



GONDWANA
CARE TRUST
NAMIBIA

Newsletter

September / October 2018

“Attitude is a choice.
Happiness is a choice. Optimism is a choice. Kindness is a choice.
Giving is a choice. Respect is a choice.
Whatever choice you make makes you.
Choose wisely.”

Roy T. Bennett, The Light in the Heart





Dear all,

This has been a challenging year and yet so much has been done and shared.

Thank you to all our partners, sponsors, friends and colleagues who continuously support our projects and allow that together we can make a small difference in someone's life.

We are always looking at new projects, to extend assistance where it is needed most. The aim is not to create a dependence but empower the individual to carry on with their projects in a sustainable manner.

Assistance comes in many forms and the Gondwana Care Trust has been pleased to be able to extend a helping hand in various areas these past few weeks. We are extremely blessed to have business partners who have extended their generosity towards our projects.

We wish to reiterate that the sole purpose of the trust is to give. Literally every cent (bar bank charges) goes to charity and environmental causes. There are no trustee fees and Gondwana carries all costs of management of the trust, which is in addition to the monthly contributions by Gondwana.

To open this Newsletter, we will offer some feedback on recent projects, as well as an introduction to a few new projects the Care Trust has been involved in. Please do not hesitate in contacting the Trust for further details on any of the following projects.

PROJECTS CONTINUOUSLY SUPPORTED:

KALUNDU KINDERGARTEN

Located in Katima Mulilo

Teachers: Ms Annah Matengu 081 605 48 51
Ms Florence Libebe 081 623 42 82

Following the wonderful sponsorship of the pre-fabricated classroom by the Gondwana Care Trusts, we paid a visit to the teachers, and the children are extremely happy with their new classroom.

The older children are now able to attend class without disturbances and it creates a comfortable environment for the teachers as well.

Thanks to the Gondwana Care Trusts and The Friends of Namibian Children, the school received some much-needed stationery and educational material for the children. A brand-new table for the teacher and a standing wash-basin for the children to wash their hands was also sponsored.

Thank you again to The Friends of Namibian Children for their continuous support and trust. Total donation for Kalundu Kindergarten was N\$4 251.00.

Thank you to the Zambezi Mubala Lodge Team for their support towards the school and the painting, maintenance and assistance given to the teachers to settle into the new classroom.



STEPPING STONE - SWAKOPMUND

Located in Swakopmund
Project Coordinator: Almarie Mostert - 081 143 3896 or 479 0725
almarie.steppingstone@gmail.com

Stepping Stone Trust operates a kindergarten and primary school called Stepping Stone Special Education School. Our pupils have a variety of disabilities including Down Syndrome but we particularly specialise in the teaching of children on the Autism spectrum. Stepping Stone Special Education School is the only private school in Namibia that provides specialised, tailor-made education to children with Autism.

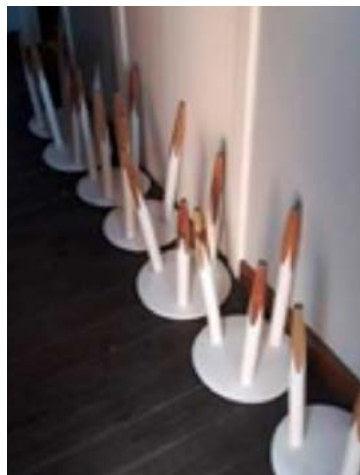


Following our last newsletter, The Delight Swakopmund visited Stepping Stone and donated 10 wooden tables that can be either re-used or recycled by the students.

Stepping Stone has also requested assistance for yoga mats and yoga balls. The benefits of the use of these would include:

- **As chairs:**

Especially for children who struggle with attention deficits and an underdeveloped vestibular sense, the yoga ball-chairs improve core stability and improve posture. Studies have also shown that it improves children's behaviour.



- **Deep pressure**

One of the main uses of the exercise balls and mats at Stepping Stone School are for deep pressure exercises in order to promote body awareness, modulation of the touch and proprioception senses as well as a calming strategy with many children. Sometimes this is done with a whole group of children as part of the daily routine.

