Issue 3

2nd Quarter, 2009

LifeMatters foundation

Known phobias...

★ **Omphalophobia**
The fear of belly buttons

★ **Consecotaleophobia**
The fear of chopsticks

★**Soceraphobia**
The fear of in-laws

★**Sesquipedalophobia**
The fear of long words

★**Ephebiphobia**
The fear of teenagers

★**Arachibutyrophobia**
The fear of peanut butter sticking to the roof of your mouth

Any comments, queries or suggestions? Please contact the Editor:
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From the LMF Coordinator

Warm greetings to you all!

Our term started with a bang as we were thrust into the final frantic planning stages of the LifeMatters annual Pathfinders' Camp for the Lourier Primary grade 8's... but wow, were we rewarded for all our hard work! You can read more about the camp inside our newsletter...but what an amazing opportunity for us to minister into the lives of God's precious children and to SHOW them love. And God blessed us so abundantly with funding beyond what we could ever have expected and inspiring leaders who, in their individual ways, each touched the lives of different children!

Our quarterly volunteer meeting, with the theme of "bullying", was also a success and a big thank you to everyone who participated in that session; it is always so good to re-connect with each other and have an opportunity to inspire and motivate each other. Our focus for next term is "Divorce" and how we can help the children who we work with, to cope and move forward. Please put the date in your diary now – it would be wonderful to see you there; 27th July 7pm with Judy Strickland as our guest speaker!

Another highlight for the LifeMatters Foundation this term was the annual Teenage Awareness week at Sweet Valley Primary, where God once again, blessed us with amazing speakers. We covered a vast array of topics including love, sex and relationships, pornography, sexual awareness, eating disorders, parents, self-esteem and emotions. It was a wonderful opportunity for us to speak into all the grade 7's lives as they embark on a challenging journey ahead.

So, as we move into the second half of 2009, and most of our projects have grown this year and are running smoothly, one of our primary focuses will be on recruiting funding sources; if you know of anyone looking for a worthy foundation to donate money to, please consider promoting LMF!

May you have a blessed holiday break and may God renew you ready to face the rest of this year,

Julie

Fun for the Family

*some of these films carry an age 12 restriction

For Christian-based movie reviews, visit www.dove.org

Winter is upon us, and the Cape Town rain often limits outdoor activities. Here are 10 regular and animated movies that the family can enjoy together. Grab some popcorn and a blanket, and enjoy!

REGULAR

1. PotC—The Curse of the Black Pearl* Swashbuckling pirates brandishing swords, swinging from masts of huge clipper ships and battling to recover hidden treasures

2. The Sound of Music One of the most popular classic musicals of all-time, based on the true story of the Von Trap family

3. Princess Bride Not just your everyday, ho-hum fairytale, this movie captures audiences of all ages!

4. High School Musical 1-3 A must-own for any parent. Delve into the world of Troy and Gabriella, and the East High Wildcats

4. E.T. The Extra Terrestrial* A 10-yr old boy discovers a small, lovable alien and they become close friends

5. Hannah Montana: The Movie Perfect for that girly sleepover!

6. The Spiderwick Chronicles* Imagination gone wild!

7. TCoN: Prince Caspian* The Kings and Queens of Narnia embark on a new journey with the young prince

8. Facing the Giants A football movie, which inspires viewers to live with faith, hope and love

9. School of Life* Mr D's lessons extend far beyond the classroom

10. Fireproof* A feel-good Christian drama

ANIMATED

1. The Lion King An all-round timeless fave, set in the plains of Africa

2. Finding Nemo An undersea adventure tale about 2 clown fish living in a giant sea anemone off the coast of Australia

3. Shrek 1-3* Once upon a time, in a far-away swamp...

4. The Incredibles A dysfunctional super hero family that has to deny their special powers because the government is overwhelmed by lawsuits from past villains and their victims.

5. Beauty and the Beast The first animated film to be nominated for a best-picture Academy Award.

6. Cars Hotshot rookie racecar Lightning McQueen discovers that life is about the journey, not the finish line.

7. WALL•E In a galaxy not so far away... Said to be Disney/Pixar's most original film

8. Happy Feet* An all-star cast lend their voices to this feet-tapping penguin movie.

9. Kung Fu Panda* Can this enthusiastic, big, clumsy panda turn his dreams of becoming a Kung Fu master into a reality?

10. Ratatouille A rat with a dream of becoming a chef in a decidedly rodent-phobic profession

LMF Pathfinders Camp...on the path to success

By Lauren Hammond

Thinking back to the camp it is remarkable that by spending three days with these children we were able to dramatically impact their lives. At the same time the leaders and I found that the children had a great deal to teach us.

