

## NELSON MANDELA TOWNSHIP YOUTH EMPOWERMENT

### Nemato Change a Life - Highlights

**first Nemato fencing medals at SA Champs**



For the first time ever we had fencers winning medals at the National Championship: Avuyile Tokota won Under 11 gold and Anoxolo Salaze won under 17 bronze.

**three handball players for SA Team**



Three new handball players have made it to the South African team. Ziyanda, Siyanda and Ukho have been selected for Beach Handball Junior African Championships in Cape Verde.

**Narconon**



Drugs, including the devastating drug Tik, has become an out of control epidemic in our community. It's also impacting on our members. We are thankful for Narconon who have come on board with drugs education.

**wireless internet**



After cable theft we were without internet for a long time, bringing many of our activities, including producing our newsletter, to a stand-still. We are now connected wirelessly to internet and it's faster and cheaper than our old ADSL line.

## SUCCESS IN LIFE - FOR YOUTH, BY YOUTH

Nemato Change a Life offers a holistic set of youth empowerment programmes for disadvantaged youth from the townships in Port Alfred: Nelson Mandela Township (Nemato), Thorn Hill and Station Hill. We give our youth the mindset, knowledge, skills and support to escape from poverty, for *success in life*.

### Wireless internet



Cable theft has taken out all landline telephone connections in our area. Telkom is not replacing the lines, forcing us to look for an alternative for ADSL. A nice surprise was the availability of wireless internet. It's faster, more stable and cheaper than ADSL. After more than a month without internet our office is back on track. We are catching up with outstanding office work like this delayed newsletter. Our internet is also for our members, and during school hours our computers and internet are available for the community to use for studying and career development, and community projects.

### Skype maths



We have started weekly Skype maths lessons for our learners in the highest grades., thanks to a great initiative by Vitus, a student in Göttingen, Germany. He heard of us from our member Lifa, who is on a year long exchange programme in Göttingen.

### Narconon



Drugs, including the devastating drug Tik, has become an out of control epidemic in our community, also impacting our members. Narconon has come on board to help. They are an international organisation providing drug rehabilitation, drug education and drug prevention programmes. Many thanks to Robert and his team for bringing the Narconon drugs education programme to Nemato Change a Life!

### Activities



During weekends and holidays we offer a wide range of activities to our members, from photography to building websites to plastering and painting our buildings. In the picture we are using our projector to paint the Nemato Change a Life logo on our building.

### FunDza & Bed Books



We received a new donation of books from Fundza. We use these books at our weekly reading session in our after-school class. The stories are very appealing as they tell local stories we can identify with. We selected books for younger readers, donated by Biblionef, as our 'Bed Books', to enjoy reading on our bed.

### Add Hope



Ever wondered what happens to the two Rand you donate to Add Hope at KFC? Good news for Nemato Change a Life: Add Hope will keep funding our feeding programme for another year!  
In the picture: staff of our local KFC visited and spoiled us last year.



### Cooking on solar



We have moved from cooking on gas to electrical on free and clean solar power. A kettle, two industrial induction stoves (very fast!) and stainless steel pots were donated by the Wolwevers Church and Willy in the Netherlands. Our gas stove is on stand by for cloudy days.

It's great to be on solar, especially when load shedding hits hard, but let's hope that is a problem of the past.

### Waterless toilets



We received training in the maintenance of our waterless toilets. Ever thought of the madness of flushing toilets? Mixing poo with South Africa's most precious commodity, water, just to move it, then trying to separate them again and dumping the polluted water into our rivers. Here is the alternative: toilets that use no water at all and recycles poo into safe fertiliser. What's the wise choice?

## Gold members special



Our gold members enjoyed an inspirational evening with sailor and surfer Greg Bertish, also known as “The Little Optimist”, who sailed 200km in an 8 foot Children’s Optimist dinghy around the Cape of Storms and Cape Point, after surviving 200 days in hospital fighting life-threatening heart infections. Thanks to Shaka Surf School for getting us free tickets.