- **Ball rolling and exercises**

- o Improve children's muscle balance, gross motor and mobility skills, especially children who struggle with their mobility
- o Develops core strength
- o Develops hand-eye coordination, which in turn supports fine motor tasks and motor planning tasks such as cutting, writing, threading, opening, closing etc.
- o Fiddle less and get less distracted
- o Improves behaviour and decreases disruptive behaviours in class
- o Creates many effective mid-line crossing exercises to support children with this very important skill in order to work more effectively at reading and writing skills
- o Extension of the children's Occupational Therapy program at school
- o Over-all better sensory integration.
- o Rewarding and motivating activity for most children.

Gondwana Care Trust
has sponsored Stepping Stone with 10 Yoga mats and 10 Gym Balls.
Total value for the sponsorship is: (awaiting invoice)



THE JJ CENTRE

A Private school based in Walvis Bay
Project Coordinator: Kim Koch - jjscarecentre@gmail.com - 081 479 07 25

In our previous newsletter, we were very blessed to have Potentia Namibia Recruitment's team sponsor portable gardens for the Senior class worth N\$6 000.00. We have visited the gardens recently and the children are doing well. The gardens are flourishing, and the learners have had a few harvests and planted more vegetables.

Thank you to the Gondwana Care Trust and Mr Chris Gouws's sponsorship of three recycled tyres, the senior class will now be able to increase their vegetable gardens.



During our visit, Barbara from the Delight Swakopmund donated more wooden tables to JJ's and some towels for the learners.



A shelf one of the learners built to make storage space for the seeds and other goods.



Thank you to The Delight Team for your kind contributions to the children and the school. The wooden tables donated are to be constructively recycled or used by the senior class as they wish.



THE LIDAR FOUNDATION

Based in Katatura, Windhoek
Project Coordinator: Ms Serley Khaxas 081 687 1537
lidarfoundation@gmail.com

Lidar Foundation is a centre in the heart of Katatura, where many children find themselves living in the street and without adult guidance and protection. Serley, opened the centre to welcome children and teenagers who find themselves in difficult situations such as pregnancy, abused, abandonment, etc. The centre helps the children with a meal during the day, being breakfast before school, lunch and early dinner.

The centre organizes numerous workshops for young mothers so that they can gain credentials and find employment.

The centre has received help from various sponsors, but they are still in need of regular sponsorship for hygienic goods for the teens, dry food and educational material for the children who come to study at the centre after school.

Gondwana Care Trust has sponsored the centre with clothing but also with meat donations. The centre now receives meat twice a month through the MealForTwo project. Gondwana Care Trust has also donated a brand-new freezer and refrigerator.



Please do not hesitate to contact the Trust or the Centre directly, should you want to offer support. They are doing a wonderful job and the children are receiving so much love, care and attention.

STAMPRIET PRIMARY SCHOOL

Based in Stampriet
Class Teacher: Ms S. Swartz - 081 355 70 28

Once again, Ms Swartz had planned to have her Grade 1 learners experience the capital city of Namibia. For many of them, it will be the very first time they travel to the city. Ms Swartz requested support for the outing and thanks to the Kalahari Farmhouse Team, the Gondwana Care Trust was able to provide 66 pack lunches to the learners, so they could enjoy their trip to Windhoek.

Thank you to Ms Swartz for ensuring that your learners have an unforgettable experience. The children had lots of fun seeing the pictures and the event even made the news! Well done Grade 1!



RAINBOW NATION

Based in Rehoboth
Mr Martin Orlam - 081 437 36 55

Thank you to all our supporters towards MealForTwo, particularly Bank Windhoek for their huge contribution this year - of N\$125 000.00. We cannot succeed alone, and this project makes such a difference in communities' lives. Adults and children are able to have a warm meal and regain some hope for the future.

A big thank you to the Jayet Family from Wild Air Safaris, their clothing donation was shared with families in need. Your contribution has gone a long way and we thank you for your trust and support.

Pictures - credit Mr Orlam



GONDWANA PLANT A TREE DAY 2018

Based across Namibia

Contact person: Quintin Hartung - enviro@gondwana-collection.com

A few month ago, the Care Trust received the request from the Welwitschia Primary school in Khorixas, to extend the lower primary rest and play area for the learners. A few quotations were received but the project did not get much support due to the very high budget required and the little sustainability the shade net would offer.