As Dani, an LMF intern, explains: *'For me, this camp was a life changing experience not only did it challenge me emotionally but it challenged my own way of thinking. As a leader on the camp I really got to know some of the kids' one on one and understand what these kids are truly dealing with. It was a great way of giving back and I understood how giving of your time and love is more valuable than anything. It was great to see how God was at work at this camp and how His love ultimately changed these kids forever.*

"It was great to see how God was at work at this camp and how His love ultimately changed these kids forever."

The experience of sharing my life experience with the kids and unifying the different cultures within the grade was miraculous. This experience will be forever with me.'

Taking fifty-three, 12-15 year olds on camp is no small task, there is the inevitable excitement and craziness of unpacking, settling into dorm rooms and ensuring everyone has ALL their luggage. The hype of the treasure hunt, clue game, mini Olympics and water balloon wars. The daunting tasks of facilitating meal times, or better yet, clean up times.

The thrill of seeing them beginning to trust you, open up to you and receive revelation. The heart breaking times of hearing about their tragedies while at the same time being amazed by their resilience and ability to laugh. The challenge of getting everyone to bed and into their own beds at a decent hour.

The blurry eyed mornings where coffee is the most welcome sight. Facilitating group time. Laughing at their antics. Mediating arguments. Cleaning up spilt paint, or milk or juice. Getting the children to keep quiet. Making sure everyone is where they're supposed to be and then suddenly packing up, taking photos and saying goodbye to children you have come to love. All this in the space of three days!

Julie, the LMF Coordinator, reflects that: *"The Camp was an amazing opportunity to build relationships with the children which provided a foundation for sharing and learning from each other. I feel that lives were definitely changed as the children were given a chance to think about themselves and their future choices. This experience was truly rewarding for me as a leader and I feel that this project will have a positive impact, firstly on the school and in turn, on the local community"*

Since the camp we have begun working with the Grade Eights during weekly sessions. The principal has allowed us to spend one hour with them every week where we are expanding on the messages of the camp. This includes looking at emotions, self-esteem, family matters, choices and consequences, substance abuse, gansterism, physical/sexual abuse among other topics.

We believe that these times are of great significance and have been privileged to witness children evaluate their current choices and make decisions to follow a different path.

Once again thank-you to all of you for sharing in this experience directly and indirectly. I hope that it inspires you to know that you were a big part of bringing hope and love to the Grade eights of Lourier Primary.

Going Green...How you can help

Perhaps you can spare a few hours in your week? If you have a heart for helping children, then have a look at these exciting opportunities...

Constantia Primary
~ Veggie Day delivery (from Noah's Ark @ MBC) - Tuesdays anytime after 1pm

Bergvliet High
~ Mentoring boys (any day that suits you) **men only**

Kirstenhof Primary
~ Mentoring boys (any day that suits you) **men only**
~ Counselling / small groups (experience necessary)

Sweet Valley
~ Team members for Breakaway breaktime club, Grade 3–5, Tuesdays 12:40 - 13:20

Westcott Primary
~ Counselling Grade 1 to 7 individuals minimum 2 hours / week - any day that suits you, **counselling experience necessary**
~ Co-leader for Breakaway club on Friday afternoons

Lourier Primary
~ Teacher Support and reading, Grade 1&2, small groups max 6 children. Anything from 30mins per week
~ After-school sports coaching, minimum 1 day per week for 1 hour

Join us for our next quarterly meeting on Monday 27 July, 7pm—9pm. It will be held at 5 Duxbury Rd, Kreupelbosch. For more info, please contact the LMF office.

LMF would like to thank
Wannenburgh & Associates
for providing us with their auditing services
wannenburgh.net
127 Main Rd, Bergvliet
021 715 3003

WE NEED YOU!

LMF is currently drawing up our budget for 2010. Our main need is to finance the salary for our social worker, Lauren Hammond. If you feel led to give a once-off donation, or on a monthly basis, please contact us, or see the banking details over the page.