## Skate ramp



Getting access to property that is big enough to set up our skate ramps is a long and slow process. To avoid further delays and get started with skateboarding, we are now trying to set up the half-pipe at our own place. It’s a challenge, but hopefully we can make it happen.

## NEMATO SPORTS CLUBS

Our sports clubs offer four small Olympic sports: rowing, gymnastics (tumbling and trampoline), handball and fencing. Sport is an important part of our youth empowerment programme. Our athletes compete at provincial, national and even international level.



### #Choose2BActive

As a member of the Sport for Social Change Network Africa, we joined the #Choose2BActive by the Network and the Department of Sport. We use our gym to promote the campaign by using the #Choose2BActive t-shirts. Anybody who wants to join is welcome. Participants leave from our centre on Mondays at 15:30.



### Settlers Sprint Regatta

With the ongoing severe draught at Makhanda, the water in Settlers Dam is too low, so the Settlers Sprint Regatta was moved to our Kowie River in Port Alfred. Simthembile won the Open B-sculls in an all Nemato final and our Under 14 C quad also won gold medals.

We also competed at Buffalo Regatta and National Championships, but we won no medals there.

## Horseshoe Bend Row



We had a large group of rowers at our Horseshoe Bend Row. It's a long distance (42km!) event on our Kowie River to challenge the rowers during the preparation season when there are no competitions.

## Eastern Cape Gymnastics Awards



Five Nemato gymnasts won lots of medals and trophies at the 2018 Eastern Cape Gymnastics Awards. Most outstanding was Onke, who won the main trophy, the Senior Sport Star Award, for his achievements at the age of 16! In the picture are our coach Lee Budler from Port Elizabeth and his team celebrating the awards.

## Madiba Gymnastics Cup



Our gymnasts competed in the inter-provincial Madiba Cup in Port Elizabeth. First places for: Onke, Khanyile, Sibusiso and Melligan.

We also had gymnasts at the National Trials and at the World Cup Competition in Belarus, but our gymnasts under-performed there.

## Amanzi Beach Handball Tournament



The Eastern Cape Team competed at the Beach Handball Tournament during the Royal St Andrews Hotel Amazni Challenge in Port Alfred. Most of the handball players in the provincial team were from Nemato. In the finals the boys were narrowly beaten during extra time by the Western Cape. Also our girls finished in second place.

Three Nemato members were selected for the South African beach handball team for Junior African Championships in Cape Verde (photo on front page).

## African Games handball trials



At the Provincial Trials Lihle Nxobo made it to the National Trials, where he was selected as the youngest member for the South African Team for the African Games in Zambia. Unfortunately he was later withdrawn from the team, as he is too young for the senior team. In the above picture is Lihle scoring a goal during the Amazi Tournament

## George Fencing Competition



We competed at the inter-provincial fencing competition in George. There was gold for Manase Plaaty in Under 15 and Lebu Sondevu in Under 13.

## Fencing SA Championships



Thirteen Nemato fencers were selected to represent Eastern Cape at the Junior National Championships in Soweto. This was the largest group ever from Nemato to participate in this event. The fencers did very well, winning the first ever national medals for Nemato: Avuyile Tokota won Under 11 gold and Anoxolo Salaze won Under 17 bronze (see picture on front page).

As part of the trip we did sightseeing where we visited the Hector Peterson Museum (top picture), Mandela's house and Cradle of the Humankind (bottom picture). Many thanks to the Fencing Federation South Africa (FFSA) for helping us with funding for the trip!



## CONTACT DETAILS

### Nemato Change a Life

**Registrations** 220-298 NPO (Nonprofit Organisation)  
930033563 (Section 18A Public Benefit Organisation: South African donations are tax deductible)  
Level 1 B-BBEE contributor (highest level Broad-Based Black Economic Empowerment certificate)

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