

# LIFEmatters

foundation

## Natural highs...

- ★ Laughing so hard your face hurts
- ★ Getting a letter in the post from a friend
- ★ A special glance
- ★ Swinging on swings
- ★ Watching a sunset/sunrise
- ★ Seeing a shooting star
- ★ Blowing bubbles
- ★ Running through sprinklers

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

Greetings to you,  
 Wow, only 1 more school term remaining of 2009! This has been a good quarter for LifeMatters Foundation. We started the term off on a high note as discussions with Christ Church Constantia developed into a keen interest in the work we are doing in our local community which has lead onto a generous financial contribution and the opportunity to meet with their outreach committee to continue this newfound relationship.

We also have the pleasure of officially announcing the joining of an already operating team of 18 people who serve in Zwaanswyk Academy under the guidance of Emily Aaserod. Welcome to these volunteers and we hope that you find this amalgamation rewarding and supportive. The team runs bible classes for every class at Zwaanswyk Academy fortnightly. These volunteers represent

a colourful variety of local churches in our community.

Also, a big welcome to Sonika who is the children's pastor at Bergvliet Methodist - it is great to have new people on board representing our local churches! Sonika is serving on a Tuesday at the Breakaway Club at Sweet Valley primary.

Our volunteer meeting this term was truly worthwhile as Judy Strickland shared her knowledge and experience on how to help children cope with divorce - thank-you Judy for so willingly giving up your time for us!

A first for LifeMatters Foundation was the co-facilitating of a stress management workshop for the matric pupils at Bergvliet High School; I ran 2 consecutive weekly sessions along with 2 staff members of Bergvliet's pastoral team where we introduced the learners to practical techniques to cope with their stress especially during exam



time.  
 Another exciting development pioneered by LMF is the setting up a pastoral/counseling system at Zwaanswyk Academy; our resident auxiliary social worker, Lauren Hammond will pilot this project and has began running a small grief group with 8 learners.

Our monthly prayer meeting in August was a particular highlight for me with 7 people gathering together to share and pray for the work that our volunteers are doing under LifeMatters Foundation - praise God!

In closing, I wish you a relaxing and spirit filled holiday and look forward to returning to serving in the last term of 2009.

May God bless you richly,  
 Julie Lunn

## 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 available right now...

### 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 with Cherry Howell

### Constantia Primary

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

### Kirstenhof Primary

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

### CAFDA

~ Running an after-school program once a week (excl Fridays), anything between 1-3 hours. Can involve, sport, games, arts & crafts, music etc. Assistance available

### Lourier Primary

~ Teacher support and reading, Grade 1&2, individual/small groups max 6 children. Anything from 30mins per week

~ After-school sports coaching, any day of the week

### Zwaanswyk Academy

~ Small groups, including grief, anger, self-esteem, divorce (experience necessary), or individual counseling

~ Individual counseling (experience necessary)

*"They help us with our problems we have at home, school, feelings we can share with our friends and families. They make us laugh. They help us through thick and thin so at the end of the day we greet with a smile which will take them a million miles."*

**Candice, Lourier Primary**



## Community Calendar

### 10 September: Bergvliet Primary Golf Day

**Venue** Westlake Golf Club  
**Cost** R425/player or R1700/4-ball  
 4Ball Betterball Stableford, Maximum unofficial handicap—18. Great prizes to be won! Longest drive, closest to pin on short holes. For more info contact Bettie Schaban: 021 715 1103/082 779 5789

### 8-10 October: Hope: The Musical

**Venue** Bergvliet High School  
**Cost** R30 adults / R20 under 12s  
 This lively home-grown musical is about the challenges facing the owners, patrons &



workers at Gino's, an Italian restaurant. It is a blend of comedy, romance & drama, and explores the hopes & dreams of all those young people connected to the restaurant. Visits our food & craft stalls from 7pm

### 16, 23, 30 October: 20/20 Cricket Series

**Venue** Bergvliet High School  
 Schools participating are Rondebosch, SACS, Wynberg, Westerford, Pinelands & Bergvliet. Afternoon matches start at

3.30pm and evenings, 6.30pm. Food & soft drinks on sale. For more info, contact BHS (021) 712 0284 **FINAL MATCH on 6 Nov**