Eventually, we received a suggestion from Mr Quintin Hartung - the Environmental officer for Gondwana Collection and thanks to funding received from Miko coffee through their Puro Fairtrade initiative, we decided to use the funding the buy trees for the Welwitschia primary school (Khorixas) and David Khamuxab Primary School (Seringskop).

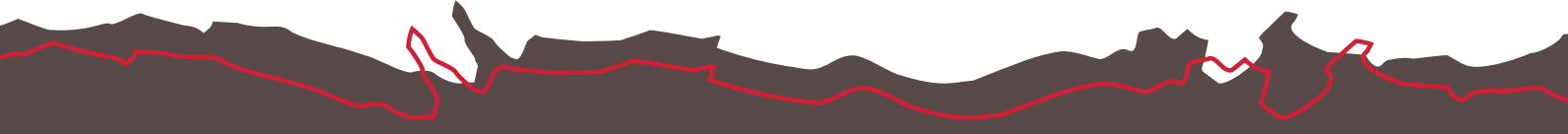
In September, Gondwana Lodges throughout the country planted various plants at their respective premises and at close-by schools in partnership with the Gondwana Care Trust. One other partner who shares these goals and values with us is Puro Fairtrade Coffee, through their Namibian agency, Miko Coffee. Their Trees for Schools initiative aligns perfectly with Gondwana's quest, and through the companies' business partnership, Puro Coffee sponsored trees to Gondwana to plant at schools.

Through the Puro sponsorship, Damara Mopane Lodge planted eight indigenous shade trees at the Welwitschia Primary School in Khorixas and Etosha Safari Lodge and Camp planted a further eight at the David Khamuxab Primary School, which is on the farm Seringskop near the Etosha Safari properties. These trees were all acquired from the Namib Trees nursery in Windhoek. The Gondwana Canyon Park staff planted twelve shade trees at the nearby Grunua Primary School, whilst assisting with the education of the children, on the importance of trees to the ecosystem, and also planting the correct trees for the specific purpose and environment.

All together close to 100 plants were planted for the Gondwana Plant A Tree Day. Besides the obvious environmental benefits this exercise accomplished, it also gives the participating Gondwana staff a good excuse to get out of their daily routines and dig in the soil a bit, which benefits the body and soul too.

Thank you to Puro Fairtrade Coffee for their generous sponsorship and The Namib Trees and Holog (Gondwana) nurseries for providing the indigenous plants and for all the Gondwana team members who participated. May we continue to work toward making our planet green again.





LITTLE BUGS COMMUNITY SCHOOL & NEEDLEWORK PROJECT

Based in Sossusvlei
Project co-ordinator – Ms Gena Mantas – 081 264 07 55
info@little-bugs.org - www.little-bugs.org

Little Bugs was created out of a dire need for the children in this small community. The children had no choice other than leave their parents to attend school at the coast or in the city. They now have Little Bugs who prepare them for primary school.

The school administrator, Ms Mantas has started a Needlework project to create more opportunities for the women who have had limited access to work opportunities.

The project needed a helping hand to expand their work and following the Award prize won by Namib Desert Lodge for the Responsible Tourism Award 2018, N\$20 000.00 was received, half of these winnings was spent on assisting this wonderful project.

The Needlework project received one sewing machine (worth N\$5 550.00) and some material for sewing to the value of N\$4 450.00.

Thank you to the Namib Desert lodge Team for your commitment and generosity towards Little Bugs. By caring for others, we can only improve our own selfcare.

The other half of the prize money – N\$10 000.00 was donated to NaDeet also based in the Sossusvlei area. NaDEET welcomes learners from all around Namibia and teaches the children about sustainability at the centre and offers a unique opportunity for the children to spend time in the desert. Earlier this year the Gondwana Care Trust funded some of the transportation costs for the children to get to the centre, with N\$16 000.00.

For more information on NaDEET and on how to assist this program, please visit their website.

