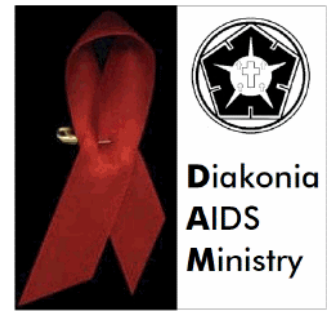


# Lobone

Newsletter of Diakonia AIDS Ministry



A community intervention ministry of ELCSA Central Diocese

Volume 6, Issue 3 Dec'10-Feb'11



## Contents

- 4 News from the Circuits of  
ELCSA Central Diocese



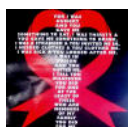
- 6 ELCSA CD's strategy in  
2011 to combat HIV + AIDS  
"Mainstreaming HIV in the  
Church" - The challenge  
continues



- 8 News from the DAM Head  
Office in Soweto



- 11 Resources:  
Applying for Grants



When the angels had left them and gone into heaven, the shepherds said to one another, "Let's go to Bethlehem and see this thing that has happened, which the Lord has told us about."

So they hurried off and found Mary and Joseph, and the baby, who was lying in the manger.

When they had seen him, they spread the word concerning what had been told them about this child, and all who heard it were amazed at what the shepherds said to them. (Luke 2:15-18)



- 2 Editor's Message            Rev George Dalka
- 3 From the Coordinator      Annual Report to AGM  
   Rev Selby S Mugivhi
  
- 4 From the Circuits of ELCSA Central Diocese:**
- 4 New Board members      Rev JM Mankga
- 5 Presentation of DAM strategy to leaders of  
all Circuits                    Rev George Dalka
- 5 Soweto Circuit – Parishes donate for Orphans
- 5 Western Circuit – Partnership of Ncedanani and  
Arekopianeng Projects      William Tshoke
  
- 6 ELCSA CD's Strategy to combat HIV + AIDS:**
- 6 "Mainstreaming HIV in the church" –  
The challenge continues Rev George Dalka
- 7 ELCSA Central Diocese's Strategy and  
Year Plan 2011                Rev George Dalka
  
- 8 News from the DAM Head Office in Soweto:**
- 8 Re-shuffling of responsibilities at DAM Head Office  
   Rev Selby Mugivhi
- 8 Farewell Message of Social Worker  
   Rahab Ramodibe
- 9 Introduction of new volunteers  
Anna-Lena Arning, Jan Neuendorff, Joy Waughtal
- 10 DAM & CBCO Gala Dinner "Not an Orphan for life!"  
   Elias Molwantoa
  
- 11 Resources:**
- 11 Applying for Grants        Jones Ngoetjana
- 11 Readers Comments
- 12 Contact details

**D**ear readers and supporters of our ministry

We greet you at this time of the year with another newsletter, remembering that it is Christmas Season – the time to remember the birth of "Emmanuel", that God came to us, became one of us, shared his life with us. For this reason even today, especially as Christians we'd like to follow this example as set by God himself: to share with each other our lives, to "celebrate the GIFT of Life" – especially as life is such a precious gift, though so fragile – and keep our focus on supporting the weakest in our communities; just as Jesus Christ, born in poverty and in a manger, always remembered his origin and reminded his disciples of their calling: that "whatever you did for one of the least brothers and sisters of mine, you did to me" (MT 25:40).

As you realize our newsletter has got a new face. The 1<sup>st</sup> Volume was published in August 2005, and we are now in 6<sup>th</sup> year (i.e. Volume 6) to share with you news from our ministry on a regularly basis. We envisage that if we can get sufficient articles by people associated with DAM – i.e. from all corners of our Diocese and including our partners – we could have in future a publication with fewer pages but on a bi-monthly basis. This would allow us to communicate news more regularly with you – from all that is happening in our Parishes, Circuits, Projects, and on the side of our partners. To make this possible it is our intention to have an Editorial Team that includes all Circuit Coordinators, to make this paper really YOUR paper. We have started this process already in the way that two young co-workers from our Head Office joined the Editorial Team for this issue – they are Mr Elias Molwantoa and Ms Agatha Simelane. Editing a newsletter is an ART, and we like to be "ART"-ists, i.e. compliant with the editorial principles of A = Accuracy, R = Respectfulness, T = Transparency, inviting our readers to INTERACTION with us and their comments.

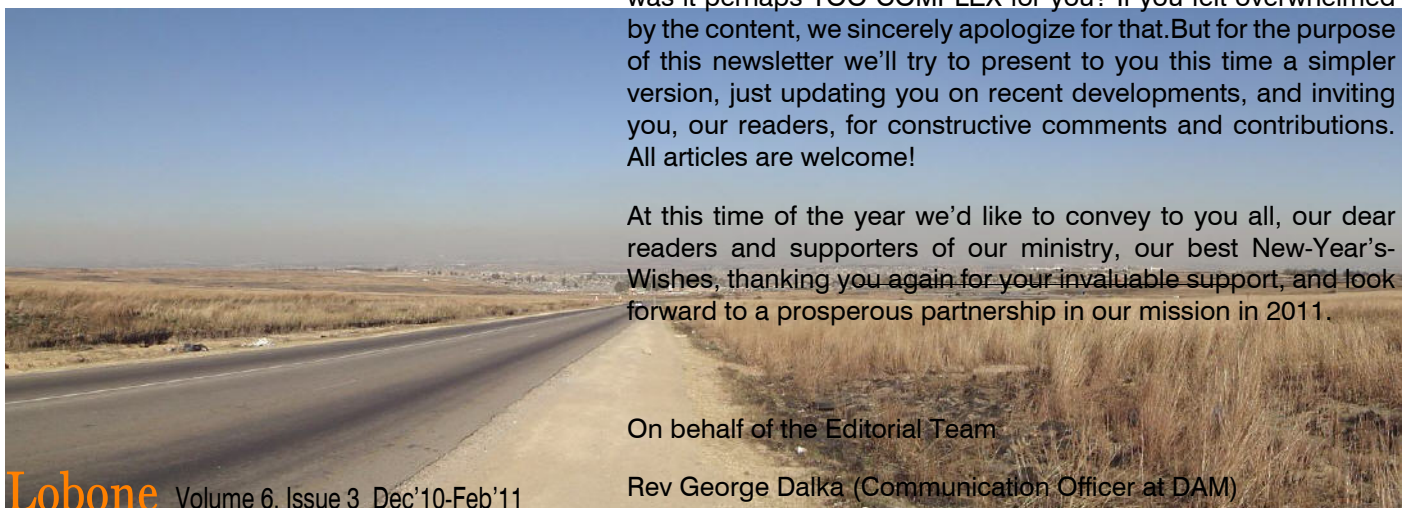
DAM has now also opened a Facebook page – an opportunity to share information and to interact directly with our ministry. Log onto Facebook and search "Diakonia AIDS Ministry" to find us; click "like the page" to become a friend and receive regular info from us, and tell your friends in the Diocese and the region (Gauteng) and globally about it. The formation of a Website for DAM – where news from all our activities in the Diocese and resource material can be published and accessed in future – is still in progress; we will keep you posted about the developments.