### 23 October: Sweet Valley Golf Day

**Venue** Clovelly Golf Club  
**Cost** R500 per player incl green fees and dinner

Fantastic prizes, a raffle & an auction. Contact 021 712 3081

### 10 November: Art Auction

**Venue** Sweet Valley Primary School  
 Art by SVPS learners will be on display. For more info, contact 021 712 3081



*"LifeMatters is a foundation that anyone could wish for. They make us laugh and forget all our problems. They teach us all about God. They are so loving and caring people. They teach us to open our hearts and tell the others our problems, because a problem shared is a problem solved."* **Yeukai, Lourier Primary**

To advertise your community event in our newsletter, please email [lauren@lifemattersfoundation.org](mailto:lauren@lifemattersfoundation.org)  
 Editions published in March, June, September and December

## Greening your Kitchen

- Six easy steps to growing your own egg box herb garden!

By Eve Fox

[gardenofeatingblog.blogspot.com](http://gardenofeatingblog.blogspot.com)

There is nothing greener (both literally and figuratively) than eating locally-grown food. And you can't get more local than your own garden or kitchen window box. The taste of freshly grown herbs has no comparison and you'll be saving money and reducing your carbon footprint at the same time.



**STEP 1: CHOOSE YOUR SEEDS** Figure out which herbs you use most often, and go with some or all of them: basil, dill, parsley, mint, sage, thyme, oregano...the list is endless.

**STEP 2: GET PREPARED** While you're at the nursery or supermarket garden centre, you may need to pick up some potting soil and terra cotta pots for the mature plants (if they are staying in your kitchen) Also, don't forget the eggs! It's best to use the cardboard cartons, instead of the Styrofoam ones. Alternatively, you can use plastic seedling trays.

You'll also need to stake out your planting spot – are you planning to grow the seeds in pots in your kitchen or does your garden get more sun? Although all plants like slightly different growing conditions, chances are you'll need to find a spot that gets a good deal of sunlight throughout the day.

### STEP 3: START PLANTING!

Filling your cardboard egg or seedling tray with soil. Then read the sowing instructions on the back of each packet of seeds. Each type of plant responds best to a slightly different sowing depth. Some seeds may also call for special handling before being planted (for example, soaking them in water for a number of hours beforehand.) Keep the seed packets as you'll need



them to determine the proper spacing once you're ready to transplant the seedlings. Sow the seeds according to the directions on the packet and cover with soil. Then give

them all a light watering making sure to get them thoroughly wet but trying not to disturb the seeds too much.

**STEP 4: WATCH, WAIT & WATER** Depending on the type of plant, it may be a week to two weeks before the seeds sprout. During this time, you'll want to keep the emerging seedlings well-



watered and make sure that they don't get too cold—keep them indoors!

**STEP 5: TRANSPLANTING** Follow the directions on the back of each packet to determine the right time to transplant the seedlings to their adult homes (whether they be terra cotta pots or a garden bed) as each one will vary. the soil when the seedlings are ready for transplant. You'll need to loosen each one individually (pushing up from the bottom and using a knife is helpful) so that you can pop it out into your hand and place it in a well of soil in the

ground or in a pot.

Try to be as gentle as possible since this will be a fairly traumatic process for your tender young seedlings. Again, follow the planting and spacing instructions on each packet. Water the transplanted seedlings well after you've moved them.

### STEP 6: ENJOY THE HARVEST!

You'll need to continue to water regularly and to make sure the baby plants are getting enough light and staying warm. Bugs may also be an issue so keep an eye out for any infestations (and remember that ladybugs and spiders are your friends as they eat pests). As spring and summer progress, you should start to enjoy having a bounty of fresh herbs at your fingertips whenever you want them.

Remember: you can also buy buying organic soil and seeds which may be slightly more expensive, but healthier in the long run.



*"They are a foundation that cares about others' future. They learn us what's right and what's wrong. I love LMF because they have done so much for us and they took us on a camp to discuss our life to them and then they would tell us about their life. They still come to our school on a Tuesday and come have some fun and see how we are doing. I just want to say thank you LifeMatters for always being here for me"* **Faizel, Lourier Primary**



## Manage your stress...don't let it manage you



**Stress is the emotional and physical strain caused by our response to pressure from the outside world.** Common stress reactions include tension, irritability, inability to concentrate, and a variety of physical symptoms that include headache and a fast heartbeat. It's almost impossible to live without stress. But if stress gets out of control, it may harm your health, your relationships, and your enjoyment of life. Here are some tips to minimize the stress in your life...