Project co-ordinator for NaDeet: Ms Viktoria Keding – 081 277 93 09 - www.nadeet.org



NEW PROJECTS FOR THE CARE TRUST

CHOBE KINDERGARTEN

Situated in the Ngoma Area
Teacher: Ms Lydia - awaiting contact details.

The teacher, Ms Lydia, started the kindergarten seven years ago due to the needs of the children in this area. Children had to walk long distances and it was not safe nor convenient. Often parents kept their children from attending kindergarten because of these reasons. Ms Lydia has offered a solution. The building is close to the Public Primary school, therefore there is access to water and it is safe for the children to walk to school from their nearby villages.



Currently, the bathroom facilities consist of "long-drop / bush toilets", but the facilities are cleaned and well looked after.



The school has a big drum with water, where the children can wash their hands and learn about basic hygiene. Teaching is done in Silozi and English, so the kids are ready to start Grade 1.

As the situation stands, the building is getting too small and interior lighting is limited. Therefore, the children are all staying in the main area, which again becomes a challenge for the different age groups all



sitting together. There are 3 dividers in use. The one room destined for the little ones does not have a window and it is way too hot for the kiddies to sleep in.

The kindergarten has very little and not much in the way of funds but the dedication of a few individuals is once again, such an inspiration! Lydia has

created opportunities for the children to discover their destination and has involved the parents to access the necessary funds to rent a car with driver to visit parks and other attractions. All the arrangements are co-ordinated by the wonderful teachers. The children even have their school t-Shirt embroidered with their name that they wear during their yearly outings.

The children recently visited the Chobe River Camp to experience tourism and have an overview of what a lodge looks like. Many of these children have had no opportunities to visit lodges and it was a unique experience for them to discover the ins and outs of the lodge.

Thank you to the Chobe River Camp Team for welcoming the children and the time they dedicated to answer the children's questions.

It is our hope to continue to support this kindergarten and very special teacher.



DELTA SECONDARY SCHOOL

Ladies Conference - 27th October 2018
Contact: Ms Vanessa Hartung - 081 430 19 53
vchartung247@gmail.com

Ms Hartung is a teacher and as many tutors in Namibia, she has found students lacking in basic knowledge on how to interact in everyday situations and on how to respond appropriately in difficult situations a young teenager may find herself. Being bullied or being the bully to protect herself, being a teenager in our society is not always an easy task.

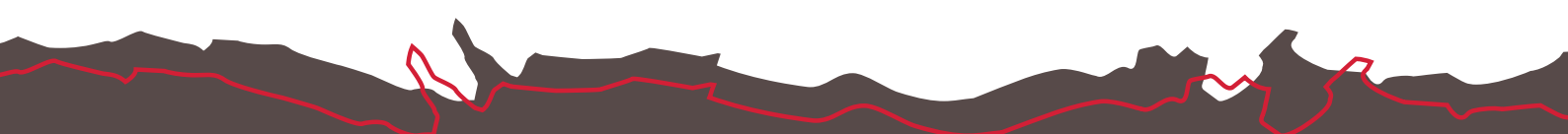
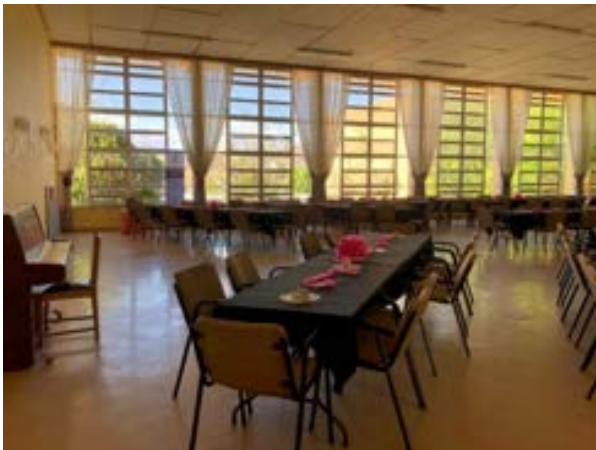
Vanessa has thought of a way to assist teenagers on how to educate themselves by using women of Namibia with a powerful message. Sharing experiences and skills and even messages of hope.