We were surprised that to the former edition of our newsletter (Edition 2 of 2010 + the additional 24-pages Resource Section) we unfortunately got NO replies, unlike other times. We wonder, was it perhaps TOO COMPLEX for you? If you felt overwhelmed by the content, we sincerely apologize for that. But for the purpose of this newsletter we'll try to present to you this time a simpler version, just updating you on recent developments, and inviting you, our readers, for constructive comments and contributions. All articles are welcome!

At this time of the year we'd like to convey to you all, our dear readers and supporters of our ministry, our best New-Year's-Wishes, thanking you again for your invaluable support, and look forward to a prosperous partnership in our mission in 2011.

On behalf of the Editorial Team

Rev George Dalka (Communication Officer at DAM)





## From the Coordinators' Desk - Annual Report

**D**AM's annual report which had been given to the board, executive committee, and all stakeholders already covers activities that took place from March 2009 to February 2010. DAM's operational year is from March to February year on year, which means that this half-yearly report will cover activities which occurred from March to August 2010. DAM operates throughout the whole diocese, but its head office is located in the premises of the Diocesan Centre of ELCSA CENTRAL DIOCESE. DAM has coordinators and facilitators in all four circuits which comprise the Central Diocese. There are six staff members who are managing the organisation's day to day activities at the head office in Central Western Jabavu/Soweto. The organogram of DAM is as follows:

- BOARD
- EXECUTIVE COMMITTEE
- EXECUTIVE DIRECTOR
- STAFF
- DEPARTMENTS
- CIRCUIT COORDINATORS
- BENEFICIARIES

**Finance:** DAM's financial situation is not that healthy. The economic meltdown which affected the whole world also affected DAM. Some of DAM's loyal funders scaled down their funding. Nevertheless we encouraged DAM heads of departments to do some fundraising. We established Income Generating programmes in order to eradicate a dependency syndrome which occurred amongst DAM Support group members.

**Departments:** As people who are doing DAM's day to day activities we have decided to group and divide our daily duties into departments and allocate people to head those departments, and every Friday we meet and give reports.

**Education and Training:** This is the only department which is funded by the South African Government through the Department of Health. Its programmes should comply with the requirements of the Government. They give us a target number of people to be reached within a particular period. Your success in compliance creates chances for the next funding. The challenge in this department is that the Government releases funds late every year. DAM's department of education has activities in all four circuits. We have seven people working in this department, one of them working as its coordinator.

**Orphans and Vulnerable Children (OVC):** In this department we have three groups of children. The first group consists of children which had been discovered by Soweto Home Based Carers while doing their visitations. The second group are the ones which are in the whole ELCSA CD, and they are 30 children from each circuit (120 Orphans in the whole Diocese). The last group is the one found at the Lutheran Church in Kwathema in the Eastern Circuit.

**Home Based Care (HBC):** This department is composed of caregivers and patients in Soweto. We have 10 trained caregivers. They are serving about 40 patients. The American Lutheran Church (ELCA) and LUCSA are supporting this department.

**Income Generation Project:** This department came into being as a result of a review and reassessment of activities of the support group in Soweto. The support group was formed by people who came to DAM and revealed their HIV status and asked for support. DAM gave them a platform to support each other. In addition DAM used to supply them with food parcels until it was discovered that this had created a dependency syndrome. After a thorough brainstorming and discussions the group itself decided to establish an Income Generation Project. They work and earn a stipend at the end of the month. They discovered that what they are now getting worth much more than the food parcels they were getting in the past once a month. The picture of the Income Generation project is as follows; three people are in catering business at DAM head office, seven people are in a Garden project, five people are doing bead-making, three people are in the chicken business, three people are doing some renovation of buildings, sixteen people are engaged in a sewing project at the head office, eighteen people are doing bead making and sewing at St Stephens Lutheran Church in Kagiso, eight people in Diepsloot are engaged in bead-working, Amongst the ten members of the Home Based Care project five came from support group. All in all we have got 73 people who are involved in income generation programmes.

**Communication:** This department communicates what we are doing at DAM to members of our church and to friends and supporters of our ministry. The newsletter called "Lebone" is used as a tool for that afore-said process. We can proudly say today that we are getting new friends and new funding because of the information about DAM being communicated to the world by this department through the "Lebone" newsletter.

**Networking:** This year we partnered with an organization called Community Building credible Ownership (CBCO) in some of our events. CBCO is an organization which has been helping DAM on advocacy level. During the World Cup both CBCO and DAM hosted life skills training for orphans and vulnerable children as a way of preventing child trafficking. During the all ELCSA CD Women's League Rally CBCO and DAM conducted voluntary testing for HIV, high blood pressure, and breast cancer. During the ELCSA CD Youth Sports Day again CBCO and DAM together initiated HIV testing at Zone 9 Meadowlands, and people from USAID were outsourced for this task. On the 6th November CBCO and DAM held a fundraising Gala Dinner for the OVC project of DAM. In December DAM will organize a Christmas Party for orphans and vulnerable children from all four circuits.