**Enjoy the outdoors** Make the effort to go outside and fill your lungs with fresh air. Grab a friend and take a nice walk through the forest or on the

beach, and enjoy the scenery and sounds of the outside world. This is often a fantastic way to clear your mind and organize your thoughts. Planting a garden can also be a great way to reconnect with nature.

**Make time for the activities you enjoy** Do you have a hobby you really enjoy e.g. reading, knitting, dancing, swimming or sports? When you engage in activities you like, you are comfortable and happy. Try out some of our natural highs on page 1.

**Laughter** A good laugh can be a great stress reliever: it releases endorphins and other healthy hormones, takes your mind off of stress, and can even provide a decent physical workout if you really get going. It also leaves you in a more positive frame of mind, and can bond you to those with whom you share a good laugh. So take out a good Adam Sandler flick, grab the popcorn, and get laughing!

**Drawing** Rediscovering your artistic side with anything from

doodling to serious sketching can be a good stress reliever for several reasons: it's a good distraction, it helps you express and process emotions, and it leaves you with something beautiful to enjoy when you're finished. Even something as simple as colouring in a kids book with crayons is a great stress-relieving activity.

**Music** Music provides distraction, inspiration, can speed you up or calm you down, and more. And you can use it during your commute, while exercising, or at any time as you go about your daily activities. Listen to relaxing music in the bath, or but on something upbeat and dance wildly (think Meredith and Christina from *Grey's Anatomy*).

**Sports** Enjoying sports, from playing a round of golf to mountain biking to tennis and more, can be a fun way to get exercise and relieve stress. Maybe try something new, like ballroom dancing, hip-hop or karate! These all provide endorphins, a social outlet, a way to release frustration, and

more, leaving you happier and healthier in the end. Making regular sports dates with a friend, like going to the gym or playing tennis not only keeps you accountable, but gives you someone to vent to.

**Play a game** Board games are something we all enjoy, and generally have plenty on hand—everything from the basic Monopoly and chess to Trivial Pursuit, 30 Seconds, Cranium and more. Some demand creativity, some simple silliness. Whatever these bring out in a person, they tend to show a different side than what everyone sees in a daily routine. Beyond board games there's everything from charades to karaoke. Loud, even off-key singing can induce dancing and laughter, relieving a lot of pent-up stress.

Try using a combination of different stress relief methods and avoid using only one. The more ways you can implement relaxation, enjoyment and positive thinking into your lifestyle, the less stress will have a hold on you life.

## School Profile—Constantia Primary

By Estelle Revett

Constantia Primary is situated in the heart of the Constantia Valley and is quite an underprivileged school. The school is mostly attended by the children of parents, who work on the surrounding wine farms, and also from the Westlake area. Meadowridge Baptist Church began its involvement about 7 years ago by Rev Stuart Shackleton, and started off by helping children who needed extra help. This transformed into LMF being involved at the school.

Today Nicole, Seanne and Estelle spend every Thursday morning for about an hour and a half teaching, sharing and interacting through life skills, which always has a

biblical aspect, and of course, have lots of fun along the way. The team has time to do some creative work which ties in with the theme of the morning, and that also gives them the opportunity to share on a one-on-one basis. They find it such a privilege to have the grade 7 class for the entire year, and it is a time to sow into lives and share the love of Jesus with them. The team has seen wonderful breakthroughs as they try to build confidence and try to prepare the children for high school, which is such a worry to so many of them.

Wendy and Jenny started at Constantia this year, teaching art & drama. The drama classes are really fun, and the kids really

enjoy the time they spend there with Jenny. Wendy's art class has just finished a project based on the 2010 World Cup, and is now moving on to a business project.

As Estelle says, "It has been such a blessing for me personally, to be involved with these precious children, and it's only God that can give us this amazing love for them, so I can truly say that Thursday morning is the highlight of my week."



*"I just want to say how grateful I am that you guys work with us, you guys inspire me to do the right thing in life, not the wrong thing. You have showed us the way and I appreciate you guys for changing my life"* **Sharief, Lourier Primary**



## Volunteer Profile—Leigh Francis

Meet Leigh, an extremely dedicated LMF volunteer with a passion for God...