How to respond to unwanted attention and prepare yourself for the future - basic health and hygiene routine, protect yourself against bullies and even get out of the bullying circle, get a role model and learn how to speak in an appropriate manner to one another, respect yourself and others... respond to questions and open a communication channel that may not exist, as many teens grow up far away from their mother.



Vanessa approached the Gondwana Care Trust for support and we were very honoured to assist in a small way by sponsoring 300 filled brötchens and 300 soft drinks to be distributed during the conference which took place on 27 October. Total Value of sponsoring was N\$ 6 505.86.

We hope this conference will be the first of many and we wish the very best to all women and teenagers attending the conference.



KPS TRAIL

Based in Keetmanshoop
Event organiser: Mr Fanus Coetzee - 081 127 44 62
sundown@mweb.com.na

This event is the first of its kind, and hopefully many more will follow. The Private school organised a Trail event offering a great opportunity for the community to come together and hopefully encourage the youth to take part and enjoy the outdoors more in the future.

To encourage other such initiatives, the Gondwana Care Trust sponsored the event with a voucher as a lucky draw - a 2 night stay on a Dinner, Bed and Breakfast basis, for 2 people sharing a room in one of the southern lodges of the Gondwana Collection.

Thanks to the Canyon Lodge, we could also donate some cold drinks and water that was handed to the participants during the race. Total value of N\$2 000.00.

The trail took place on 27 October on the Farm Huns 135, distances covered were as follows:

Cycling: 42km, 84km, 126km
Run / Walk: 2km, 10 km, 21km, 42km

The event attracted almost 150 participants.

OCULUS - MUSIC IN THE DARK 2018

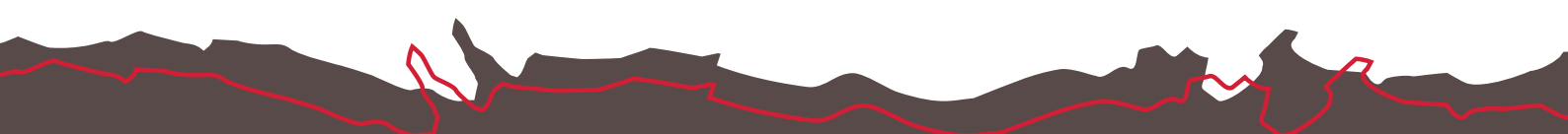
Based in Windhoek
Event organiser: Michelle Opperman - 083 331 81 50
info@oculusvisioncentre.com

This was the Second annual „“Music in the dark“ fundraiser and took place 27th September 2018.

The fundraiser aimed at raising funds for a “Paint project“ at a school for the Visually impaired, where each classroom will get an accent wall. This will allow the children to orientate themselves in the classrooms.

The Gondwana Care Trust assisted the event by sponsoring a full table for N\$10 000.00 to be resold by the organisers.

The event attracted almost 150 participants.





THINUS BAKKES SHELTER

Based in Windhoek
Project co-ordinator:
Mr Thijs Van Der Merwe - 081 124 36 41
thijs@afol.com.na

The shelter is situated on the corner of Luderitz & Daniel Munamava Streets and it provides safe overnight accommodation, amenities, dinner and breakfast for homeless people. The shelter accommodates up to 55 people per night. This shelter is one of very few and offers a safe shelter for homeless individuals.

There are very few places where male or female adults, can get a safe shelter for the night. The shelter has been in operation since 2016 and it runs a program to assist destitute people to re-integrate into society and the job market.

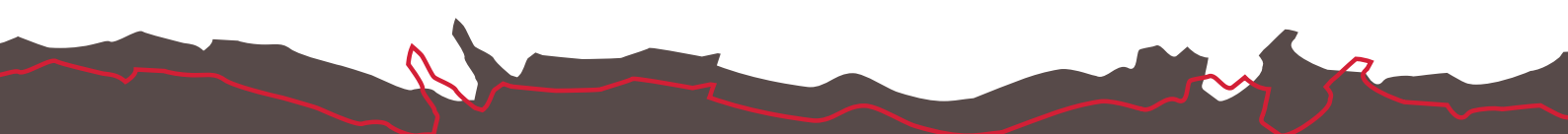


There are few opportunities to get a second chance at life and thanks to the Thimes Bakkes Shelter, many individuals have been given this chance.

