkwyk due to things like malnutrition and premature birth. Thank you to all the volunteer nursing staff who assist us in our Tuesday baby and nutritional clinic.

A lot of the babies in the valley are suffering from a worm outbreak that has never been seen before. These infants have to be treated at the general hospitals .

These little ones here came to us, one weighing in at 3.6kg's and now we are thrilled to say weighs 5kg, the second one was a premature baby who also weighed in at 3.6kgs, now weighs 5.45kg's . Amongst all the heartache, these are our joyous moments.





Important Contact Information:

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IWYMIC

Ronel Mitchell from the Ethekweni Municipality approached us to participate in the Problems Solving competition to be held from the 5th to the 10th of July 2009. On the 7th of July 70 international educators, professors and delegates will be visiting the centre between 09h30 to 11h00 after which they will have an ½ an hour to buy crafts then depart for lunch at 11h30. A dance display and gospel singers in full rural African dress will give a performance and the an opportunity for photo shoots.

The Invitational World Youth Maths Intercity Competition will be taking place in Durban at the George Campbell School of Technology also on the 7th of July. We are extremely proud to have earned a place for Six learners and three teachers all from different schools in our local community to participate in the competition.

The competition is mainly aimed at Grade 9 learners and is centred on improving and encouraging maths skills in and around rural and urban schools.

Charity Number: NPO 042-122

Public Benefit Organisation No: 930020228

Our Banking details:

Bank: Nedbank
 Branch: Hillcrest
 Branch code: 133826
 Account No. 1338080571
 Account name: 1000 Hills Community Helpers
 Swift code: NEDSZAJ

Michael Mthembu, our computer room volunteer, now assists Wilma, Carla, and Iona in the Adult Basic Education Training centre with lessons and also give basic computer literacy lessons. He has been a huge help by visiting local schools and collecting information on our behalf and getting students involved in this Maths Competition. Many of the surrounding local schools visit our computer centre for school projects or research on subjects. Michael is always willing to help them further their education. Pleased to say that we have chosen Michael to be our tour guide. Once he has undergone the correct training and is certified as a registered tour guide, KwaXimba Tourist Junction will be able to offer tours into the valley and local community. (Read insert below.)

KwaXimba Tourist Junction

The inclusion and arrangements made for the Maths Competition has also given birth to another 1000 Hills Community Helpers project, KwaXimba Tourist Junction, which is owned and run from the 1000 Hills Community Helpers community centre. Durban Metro (Ethekweni Municipality) has also agreed to assist us with the registration of the project and of a tour guide.



Michael Mthembu



Andreoli Shoes

Giving hope to the jobless: Andreoli Shoes approached us asking Dawn to get together a team of community members, 31 in total, who initially began making components of leather shoes and have now progressed to making full shoes creating work for many people.

Please don't forget our skills development centre where crafts made by local community members are sold.





Sister Harte and Sister Dixon in one of the consulting rooms

Our Clinic

We would like to thank all our clinic Sisters, Doctors and Pharmacists who assist us in the smooth running of our clinic. Thank you all so very much for the love and dedication you have shown to our community.

We have had a number of overseas volunteers and nursing Sisters who have come and spent a couple of days at our clinic, we would also like to thank them.

To all the schools who send us students to do community service, we thank them for the extra help.



Sister Dlamini in the dispensary

Milli Reddy**Clinton Global Initiative Project**

We would like to introduce Milli Reddy who has helped us immensely with the Clinton Global Initiative Project. Here is her write up about herself:

“My name is Milli Reddy. I am a South African Fulbright Scholar completing a PhD in Pharmacy Administration at The University of Texas, at Austin in the United States. I am very excited about working with the 1000 Hills Community Helpers on a very special education initiative. Last year, I submitted a proposal to the Clinton Global Initiative outlining my commitment to health and education in South Africa. In February 2009, the proposal was announced at the Global Health Section of the Clinton Global Initiative University Conference. In May 2009 the Clinton Global Initiative and Pat Tillman Foundation announced that funds will be provided toward this initiative. The education component of the initiative consists of setting up a library at the 1000 Hills Community Center. In short, I envisage an interactive learning center where children from the 1000 Hills Community, and health care professionals who serve this community can read and continually learn. I am so happy to announce that our first milestone will be reached on June 11th, when Dr Anand Moodley, a neurologist from the Nelson Mandela Medical School will give a talk on Epilepsy at the center. There are several other exciting events and programs that are being planned, including a partnership with two other organizations that I established contact with at the CGIU conference. “We-Cycle” is a recycling group in New York City who would like to work on educating the 1000 Hills Community about the importance of re-cycling. “Common Vocabulary” is a Jeffery Sachs Initiative that teaches local communities about important global issues such as health, environmental and economic challenges in an easy to understand format. Our preparation and plans on these and other undertakings will be covered in future newsletters.



From your left to right (Lung-I Cheng, Milli Reddy, Cat Bui).

I thank Dawn Leppan and other members of the 1000 Hills Community Helpers center for giving me an opportunity to serve your community.

Best Wishes”-Milli Reddy (UT Austin)


Leisure Books Nomination Pack
Attention All Leisure Book subscribers.

Leisure Books are giving away books worth R1 million to the value of R1 million will be donated to South African institutions which cannot afford to buy books. Schools, old age homes, colleges, correctional libraries – any institution in need of books that you may be aware of, could be nominated. The donated books will not be second-hand. Brand new books will be sent by courier directly from the Leserskring/Leisure Books warehouse to the institution.

