

AUG 07
2011



WOZA
MOYA

NEWSLETTER



10
YEARS

AUGUST NEWS

It has been a chilly month here, in the foothills of the Southern Drakensberg Mountains, with one snowfall after another, covering the distant mountains, about an hour's drive away from Woza Moya. In these freezing temperatures, Alan Hofland, who regularly does repairs and maintenance for us at Woza Moya, braved outdoors, to attend to some urgent repairs. Special Thanks also to our brilliant accountant, Theresa Samuelson, who worked around the clock to prepare everything for our annual audit, which was submitted on the first of August.



FOOD GARDENS

Over the past 6 weeks or so we have seen our winter garden reaching maturity, producing an abundance of large broccolis, cauliflowers and cabbages, intermixed with a wide variety of other veggies, herbs and plants, as in the permaculture way. Alan, a horticulturist from Durban with a special focus on Food Security and Permaculture, sourced some top quality seedlings for our winter crop, which made all the difference. He also brought in more fruit and nut trees which have been strategically planted in our gardens, extending the permaculture design.

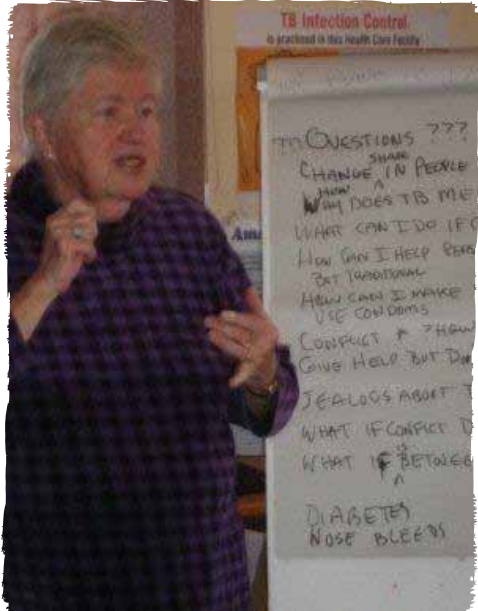
The gardens have continued to provide a nutritious daily meal for the children at our Play School and everyone in our Community Centre. In August we had such a surplus of beautiful and delicious veggies that it was wonderful to be able to give back a little and share with some of our friends and supporters of Woza Moya.





CONFLICT RESOLUTION TRAINING

Our Community Care Workers (CCWs) reported that they were increasingly being called upon to help resolve family disputes in the community. They felt unequipped and out of their depth. So it was timely that Dottie Hickey, a Nursing Sister from New York, US and an old friend of ours, was visiting SA and able to conduct this workshop on Conflict Resolution. It was a great day of learning, interspersed with much laughter too, as all of the team reflected on themselves and how they cope with conflict in their own lives. Dottie introduced 5 common strategies people engage with when managing conflict. The CCWs discussed and considered which they could most relate to. Some said they tended to withdraw in difficult situations like a TURTLE, others admitted to forcing their own views, as in the SHARK/LION prototype. Many wished they could be more like the TEDDY BEAR, always smoothing things over. The compromising FOX type person was also admired, as someone who is able to let go, for the sake of reaching agreement. Finally there is the OWL character that has the ability to problem solve and negotiate very skilfully in order to ensure that an agreement is sought that maximises joint benefit and resolves tensions and negative feelings. It was interesting to discover that all of these 5 strategies are equally important and appropriate in certain circumstances, depending on your goals and the relationship.



Listening was another important tool that Dottie touched on, explaining the importance of making space for each person to speak and to feel heard.

With these new found tools under their belts, the Care Workers' said that they felt excited and much more confident, and were looking forward to using them on their home visits in the community.

We thanked Dottie by presenting her with one of our own home-grown, giant-headed broccolis which she was delighted about.



PLEASE SUPPORT

A dynamic effective care worker team requires on-going training which needs funds. To bring all our care workers, from the outlying areas in to our Community Centre for one day of training, costs R 1,400.00 in taxi fares. Please support us by contributing to <http://www.wozamoya.org.za/monetary-donations.html>