## Greetings from the new Chairperson of the Board



I would like to greet the readers with the words that come from the book of Proverbs 29:18, which says, “*Where there is no vision people perish*”. These words will take us, the board, from new beginnings to something great in future, simply meaning that the board that had been elected at the last AGM of DAM on the 23<sup>rd</sup> October has a vision of taking DAM to another height. We will continue to work with everyone who is prepared to contribute positively to the growth of DAM, notwithstanding the mission and the vision statements of the organization.

The focus of helping the needy and the sick will stand as they were before we came in as the new board members. We will also make it a point that we support all activities of DAM throughout our whole Diocese, in all its Circuits, visit the DAM Head Office in Jabavu, and help with whatever we can do and where it is necessary. We really need to see our organization being one of the best in the entire country.

Matters of HIV/AIDS and the stigma that is still there we need to eradicate it and to continue teaching, in churches, schools, etc. The message and prayers should be said every day in our daily lives for the people living with HIV/AIDS. It is high time that everyone who has access to this newsletter must also have vision so that the nation should not perish. In addition, we must go out to the nation and eradicate the stigma.

For the orphans and the child headed families we should also support as much as we can, because God said who is your brother or your sister, the one who has done good for you is your brother or your sister. Therefore, what we will be doing for our people, we will be emphasizing the issue of our vision where people should not perish.

To the staff we hope that the way you worked with the out gone board we will also work with you harmoniously. We are very much prepared to engage you in all matters that are going to build up the organization. In addition to that, we will work hand in hand to minimize the administrative costs, so that we can be cost effective.

Lastly, as the new board we will be consulting from time to time to ensure smooth running of the organization.

God Bless and have a wonderful festive season.

Rev Jeremiah M Mankga

### Introduction of the members of the new Board:

#### Ex Officio members:

Bishop Dr N.P. PHASWANA (Bishop ELCSA CD) and Rev S Selby MUGIVHI (Exec Director)

#### Representatives of Circuits:

Eastern Circuit: Mrs Eunice NTHULI (Coordinator), Mrs Poppy MOHLALA, Mrs Mpho NKOSI

Pretoria Circuit: Ms M Christina SOMO (Coordinator), Mrs Talitha MONYAMANE,  
Mrs Maggie MOKONOTO

Soweto Circuit: Mrs Dimakatso LETLHAGE (Coordinator), Rev Jeremiah Mpheli MANKGA,  
Mrs Kemi Grace MASHIGO

Western Circuit: Mr William TSHOKE (Coordinator), Ms Boitumelo Chauke,  
Mrs Kate SEOKANE

# Presentation of DAM Strategy to leaders of all Circuits

**D**AM and leaders / representatives of ELCSA Central Diocese in their meeting on 26th June (Deans and Resources Persons of all Circuits had been invited to it) had agreed on the strategy on how to mainstream HIV in our church (see article in Lobone Aug-Nov, p.11). Part of it was to introduce this plan to all leaders of the church - i.e. Pastors and Resource Persons of all parishes - on 14th August; this initial gathering, to start the process had to be postponed to 09th October due to preparations of the Synod.

**U**nfortunately this anew scheduled meeting did not materialize as well - due to non-attendance of lay people as well pastors. We are not certain if invitations had reached all people in time; we need cooperation with leaders on all levels (Circuit + Parishes) in disseminating information on such events.



So we decided to use another approach: to meet with the pastors first, explaining the concept of Mainstreaming. In this way at two Pastors Forums (Eastern and Western Circuits) pastors studied the material – and were encouraged to do an analysis (Benchmark Test – see Resource Section of Lobone Aug-Nov, p. 4-5) in all their parishes. Visits to Pastors Forums in Pretoria and Soweto are still to follow. In this way we hope that HIV & AIDS focused activities will find place in the Year Planning for 2011.

## Soweto Circuit – Parishes donate for Orphans

## Western Circuit - Partnership of Ncedanani and Arekopaneng Projects

Lefika Parish (Dobsonville) collected presents (toys and clothing) to be donated to Orphans at their annual End Year Party at the offices of DAM on Saturday 11<sup>th</sup> December. Peniel Parish (Pimville) will collect presents as well and will hand them over later. Mma Moruti ME Moabi of Pimville writes in her motivation letter:

*“Good Morning All. In commemoration of World Aids Day I would like to invite you to join us in the fight against HIV/AIDS and other ailments.*

*By now everyone knows that Aids is a killer disease. We all have lost very dear friends, family and relatives through the disease. Poor children are left behind as orphans, kids must now fend for themselves and other kids, and grandmothers and grandfathers and others have to take care of the dying kids and orphans.*

*Lets take an oath as Christians that this year we look after ourselves, our families, orphans, and those who are infected and affected. The struggle against Apartheid is gone; this is a new struggle for our black communities. Let's fight it with everything we have like we did when we fought Apartheid. We need to pray harder, this is a spiritual warfare. Let's all join in prayer every 12<sup>th</sup> hour wherever you are; pray for God's intervention and mercy for scientist and researchers to find a cure.*

*Please forward and extend this invitation to everyone you know. Also bring a toy for Diakonia AIDS Ministries' orphans for boys or girls so we bring a smile on their face.”*

On 03<sup>rd</sup> November Ncedanani Thusanani Project of Diepsloot visited Arekopaneng Community Project in Kagiso. The team (NTP) was accompanied by Rev Dalka and comprised 4 members.

As a result of having gone through the August-November issue of Lobone I saw it fit to use this visit using the methodology for SALT visits. The situation was to help establish links with NTP by looking at the different steps viz supporting and stimulating the group, appreciating and analyzing the situational needs, listening, learning, and linking to what they do and what we as Arekopaneng Community Project are doing, transferring skills.