We are asking you to please nominate our Centre - 1000 Hills Community Helpers. We are in the process of getting a large Gemini hut to set up a library.

This is how it works:

- * Each quarter Leserskring/Leisure Books club members will be asked to nominate book-poor institutions.
- * Each nomination will be evaluated to ensure that as many institutions as possible will receive books. The goal of this project is to give at least 100 books to any selected institution. This amounts to books worth more than R250 000 every three months. It also means that at least 30-40 institutions will receive books from this community outreach program!
- * Leserskring/Leisure Books will make the books available and will decide, according to the needs of the institution, which titles are suitable.


Do you want to participate?

To nominate an institution, club members can:

- * Send an e-mail to leef@leisurebooks.com
- * Send a fax to 021 521 8586

We require the following information:

- * The name of the institution that that you are nominating : 1000 Hills Community Helpers
- * A contact person at the institution : Jenny Siepman (cell) 083 655 3025
- * The contact details of the institution (telephone number, fax number, e-mail address) : (p) 031 7834013 (f) 031 7834253 (email) - jenny@1000hch.co.za
- * The physical address of the institution : 1 Fredville Road, Inchanga, Kwazulu Natal
- * The ages of the readers of the institution : 5 to 80 years
- * The types of books needed i.e. craft or children : Children's books, non fiction, educational and craft books
- * Which language (English or Afrikaans) : English
- * Your name and contact number

What if the institution that you nominated is selected as beneficiary?

Both you and the institution will be contacted by a representative of Leserskring/Leisure Books to inform you.

Thank you

Jenny Siepman

Also a warm welcome to Jenny Siepman who has recently joined us as a fundraiser. Here s a bit more about her:

"I was born and bred in South Africa and I come from a large family of six children. We lived in various areas being Cato Ridge (I attended Cato Ridge Primary School), Monteseel, Hammarsdale and then Hillcrest (I attended Hillcrest High School). My passion of the Valley of a 1000 Hills started at a young age. After school , I worked for a Bank in various posts. In 1998 a married Neil and we now have a 9 year old daughter, Nicola and we live and work in the Pinetown Area. As a Rotarian with the Rotary Club of a 1000 Hills, I got to know Dawn and 1000 Hills Community Helpers. I got to see Dawn's dream grow from a drawing on a piece of paper into a Community Centre. I am delighted to be joining the 1000 HCH as their Fund Raiser.

Our Centre is in constant need of assistance - be it monetary, toys, clothing or just your time. We have a craft centre that sells items that are made by the local community and you are welcome to visit and see what we do at our centre. If anyone can help us or has any ideas - please feel free to contact me."

Loving Life
 Jenny Siepman
 (cell) 083 655 3025
 (email) jenny@1000hch.co.za





KwaXimba Tourist Junction Brochure



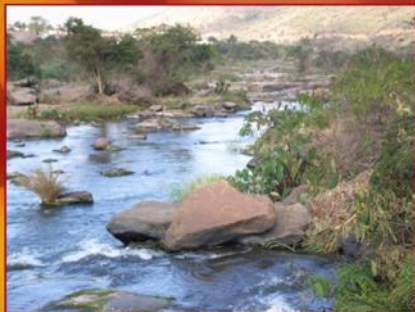
KwaXimba Tourist Junction



Experience a breathtaking scenic tour rich in cultural history into the heart of the Valley 1000 Hills situated in the KwaZulu Natal. Come and visit the majestic views offered up by this natural valley. Our tour guide will lead you on an adventurous journey deep into the heart of this extraordinarily beautiful valley where your feet will touch ground with the floor surrounding this natural wonder's life giving force – the Great Msunduzi River.

While on the way down to this meandering river which feeds the surrounding core areas, take in the opportunity to encounter the friendliness shown by local residents as they greet you with a fervent smile. They smile not because they are happy but because you have chosen to visit their world and absorb the natural beauty of this vast kingdom.

Many tourists visiting our valley have not returned home without saying these words, "Africa is under my skin." Don't hesitate or be content with an aerial view from above. Descend into the heart and visit the Valley of 1000 Hills today for a life changing experience. Go on; get Africa under your skin.



Ah, but our land is beautiful!

What we offer:

KwaXimba Tourist Junction offers guided tours into:

- Our wonderful valley.
- Our local community.
- The multi-purpose community centre of 1000 Hills Community Helpers. This community centre assists approximately 26 000 local inhabitants of the surrounding valley annually and consists of:

- A skills development section where locals gather to make and sell their own hand made crafts which is available on sale to visitors.
- A clinic where the community is able to receive free medical treatment.
- A kitchen that serves two meals a day free of charge to those who are destitute.
- An ABET (Adult Basic Educational Training) and computer skills room where students learn to read and write English as well as being taught basic computer literacy.
- A preschool and crèche that prepare 85 + children for their future learning as well as an infant infirmary where sick babies are taken care of.

For bookings contact:

1000 Hills Community Helpers

Tel: +27(0) 31 7834013

Fax: +27(0) 31 7834254

Cell: +27 (0) 84 625 2771

Visit us at www.1000hch.co.za

Email us on

1000hch@zmail.co.za or

1000hch.dawn@zmail.co.za



Come and join us at the centre for either a traditional African lunch or just a light snack. Soft drinks and beverages are also on sale to visitors