Hi! My name is Leigh Francis and I am a preschool & remedial teacher, currently running my own playgroup from home. I have been teaching for 13 years, the last 10 of these in Cape Town.

I became involved in LifeMatters 3 years ago as a volunteer in the Homework Group that was run for Sweet Valley children, taking over running of it last year. I spend a few hours a week doing homework with children of various ages and love using my remedial skills & love of children to assist them with homework and life skills in general.

Highlights during these times have always been to see the growth in the children's' belief in themselves – they often just need a self confidence boost to see them reach their potential.

I think it is always challenging working



with children as there are many factors that influence their ability to reach their potential; so breaking down some of the barriers they may have towards learning, and giving them support in their efforts is very rewarding.

Success is usually measured by achievement and yet, the qualities that shine through the children when they learn to back one another up, support one another and care about one another reflect success much more to me than the marks they achieve on paper – often as a result of the emotional growth of the children, the marks seem to improve too!

Prayer for each child I work with, on a daily basis, is essential for me....I know that my ability to do a good job is solely up to God and that He is the inspiration for all I do. I thoroughly enjoy my vocation and LifeMatters Homework Group times! God Bless ☺



### Kid's Corner

What flower grows right under your nose?

**Tulips!**

Why can't the flower ride his bike?

**Because he lost his petals!**

What happened to the plant in maths class?

**It grew square roots!**

### Veggie Chips

[jas.familyfun.go.com](http://jas.familyfun.go.com)

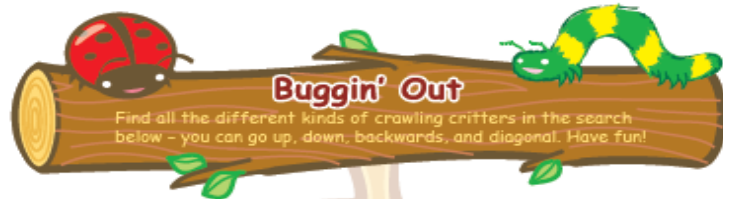
#### INGREDIENTS

- Potatoes
- Sweet potatoes
- Carrots
- Butternut
- Beetroot
- Olive oil
- Seasoning of choice

- regular table salt, flavoured salt, black pepper

#### DIRECTIONS

- ☼ Preheat the oven to 200°C
- ☼ In a bowl, toss thinly sliced vegetables with a table spoon or two of olive oil. Place the veggies on a generously oiled baking tray or two, making sure the pieces don't overlap, and sprinkle them with salt (since some vegetables cook faster than others, you might want to keep them separated on the tray)
- ☼ Bake, checking often, until the pieces are browned and crisp. Flip the pieces halfway through the cooking time. Times will vary depending on vegetable type and thickness, but should be between 8 & 16 minutes.
- ☼ When the chips are done, transfer them to a bowl or plate lined with paper towels to absorb any excess oil.



Find all the different kinds of crawling critters in the search below – you can go up, down, backwards, and diagonal. Have fun!

R W H I P S C O R P I O N G I  
M O A C H A R F A D M S I R Y  
O T I U Q S O M R E G I T A S  
B C O C K R O A C H O C C S I  
Q R A C T I G E F U T A K S T  
P I X A R O P J A I J T P H N  
L S C L N I T E S C L E I O A  
G P A F T G C U T I E R E P M  
R U L W L R N K P B D P M P G  
A Y C E N T I P E D E I A E N  
S G U B Y D A L W T R L Y R I  
I O S H A O B I L D G L F O Y  
P W C H U M P G O N I A L Y A  
K I A L U T N A R A T R Y E R  
J N D B U T T E R F L Y B C P

- |           |                |                |
|-----------|----------------|----------------|
| MAYFLY    | WHIP SCORPION  | CENTIPEDE      |
| TARANTULA | PRAYING MANTIS | GRASSHOPPER    |
| BUTTERFLY | COCKROACH      | CRICKET        |
| WASP      | BUMBLEBEE      | DRAGONFLY      |
| LADYBUG   | CATERPILLAR    | TIGER MOSQUITO |

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### BANKING DETAILS

The LifeMatters Foundation  
Standard Bank Blue Route  
Branch Code: 02-56-09  
Account number: 072032405  
Current Account