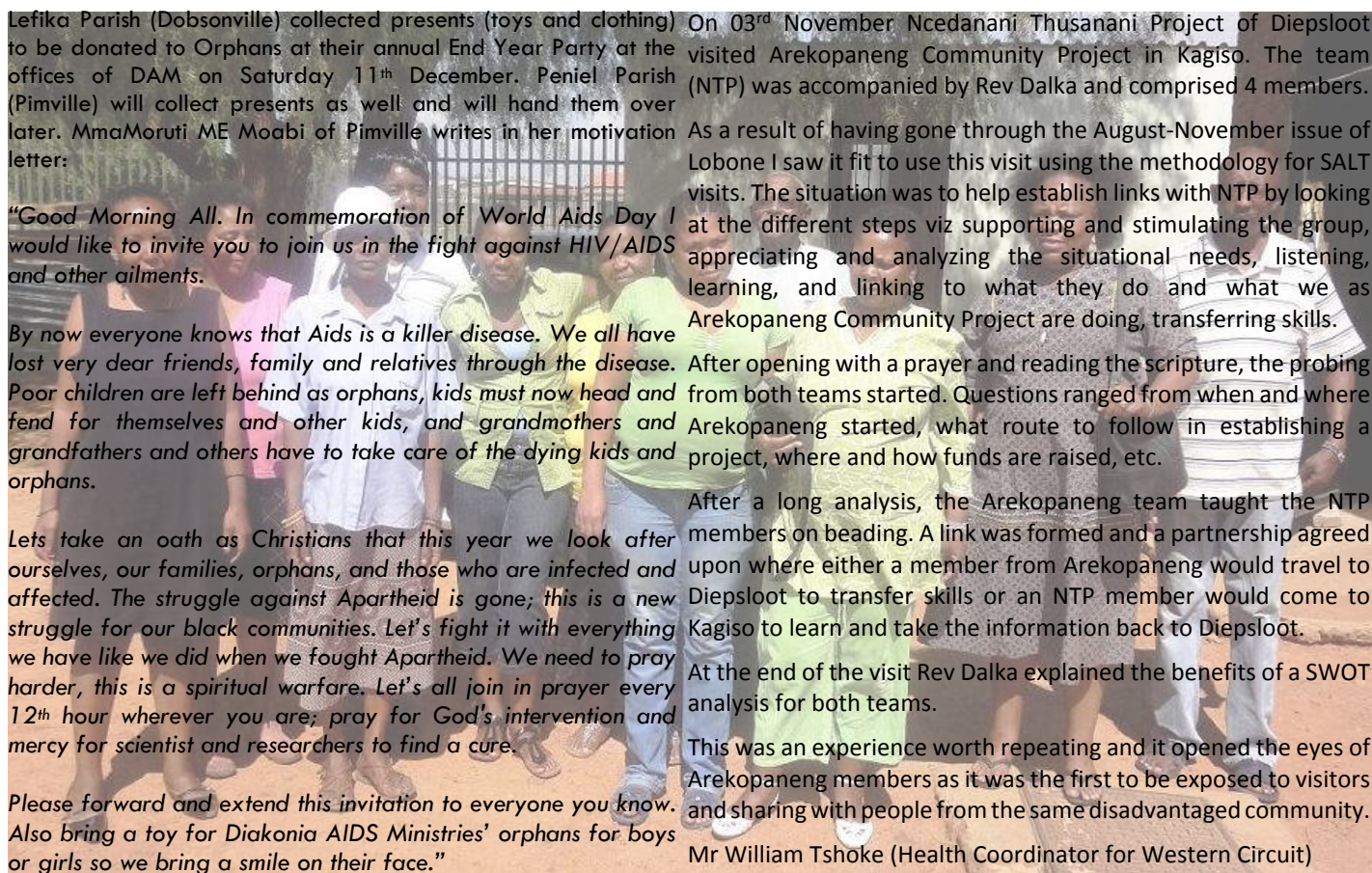
After opening with a prayer and reading the scripture, the probing from both teams started. Questions ranged from when and where Arekopaneng started, what route to follow in establishing a project, where and how funds are raised, etc.

After a long analysis, the Arekopaneng team taught the NTP members on beading. A link was formed and a partnership agreed upon where either a member from Arekopaneng would travel to Diepsloot to transfer skills or an NTP member would come to Kagiso to learn and take the information back to Diepsloot.

At the end of the visit Rev Dalka explained the benefits of a SWOT analysis for both teams.

This was an experience worth repeating and it opened the eyes of Arekopaneng members as it was the first to be exposed to visitors and sharing with people from the same disadvantaged community.

Mr William Tshoke (Health Coordinator for Western Circuit)



# ELCSA CD's Strategy to combat HIV + AIDS:

## "Mainstreaming HIV in the Church" - The challenge continues

For the purpose of reminding us all of the importance of putting "Mainstreaming HIV in the Church" as a focus to guide us and to be followed through - as a topic in our various ministries and in concrete actions that bring about a change in our congregations and communities - we hereby publishing a repeat of some sections from our previous newsletter (LOBONE Aug-Nov 2010, p.9) as well as the Benchmark Test (on p.4f in the supporting document RESOURCE SECTION of same date). Please take time to RE-VISIT and study these articles and resources in those two publications - in order to do your work knowledgeable.

**T**he Focus of the 3rd Phase (2010-2012) of the Lutheran AIDS Action Plan (LAAP) is:

**To strengthen the capacity of Church Leaders and HIV Resource Persons in responding to HIV and AIDS, i.e.**

- Improving the competence of member churches to deal with HIV prevention,
- Improving the capacity of member churches to manage HIV programmes and attract long-term funding for their campaigns
- Zero Tolerance for Stigma and Discrimination in the church
- Improve the quality of life for People Living With HIV & AIDS: to have access to quality & dignified care and treatment

Whilst the overall rate of new infections per year is leveling, the need for prevention, treatment, impact mitigation and creation of supportive environment is on the increase.

For this reason we have to do an honest assessment of ourselves and ask if our Church is HIV Competent.