Helping kids deal with divorce

Children, as well as parents, feel the stress and confusion of separation and divorce. Many kids feel angry, sad and frustrated about the prospect of their parents splitting up for good and are uncertain about what life will be like after divorce. More than anything else, kids want to feel protected and loved. Throughout the trials of divorce, provide reassurance and love to your kids every step of the way.

Children pick up on your manner, expressions and actions almost more than your words. Offer your physical presence and support by hugging your kids, taking a walk, or just sitting down together.

For kids, divorce means the loss of a parent and the loss of life as they know it. Even though both parents remain physically present, a child's sense of stability is upset because the family unit is broken apart. Your support will allow them to grieve their loss and eventually adjust to their new circumstances.

"For kids, divorce means the loss of a parent..."

Encourage your child to share their feelings and really *listen* to them. They may be feeling sadness, loss or frustration about things you may not have expected.

Children might be reluctant to share their true feelings for fear of hurting you. Let them know that whatever they say is okay. You may have to check your own feelings at the door, but it is important not to judge. If they aren't able to share it, they will have a harder time working through it.

You can inspire trust by showing that you understand, "I know that you feel sad without mom here." "I understand that you like to have dad tuck you in to bed."

Providing good care for your children means being emotionally available to them, and you can only do that if you are taking care of *yourself*. Depending on your physical and emotional state, you will either be reassuring or distressing to your child. If you are able to be calm and emotionally present, your kids will feel more at ease.

Steps to take care of yourself

- Avoid isolating yourself from people.
- Build your support group.
- Take care of your health and your children's health.
- Eat a healthy balanced diet
- Exercise
- Keep a journal

Try to bring humor and play into your life and the lives of your children as much as you can –it relieves stress but more importantly, it adds joy and provides a break from sadness and anger.

Understand that your children are going through more change on a continual basis than you will. Kids have to always go between 2 homes and often times they don't feel like either of them are really theirs. 2 homes, 2 bedrooms, 2 different sets of rules, routines, schedules, and expectations.

Watch the language your use: for example pre divorce parents tend to say "did you have fun with daddy" after the divorce the language changes to "did you have fun with your daddy?" It may seem small but the tone set is completely different.

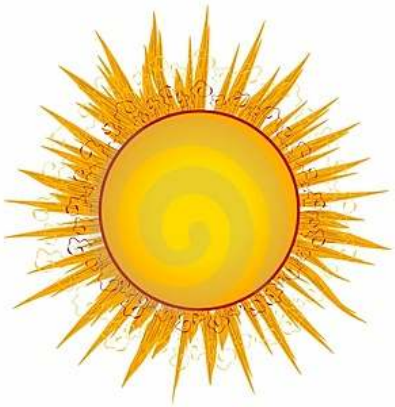
Seek counseling for them as soon as possible even if they are not having major problems yet. Getting established with a therapist and building trust is helpful in avoiding pitfalls and making sure they are going through the process in a healthy manner.

6 "Don'ts" of divorce

1. Don't be offended when the children prefer one parent to another. These preferences are common with kids from non-divorced homes. Try not to take them too personally. Again just empathize with them.
2. Don't use them as a messenger between you and your former spouse.
3. Don't fight in front of them and don't speak negatively of the other parent.
4. Don't let them see you "fall apart" but also don't hide the various feelings you are going through.
5. Don't make promises you can't keep.
6. Don't try to "move on" for at least a year after the divorce is final. Many kids feel that their parents moved on and left them behind and that they are reminders to the other parent of a failed family.

Article taken from http://kidshealth.org/parent/positive/talk/help_child_divorce.html#