We are once again very humbled by the greater good that this team provides, and we are very pleased to have welcomed the Thimes Bakkes Shelter into the MealForTwo program. The centre is now receiving meat donations twice a month and we hope to be able to donate more towards the shelter's feeding program in the future.

Thanks to The Delight Swakopmund's donation of linen and duvets, the Gondwana Care Trust was able to donate these as well as blankets to the shelter. A huge thank you to the Kronsbein family for their donation and so many individuals who leave donations at Gondwana Head office towards this project.

Please do not hesitate in contacting the Trust or Mr Van Der Merwe directly should you wish to support the centre in any way.



CHRISTMAS BAG PROJECT 2018:

Gondwana Care Trust - dginiv@iway.na - 081 242 59 00



So far, we received the following sponsorship for the Christmas bags:

Gondwana Collection - 500 bags

Global United FC Africa Foundation -
Mr Rainer Hahn - 100 bags

Lida Marketing and Distributors -
Mr Lloyd Winterbach - 20 Bags

Linen Warehouse & Decor cc -
Mr Riaan Els - 25 bags

Potentia Namibia Recruitment -
Mr Van Wyk - 25 bags

We cannot thank you enough for your support.

Thank you to the **Namibia Book Market** for their donation of 250 colouring books to add to the Christmas bag.

Thank you **IWAN** for sponsoring N\$ 3 000 worth of hygienic products such as soap / tooth-paste and toothbrushes

Thank you to **Pro Am Clothing** for their donation of lunch bag and goods to add to the Christmas Bag.

Thank you to **Tullah Trading** for the donation of jewellery, bags and scarves! You have made a few teenagers very happy.

Thank you to the whole Team at **ABC Stationery** in Windhoek for the special rate for the stationery kits and also for pre-packing all 500 starter kits.

Thank you to **Mr Chris Gouws** for the donation of 500 packets of smarties to add to the Christmas bag.

Thank you to members of the **Gondwana Head Office team**, for their kind donation of clothing, hygienic goods, stationery etc. And many other individuals who have dropped bags at our head office to support the project.



THANK YOU

Thank you to all the **lodges of the Gondwana Collection** who sent us unsold curios such as T-shirts for children, and jewellery and accessories for teenagers.
Thank you for your constant support during the year.

Thank you **Ms Conny Haak** for the donation of the baby clothing.
Your continuous support is appreciated.



And of course, thank you to all the **lodge visitors, guests** who have bought bags in the curio shops to sponsor a child.

We are now packing the bags and starting to send them to the recipients all over Namibia.

Pictures and lists will be published in our next newsletter in 2019.

THANK YOU

Thank you
for sharing this newsletter with friends and partners.
As we always say, we cannot do it alone and without the support we receive from our colleagues, partners in business and our friends, we would not be able to share with so many.

Remember to share a smile is to care,
and care for another is the first step towards selfcare.

Thank you and have a wonderful end to 2018,
we will remain available for any information on any of the projects and if you still want to assist with the Christmas bag project please contact us.

A BIG THANK YOU

to our sponsors who continuously support our projects.
We cannot express how much hope your assistance brings
to some individuals. It only takes a helping hand
to show the way out ...

Thank you for caring.

If you would like to make a contribution to the Gondwana Care Trust,
please see banking details:

BANK	Bank Windhoek
Account Name	Gondwana Care Trust
Check Account	800 818 44 91
Branch Code:	483-872
Branch:	Maerua Mall
Swift:	BWLINANX

Please list your name,
and the project you would like to support as reference.
(e.g. : MR SMITH / "project name")

You POP can be emailed to
dginiv@iway.na
this enables the Trust to keep you informed of the project development.

Thank you for taking the time to read this newsletter.

We would like to extend our thanks to all parties who have assisted in making
the projects successful and enabling growth.

If you wish to be removed from the mailing list,
please send an email to
dginiv@iway.na



Have a blessed month!



www.gondwana-collection.com