### **HIV Competent Core Components are:**

- Attitude change and elimination of HIV-related stigma and discrimination,
- Community participation,
- Strategic thinking and planning,
- Leaders who are brave and acknowledge the impact of HIV & AIDS,
- Reflecting theologically on the pastoral and spiritual demands of HIV and what should be the compassionate Christian response,
- Advocacy, mainstreaming and accompanying those in need whatever the costs may be
- Strong institutional capacity,
- Prophetic voices,
- Adequate resources,
- Internalization of the HIV risks (IMPACT on ALL aspects of the society, including the Church as an institution and its Congregations) in an open and honest way



**T**he seven components of the **OUTER COMPETENCE** are:

- Theological competence
- Technical competence
- Inclusive & build social cohesion
- Socially relevant
- Allied with others who work in the similar fields (network, collaborate, coordinate)
- Advocate and use prophetic voice of the church
- Compassionate in restoring hope and dignity



**S**elf-Assessment Tool for your local congregation: To evaluate how HIV has been mainstreamed in your areas of ministry, e.g. in

- (A) Pastoral Care
- (B) Homilies / Preaching
- (D) Faith Formation and Moral Education
- (E) Ecumenism and Inter-Faith Cooperation
- (F) Meaningful Participation of those among us who are HIV+
- (G) Prevention
- (H) Care
- (I) Vulnerable Children
- (J) Treatment
- (K) Counseling
- (L) Stewardship of Finances and Resources

and see how it can be improved (e.g. involving DAM staff in your ministries).

**ACCEPT THE IMPERATIVE TO RESPOND APPROPRIATELY AND WITH COMPASSION**  
\* Prevent further spread of HIV \* Maintain and improve the quality of lives of all who are infected and affected \* Overcome stigma, denial and discrimination associated with HIV and which ultimately facilitate spread \* Mitigate against the impact of HIV \* Compassionately restore dignity and hope to our communities

# ELCSA Central Diocese's Strategy and Year Plan 2011

**D**AM Head Office staff, in cooperation with all Deans of the Circuits of ELCSA CD had arranged dates for meetings as agreed in Strategic Plan. All Pastors together with Circuit Leaders of Health Committees (HIV resource persons / social ministry coordinators) had been invited to these events as scheduled, but unfortunately none of these events materialized due to non-attendance of these leaders – probably because the invitations didn't reach the participants in time, or the dates were not suitable. As an alternative to this approach we took up the suggestion made by some pastors to start with explaining the concept of "Mainstreaming" first to pastors during Pastors' Meetings at Circuit levels; we managed to do this with 2 Circuits (Eastern + Western Circuit), and the meetings with Soweto + Pretoria Circuits' Pastors are still to be held (hopefully at the beginning of next year).

It is important that perception of what "DAM" is - the misconception that "DAM" equals to what is happening at and from the office in Soweto - in the minds of pastors and people in our Diocese in general needs to be challenged and corrected: we need to get the message across that EVERYTHING that is happening in our parishes in regard to HIV and Health in general is PART of "DAM", and part of the SOCIAL MINISTRY of our church and our Social Responsibility as a church to our society.



From our perspective, working at the DAM head office, we still struggle to communicate with structures and projects on the ground (Circuits and Parishes), and the same might be experienced by them visa versa.

We hope that with a new year approaching we are TOGETHER in our understanding and actions that ALL we are doing in regard to HIV&AIDS & other Health issues and wherever this is happening – from Potchefstroom in the West up to Delmas in the East, from Pretoria in the North up to Sebokeng in the South – is part and parcel of "DAM", and that it will be for the benefit of all our work for the welfare of our communities - especially for people who are infected and affected by HIV and AIDS - to get connected and linked with each other under the umbrella of DAM.

We encourage parishes that HIV+AIDS issues should be dealt with by and incorporated in "Health Committees" and under the overall umbrella of "Social Ministry" (which is listed as a special ministry in the Aims and Objectives of ELCSA Central Diocese), and not being treated as special issues but as part of a broader complex and in a holistic way.

The DAM Head Office likes to cooperate with and support all projects on the ground wherever it can – in educational campaigns, training workshops on various themes, project planning (+ evaluation + reporting), compiling a Comprehensive Budget that includes various projects (for more effective fundraising) etc – and this should happen through the person and office of the by the Circuits assigned CIRCUIT COORDINATORS of "Circuit Health/Social Ministry Committees"; these persons had been appointed by each respective Circuit and through its Circuit Council. Guidelines on how to link these regional offices and the head office, as well as job descriptions for the coordinators will be provided by our Head Office and discussed with them during a meeting to be set up early January next year.

We suggest that in order to start implementing the LAAP (i.e. LUCSA AIDS Action Plan) objectives of Phase 3 (i.e. 2010-2012) in our Diocese we should start by focussing on the TRAINING of Circuit Coordinators and their Circuits' and Parish Teams. We'd like each Parish to assist us in conducting a Capacity- and Skills Audit, identify knowledgeable and committed people in the field of HIV/AIDS and other Health/Social matters; from there the next step would be to identify "ISSUES" from the grass-roots (congregations) which you (our constituency) would feel strongly about that we should prioritise and build them into an Action Plan that should guide us and hold us accountable for in 2011, and then to agree on dates and workable strategies on how to implement this plan in all our Circuits.

We would like to move forward WITH YOU ALL, TOGETHER AND UNITED, as ALL of us are "DAM" – being ONE in mind and spirit, having the same objectives, putting all our available resources (human + financial) together and supporting each other – for the benefit of those in our communities and churches who are infected and affected by HIV and AIDS and other ills (health-wise or social / economical).

We propose to all our co-workers and Circuit representatives the following Strategy: At the beginning of the year to have a Bosberaad (Planning Meeting) with new Board (including Circuit Coordinators) whereby the agenda will be to:

- Choose and focus on SPECIFIC topics (from list of issues in LAAP)
- Agree on activities, campaigns, and dates for all circuits [for this it is important for the attendees to BRING their and their respective Circuits' Calendars along to the meeting!]
- Discuss the roles and code of conduct of Board members and the tasks of Circuit Coordinators in particular (an Organogram will explain the position and communication channels for each organ in our church - according to how procedures are structured in our church).

We look forward to a much more blessings from the Lord in our ministry as we move on to 2011 AD, another "Year of the Lord", to minister to the people God has sent us to - the poor and heavy laden and downtrodden - and share the Good News with them not only through words but in deeds of love, emerging from and as signs our faith in our God who is full of GRACE and LOVE, and looking forward to working TOGETHER with you.