LMF

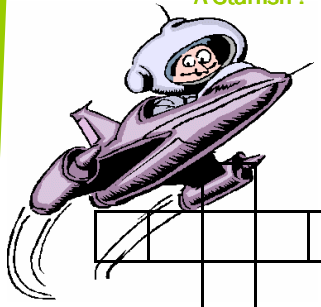


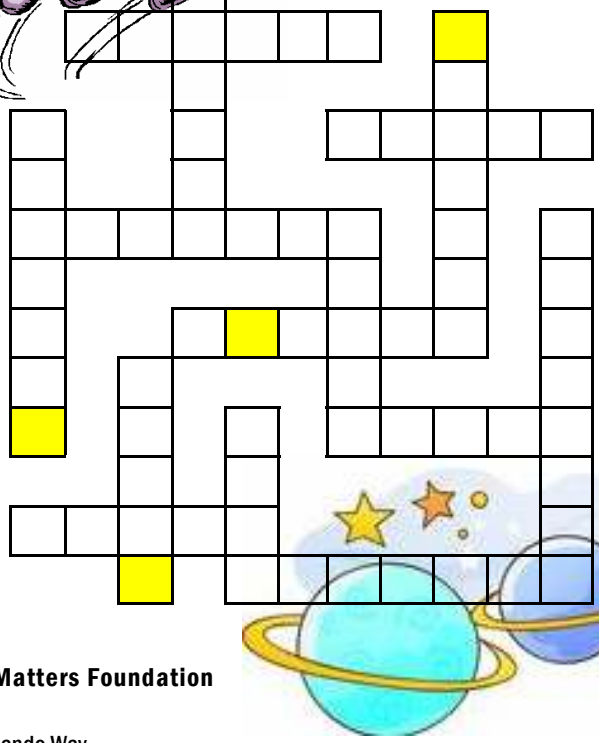
Kid's Corner

What kind of saddle do you put on a space horse?
A saddle-lite!

What kind of plates do they serve food on in outer space?
Flying Saucers!

What do you get when you cross a comet with a guppy?
A Starfish !





4 LETTERS
MOON
5 LETTERS
EARTH
PLUTO
SPACE
STARS
VENUS
6 LETTERS
GALAXY
SATURN
URANUS
7 LETTERS
JUPITER
MERCURY
NEPTUNE
PLANETS
8 LETTERS
UNIVERSE

Volunteer Profile—Ross Wilson

In this issue we put the spotlight of Ross Wilson, one of our male mentors who is making a difference in the lives of young men...

Can you please introduce yourself?

Hi there. I am a husband to Claire (married eight years), a father to Cameron (almost three years old - wont tell you how old Claire is though!) and a business owner.

Which school do you volunteer in, and what do you do?

Bergvliet High School. Once a week I mentor and listen (rather than council) two boys, one in grade ten and one in grade twelve.

What has been the highlight for you working with these teens?

I have worked with the grade twelve for about three terms. He has issues with controlling his anger and I have been able to watch him over the last seven months get control of it and with that more control over his life.

What challenges have you had to face?

Two of them. Firstly patience!! It was very frustrating in the beginning as I could not see any difference that I was making. I am a "go and fix the problem" kind of chap that is lead by deadlines, so having to watch and wait for the progress is frustrating yet rewarding. The second is I have learnt to LISTEN. That is the one of the most important things these kids need. I can't fix their problems but if I listen (with a small amount of guidance) then they eventually find the solutions themselves.

How have you changed personally through your experiences?

I am a far better listener (though I am not sure if Claire has seen the difference?)

Any final words?

I must praise GOD for helping me with my patience and my listening skills.

Star Cookies

http://spaceplace.nasa.gov/

INGREDIENTS

3 Cups All-purpose flour
1 Teaspoon Baking powder
1/4 Teaspoon Salt
1 Cup Sugar
1 Cup margarine or butter, softened
2 Large eggs
1 or 2 Teaspoons Vanilla extract
Hard candy such as sour balls or Sparkles in assorted star colours--red, yellow, blue, and white

DIRECTIONS

★Preheat the oven to 180°C
★Into a large bowl measure flour, baking powder, and salt. In another large bowl, with mixer at medium speed, beat sugar, and margarine or butter until creamy. Reduce mixer speed to low. Add eggs, one at a time, and vanilla. Beat mixture until blended.
★Beat in flour mixture just until blended. Divide dough into four equal pieces (one for each sweet colour). Wrap each piece with plastic wrap and refrigerate 30 minutes (dough will be soft).
★While dough is chilling, group sweets by color and place in separate zip-loc bags. Place one bag on towel-covered work surface. With a rolling pin, lightly crush sweets into small pieces (don't crush too much!)
★When dough is chilled, place one piece of dough on a well-floured surface. With a floured rolling pin, roll dough 1/4 inch thick. Use floured star-shaped cookie cutters to cut dough Line a baking sheet with foil. Use a spatula to lift cookies from floured surface, placing each on foil.
★With mini-cookie cutters, or a knife, cut a small star shape from each cookie. Place some crushed candy in cutouts of each cookie. Bake 10 to 12 minutes, until lightly browned. Remove from oven and cool cookies completely on baking sheet.

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BANKING DETAILS

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