Yours in His service, Rev George Dalka

*Fare well, Rahab!  
Tsamaya le Modimo!*



*The longest working member in our team at DAM, Mrs Rahab Ramodibe, said her fare-well as she moved to a new position in another organization. We will miss her, but wish her God's continued blessing - as she had been a blessing to us and to so many who she touched through her ministry at DAM. Here her fare-well words and article she greets us with.*

### **Re-shuffling of responsibilities at DAM Head Office**

Since DAM came into being many people joined our staff and left. We become happy when they leave DAM for something better. We become proud of participating in the promotion of that particular individual. Our administrator Mrs Tsitsi Rupanga and social worker Rahab Ramodibe just left us for greener pastures, and we wish them luck. Before the end of this year we will have their replacements. Rev Selby Mugivhi

**F**irst of all I want to give the honour and glory to the Lord Almighty, an Omnipotent God who knows our future. I thank Him because I am where I am and who I am because of Him. Skills, knowledge, academic success are nothing because He is the one who gives me wisdom and understanding to achieve everything. I also trust that He will carry me throughout my life and give me direction. He said in His word that He knows our future (Jeremiah 29:11-14) What a wonderful time I had in this organization. The organization that equipped and sharpened my skills and which gave me so much experience. I couldn't have accomplished and gained this experience without Rev SS Mugivhi, Rev Z Senosi, Rev G Dalka, Mr Diane Magagane, and all the other staff members who believed in me, including Mmapula Christiana Metzger (former volunteer from ELCA) who contributed towards my personal growth in this NGO. When I joined DAM it was a new environment for me and not the area of my expertise, as I was coming from a different work environment. I had to adjust and learn. I learned to be innovative, proactive, be a team player, be assertive, and I was also able to close the gap. My senior, Rev SS Mugivhi gave that opportunity. I made my mistakes as I was learning, but he gave me constructive feedback. I also had a wonderful opportunity to work with the home based caregivers. I learned about many different types of diseases, sign and symptoms, remedies and medical stuff that I did not know before. We had our challenges and our success together, and we always had fun. I WILL MISS YOU GUYS!!!! Special thanks to our German partner, the Burgdorf Circuit, for supporting DAM with their contributions since 2006 until now, from where my salary could be paid. Their generous and faithful regular contributions made it possible for DAM to employ a social worker. I hope that you, dear partners, will continue to support this ministry and I pray that the blessings of God be upon you. My desire is to see DAM going to the next level, e.g. providing HTC services to our communities, and wish that it can grow. I wish you all the best in all the projects and I believe that God will make a way for this organization, more especially on a financial level.

## ***HARMFUL EFFECT OF ALCOHOL AND DRUG ON THE FOETUS AND THE INFANT***

### **1. Alcohol**

Drinking alcohol during pregnancy significantly increase the risk of having a baby born with Foetal Alcohol Syndrome (FAS). A pregnant woman must realise that when she drinks, then so does the baby.

- ❖ FAS baby is abnormal small at birth and have small head
- ❖ FAS baby brain is smaller and frequently have behavioural and learning problem associated with mental retardation.
- ❖ FAS baby is often born with noticeable to serve abnormal facial features.
- ❖ You can see the FAS baby with the following symptoms:
  - Small head size
  - Broad and flat nose
  - Narrow upper lip
  - Small chin
  - Large ears

- Droopy eyes and short eyes slits
- Liver been damage
- Heart and kidney damage

### **2. Smoking**

Smoking reduces flow of oxygen and nutrients to the foetus.

Smoking during pregnancy:

- Increase risk of miscarriage
- Increase premature labour and birth
- Causes constriction and damage of the blood vessels of the umbilical cord, decreasing the flow of blood, oxygen and nutrients vitals to the developing foetus
- Almost causes low birth weight babies
- May cause baby being born with a small head and brain damage

### **HOW ALCOHOL AND DRUGS TRAVEL FROM THE MOTHER TO BABIES**

1. Drug enters the body through mouth
2. They enters the stomach
3. Are absorbed through the intestine and enters the mothers blood stream
4. They passes through the placenta and carried through the umbilical cord to fetus
5. Drugs enter blood circulation of foetus

### **HOW ARE DRUGS TRANSFERRED TO THE BABY DURING BREAST FEEDING**

Alcohol, drugs and harmful substances taken by the mother are transferred to her baby while feeding. These chemicals pass through milk glands and ducts in the breast when the infants is feeding. The chemicals are then absorbed and pumped through out the infant.

# Introduction of new volunteers



**H**ello, my name is Jan Neuendorff, and I am one of the new volunteers here at Diakonia AIDS Ministry. I am 19 years and come from Hermannsburg in Germany. I completed school with Post-Matric in June this year. My volunteer service is for 1 year, thus I have to leave South Africa in August next year. I plan on returning to Germany to further my studies at a university. I have one little sister, who is still at school. My mother is a nurse and my father works in a company which produces tools for oil drilling. I love my family and to say goodbye for one year was not easy. But I decided to experience something very different and to leave behind my well-known surrounding – that is what I wanted – and now I am here.

I came to South Africa to see and experience this country with my own eyes so that I can share later about everything I experienced when I am back at home and tell people in Germany more about this country.

In the beginning I missed my home and all the differences here in a foreign continent and culture were not very easy. But I love the friendliness of the people, the weather, the food, the stress free life, and many more other things here. I hope these feelings will stay with me the whole year and will give me energy I need for this year.

My work at DAM varies. At the beginning I worked with Jones in the Support Group in Soweto with anything that had to be done. Working in the department for Education and Training took me to other places within the Diocese when we went out On The Road Campaigns. My role in the team is to help as a technical assistant, connecting microphones, putting up the PA-system etc. For some weeks I was also busy at Home Based Care in Soweto. Going out with the Caregivers every time is very exciting and I enjoy it. The patients are always happy about our visits even if they are suffering a lot. Furthermore I help out wherever I can and where my hands are needed. Making my hands dirty in the garden is wonderful because after some weeks I see how the vegetables are growing. So far I really enjoy Soweto and the whole country and I am looking forward to what else I can experience and also learn from this country and its people, because that is what I am here for.

**H**ello! My My Name is Anna-Lena Arning. I'm 19 years old and a Volunteer at DAM since August. I was born in Germany, more specifically from Lower Saxony in the North of Germany. My hometown, Göttingen, is a famous university town.

I am living there with my family in a nice house. My father Dirk is a pastor and he is working a lot. My mother Karin is a nurse; right now she is not working in a hospital but in an old age home. I have three siblings. My two younger sisters, Cara-Luisa and Laura-Marie (13 and 17 years), are still going to school. My elder brother, Steffen (21 years), is training to be a mechanical engineer.

I miss my family and the fellowship and familiarity we were sharing but I know that they are always praying for me and that they are proud and happy about what I am doing here. They will always stay behind me and support me.

I decided to work this year as a volunteer, because I wanted to get to know new people, learn about other cultures and experience something new. I hope this experience will help me to understand the world and the people better, let my spirit grow and change so that I can find my future way and give the support and love I got to others.

Here at DAM I am working as Caregiver for Home Based Care in Soweto. This work has shown me and is still showing me, that there is pain and misery in the world. But you can make the first step for a change, when you spread love and support to the people who need it to fight against the bad things in the world.

I am thankful and glad that God gave me the possibility to come to this country, to learn about all this. Thank you!



**H**ello! My name is Joy Waughtal and I am the new volunteer at DAM from the Evangelical Lutheran Church in America (ELCA). I am 24 years old and very excited about this amazing opportunity to serve and learn from everyone here at DAM. I arrived in South Africa on the 27<sup>th</sup> August and I will be here, living in Soweto, until July 2011. I will be splitting my time between working at DAM and in the Soweto Circuit.

I am originally from the state of Iowa, near Chicago, but have lived in Denver, Colorado, in the Rocky Mountains, since I graduated university in 2009. My degree is in History and Women and Gender Studies. After graduating I lived in Denver and worked at a homeless shelter mainly assisting with health education classes. It was a terrific learning experience and it helped prepare me to work with a wonderful organization such as DAM.

I grew up going to an ELCA church in Iowa, USA. It is exciting to be a part of the Lutheran Church here in Southern Africa. I see many similarities and some differences in how we worship and serve the community. My favorite part of going to church here is the singing and dancing! Worship is so lively and fun! By the time I return to the United States I hope I know many choruses to teach to my family, friends and those who have supported me this year.

Already after being here in South Africa only for a little over three months, it has quickly become like a 2<sup>nd</sup> home. I have felt welcomed ever since I first stepped off the plane. Everyone at DAM has made sure that I feel at home here, even giving me a South African name, Mmathabo ("Mother of Happiness"). I think I am going to be confused all year since I am used to the seasons being opposite but I am enjoying being sun burnt while my family tells me about all the snow they are receiving in Iowa. I have enjoyed going along with the Education and Training team as well as assisting in the office with any task that is needed! In my free time I love to read, write, go for walks around Soweto, and get to know people. I love coffee and trying new foods!

I am looking forward to the new discoveries and adventures ahead of me in the upcoming year. It is amazing to see all of the opportunities DAM creates for the people of our communities and I am excited to be a part of it.



**W**hat a night to remember! DAM and CBCO Soweto likes to thank all guests who made it to come to our Gala Dinner on the 06<sup>th</sup> November and those who did not come but having bought tickets as a donation in support for the orphans project. We also like to thank all the people who were part and parcel of this event, e.g. those who contributed food, money, those who made our hall lovely, and not forgetting our waiters and our entertainers. The food was really worth my R 150.00

## DAM & CBCO Gala Dinner

### *Not an Orphan for life!*



If it wasn't because of you guys this event wouldn't have happened! This day was not about me or you guys or about DAM. It was about the orphans who go to school on an empty stomach. We know that one night won't change that, but for sure it will change their Christmas whereby they will be receiving food parcel and have Christmas lunch with us. People of God, please support this organization in any way you can – our office is always open for any donation. On behalf of the organizing committee I like to thank you all, and not forgetting the All-ELCSA-CD-Women for the huge donation they made for the orphans. Siyabonga bomma! This was just the beginning, because there is more to come and much more fun for next year. Until we meet again, party people.

Elias Molwantoa

## “Give us our daily bread”

*The following are some extracts from the speaker of the keynote address at the Gala Dinner, M Mokgomatse Matsike (Lead-Organizer CBCO Soweto).*

**G**auteng has the highest number of orphans within South Africa. According to the 2006 survey report there were 316,291 orphans in Gauteng and it was estimated that this number would increase to 414,971 by 2010.

According to the African culture, it takes a village to raise a child, therefore your child is my child and the little that we had, we shared with those who are less fortunate than us. This was part and parcel of African Socialism.

When we talk about daily bread, we are focusing our attention on how best we could together as a collective join hands to improve the quality of life of the orphans in Soweto.

DAM and CBCO found it fitting to jointly show good will by organizing this Gala dinner for the purpose of raising funds. I encourage you to give generously, for the Bible says that “whoever gives to the poor will never lack” (Proverb 28:27).

When we pray daily we should think seriously about the orphans who most of the time, go to sleep without a meal. Think of the waste that you incur by throwing food and other items into the rubbish bins daily. Give us our daily bread should become our anthem that will remind us to make means of sharing the little bit we have with orphans and others who are less fortunate. Your church could become a collection point for whatever items that have been brought for distribution to respective centers in Soweto.

The state of our orphans is a life-threatening reality which needs to be stopped or changed before it is too late. That is why our conspicuous and constructive engagement in this regard is essential so as to transform the state of affairs in the society.

What I would like to emphasize at this point and time is that we need to look after our own people. If we take well calculated steps toward addressing this challenge, we are certainly going to win and also surprise the prophets of doom.



# Social Assistance What you can do Applying for Grants



One of my duties as the SupportGroupCoordinator is to ensure that People

Living with HIV & AIDS (PLWH&A) are referred to relevant authorities, agencies or department/s to get access to social assistance / grants. However, many keep on flocking into the Support Group office to consult me on this issue of social grants. This is what inspired me to write about grants which will assist all of us in acquisition of considerable information on Social Assistance.

## What is Social Assistance?

The South African government has a responsibility to care for people who cannot take care of themselves, these include people who are too young, old, sick, or injured. Moreover, there are currently eight types of Social Assistance in South Africa. Those are: (1.) disability grant, (2.) pension fund, (3.) war veterans grant, (4.) care dependency grant, (5.) foster child grant, (6.) child support grant, (7.) grant-in aid, and (8.) social relief of distress. In this article I like to focus on the Disability Grant.

PLWH&A are able to work and support themselves. On the other hand, in due course many of them may become sick and unable to look after themselves. They can then apply for Social Assistance/Grants/Security. Section 27 of the Bill of Rights (1996 RSA Constitution, Chapter 2) states that "everyone has the right to have access to social security including, if they are unable to support themselves and their dependents, appropriate social assistance". In that fashion, HIV & AIDS are also disabling conditions.

Who qualifies for a disability grant? For one to qualify, the applicant:

- Must be a South African citizen, permanent resident, or refugee
- Must be resident in South Africa
- Must be 18-59 years of age if a female and 18-60 years of age if a male
- Must submit a medical assessment report confirming disability
- Medical assessment must not be older than 3 months at date of application
- Must not be maintained or cared for in a State Institution
- Must not be in receipt of another social grant in respect of him or herself

It is also important to know the documents to take with you.

The most important of them are:

- A 13 digit bar-coded Identity Document (ID)
- A letter from your doctor
- Any other medical record you have

## Where do you apply for a grant?

- You apply at SASSA (South African Social Security Agents) offices nearest to where you live.
- If you are too old or sick to travel to SASSA offices to apply for a grant, then a family member or friend can apply on your behalf.
- Your application form will be completed in the presence of an officer from SASSA.
- When your application is completed you will be given a receipt.
- Keep this receipt - it is your only proof of your application.
- You do not have to pay any money to apply.
- If your application is not approved, you must be informed in writing as to why your application was unsuccessful.
- You have the right to appeal to the Minister for Social Development in writing, explaining why you disagree with the decision. This appeal must be lodged within 90 days of notification of the outcome of your application.

Methods of payment are as follow:

- Cash payment at designated Paypoint
- Banks, including Postbank
- Institutions

It should be mentioned that if you are unable to collect cash yourself you should nominate a procurator to collect it on your behalf.

In the next article, we will look at the following set of information:

- If your application for a grant is unsuccessful
- Suspension of grants
- Dates of award of a grant
- Restoration of a grant
- Main reasons for lapsing of a grant
- Fraud
- Amounts of grants

Some Acts of Parliament are changing on daily bases. Laws are dynamic and contextual, they are subject to change. It will therefore be important to keep on checking on new developments. The above information may be insufficient or change at any time. Nevertheless, the above info can assist us in providing a green light of the current stance or positions laid down to us by those we chose to lead in a democratic dispensation.

In conclusion, hope that the following contact details will assist you beyond the above mentioned details.

Jones Ngoetjana

## GAUTENG REGIONAL OFFICES

- JHB CBD: 81 Rissik Street, Johannesburg 2000 – **Postal Address: Private Bag x 3, JHB, 2000**  
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- JHB CBD: 28 Harrison Street, Johannesburg 2000 – Tel: (011) 241 8353 – Fax: (011) 241 8301 – Shahida Hartley
- Alexandra: Alexandra Clinic, 8th avenue – Tel: (011) 719 4900/12 – Fax: (011) 264 0040 – Mr Abel Mamabolo
- Orlando West Local Office: 8299 Sisulu Rd, Soweto – Tel: (011) 983 1000 – Fax: (011) 536 0417 – M Melany Dyer
- Midrand: Midrand Village, c/o Old Pretoria & Church St – Tel: (011) 207 2660 – Jeff Mashego
- Lenasia: SHM PARK 7354, Zaakir Investment, Protea Avenue EXT 8, Lenasia – Tel: (011) 213 1300/23 – Fax: (011) 213 1356 –

Hester Hees

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Fax2Email: +27 - 86 - 545 9105

Email: diakoniaaids@yahoo.com or  
diakoniaaids@gmail.com

You can also find news and comment on our ministry via our page on Facebook - just check it for "Diakonia AIDS Ministry" and click "like it".

In addition to this you can find info on and material of DAM, including this newsletter, on the website of one of our partners, the Evangelical Lutheran Church in America (ELCA)

[http://www.mcelca.org/who/companion\\_synod](http://www.mcelca.org/who/companion_synod)

Please feel free to send us your comments, articles of interest, any donations for our ministries, or make your own personal commitment to participate in the Health Committee team in your congregation or on Circuit level. All your contributions in order to join hands with us to win the fight against HIV + AIDS are hearty welcome!

**NB:** There are still copies of our previous edition (Aug-Nov 2010) including the very valuable **RESOURCE SECTION** with lots of resource material available and for sale at the DAM head office. The whole set of 48 pages for only R 10 !

## Partners in our mission:

ELCSA Central Diocese, LUCSA, South African Government (Dep of Health), Evangelical Lutheran Church in America (ELCA), Presidential Plan For AIDS Relief (PEPFAR) USA, Partnership For Justice (PFJ) RSA and USA, Communities Building Credible Ownership (CBCO), Evangelical Lutheran Mission (ELM) Germany, Evangelical Lutheran of Lower Saxony (Germany), Donamus Foundation (Germany), Burgdorf Circuit (Germany), Neukoelln Circuit (Germany), Nienburg Circuit (Germany), Winsen Luhe Circuit (Germany), Berlin Mission (BMW) Germany, Ubuntu Botho (SANLAM) South Africa, City of Johannesburg, Shoprite Checkers (Jabulani Mall/Soweto), South African AIDS Consortium



"LOBONE" = "The Light"  
Keep your light burning!



The Cross on the tower of the Church Centre of ELCSA Central Diocese in Soweto - a symbol of struggle and hope



One of the places of neglected communities with people who are looking out for GOOD NEWS



Be a "Cross-Bearer" - not in words but in deeds - to bring GOOD NEWS to the poor and afflicted!



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